Course program

AOTrauma Course
Fragility Fractures and Orthogeriatrics
22-23 of October, 2015
Tallinn, Estonia
Value statement

AOTrauma is committed to improve patient care outcomes through the highest quality education. We strive to combine the right knowledge and surgical skills that empower the orthopaedic and trauma surgeons to put theory into practice and to improve fracture management for the benefit of the patient.

The AO Principles of fracture management

1. Fracture reduction and fixation to restore anatomical relationships.
2. Fracture fixation providing absolute or relative stability, as required by the “personality” of the fracture, the patient, and the injury.
3. Preservation of the blood supply to soft tissues and bone by gentle reduction techniques and careful handling.
4. Early and safe mobilization and rehabilitation of the injured part and the patient as a whole.
Coal of the course

Participants will learn how the overall care of the elderly, multimorbid fracture patient can be substantially improved. Since the fracture represents only part of the problem, orthogeriatric comanagement of the patient from admission to completion of rehabilitation is the optimal approach to address all aspects. This course delivers the latest evidence as well as practical details on the comprehensive management of the elderly fracture patient, with the aim of changing attitudes and improving the care of this patient group.

Target participants

General trauma surgeons, orthopaedic surgeons, geriatricians, and medicine physicians who want to:

• Improve their surgical and medical care of patients with fragility fractures
• Make improvements in their hospital's and department's approach to fracture care in the elderly.

Course objectives

On completion of this course, participants will be better able to:

• Describe how osteoporotic bone differs in quality and quantity from normal bone
• Apply adaptations of AO fracture fixation techniques and new technical solutions to fragility fractures
• Recognize the important aspects in the care of the comorbid geriatric fracture patient: preoperative optimization, early one-shot surgery, postoperative assessment, prevention and management of complications, and secondary fracture prevention
• Appreciate the paramount importance of a protocol-driven team approach in comanagement and put this approach into practice

• Aim for early restoration of musculoskeletal function, functionality, prefracture independence, and quality of life as much as possible.

Course description

A combination of case based and short evidence based lectures, case presentations, small-group case discussions will be used to deliver the content and to discuss the key surgical, medical, and system-of-care issues in a comanaged care approach, as well as the latest techniques. Facilitated by an International Faculty consisting of both surgeons and medicine physicians, an important focus will be placed on small group work and discussions. Active participation from all participants and faculty is critical to the effective delivery of this educational event.

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Dear AOTrauma course participant

We have the honor to welcome you to AOTrauma Course - Fragility Fractures and Orthogeriatrics run by the new AOTrauma Specialty! We hope you will enjoy your course and the entire experience.

What is AOTrauma? We are the “clinical division”—a community for Trauma and Orthopaedics within the AO Foundation. As an AO Specialty we aim to integrate and align applied and clinical research, education, and community development functions into one direction - AOTrauma for the benefit of our members, stakeholders, and patients.

How AOTrauma benefits you? By working as a single team we will focus and better leverage our resources, expertise, and skills to create and deliver new and greater value to our members.

What does this mean in education? AOTrauma is committed to providing you the best possible educational experience by continuously embracing and introducing new educational techniques to help you learn and more effectively implement your knowledge for the benefit of your patients.

Why join AOTrauma? Joining AOTrauma means you are part of the “Trauma & Orthopaedic” community within the AO. AOTrauma will help you develop lifelong friendships and relationships; we will help you access our “knowledge network” and get involved in new opportunities that advance trauma care.

Yours sincerely,

Kodi Kojima
Chairperson AOTrauma Education Commission

John (Jack) Wilber
Chairperson AOTrauma International Board

PS: Your experiences with us, over the next few days, will result in the realization of new and meaningful knowledge, skills, and understanding that we hope will translate into improved patient care.

