



ESSR Outreach Course, Skopje, Macedonia, 1-2 November, 2024

Faculty

Dr Radhesh K Lalam - Shropshire / UK, lead speaker
Dr Maryam Shahabpour - Brussel/ BE,
Dr Anagha Parkar – Bergen / NO
Dr Diana Afonso – Lisbon / PT
Dr Salvatore Gitto - Milan / IT
Dr Violeta Vasilevska Nikodinovska - Skopje / MK,

Local organizer

Prof. Violeta Vasilevska Nikodinovska PhD MSc
SubspecMSK



Introduction:

Professor Violeta Vasilevska Nikodinovska, Chair of ESSR Tumor subcommittee, as the local organiser arranged this ESSR outreach course in Macedonia at the Park Hotel in Skopje in conjunction with the Macedonian society of musculo-skeletal radiology that she chairs. The course involved dedicated lectures and interactive sessions that had active participation from delegates. The venue had a main lecture room and an additional room for interactive sessions in pleasant and private surroundings with on-site catering of delicious food and refreshments.

Participants and feedback:

The course was attended by 92 delegates and consisted mainly of Macedonian radiologists but there was participation also from orthopaedic/trauma surgeons and physiatrists. The feedback from the delegates was excellent and there was general appreciation of the standard of the lectures and interactive sessions. The delegates were particularly grateful to the ESSR for **bringing MSK to Macedonia** as the local radiologists are limited financially from attending major international conferences.



Faculty:

The faculty included Dr Radhesh Lalam, Chair ESSR spine subcommittee and previous chair of the tumour subcommittee as the ESSR lead speaker. The faculty also included Professor Maryam Shahabpour from Brussels, Dr Anagha Parkar, Dr Diana Afonso, who are the senior ESSR society members and Dr Salvatore Gitto who is the young ESSR faculty member. In addition, the local organiser and senior ESSR society member Professor Violeta Vasilevska Nikodinovska also participated as full faculty member.

Macedonian welcome of the faculty was generous. The faculty enjoyed delivering the course. All the faculty had a tour of the historic city of Skopje by dedicated tour guides (including the Macedonian director of tourism). The hospitality by Professor

Vasilevska Nikodinovska was amazing and included traditional Macedonian cuisine and a trip to the Macedonian wine festival.

Programme:

The programme was spread over two days with sessions on shoulder, elbow/wrist, knee, Hip/spine/muscles/bone and ankle/foot and covered a wide variety of topics including sports and stress injuries, usual MSK topics like rotator cuff, shoulder/elbow instability, meniscal/cruciate/collateral injuries, FAI and a small selection of more unusual complex topics such as Hallux/sesamoid complex. There were four interactive sessions in total. Each faculty member delivered four lectures each and undertook one interactive session each.

ESSR EUROPEAN SOCIETY OF MUSCULOSKELETAL RADIOLOGY

1 November 2024 Friday

10:00 - 10:45 Registration
 10:45 Short introduction
 Violeta Vasilevska Nikodinovska
 10:50 Welcome address
 11:00 - 13:00 Shoulder
 Moderators: Violeta Vasilevska Nikodinovska and Maryam Shahabpour
 Rotator cuff anatomy and tears
 Salvatore Gitto/IT
 Shoulder instability: labral lesions vs anatomical variants
 Diana Afonso/PT
 Glenohumeral ligaments in sports
 Maryam Shahabpour/BE
 Peripherical neuropathies of Upper extremity
 Violeta Vasilevska Nikodinovska/MK
 13:00 - 14:30 Interactive session
 Speaker 1: Anagha Parkar/NO
 Speaker 2: Salvatore Gitto/IT
 14:30 - 15:00 Coffee break
 15:00 - 17:00 Elbow & Wrist
 Moderators: Maryam Shahabpour and Diana Afonso
 Elbow instability - ligament anatomy & injuries
 Maryam Shahabpour/BE
 Overuse injuries in the stable elbow
 Diana Afonso/PT
 Sports-related tendon injuries around wrist and hand
 Salvatore Gitto/IT

Wrist trauma: not only bones
 Maryam Shahabpour/BE
 The growing athlete's wrist
 Violeta Vasilevska Nikodinovska/MK

2 November 2024 Saturday

09:00 - 10:30 Knee
 Moderators: Anagha Parkar and Radhesh Lalam
 Cruciate ligaments pre and post op.
 Radhesh Lalam/UK
 Meniscal injuries, incl. postoperative
 Anagha Parkar/NO
 Collateral ligaments: what the radiologist should know
 Violeta Vasilevska Nikodinovska/MK
 Recurrent patellar dislocation
 Salvatore Gitto/IT
 10:30 - 11:00 Coffee break
 11:00 - 12:30 Hip, Spine, Muscles & Bone
 Moderators: Diana Afonso and Anagha Parkar
 General about bone marrow edema
 Anagha Parkar/NO
 Making the difficult easy: postoperative MRI of femoroacetabular impingement (FAI)
 Diana Afonso/PT
 Sports and overuse injuries in Spine
 Radhesh Lalam/UK

Motetindinous and osteotendinous junction (anatomy pathology, muscle injury classifications)
 Anagha Parkar/NO
 12:30 - 13:30 Interactive session
 Speaker 1: Radhesh Lalam/UK
 Speaker 2: Violeta Vasilevska Nikodinovska/MK
 13:30 - 14:30 Lunch
 14:30 - 16:00 Ankle and foot
 Moderators: Radhesh Lalam and Violeta Vasilevska Nikodinovska
 Ankle & midfoot ligament complexes: anatomy & injuries
 Maryam Shahabpour/BE
 Ankle tendon injuries
 Salvatore Gitto/IT
 Compression neuropathy
 Violeta Vasilevska Nikodinovska/MK
 Stress/overuse injuries
 Radhesh Lalam/UK
 Hallux sesamoid complex
 Radhesh Lalam/UK
 16:00 - 16:30 Coffee break
 16:30 - 17:30 Interactive session
 Speaker 1: Maryam Shahabpour/BE
 Speaker 2: Diana Afonso/PT
 17:30 End of scientific programme & closing remarks

ESSR EUROPEAN SOCIETY OF MUSCULOSKELETAL RADIOLOGY

The lectures were delivered as per the need of the local radiologists with basic and advanced material being presented. The interactive sessions covered more nuanced observations that help in making the diagnosis. Dr Gitto's lecture included anatomical details in diagrams to make it easy to understand the ultrasound technique. Dr Parkar provided the delegates advice based on her interactions with the European Society of Sports Traumatology, Knee Surgery and Arthroscopy (ESSKA) which was very much appreciated by the participants. Professor Shahabpour exchanged her vast knowledge in most areas of MSK practice. Dr Afonso's quiz type interactive session was well accepted from the audience. Professor Violeta Vasilevska Nikodinovska also participated as full faculty member. The atmosphere was vibrant, and the delegate participation was excellent.



Conclusion:

The course content, delivery and facilities were extraordinary. Everything went to plan. Overall, Professor Vasilevska Nikodinovska can be proud of her organising skills, considering that she had to deliver the course almost single handedly. She had to even prepare the delegate badges, issue receipts and certificates to delegates herself whilst also catering to the faculty needs. The venue was excellent and was perfect for the needs of this course.

Dr Radhesh K Lalam