9th MITOS
A task force for Greek Rheumatologists
Musculoskeletal Imaging Techniques - Ongoing Sonography

International Musculoskeletal Ultrasound Course
Basic & Intermediate Levels

30 Nov | Dec 2023

Scientific Program

Wyndham Grand Athens
Greece

UNDER THE AUSTRICIES

Course Secretariat
35 Sorou Str., Maroussi, Athens - Greece
T +30 210 6109991   E info@concopco.com
www.concopco.com

Scientifically Endorsed by

EULAR
EUROPEAN ALLIANCE OF ASSOCIATIONS FOR RHEUMATOLOGY
ORGANIZATION AND COMMITTEE

Scientific Director
Prof. Annamaria Iagnocco
Dipartimento Scienze Cliniche e Biologiche, Università degli Studi di Torino, Turin - Italy
e-mail: annamaria.iagnocco1@gmail.com

Local Organizer
M.I.T.O.S. (Musculoskeletal Imaging Techniques: Ongoing Sonography - a Task Force for Greek Rheumatologists)

Organizing Committee
Giasna Giokits
Dimitrios Karokis
Ioannis Raftakis
Caterina Siagkri

Scientific Committee
Giasna Giokits
Dimitrios Karokis
Ioannis Raftakis
Caterina Siagkri

Faculty
The speakers will come from major European musculoskeletal ultrasound research centers and are rheumatologists mostly involved in previous EULAR courses. The contacted faculties are:

Faculties
Annamaria Iagnocco, Italy
Ahmed Abogamal, Egypt
Amalia Raptopoulou, Greece
Andrea DelleSedie, Italy
Andreas Diamantopoulos, Norway
Athanassios Fortis, Greece
Carlo Perricone, Italy
Caterina Siagkri, Greece
Dimitris Karokis, Greece
Dimos Merinopoulos, Greece
Emilio Filippucci, Italy
Giasna Giokits, Greece
Ioannis Raftakis, Belgium
Nemanja Damjanov, Serbia
Peter Balint, Hungary
Theodoros Natskos, Greece
Slavica Prodanović, Serbia

Instructors
Ahmed Abogamal, Egypt
Amalia Raptopoulou, Greece
Andrea DelleSedie, Italy
Andreas Diamantopoulos, Norway
Athanassios Fortis, Greece
Carlo Perricone, Italy
Caterina Siagkri, Greece
Christos Georgakopoulos, Greece
Dimitris Karokis, Greece
Dimos Merinopoulos, Greece
Emilio Filippucci, Italy
Giasna Giokits, Greece
Ioannis Raftakis, Belgium
Nemanja Damjanov, Serbia
Peter Balint, Hungary
Slavica Prodanović, Serbia
Theodoros Natskos, Greece
# GENERAL INFORMATION

<table>
<thead>
<tr>
<th>Course's opening</th>
<th>Thursday, November 30\textsuperscript{rd}, 2023 - h 11.30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course's closing</td>
<td>Saturday, December 2\textsuperscript{nd}, 2023 - h 16:45</td>
</tr>
<tr>
<td>Participants</td>
<td>The number of participants in each of the levels is limited</td>
</tr>
<tr>
<td>Official language</td>
<td>English</td>
</tr>
<tr>
<td>Congress Venue</td>
<td>Wyndham Grand Hotel, Athens, Greece</td>
</tr>
</tbody>
</table>

**Organizer**  
M.I.T.O.S. GROUP  
mitos.greek.rheum.us@gmail.com

Caterina Siagkri,  
**Address:** 51 Mitropoleos,  
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**phone:** +30 6944 443326, +30 2351 079839

**Co Organizer**  
Rheumatology Association of Serbia

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Belgrade, Serbia  
**e-mail:** nemanjadamjanov@yahoo.com

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**T** +30 210 6109991  
**M** +30 6937 052259  
**Email:** info@concopco.com  
**Website:** www.concopco.com
SPEAKERS – INSTRUCTORS

