



HeSCoS-ISCoS  
Spinal Cord Section  
Hellenic Society of PRM



ΕΛΛΗΝΙΚΟ ΔΙΕΘΝΕΣ  
ΕΠΙΣΤΗΜΟΝΙΚΟ ΙΝΣΤΙΤΟΥΤΟ -  
ΑΜΦΙΚΤΙΟΝΙΕΣ  
HELLENIC INTERNATIONAL  
SCIENTIFIC INSTITUTE - AMFIKTIONIES

UNDER THE AUSPICES OF



ΕΡΕΒΑ  
Ελληνική Εταιρεία Ρευματικής  
& Ανοκατάστασης



ΠΑΝΕΠΙΣΤΗΜΙΟ  
ΠΑΤΡΩΝ  
UNIVERSITY OF PATRAS

IN COLLABORATION WITH

# CONGRESS OF SPINAL CORD INJURY REHABILITATION OF THE HELLENIC SPINAL CORD SECTION OF THE HELLENIC SOCIETY OF PRM (HESCOS)

## AUTONOMIC NERVOUS SYSTEM IN CRISIS

### FINAL PROGRAMME

➔ **17-18**  
February  
2023

➔ **GENNADIUS  
LIBRARY**  
ATHENS  
GREECE





# Welcome Address

Dear colleagues,  
Dear friends,

We are pleased to announce the 2023 Congress of Spinal Cord Injury Rehabilitation of the Hellenic Spinal Cord section (HeSCoS) of EEFIAP organized by the Physical and Rehabilitation Medicine Department of the General Hospital of Athens "G. Gennimatas" that will take place on February 17 & 18, at the Gennadius Library - Cotsen Hall, Athens and will be dedicated to spinal cord injuries with special emphasis on disorders of the autonomic nervous system.

## In collaboration with the Spinal Cord Injury Rehabilitation "Autonomic Nervous System in Crisis"

The topics that will be analyzed will cover disorders of the autonomic nervous system under crisis' conditions as they occur in spinal cord injury and their impact in both the acute and chronic phase. Neurogenic disorders of the cardiovascular system, bladder & bowel function, thermoregulation, sexual health, pain, spasticity will be discussed in the context of lectures, presentation of interesting cases and workshops.

Distinguished scientists from Greece and abroad, representatives of ISCoS and ESPRM will share their experience and specialized knowledge with all members of Rehabilitation team. As part of the conference, a Regional Workshop of ISCoS will take place in collaboration with ESPRM. The participation in this workshop is by invitation.

- Official conference languages Greek and English
- With free participation

The scientific program includes sessions in Greek but also various sessions in English in which Keynote Speakers present the latest issues on the Spinal Cord Injuries Rehabilitation with special focus on Autonomous Nervous System. It is a hybrid scientific event where colleagues from all over the world can attend virtually for free, following their registration at:

<https://globalevents.eventsair.com/fiap2023/registrationform/Site/Register>

### *The conference is held in collaboration with:*

- The Department of Physical and Rehabilitation Medicine of 414 MHSD, Penteli
- The University Rehabilitation Department for Spinal Cord Injuries of the Medical School of Patras

On behalf of the organizing committee  
Chair, Christina Anastasia Rapidi

# FRIDAY 17 FEBRUARY 2023

**08.00-11.00**  
(Session in English)

**EUROPEAN REGIONAL ISCOS WORKSHOP**  
**in collaboration with ESPRM European Countries**  
Chairs: **C-A. Rapidi, S. Muldoon**

➤ Session,  
by invitation only



- 08.00-08.30 Attendance - Registration
- 08.30-08.45 Self-Introduction by participants
- 08.45-09.00 Formal MoU accepted by ISCoS & ESPRM EC  
*Introduction: J. Middleton, R. Abel, M. Ruth, K. Grablievec*
- 09.00-09.30 To discuss challenges, successes, and current gaps in relation to SCI service provision and education across Europe  
*Introduction: A. Rapidi 10min*  
Discussion 20min
- 09.30-10.00 To discuss and consider practical actions that can support the capacity development of SCI services human resources in parts of the European Region where they remain limited/underdeveloped  
*Introduction: S. Muldoon 10min*  
Discussion 20min
- 10.00-10.30 Autonomic Dysreflexia Medical Emergency Card, National & International card project  
*Introduction: A. Rapidi 10min*  
Discussion 20min
- 10.30-10.55 Based on the discussions determine specific priorities and actions in relation to the MoU between ISCoS and ESPRM  
*Briefing: S. Muldoon 5min*  
Discussion 20min
- 10.55-11.00 Vote of thanks and Closing Remarks

## 11.00-11.30 COFFEE BREAK

**11.30-12.30**

**OPENING CEREMONY**  
**Welcome by ISCoS President**  
**R. Marshal**

(Lecture in English)

**Lecture of the Chair of ISCoS Educational Committee**  
**S. Muldoon**

## ➤ FRIDAY 17 FEBRUARY 2023

## 12.30-14.00 WORKSHOP 1

## Neurogenic voiding dysfunction

Coordinators: C-A. Rapidi, G. Papadopoulos, Ch. Konstantinidis,  
Ch. Babionitaki, P. Aggelidakis

