

Course program

# AOTrauma Course - Basic Principles of Fracture Management

14<sup>th</sup> – 16<sup>th</sup> April, 2016, UAE



Home to Trauma & Orthopedics

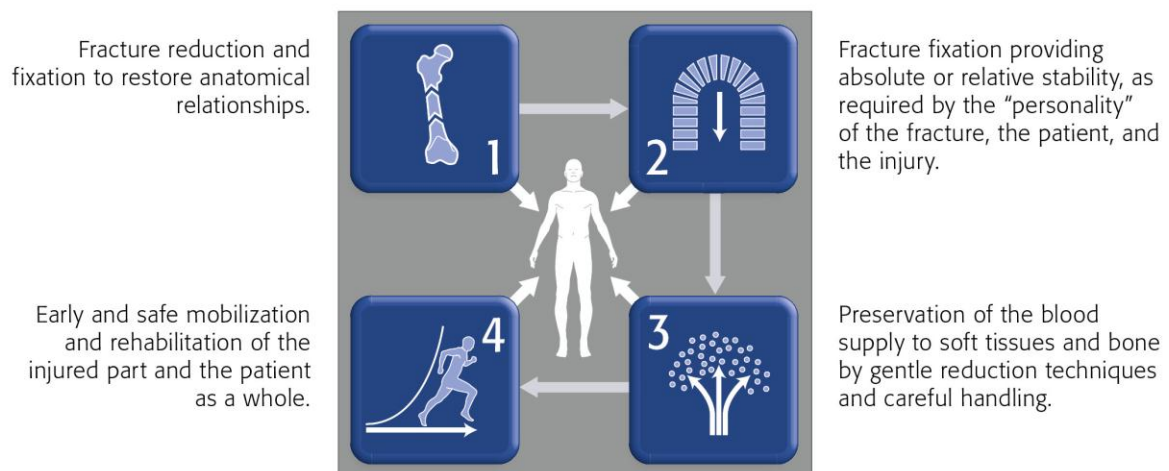
## Value statement

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 orthopedic and trauma surgeons to put theory into practice and to improve fracture management for the benefit of the patient.

## 7 Principles of Education

- 1** Based on needs
- 2** Motivates to learn
- 3** Relevant
- 4** Interactive
- 5** Provides feedback
- 6** Promotes reflection
- 7** Leads to verifiable outcomes

## The AO principles of fracture management



## Dear course participants,

Welcome to the AOTrauma Course—Basic Principles of Fracture management, which is planned and delivered to meet your needs using a competency-based curriculum approach and the AO's seven principles for high-quality education.

AO Trauma's innovative approach to education has been further strengthened as a result of the successful collaboration with the AO Education Institute in the application of state-of-the-art educational concepts in curriculum planning and all faculty development programs.

This course is one of our many educational activities for providing lifelong learning, from the Residents Education Program through to specialized Continuing Professional Development (CPD) for practicing surgeons and clinicians.

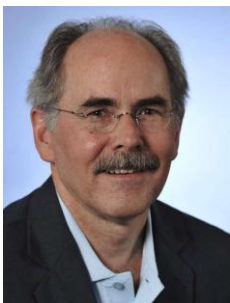
We believe that your active engagement in this course will result in improved care for your patients. Your current level of knowledge and skills will be challenged by the activities and throughout the entire event. We are confident that the combination of education principles and relevant content from our curriculum, as well as your interaction with colleagues and expert faculty will provide an effective learning experience that meets your needs.

This course is part of an overall competency-based educational program that includes many other activities and resources for self-directed learning. The educational activities in each program are developed by an international taskforce of clinical experts and educationalists and made available to you through the Education section of [www.aotrauma.org](http://www.aotrauma.org).

We hope you enjoy the course and benefit from the networking opportunities it provides for you to share experiences with your colleagues.