Annamaria Iagnocco
Professor, Dipartimento Scienze Cliniche e Biologiche, Università degli Studi di Torino, Turin, Italy

Ahmed Abogamal
Professor of Rheumatology, Consultant Rheumatologist, EULAR Certified MSUS Instructor, Cairo, Egypt

Amalia Raptopoulou
MD, PhD, R heumatolog ist, Veroia, Greece

Andrea Delle Sedie
MD, Rheumatologist, Azienda Ospedaliero Universitaria Pisana, Pisa, Italy

Andreas P. Diamantopoulos
MD, Ph.D., MPH, Consultant Rheumatologist, Division of Internal Medicine, Section of Rheumatology, Akershus University Hospital, Oslo, Norway

Athanasios Fortis
MD, PhD, FEBOT, Clinical Director Orthop. Dept., Panarkadian Hospital, Tripolis, Greece

Carlo Perricone
Researcher of Rheumatology at the University of Perugia, Italy

Caterina Siagkri
Rheumatologist, Scientific Associate of Hippocratio Hospital of Thessaloniki, Private Practice Thessaloniki, Greece

Christos Georgakopoulos
MD, MSc, Medical Resident in Rheumatology, KAT General Hospital, Attica, Greece

Dimitris Karokis
MSc, Rheumatologist, General Secretary of the M.I.T.O.S. Group (Musculoskeletal Imaging Techniques: Ongoing Sonography), Patras, Greece

Dimos Merinopoulos
BS, MSc, MD, MRCP, Rheumatologist, Athens, Greece

Emilio Filippucci
MD, PhD, Clinica Reumatologica Universita Politecnica delle Marche, Jesi (Ancona), Italy

Giasna Giokits
MD, Consultant Rheumatologist, Scientific Associate of Hippocration Hospital of Thessaloniki, 4th Department of Pathology, Private Practice Katerini, Greece

Ioannis Raftakis
Rheumatologist, Deputy Head of Clinic, Department of Rheumatology, CHUB rugmann, Brussels, Belgium

Nemanja Damjanov
MD, PhD, Full Professor of Internal Medicine, Rheumatology, Belgrade University School of Medicine, Director of Institute of Rheumatology, Belgrade, Serbia

Peter Balint
Prof (h.c.), MD, PhD, FRCP (Glasgow), Head of Department, 3rd Rheumatology Department, National Institute of Rheumatology and Physiotherapy, Budapest, Hungary

Slavica Prodanović
MD, PhD, Specialist of Internal Medicine-Rheumatologist, Chief of the Ultrasound Department, Institute of Rheumatology Klin, Ass. At School of Medicine University of Belgrade, Belgrade, Serbia

Theodoros Natskos
Rheumatologist, Veroia, Greece
SCIENTIFIC PROGRAM INFORMATION

CONGRESS SECRETARIAT OPENING HOURS

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<table>
<thead>
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<tr>
<td>Thursday, 30 November</td>
<td>11:30 - 21:00</td>
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<td>Friday, 1 December</td>
<td>08:30 - 19:00</td>
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<tr>
<td>Saturday, 2 December</td>
<td>08:30 - 17:00</td>
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CERTIFICATE OF ATTENDANCE

Participants can receive their certificate of attendance during the closing session on the 2nd of December 2023.
To receive the certificate of attendance, it is mandatory to complete and submit the evaluation form, at the Course Secretariat, before the closing session and to show the congress badge.

CONGRESS HALLS

<table>
<thead>
<tr>
<th></th>
<th>Her Meeting room</th>
<th>1st floor</th>
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<tbody>
<tr>
<td>Theory</td>
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<tr>
<td>Workshop</td>
<td>Athina Meeting room</td>
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<td>Exhibition</td>
<td>Foyer</td>
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</table>
OBJECTIVES:
• To learn technical characteristics and setting of ultrasound equipment for rheumatology.
• To learn the systematic standardized sonographic scanning method of each anatomical region, according to the EULAR guidelines.
• To learn basic normal musculoskeletal ultrasonographic (MSUS) anatomy.
• To learn basic pathological MSUS findings.