- 12.30-12.45 The importance of detailed referral, for achieving best urodynamic studies  
**A. Galata**
- 12.45-13.00 Presentation of cases' referral for further urodynamic studies  
**D. Tsiamasfyrrou**
- 13.00-13.15 Presentation of a "visualized" system of clinical assessment and urodynamic findings  
**C-A. Rapidi, Ch. Konstantinidis**
- 13.15-13.45 Presentation of cases of spinal cord injuries and neurogenic voiding dysfunction
- 13.15-13.30 The Rehabilitation Nurse assessment  
**A. Zerva, J. Sapountzis**
- 13.30 -13.45 The Occupational Therapist involvement  
**A. Aggeli**
- 13.45-14.00 *Discussion*

## 14.00-15.00 BREAK - LIGHT LUNCH

# FRIDAY 17 FEBRUARY 2023

**15.00-16.00**

## **PRESENTATION OF INTERESTING CASES**

*Chairs:* **M. Grylia, S. Fotaki, P. Manthos, G. Neochoritis, N. Paidakakos**

15.00-15.15

Alternating anisocoria in a patient with tetraplegia  
**R. Vassilakis**

15.15-15.30

Non-traumatic spinal cord injury cases  
**M. Kazakou**

15.30-15.45

Traumatic spinal cord injury cases  
**E. Raftopoulou**

15.45-16.00

*Discussion*

**16.00-17.30**

## **WORKSHOP 2**

**Practices in the use of botulinum toxin including label and off-label indications**

*Coordinators:* **E. Moumtzi, A. Kontaxakis, E. Thiraios, P. Georgakila, A. Papadimitriou**

16.00-16.15

Designing an injection plan (muscles/units) as part of the clinical examination  
**N. Roussos**

16.15-16.30

Why should I prefer guided infusion?  
**F. Armakola**

16.30-16.45

What after botulinum toxin injection?  
**N. Koutsogiorgis**

16.45-17.00

Cases' presentation  
Clinical assessment of spasticity by the General Practitioner.  
When should the GP refer to the PRM physician?  
**D. Nesseris, E. Zogaki**

17.00-17.30

*Discussion*

**17.30-18.00**

**COFFEE BREAK**

## FRIDAY 17 FEBRUARY 2023

**18.00-19.15**

### **WORKSHOP 3**

#### **Baclofen pump in the treatment of spasticity and more**

*Coordinators: N. Karandreas, C. Constantoyannis, V. Valadakis*

18.00-18.15

The selection of the appropriate candidate patient

**D. Emmanouil**

18.15-18.30

The surgery, detection of malfunctions and emergency management

**C. Constantoyannis**

18.30-18.45

H-reflex

**E. Mpogdos**

18.45-19.00

The importance of electrophysiological studies in spinal cord injuries

**E. Mitsiokapa**

19.00-19.15

*Discussion*

**19.15-20.30**

### **WORKSHOP 4**

#### **Sexual Health issues**

*Chairs: Ch. Konstantinidis, P. Manthos, S. Kaligerou,  
D. Emmanouil, O. Oikonomou*

19.15-19.30

The PLISSIT approach in LGBT issues and disability

**A. Kontaxakis**

19.30-19.45

Sensory system dysfunction and sexuality

**E. Agapiou**

19.45 20.00

Sensate focus therapy in disability and "sexual plasticity"

**M. Tzitzika**

20.00-20.15

Greek data concerning sexual health of women with SCI

**A. Tzanos**

20.15-20.30

*Discussion*



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# CONGRESS OF SPINAL CORD INJURY REHABILITATION OF THE HELLENIC SPINAL CORD SECTION OF THE HELLENIC SOCIETY OF PRM (HESCOS) AUTONOMIC NERVOUS SYSTEM IN CRISIS



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ΕΠΙΣΤΗΜΟΛΟΓΙΚΟ ΙΝΣΤΙΤΟΥΤΟ -  
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## SATURDAY 18 FEBRUARY 2023

### 09.00-09.30 STATE OF THE ART LECTURE

(Lecture in English)

**Chairs: K. Grabljevec, S. Muldoon, M. Fragkaki, F. Armakola, G. Thanassa**

Spinal cord injury adjustment model - Insights and new evidence  
**J. Middleton**

### 09.30-10.30 SESSION 1

(Session in English)

#### Cognitive disorders and spinal cord injury

**Chairs: K. Grabljevec, S. Muldoon, M. Fragkaki, F. Armakola, G. Thanassa**

- 09.30-09.45 Recommendations for improving rehabilitation practice in people with spinal cord injury and cognitive impairment  
**M. Arora, A. Craig, J. Middleton**
- 09.45-10.00 Causes of cognitive disorders and their impact on rehabilitation program: do we do enough?  
**P. Manthos**
- 10.00-10.15 The neuropsychological approach  
**A. Saleptsi, K. Varotsi**
- 10.15-10.30 *Discussion*

### 10.30-11.00 STATE OF THE ART LECTURE

(Lecture in English)

