

# MUSCULOSKELTAL SONOGRAPHY COURSE

Basic Level

12– 14 October, 2018

Cairo, Egypt

*Organizing Office:  
Compass Conferences*



EULAR endorsed Course

**eular**  
fighting rheumatic & musculoskeletal  
diseases together

## Organizers

Ingrid Möller (Scientific Organizer)  
Esperanza Naredo (Scientific Organizer)  
Ayman Fahim (Organizer)

## Faculty

Esperanza Naredo (Spain), MD PhD. Faculty member of the EULAR MSUS courses since 2000  
Juhani Koski (Finland), MD PhD. Faculty member of the EULAR MSUS courses since 2000  
Lene terslev, (Denmark), MD PhD. Faculty member of the EULAR MSUS courses since 2005  
Ingrid Möller (Spain), MD PhD. Faculty member of the EULAR MSUS courses since 2007  
Hilde Hammer (Norway), MD PhD Faculty member of the EULAR MSUS courses since 2010  
David Bong (Spain), MD Faculty member of the EULAR MSUS courses since 2011.  
Ayman Fahim (Egypt), (M.B.Ch.B., M.Sc., Board Certified), EULAR Endorsed Course Organizer since 2012  
Ioannis Raftakis (Greece), MD PhD. Faculty member of the EULAR MSUS courses since 2012.  
Peter Mandl (Austria), MD PhD. Faculty member of the EULAR MSUS courses since 2012  
Fodor Daniela (Romania), MD PhD. Faculty member of the EULAR MSUS courses since 2014.

## Venue and dates

Ramses Hilton Hotel, Cairo, Egypt.

Three days programme, 12<sup>th</sup>, 13<sup>th</sup>, and 14<sup>th</sup> October 2018

**Course opening:** Friday 12<sup>th</sup> October 2018 at 08:00 hrs

**Course closing:** Sunday 14<sup>th</sup> October 2018 at 17:30 hrs

## **Presentation**

Musculoskeletal Ultrasound (MSUS) is increasingly being used by Rheumatologists, Orthopaedics, and Sport and Medical Physicians for the diagnosis and management of musculoskeletal disorders in daily practice worldwide. The European League Against Rheumatism (EULAR) has promoted education in MSUS for the last 15 years with very successful results. Currently, there is a great need and demand for education on MSUS in Gulf and Middle East.

The basic MSUS course aims to give the participants the opportunity to learn the sonoanatomy, the ultrasound scanning technique of the musculoskeletal system, and the basic MSUS lesions and abnormalities under the guidance of expert rheumatologist and radiologist ultra-sonographers.

## **Course structure**

The Course will be of the Basic level, being a combination of lectures and hands-on scanning of models and/or patients with MusculoSkeletal disorders in small groups with experienced tutors.

It will consist of lectures with demonstrations and hands-on scanning in small groups (5-6 participants per tutor and ultrasound machine) with experienced tutors.

## **Participants**

### **Number of Participants:**

- Minimum 30 participants, and a Maximum of 60 participants.
- Small groups of 5 - 6 participants each.

## **Official Language**

English.

## **Web site**

[www.emiratesmsus.com](http://www.emiratesmsus.com)

## Course Description

The **Course** will focus on learning UltraSound physics, image acquisition, normal SonoAnatomy, standardized examination techniques and UltraSound findings of basic pathological lesions.

The Basic course is recommended for participants with little or no experience in MusculoSkeletal UltraSound.

There will be no prerequisite for delegates wanting to attend this course.

### **Learning objectives:**

- To know the application, indications and limitations of MusculoSkeletal UltraSound in Rheumatology
- To know the UltraSound physics and technology
- To hold the probe, to optimize B-mode settings of the UltraSound equipment and to acquire UltraSound images.
- To identify the sonographic pattern of the different MusculoSkeletal tissues
- To recognize MusculoSkeletal artefact and pitfalls
- To learn the systematic standardized scanning technique for each major anatomic area (i.e. Shoulder, Elbow, Wrist and Hand, Hip, Knee, Ankle and Foot)
- To identify normal sonographic anatomy of each major anatomic area (i.e. Shoulder, Elbow, Wrist and Hand, Hip, knee, ankle and foot)
- To document images and to report Ultrasound findings and diagnosis
- To identify basic MusculoSkeletal abnormalities (e.g. joint effusion and synovial hypertrophy, Tenosynovitis, enthesopathy/enthesitis, complete tendon tear, bursitis, bone erosions and osteophytes)

### **Course Certification**

A certificate of attendance will be supplied.

### **Course Evaluation**

An evaluation of the course (i.e. educational content, teaching capability, course organization and venue) will be performed by the participants at the end of the course.

### **Registration**

Registration is open to all EULAR member countries. This course is recommended for Rheumatologists, Orthopaedics, Sport Surgeons and Medical Physicians, Radiologists, Anaesthetists, Psychiatrist, Physiotherapists and other specialties who are interested in incorporating MSUS into their clinical practice.

### **Registration Fee**

The following options are considered as the course fee for the participants:

- A) Option 1: Course, Educational material, Coffee Breaks & Meals announced within the program (Fee: 1000€).
- B) Option 2: Course, Educational material, Coffee Breaks & Meals announced within the program, Standard Accommodation (3 nights in the Venue Hotel) (Fee: 1300€).