**Kodi Kojima**  
Chairperson AOTrauma  
Education Commission



**John (Jack) Wilber**  
Chairperson AOTrauma  
International Board

If you enjoy the experience during your course and would like to stay in touch with the organization and its international network of surgeons, we invite you to become a member of AOTrauma. The benefits of membership, including options to get involved in new opportunities that advance trauma care are described at [www.aotrauma.org](http://www.aotrauma.org).

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## Welcome from the AOTrauma Middle East

### Dear AOTrauma ME course Participant:

Welcome to the AOTrauma Middle East (AOTME) Courses 2015. Our goal at AOTME is to improve patient care through education and research. This year AOTME is offering 41 scientific and educational activities across the Middle East region and providing participants a high-level, evidence-based educational experience through lectures, discussion groups, and hands-on practical exercises. The AO Skills Lab will also be available in our region during all Basic Principles courses beginning September 2015.

AOTME courses (like all AOTrauma courses) are the perfect platform for fulfilling your continuing educational needs. They offer you the opportunity to experience firsthand AO's premier educational offerings.

For more than 55 years AO Foundation has been a world leader in education and knowledge exchange. We are committed to continuing this journey and to improving patient care by transforming a surgeon's practice. We hope that you will enjoy this premier educational event with our faculty, who are leading experts in their respective fields. We wish you the best and hope you enjoy your time with us.



**Mahmoud M Odat**  
Chair, Education AOTME



**Hazem Azeem**  
Chair, Board AOTME



## Goal of the Course

The AOTrauma Course—Basic Principles of Fracture Management teaches fundamental principles and current concepts in the treatment of injuries, incorporating the latest techniques in operative fracture management. The AOTrauma Basic Principles course is the initial step along the path of lifelong learning in the area of operative fracture management. This course mainly focuses on the basic principles of fracture management.

## Target participants

The AOTrauma Course—Basic Principles of Fracture Management is targeted at physicians in surgical training but is also open to anyone else who is interested in furthering their knowledge and skills in operative fracture management.

## Course objectives

At the end of this course, participants will be able to:

- Discuss the concepts of stability, their influence on bone healing, and how to apply implants to achieve appropriate stability
- Plan a treatment based on assessment, imaging, classification, and decision making
- Apply reduction techniques in fracture management with attention to the importance of the soft tissues
- Treat diaphyseal and simple (peri)articular fractures using different application techniques
- Evaluate and recognize the special problems related to fractures in the immature skeleton, pelvic injuries, osteoporotic fractures, postoperative infection, delayed union and/or nonunion
- Plan the initial treatment of the polytraumatized patient

## Course description

Online precourse self-assessment prepares participants for the course and allows the faculty to tailor the course to the needs of the participants. Before attending the course, participants are expected to complete online modules on bone healing and classification.

The course contains several evidence-based lectures, which cover the key information required. The AO Skills Lab engages participants in hands-on learning of basic principles and practical know-how needed for live surgery. With experiences such as proper tightening of a screw and feeling the difference between drilling with sharp and blunt drill bits, participants gain important surgical skills and learn about basic biomechanical concepts in a safe, instructive environment. In practical exercises participants will be trained in the application of fixation techniques. Discussing cases in small groups helps participants to understand decision-making and management skills.

After the course, an online postcourse self-assessment provides participants an opportunity to review the important topics from the course.

## Chairpersons

## Co-Chair person



Saied Al Thani - UAE

[drsthani@eim.ae](mailto:drsthani@eim.ae)