The first AO Course was held in Davos in 1960—these early courses pioneered psychomotor techniques by teaching practical skills of AO Techniques. Since those early days over 250,000 surgeons and 135,000 ORP staff from over 110 countries have attended AO Courses—we now launch AOTrauma to move our education to the next level.
Chairpersons:

Andrey Smirnov
East-Tallinn Central Hospital
Tallinn, Estonia

Helgi Kolk
Tartu University Hospital
Tartu, Estonia

International Faculty:

MD Alexander Chelnokov
Ural Scientific Research Institute,
Jekaterinburg, Russia

MD Steven R. Schelkun
Naval Medical Center San Diego
California, US
Prof. Minos Tyllianakis  
Patras University Hospital  
Greece  

Prof. Francesco Mattace Raso  
University Medical Center Rotterdam  
The Netherlands  

Prof. Maria Nuotio  
Seinäjoki Central Hospital  
Finland  

Prof. Anette Hylen Ranhoff  
University of Bergen  
Norway  

National Faculty:  

Alo Rull  
Tartu University Hospital  
Estonia  

Timo Rahnel  
Tartu University Hospital  
Estonia  

Veiko Herodes  
North Estonia Medical Centre  
Estonia  

Marju Raukas  
East-Tallinn Central Hospital  
Estonia  

Meelis Sula  
North Estonia Medical Centre  
Estonia  

Tanel Vahopisk  
East-Tallinn Central Hospital  
Estonia  

Reedik Pääsuke  
Tartu University Hospital  
Estonia  

Eve Härma  
North Estonia Medical Centre  
Estonia  

Karin Laas  
East-Tallinn Central Hospital  
Estonia  

Kristo Kask  
North Estonia Medical Centre  
Estonia
## Day 1 - Thursday, 22.October 2015

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<thead>
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<th>Time</th>
<th>Agenda Item</th>
<th>Moderator /Lecturer</th>
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<td>09.00-09.30</td>
<td><strong>REGISTRATION AND WELCOME COFFEE</strong></td>
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<tr>
<td></td>
<td><strong>Module 1: „The Geriatric Patient and the Fracture“</strong></td>
<td><strong>Moderator:</strong> Helgi Kolk</td>
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<tr>
<td>09.30-09.50</td>
<td>The Morbidity and mortality of geriatric fractures</td>
<td>Helgi Kolk</td>
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<td>09.50-10.10</td>
<td>Physiology of aging. How does the geriatric patient differ?</td>
<td>Annette Ranhoff</td>
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<td>10.10-10.30</td>
<td>Prevention of falls in the elderly. Myth or reality?</td>
<td>Francesco Mattace Raso</td>
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<td>10.30-10.50</td>
<td>Management of co-morbidities in the geriatric patient</td>
<td>Maria Nuotio</td>
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<td>10.50-11.10</td>
<td>Timing of geriatric fracture surgery: the Anesthesia perspective</td>
<td>Veiko Herodes</td>
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<td>11.10-11.25</td>
<td><strong>COFFEE BREAK</strong></td>
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<td>11.30-12.25</td>
<td><strong>Small Group discussion</strong></td>
<td><strong>All Faculty</strong></td>
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<td>Group 4 - Andante 2</td>
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<tr>
<td>12.30-12.50</td>
<td>Medical diagnosis of osteoporosis. Treatment of osteoporosis in the fracture patient. What should the orthopaedist know?</td>
<td>Karin Laas</td>
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<td>12.50-13.10</td>
<td>Modern Implants and their role in fixation in osteoporotic bone - What is important?</td>
<td>Minos Tylilianakis</td>
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<td>13.10-14.05</td>
<td><strong>LUNCH</strong></td>
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<td>14.10-14.30</td>
<td><strong>Module 3: Upper extremity Fractures</strong></td>
<td><strong>Moderator:</strong> Meelis Sula</td>
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<td>Debates: Proximal humerus fractures: The modern approach.</td>
<td>Alexander Chelnokov / Minos Tylilianakis</td>
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<td>14.30-14.50</td>
<td>Distal humerus fractures</td>
<td>Meelis Sula</td>
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<td>14.50-15.10</td>
<td>Distal radius fractures in osteoporotic bone</td>
<td>Kristo Kask</td>
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<td>15.15-16.10</td>
<td><strong>Small group discussion</strong></td>
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<td>16.10-16.25</td>
<td><strong>COFFEE BREAK</strong></td>
<td><strong>Moderator:</strong> Andrey Smirnov</td>
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<tr>
<td>16.30-16.50</td>
<td>Overview of osteoporotic spine fractures. Kyphoplasty vs vertebroplasty. When to treat.</td>
<td>Tanel Vahopski</td>
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<td>16.50-17.10</td>
<td>The elderly polytrauma patient. How do they differ in the geriatric patient?</td>
<td>Eve Häurma</td>
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<td>17.10-17.30</td>
<td>Pelvic and acetabular fractures in the geriatric patient</td>
<td>Andrey Smirnov</td>
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<td>17.30-18.00</td>
<td><strong>Summary of Day 1</strong></td>
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<td>19.00-22.00</td>
<td><strong>COURSE DINNER</strong></td>
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## Day 2 - Friday, 23.October 2015