MAIN TOPICS:
• Ultrasound physics and technology, technical characteristics of ultrasound equipment in rheumatology, applications, indications and limitations of MSUS.
• MSUS anatomy, artifacts and misinterpretation in MSUS.
• Standardized sonographic scanning method of each anatomical region (shoulder, elbow, wrist and hand, hip, knee, ankle and foot) according to the EULAR guidelines.
• Basic pathological sonographic findings (tendinosis, tenosynovitis, partial and complete tendon tear, enthesopathy, bursitis, calcifications, articular cartilage lesions, cortical abnormalities, erosions and joint synovitis).
• Reporting MS US findings and diagnosis.

WORKSHOPS:
• Practical handling of the ultrasound machine settings.
• Supervised identification of musculoskeletal sonoanatomy.
• Supervised standardized sonographic scanning of the shoulder, elbow, wrist and hand, hip, knee, ankle and foot.
• Supervised hands-on scanning of patients with basic musculoskeletal lesions.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>12.00 - 13.30</td>
<td>Registration - Lunch</td>
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<tr>
<td>13.30 - 13.45</td>
<td>Welcome</td>
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<tr>
<td></td>
<td><strong>A. Iagnocco, G. Giokits, D. Karokis</strong></td>
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<tr>
<td>13.45 - 14.00</td>
<td>J. Raftakis Entering test of knowledge - Basic Level</td>
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<td><strong>Chairpersons: A. Iagnocco, J. Raftakis</strong></td>
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<tr>
<td>14.15 - 14.45</td>
<td>J. Raftakis Technical characteristics and setting of ultrasound</td>
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<td>equipments for Musculoskeletal diseases</td>
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<tr>
<td>14.45 - 15.00</td>
<td>Mini break - Hall changing</td>
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<tr>
<td>15.00 - 16.30</td>
<td><strong>Workshop:</strong> Supervised practical handling of the ultrasound machine</td>
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<tr>
<td>16.30 - 17.00</td>
<td>Coffee break</td>
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<td>17.00 - 17.25</td>
<td>Chairpersons: <strong>C. Perricone, E. Filippucci</strong></td>
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<tr>
<td>17.25 - 18.00</td>
<td><strong>C. Perricone</strong> History and basic physics of MSUS</td>
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<td>18.00 - 18.30</td>
<td><strong>E. Filippucci</strong> Normal tissue and joint anatomy; Sonographic pattern</td>
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<td>of the musculoskeletal tissues</td>
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<tr>
<td>18.30 - 19.30</td>
<td><strong>C. Perricone</strong> Artifacts and misinterpretation in MSUS</td>
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<td><strong>Workshop:</strong> Supervised practical handling of the normal MSUS</td>
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<td><strong>Chairperson: A. Iagnocco</strong></td>
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<td>19.30 - 20.00</td>
<td><strong>C. Perricone</strong> Image documentation; reporting US findings and</td>
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<td>20.00 - 21.00</td>
<td><strong>Workshop:</strong> Hands - on session; normal MSUS anatomy and basic</td>
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<td>pathological findings</td>
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<td>21.00</td>
<td>Dinner</td>
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</table>
Chairpersons: A. Iagnocco, G. Giokits

09.00 - 09.30  N. Damjanov  Sonographic semiology; US and correlative anatomy and histology: articular cartilage lesions, cortical abnormalities; Basic pathology of tendons and ligaments (tendinosis, calcifications, tears)

09.30 - 10.00  A. Iagnocco  Basic synovial US lesions: synovitis, synovial hypertrophy, tenosynovitis and bursitis; Definition, detection, and quantification

10.00 - 10.30  P. Balint  Enthesitis and enthesopathy

10.30 - 11.00  Coffee break

11.00 - 12.45  Workshop: US semiology: normal and basic pathological findings
Chairpersons: N. Damjanov, C. Siagkri

12.45 - 13.15  C. Siagkri  Standardized scanning of shoulder normal and basic pathological findings