**Chairs: M. Sgantzos, A. Kontaxakis, A. Kotroni, Ch. Stamatopoulos**

Effectiveness of infusion modes and pharmaceutical combinations, what's the evidence?  
**K. Grabljevec**

### 11.00-11.30 COFFEE BREAK



# SATURDAY 18 FEBRUARY 2023

**11.30-12.30**

## SESSION 2

### Cardiovascular system dysfunction following SCI

*Chairs: K. Tsioufis, A. Kotroni, D. Kagiouli, C-A. Rapidi, S. Vogiaki*

11.30-11.45

Hypotension in high spinal cord lesions

**E. Mouttzi**

11.45-12.00

Autonomic dysreflexia impact on the cardiovascular system

**A. Kyriakides**

12.00-12.15

Primary hypertension in the context of a person aging with high spinal cord injury

**A. Kollias**

12.15-12.30

*Discussion*

**12.30-14.30**

*(Session in English)*

## SESSION 3

### Secondary conditions and special issues for persons with SCI

*Chairs: E. Mouttzi-Nakka, B. Erhan, M. Fragkaki, A. Kontaxakis*

12.30-13.00

Lecture of the Chair of ISCoS Prevention Committee.  
To treat or not to treat spasticity in preventing secondary conditions following SCI?

**B. Erhan**

13.00-13.15

Botulinum toxin in spasticity treatment and bone health

**Y. Dionysiotis**

13.15-13.30

Novel rehabilitation trials in SCI and neurological disability:  
NeuroSuitUp and HEROES studies

**A. Athanasiou**

13.30-13.45

Ageing with SCI, occupational therapist involvement

**K. Lappa**

13.45-14.00

Evaluation of intelligent packaging for people with disabilities

**M. Poli**

14.00-14.30

*Discussion*

**14.30-15.30**

**BREAK - LIGHT LUNCH**

## ➔ SATURDAY 18 FEBRUARY 2023

15.30-17.00

## SESSION 4

**Underlying pathophysiological mechanisms and management of Spasticity****Chairs: M. Tyllianakis, K. Vagdatli, G. Tagaris, N. Stamoulis, G. Georgoulis, S. Petras**

15.30-15.45

Spasticity and disorders of the autonomic nervous system, the vicious circle

**C-A. Rapidi**

15.45-16.00

Conservative treatment of spasticity, the importance of early therapeutic intervention and patient's education

**A. Kotroni**

16.00-16.15

Surgical intervention, nerves

**G. Georgoulis**

16.15-16.30

Surgical intervention, muscles/bones

**M. Tyllianakis**

16.30-17.00

*Discussion*

17.00-17.30

COFFEE BREAK

## ➔ SATURDAY 18 FEBRUARY 2023

**17.30-18.45***(Session in English)***SESSION 5****Secondary conditions and special issues for persons with SCI****Chairs: Y. Dionyssiotis, E. Papageorgiou, R. Abel, N. Paidakakos**

17.30-17.45

Lecture of the President of Sustain Our Abilities.

The scientific facts of climate change impacting people with spinal cord injury

**A. Marcalee, M. Newman**

17.45-18.00

Lecture by the Chair of External Relations Committee of ISCoS  
Postoperative spinal complication and emergencies: what should the rehabilitation team be aware of**R. Abel**

18.00-18.15

Long-term biomechanical considerations after spinal realignment and fusion

**N. Paidakakos**

18.15-18.30

High technology in the rehabilitation of patients with spinal cord injury

**E. Mouza**

18.30-18.45

*Discussion***18.45-19.30****SESSION 6****ANS dysfunction following SCI, the lived experience****Chairs: K. Navalís, M. Poli, E. Katsika, G. Avgoustidis, V. Linardatou**

18.45-19.00

What autonomic dysreflexia means to me

**N. Konstantopoulos, V. Tsousis**

19.00-19.15

What low blood pressure means to me

**N. Konstantopoulos, V. Tsousis**

19.15-19.30

*Discussion*

# SATURDAY 18 FEBRUARY 2023

## 19.30-20.30 SESSION 7

**Take home messages: Autonomic Nervous System (ANS) in Crisis**

**Chairs: Y. Dionyssiotis, P. Manthos, E. Moutmtzi, A. Kontaxakis, C-A. Raptidi**

- 19.30-19.40 ISCoS Prevention Committee, Secondary conditions, and ageing affecting ANS dysfunction  
**Y. Dionyssiotis**
- 19.40-19.50 Neurogenic bladder dysfunction: promoting interdisciplinary discussions and optimizing ANS dysfunction management  
**P. Manthos**
- 19.50-20.00 Spasticity affecting ANS and functionality of persons with SCI.  
**E. Moutmtzi**
- 20.00-20.10 The ANS dysfunction as a barrier during the long-life reintegration of persons with SCI  
**A. Kontaxakis**
- 20.10-20.20 The regional ISCoS workshop  
**C-A. Raptidi**
- 20.20-20.30 *Discussion*

## 20.30-21.30 GREEK SCI REGISTRY MEETING

**C-A. Raptidi, A. Manthos, N. Paidakakos, D. Emmanouil**