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<td>08.00-08.20</td>
<td>Consensus Lecture: Principles of co-managed care of the geriatric patient - what does this consist of?</td>
<td>Steven Schelkun</td>
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<td><strong>Module 5: Lower Limb</strong></td>
<td><strong>Moderator: Steven Schelkun</strong></td>
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<td>08.20-08.40</td>
<td>Intra-Capsular femoral neck fractures: Internal fixation vs arthroplasty.</td>
<td>Marju Raukas</td>
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<tr>
<td>08.40-09.00</td>
<td>Pertrochanteric fractures: Cephalomedullary nail alone and when to augment.</td>
<td>Alexander Chelnokov</td>
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<td>09.00-09.20</td>
<td>Atypical femur fractures: What are they, how to recognize them, how to treat them.</td>
<td>Steven Schelkun</td>
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<td>09.20-09.40</td>
<td>Distal femur fractures: Plate vs medullary fixation?</td>
<td>Andrey Smirnov</td>
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<td>09.40-10.00</td>
<td>Proximal tibial fractures in elderly</td>
<td>Timo Rahnel</td>
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<td>10.00-10.20</td>
<td>Geriatric patient and ankle fracture</td>
<td>Reedik Pääsuke</td>
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<td><strong>10.20-10.35 COFFEE BREAK</strong></td>
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<td>10.40-11.40</td>
<td>Small group discussion</td>
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<td><strong>Module 6: Periprosthetic Fractures</strong></td>
<td><strong>Moderator: Alexander Chelnokov</strong></td>
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<tr>
<td>11.45-12.05</td>
<td>Classification and principles of care of periprosthetic fractures</td>
<td>Alo Rull</td>
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<td>12.05-12.25</td>
<td>Case based presentation of Hip and Knee periprosthetic fractures</td>
<td>Alexander Chelnokov</td>
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<td><strong>12.25-13.25 LUNCH</strong></td>
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<td><strong>Module 7: Aftercare of the orthogeriatric patient</strong></td>
<td><strong>Moderator: Anette Ranhoff</strong></td>
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<td>14.40-15.00</td>
<td>Fracture rehabilitation in the elderly</td>
<td>Minos Tyllianakis</td>
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<td>15.00-15.20</td>
<td>Role of the DEXA Scan: Who should get one and what does it tell you?</td>
<td>Steven Schelkun</td>
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<td>15.20-16.20</td>
<td><strong>Panel discussion:</strong></td>
<td><strong>Panel Moderator: Helgi Kolk, Andrey Smirnov</strong></td>
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<td>How to start to develop a co-comanaged care program in your practice and hospital?</td>
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<td>16.20-16.40</td>
<td>Commitment for change:</td>
<td>All Faculty; All Participants</td>
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<tr>
<td>16.40-17.00</td>
<td>Summary of Day 2 and Closing remarks</td>
<td>Andrey Smirnov</td>
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Course information

Course fee
Residents - 100€,
Members of AOTrauma Estonia 100€,
Non Members - 130€.
Included in course fee are course materials, coffee breaks, lunches, course dinner and course certificate.
Participation will be confirmed upon receipt of full payment and on a strict firts come first served basis.
Payment to be made to the bank account of Eesti AO Alumni Selts ( AOTrauma Estonia ) – IBAN: EE452200221028579224
Please note on the payment explanation “AOT Orthogeriatrics”

Registration
Register at www.aotrauma.org or by email heli.teder@syntrade.fi. Registration is open.
Last day for registration is 07.October 2015 or until there are vacancies.