Usama Saleh

## Regional Faculty:

Ashraf Moharam, Egypt

Ahmed Hany , Egypt

Sami Roukos , Lebanon

## National Faculty:

Bilal Yafawi

Ikbal Khan

Yaqub El Hammady

Mohammed Gaballah

Ubaid Aslam

Amin El Helow

Ahmed Maher

Ramadan El Sayed

Mohammed El fekky

Ahmed Essa

## Course organization

### **AOTrauma Middle East**

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# Thursday, April 14, 2016

TIME	AGENDA ITEM	WHO
<b>MODERATORS:</b>		
08:00-08:10	Welcome and introduction	S.Al Thani
08:10-08:25	The AO world—From history to lifelong learning	S. Al Thani
08:25-08:40	Influence of the patient factors and the mechanism of injury on fracture management	A. Moharam
08:40-08:55	The (soft-tissue) injury—a high priority consideration	M. Gabllah
08:55-09:15	Absolute stability: biomechanics, techniques, and fracture healing	A.Hany
09:15-09:35	Relative stability: biomechanics, techniques, and fracture healing	A.El Helow
09:35-09:40	Fracture fixation using locking plates	U.Aslam
10:45-11:00	COFFEE BREAK	
13:20-14:10	<b>Small group discussion 1:</b> General principles, classification, concepts of stability, their influence on bone healing, and how to apply implants to achieve appropriate stability	All Faculty
<b>MODERATORS:</b>		
11:00-11:10	Bone healing: review of learning outcomes of eLearning module	A. Redha
11:10-11:20	Fracture classification: review of learning outcomes of eLearning module	A. Almajed
11:20-13:20	Prayer time and Lunch Break	
11:25-12:25	<b>Practical exercise 1</b> <b>Internal fixation with screws and plates—absolute stability</b>	A. Moharam
12:25-13:25	<b>LUNCH BREAK</b>	
14:10-14:15	Location change to lecture room	
13:25-15:25	<b>AO Skill Lab</b>	<b>S. Al thani</b>
15:30-15:50	Principles of diaphyseal fracture management—what is important in treating these fractures?	Bilal Yafawi

15:50-16:05	Reduction techniques of diaphyseal fractures—principles and methods	Y. El hamady
<b>16:05-16:20</b>	<b>Coffee Break</b>	

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**MODERATORS:**


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<b>15:10-16:20</b>	<b>Small group discussion 2: Management principles for the treatment of diaphyseal fractures</b>	<b>All Faculty</b>
16:20-16:35	COFFEE BREAK	
<b>17:20-18:20</b>	<b>Practical exercise 2 Principle of the internal fixator using the locking compression plate (LCP)</b>	<b>Mohamed Gaballah</b>

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## Friday, April 15, 2016

TIME	AGENDA ITEM	WHO
<b>MODERATORS:</b>		
<b>08:00-09:00</b>	<b>PRACTICAL EXERCISE 3 REAMED IM NAILING TIBIAL SHAFT FRACTURES—INTRAMEDULLARY NAILING WITH THE EXPERT TIBIA NAIL (ETN) (WITH REAMING)</b>	<b>S. Roukos</b>
09:00-09:05	LOCATION CHANGE TO LECTURE HALL	
09:05-09:20	Management principles for articular fractures—how do they differ from diaphyseal fractures?	A.Mohram
09:20-09:35	Reduction techniques for articular fractures—principles and methods	A.Hani
<b>09:35-09:55</b>	<b>COFFEE BREAK</b>	
09:55-10:10	Femoral neck fractures	B.Yafawi
10:10-10:25	Trochanteric fractures	M.Gaballah
10:25-10:40	Distal femoral fractures—management principles	A.Hany

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10:40-10:55	Distal femoral fractures—treatment options and outcomes	
10:55-11:55	<b>Practical exercise 2:</b> <b>Tibial fractures treated with different external fixator frame constructs—assessment of stability</b>	A.Hany
12:00-13:00	<b>Lunch Break</b>	
13:00-14:10	<b>Practical exercise 5</b> <b>Intramedullary nailing of a proximal femur using a proximal femoral nail anti-rotation (PFNA)</b>	Y. Al Hammady
14:40-14:45	Location change to lecture hall	
14:10-14:35	Forearm fractures need understanding of principles for diaphyseal and articular fractures	S.Roukas
14:35-15:35	Preoperative planning—“plan your forearm operation” Templating exercise (in lecture room)	A.Mohram
15:35-15:55	Fractures of the olecranon and patella	M. Gaballah
15:55-16:15	Ankle fractures—a logical approach for their fixation	U.Saleh
16:15-16:35	<b>COFFEE BREAK</b>	
16:35-17:05	<b>Practical exercise 6</b> <b>Tension band wiring of the olecranon</b>	
17:05-18:05	<b>PRACTICAL EXERCISE 7</b> <b>MANAGEMENT OF A MALLEOLAR FRACTURE TYPE 44–B</b>	