13.15 - 13.45  A. Raptopoulou  Standardized scanning of the elbow: normal and basic pathological findings

13.45 - 14.30  Lunch

14.30 - 17.00  Workshop: Supervised scanning technique of shoulder; supervised scanning technique of elbow; Normal and basic pathological findings
Chairpersons: D. Karokis, G. Giokits

17.00 - 17.30  D. Karokis  Standardized scanning of the wrist and hand: normal and basic pathological findings

17.30 - 18.00  G. Giokits  Standardized scanning of the hip: normal and basic pathologic findings

20.00  Dinner
<table>
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<tr>
<th>Time</th>
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<tr>
<td>09.00 - 10.45</td>
<td><strong>Workshop:</strong> Supervised hands-on scanning of patients with inflammatory and degenerative hand, wrist and hip</td>
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<td>10.45 - 11.00</td>
<td>Coffee break</td>
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<tr>
<td>11.00 - 11.30</td>
<td><strong>Chairpersons:</strong> A. Iagnocco, J. Raftakis</td>
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<tr>
<td>11.00 - 11.30</td>
<td><strong>J. Raftakis</strong> Standardized scanning of the knee: normal and basic pathological</td>
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<tr>
<td>11.30 - 12.00</td>
<td><strong>S. Prodanović</strong> Standardized scanning of the ankle and foot: normal and basic pathological findings</td>
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<tr>
<td>12.00 - 12.30</td>
<td><strong>A. Iagnocco</strong> US Application in management of Musculoskeletal Disorders</td>
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<tr>
<td>12.30 - 13.15</td>
<td>Light Lunch</td>
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<tr>
<td>13.15 - 14.45</td>
<td><strong>Workshop:</strong> Supervised hands-on scanning of patients with inflammatory and degenerative knee, ankle and foot</td>
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<tr>
<td>14.45 - 15.15</td>
<td><strong>N. Damjanov</strong> Basic skills in sonographic guided arthrocentesis</td>
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<tr>
<td>14.15 - 15.45</td>
<td><strong>Workshop:</strong> Basic skills in sonographic-guided arthrocentesis</td>
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<tr>
<td>15.45 - 16.00</td>
<td>Exit test of knowledge</td>
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<tr>
<td>16.00 - 16.30</td>
<td>Closing remarks and certificate issue</td>
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</table>
OBJECTIVES:
• To review the systematic standardized sonographic scanning method of each anatomical region, according to the EULAR guidelines.
• To learn Colour and Power Doppler physics, application, indications and limitations.
• To learn definition, ultrasound presentation and quantification of synovitis, synovial hypertrophy, effusion, erosion, tendinopathy, tenosynovitis, enthesopathy and degenerative lesions.
• To assess, quantify and/or score joint lesions.
• To learn basic skills to perform sonographic-guided musculoskeletal injections.
• To understand the role of musculoskeletal US in clinical and research practice.

MAIN TOPICS:
• Role of Colour and Power Doppler in rheumatology.
• Colour and Power Doppler physics and technology.
• Applications, indication and limitations of Colour and Power Doppler.
• Ultrasound presentation of synovitis, effusion, erosions, tendinopathies, tenosynovitis, enthesitis and degenerative lesions.
• Role of ultrasound in diagnosis and monitoring of metabolic arthritis.
• Role of ultrasound in monitoring patients with inflammatory joint diseases.
• Standards of safety of ultrasound-guided punctures and injections sonographic system.