For Hotel reservations
please use the below link or contact the Original Sokos Hotel Viru directly under:
Tel: +372 6 809 300
Fax: +372 6 809 236
vиру.reservation@sok.fi
Please always use the following password "AOTrauma" in order to receive the special rate.
Accommodation is not included in the registration fee and has to be paid to the hotel directly.

Original Sokos Hotel Viru,
Viru Väljak 4, Tallinn, Estonia

Standard Class SGL room 68€uro per night
Standard Class DBL room 73€uro per night

Please note that a quota of rooms has been blocked until 07.October 2015. After this date, room reservation & room rate is upon availability.

Parking in front of the hotel
There is Europark parking area with 20 paid parking places in front of the hotel. Parking for max 15 minutes is free (with parking clock ). Parking fee must be paid on arrival to the parking meter ( cash payment ) or hotel reception (card payment ). Parking rates: 3.80€/1h, 20€ /24h.

Parking at Viru Centre
The car park of the Viru Centre is located on the 3rd and 4th floors of the shopping centre and can be accessed 24/7. Hotel guests are entitled to special prices for parking: one hour – 1.80 €; night-time parking ( from 21:00 to 10:00 ) – 5€; parking for 24 hours – 19.20€. The parking ticket must be registered in hotel reception in order to get the special prices.

Parking at Rävala Parking House ( Europark, address Rävala5/Kuke 6 ) 5 minute walk from the hotel. Special offer for hotel guests 10 €/24 h, conference guests 5 €/ 24 h.
Take a parking ticket from the barrier terminal upon entering the car park. 2. Bring the ticket with you to the Hotel. 3. For a discount, the parking ticket will be validated by the customer service staff at the reception or for the conference. Pay the parking charge into the meter before leaving the car park.

From Airport to Sokos Viru Hotel
By taxi 20 minutes
By Bus nr.2 15 minutes

Course Dinner
In Merineitsi restaurant ( In Sokos Hotel Viru on second floor )

Accompanying persons
Accompanying persons are allowed to come to course dinner.
Dinner fee for accompanying person of 35 € should be transfered together with payment of the registration to the bank account of Eesti AO Alumni Selts.
Accreditation
AOTrauma Courses are accredited for continuing medical education (CME) programs. The number of credit points or hours varies from country to country. The final information and number of credit points will be distributed with the course certificate.

Evaluation guidelines
All AOTrauma courses apply the same evaluation process, either ARS (audience response system) or paper and pencil questionnaires. This will help AOTrauma to ensure that we continue to meet your training needs. In some regions, CME accreditation is dependent on the participant's evaluation results.

Intellectual property
Course materials, presentations, and case studies are the intellectual property of the course faculty. All rights are reserved. Check hazards and legal restrictions on www.aotrauma.org/legal. Recording, photographing, or copying of lectures, practical exercises, case discussions, or any course materials is strictly forbidden. Participants violating intellectual property will be dismissed. The AO Foundation reserves the right to film, photograph, and audio record during their events. Participants must understand that in this context they may appear in these recorded materials.

Security
Security check at the entrance of the building. Wearing of a name tag is compulsory during lectures, workshops, and group discussions.

No insurance
The course organization does not take out insurance to cover any individual against accidents, thefts or other risks.

Mobile phone use
Mobile phone use is not allowed in the lecture halls and in other rooms during educational activities. Please be considerate of others by turning off your mobile phone.

Dress code
Casual

Course organization
MTÜ EESTI AO ALUMNI SELTS
Puusepa 8, Tartu, 51014
Registrlikood nr. 80224073
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Phone +37251943064
Email: andrey.smirnov@itk.ee
http://www.aotrauma.ee/

Course logistics
Syntrade Oy
Pärnu mnt.14, Tallinn, 11314
Phone: +3726617960
Email: heli.teder@syntrade.fi
www.syntrade.fi
Course venue

Sokos Viru Hotel
Viru väljak 4, Tallinn
Estonia
Phone: +3726809300
Email: viru.reservation@sok.fi
www.sokoshotels.ee

Bolero conference room
Driving excellence and empowering the next generation

**AOTrauma membership**

Discover the advantages of joining the leading global trauma and orthopedic community, providing its members with education, research and networking opportunities worldwide.

Apply for membership at [www.aotrauma.org](http://www.aotrauma.org)