## Saturday , April 16, 2016

TIME	AGENDA ITEM	WHO
08:00-09:00	<b>Practical exercise 8</b> <b>Operate your plan—fixation of a 22-C1 forearm fracture using the LCP 3.5</b>	S. Althani
09:10-09:15	Location change to lecture hall	
09:15-09:25	Tibial plateau fractures	I. khan
09:25-09:35	Minimally invasive osteosynthesis (MIO)—when to use it?	S.Althani
09:35-09:45	Radiation hazards	Ramadan El sayed

<b>09:45-10:05</b>	<b>COFFEE BREAK</b>	
<b>10:05-11:15</b>	<b>Small group discussion 3 Management principles for the treatment of articular fractures</b>	<b>All Faculty</b>
11:15-11:20	Location change to lecture hall	
11:20-11:35	Fractures in the growing skeleton—how are they different?	S. Roukas
11:35-11:50	Fixation principles in osteoporotic bone—the geriatric patient	A.El helow
11:50-12:00	Implant removal—Why, when, and how?	Ahmed Maher
<b>12:00-13:00</b>	<b>LUNCH BREAK</b>	
13:00-13:15	Treatment algorithms for the polytrauma patient	Ahmed Hany
13:15-13:30	Emergency management of pelvic fractures—a critical skill can save lives	Yaqub al hamady
13:30-13:45	Management of open fractures	Mohamed el fekky
13:45-13:50	Location change to practical exercises	
13:50-15:00	Practical exercise 9 Stabilization of the pelvic ring using a large external fixator	Ubaid Aslam
<b>15:00-15:20</b>	<b>COFFEE BREAK</b>	
15:20- 15:35	Infection after osteosynthesis—how to diagnose and manage	Ubaid aslam
15:50-15:55	Location change to small group discussions	
<b>15:55-16:55</b>	<b>Small group discussion 4 Final case discussion on selected topic:</b> • Polytrauma • Complications • Special fractures. eg, geriatric fractures, osteoporosis, periprosthetic fractures	<b>All Faculty</b>
16:55-17:00	Location change to lecture hall	
17:00-17:10	Closing remarks	
17:10	End of the course	

# Course logistics

**Industrial Partner**

Krisztina Budai  
Johnson & Johnson (Middle East) Inc.  
Mohamed Bin Rashid Al Maktoum Academic Medical Centre  
Dubai Healthcare City, Building 14, Level 7  
PO Box 505080, Dubai

# Course information

**Course fee**

AOTrauma Course—Basic Principles of Fracture Management: USD 1400  
Included in the course fee are conference bag with documentation, course materials, coffee breaks, lunches, course reception AOTrauma course certificate.

**Registration**

Please register online: [www.aotrauma.org](http://www.aotrauma.org)  
Your participation will be confirmed after receipt the payment.

**Accreditation**

?? European CME credits (ECMEC) have been granted by the European Accreditation Council for Continuing Medical Education (EACCME).

**Evaluation guidelines**

All AOTrauma courses apply the same evaluation process, either audience response system (ARS) 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.aofoundation.org/legal](http://www.aofoundation.org/legal).

Recording, photographing, or copying of lectures, practical exercises, case discussions, or any course materials is absolutely forbidden.

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. The AO Foundation assumes participants agree that these recorded materials may be used for AO marketing and other purposes, and made available to the public.

**Security**

There will be a 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, theft, 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 venue

**Le Meridien Hotel and Conference Center**  
Airport Road, Dubai UAE



Driving excellence and  
empowering the next  
generation

### AOTrauma membership

Discover the advantages of joining the leading  
global trauma  
and orthopedic community, providing its members  
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