WORKSHOPS:
• Practical handling of the ultrasound machine settings and use of Colour and Power Doppler technology.
• Supervised scanning of the patients with inflammatory and degenerative joint disease focused on detection of synovitis, effusion, erosions, tendinopathies, tenosynovitis, enthesitis and degenerative lesions.
• Supervised basic sonographic-guided musculoskeletal injections.
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<tr>
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<tbody>
<tr>
<td>12.00 - 13.30</td>
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<tr>
<td>13.30 - 13.45</td>
<td>Welcome&lt;br&gt;A. Iagnocco, G. Giokits, D. Karokis</td>
</tr>
<tr>
<td>14.00 - 14.15</td>
<td>J. Raftakis Entering test of knowledge - Intermediate Level&lt;br&gt;Chairpersons: A. Iagnocco, J. Raftakis</td>
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<tr>
<td>14.45 - 15.00</td>
<td>Mini break - Hall changing&lt;br&gt;Chairpersons: A. Iagnocco, A. Diamantopoulos</td>
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<tr>
<td>15.00 - 15.20</td>
<td>A. Diamantopoulos Doppler physics, technology and artefacts.&lt;br&gt;Doppler setting optimization</td>
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<tr>
<td>15.20 - 15.40</td>
<td>A. Diamantopoulos Application, indications and limitations of Doppler in musculoskeletal US</td>
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<tr>
<td>15.40 - 16.00</td>
<td>A. Delle Sedie Colour Doppler and power Doppler. Correlations between US imaging and histopathological findings</td>
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<tr>
<td>16.00 - 16.30</td>
<td>Coffee break</td>
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<tr>
<td>16.30 - 18.30</td>
<td><strong>Workshop:</strong> Supervised practical scanning of the different Doppler modalities. How to use and set the ultrasound equipment. The choice of the appropriate probe. Optimization of Doppler settings. PDUS artefacts &lt;br&gt;Chairpersons: A. Iagnocco, E. Filippucci</td>
</tr>
<tr>
<td>18.30 - 19.00</td>
<td>A. Iagnocco -mode and Doppler synovitis. Definition, detection, quantification and pitfalls</td>
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<tr>
<td>19.00 - 19.30</td>
<td>E. Filippucci B-mode and Doppler tenosynovitis. Definition, detection, quantification and pitfalls</td>
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<tr>
<td>20.00</td>
<td>Dinner</td>
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</tbody>
</table>
08.00 - 09.30  **Workshop:** US semiology- pathological findings

09.30 - 11.00  **Workshop:** Supervised hands-on scanning of patients with inflammatory and degenerative joint disorders; How to detect and quantify synovitis (including Power Doppler), cartilage and bony lesions

Chairpersons: P. Balint, G. Giokits

11.00 - 11.25  N. Damjanov  B-mode and Doppler tendinosis and tendon tear. Definition, detection, quantification and pitfalls

11.25 - 11.50  A. Abogamal  US bone abnormalities. Definition, detection, quantification and pitfalls

11.50 - 12.15  A. Abogamal  B-mode and Doppler enthesopathy and enthesitis; Definition, detection, quantification and pitfalls

12.15 - 12.45  A. Abogamal  US cartilage abnormalities. Definition, detection, quantification and pitfalls

12.45 - 14.00  **Workshop:** Supervised hands-on scanning of patients with synovitis and tenosynovitis, enthesopathy / enthesitis, tendinosis and tendon tear, bone and cartilage abnormalities

14.00 - 15.00  Lunch

Chairpersons: G. Giokits, C. Siagkri

15.00 - 15.30  A. Diamantopoulos  US diagnosis of hip pathology

15.30 - 16.00  G. Giokits  US diagnosis of knee pathology

16.00 - 16.30  C. Siagkri  US diagnosis of ankle and foot pathology

16.30 - 17.00  Coffee Break

17.00 - 19.00  **Workshop:** Supervised hands-on scanning of patients with lower extremity pathology
SCIENTIFIC PROGRAM
Saturday, December 2nd, 2023

Chairpersons: J. Raftakis, D. Karokis

09.00 - 09.30  
G. Giokits  US diagnosis of shoulder pathology

09.30 - 10.00  
J. Raftakis  US diagnosis of elbow pathology

10.00 - 10.30  
D. Karokis  US diagnosis of wrist and hand pathology

10.30 -10.45  
Coffee break

10.45 - 12.45  
Workshop: Supervised hands-on scanning of patients with upper extremity pathology