### **Organizing Secretariat**

Amina Mouhssene

Compass Conferences Company (CCC)

Dubai – United Arab Emirates

P.O.Box 77893, Dubai, UAE

T: + 971 50 5962590 (particular)

T: 9714 29 49 421 (office)

Email: [compassconferences@yahoo.com](mailto:compassconferences@yahoo.com)

Website: [www.compassconferences.com](http://www.compassconferences.com)

## Contact Person

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- **Reference:** (1) E Naredo, J W J Bijlsma, P G Conaghan, C Acebes, P Balint, H Berner-Hammer, IG A W Bruyn, P Collado, M A D'Agostino, J J de Agustin, E de Miguel, E Filippucci, W Grassi, A Iagnocco, D Kane, J M Koski, B Manger, L Mayordomo, I Möller, C Moragues, E Rejón, M Szkudlarek, L Terslev, J Uson, R J Wakefield and W A Schmidt. Recommendations for the content and conduct of musculoskeletal ultrasound courses European League Against Rheumatism (EULAR). *Ann Rheum Dis* 2008; 67:1017-1022

**Full Programme**

**Basic Course - Day 1 - Friday, October 12<sup>th</sup>, 2018**

<b>08.00 - 09.00</b>	<b>Registration – Welcome Reception</b>	
09.00 - 09.05	Welcome – Introduction	Fahim
09.05 - 09.20	History and development of MusculoSkeletal UltraSound (MSUS).	Raftakis
09.20 - 09.35	US physics and techniques.	Mandl
09.35 - 09.50	Artefacts and limitations of MSUS.	Koski
09.50 - 10.05	Scanning technique: Ultrasound machine settings, image optimization.	Lene
10.05 - 10.20	Scanning technique: Probe Management	Fahim
<b>10.20 -10.30</b>	<b>Coffee break</b>	
10.30 -11.00	Clinical applications of MSUS.	Daniela
11.00 -11.30	Basic SonoAnatomy: MusculoSkeletal tissues.	Fahim
11.30 -12.30	<b>Hands On</b>	
	Holding the probe and handling the Ultrasound machine setting. Normal MusculoSkeletal tissues and SonoAnatomy.	<b>Faculty</b>
<b>12.30-14.30</b>	<b>Break for Lunch&amp;</b>	
14.30 -15.00	Basic Ultrasound semiology.	Mandl
15.00 -16.00	Standardised scanning of <b>the Elbow</b> . Basic pathological findings.	Ingrid
	<b>Live demo</b> with normal models.	Raftakis
<b>16.00 -16.15</b>	<b>Coffee break</b>	
16.15 - 17.45	<b>Hands On</b>	
	Supervised US scanning of <b>the Elbow</b>	<b>Faculty</b>

Basic Course - Day 2 - Saturday, October 13<sup>th</sup>, 2018

08.00 -08.30	Standardised scanning of <b>the Wrist and Hand</b> . Basic pathological findings.	Daniela
	<b>Live demo</b> with normal models.	Mandl
	<b>Hands On</b>	
	Supervised US scanning of <b>the Wrist and Hand</b>	<b>Faculty</b>
<b>10.15-10.30</b>	<b>Coffee break</b>	
10.30-11.30	Standardised scanning of <b>the Hip</b> . Basic pathological findings.	Raftakis
	<b>Live demo</b> with normal models.	David
11.30-12.30	Standardised scanning of <b>the Knee</b> . Basic pathological findings	Fahim
	<b>Live demo</b> with normal models.	Hammer
<b>12.30-14.30</b>	<b>Lunch</b>	
14.30-15.30	<b>Hands On</b>	
	Supervised US scanning of <b>the Hip</b>	<b>Faculty</b>
15.30- 16.30	<b>Hands On</b>	
	Supervised US scanning of <b>the Knee</b>	<b>Faculty</b>
<b>16.30-17.00</b>	<b>Coffee break</b>	
17.00-18.30	Standardised scanning of <b>the Shoulder</b> . Basic pathological findings.	Koski
	<b>Live demo</b> with normal models.	Hammer
18.30- 20.00	<b>Hands On</b>	
	Supervised US scanning of <b>the Shoulder</b> .	<b>Faculty</b>



## Basic Course - Day 3 - Sunday, October 14<sup>th</sup>, 2018

08.00-09.00	MSUS in Osteoarthritis. Validity and Clinical use.	Daniela
	<b>Live demo</b> with pathologic models / Slides presentation.	Naredo
09.00-10.00	MSUS in regional painful syndromes and sport related disorders. Validity and clinical use.	Raftakis
<b>10.00-10.15</b>	<b>Coffee break</b>	
10.15 -11.00	Standardised scanning of <b>the Ankle and Foot</b> . Basic pathological findings.	David
	<b>Live demo</b> with normal models.	Mandl
11.00-12.30	<b>Hands On</b>	<b>Faculty</b>
	Supervised US scanning of the Ankle and Foot	
<b>12.30-14.30</b>	<b>Lunch</b>	
14.30- 15.30	MSUS in Rheumatoid Arthritis and Spondyloarthritis. Validity and clinical use.	Raftakis
	<b>Live demo</b> with pathologic models / Slides presentation.	Naredo
15.30-16.15	Education in MSUS.	Daniela
16.15-17.15	Reporting UltraSound findings and diagnosis. (Technical aspects) and (Clinical aspects)	Naredo
17.15-17.30	Closing Remarks	