12.45 - 13.30  
Light Lunch

Chairpersons: E. Filippucci, A. Iagnocco

13.30 -13.50  
A. Iagnocco  US: a tool for diagnosis and outcome measure in RA

13.50 - 14.20  
E. Filippucci  Role of US in the diagnosis of crystal arthropathy and periarticular tissue (gout, CPPD)

14.20 - 14.50  
N. Damjanov  Basic skills in sonographic-guided arthrocentesis

14.50 -15.50  
Workshop: Basic skills in sonographic-guided arthrocentesis

16.00 - 16:15  
Exit tests of knowledge and

16:15 - 16.45  
Closing remarks and certificate issues

15.00 - 15.15  
Workshop: Basic skills in sonographic-guided arthrocentesis

15.00 - 15.15  
Exit test of knowledge & closing remarks
# APPLICANTS QUESTIONNAIRE

<table>
<thead>
<tr>
<th>Surname:</th>
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<tbody>
<tr>
<td>First Name:</td>
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<tr>
<td>Date of birth:</td>
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<tr>
<td>Are you already a specialized doctor or a trainee?</td>
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**Attended seminars or other training courses**

<table>
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<tr>
<th>Number of seminars / courses</th>
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<tr>
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<td>Course Duration:</td>
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<thead>
<tr>
<th>Are you a private practitioner or a hospital doctor?</th>
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<tbody>
<tr>
<td>Do you have any experience in using ultrasound equipment?</td>
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<td>If yes, how many years?</td>
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<tr>
<th>Are you equipped with ultrasound equipment?</th>
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<tr>
<td>If yes, which type / model:</td>
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</table>

Participant’s Signature: ____________________________ Date: ________________

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**Organizer:**  
MITOS  
A task force for Greek Rheumatologists  
Musculoskeletal Imaging Techniques – Osteoporosis

**Secretariat:**  
Sorou Str., Maroussi, Athens - G.reece  
T +30 210 6109991 | E info@concopco.com  
www.concopco.com
**SCIENTIFIC PROGRAM INFORMATION**

**Important Notes prior to completing this form:**
1. Participants should have attended the EULAR basic MSUS course or a EULAR scientifically endorsed basic MSUS course.
2. Prior to acceptance to the course, applicants are required to send a total of 6 normal examinations of each joint region in 1 Power Point file (i.e. of shoulder, elbow, wrist&hand, hip, knee, ankle&foot), according to the EULAR guidelines for Musculoskeletal Ultrasound in Rheumatology (Ref. Backhaus M, et al. Ann Rheum Dis 2001).
3. “Each slide should include: (a) 1 imaged structure each in longitudinal and transverse plane, (b) a legend with the anatomic area, imaged structure and scanning planes, (c) parameters of the ultrasound machine * Identity of the person scanned should be removed”
4. Upon assessment and feedback to the applicant, applicants might need to be asked to repeat the ultrasound examinations and submit the images again for assessment.
5. Upon approval of the assessment, the applicant needs to be asked to register for the course.
6. Participants may be asked to bring a total of 60 normal ultrasound examinations (each in a Power Point Presentation) on a USB stick to the course. The faculty reserves the right to randomly request and audit the full set of ultrasound examinations from each participant.
7. Participants applying to the basic or intermediate MSUS courses endorsed by EULAR should have priority if they have already participated in the EULAR MSUS online course.

Kindly fill-in the below form (all fields are mandatory):

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<tr>
<th>Field</th>
<th>Details</th>
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<td>Surname</td>
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<td>First Name</td>
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<td>If yes, how many years?</td>
<td></td>
</tr>
<tr>
<td>Are you equipped with ultrasound equipment?</td>
<td></td>
</tr>
<tr>
<td>If yes, which type / model:</td>
<td></td>
</tr>
<tr>
<td>Participant’s Signature:</td>
<td></td>
</tr>
<tr>
<td>Date:</td>
<td></td>
</tr>
</tbody>
</table>

**Organizer:**

MITOS
A team led by Greek Rheumatologists
Musculoskeletal Imaging Techniques - Ultrasound Scopopy

**Secretariat:**

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