



HeMeSoSClimaDCD:  
Hellenic Medical Society  
for the Study  
of Climate change impact  
in persons with Disabilities  
and Chronic Diseases



IN COLLABORATION WITH



414 Ε.Μ.Ε.Μ.

PRM Department of 414 Military  
Hospital of special Diseases

UNDER THE AUSPICES



HELLENIC REPUBLIC  
National and Kapodistrian  
University of Athens  
EST. 1837  
University of Athens Medical School

2025



HeSCoS  
Spinal Cord Section  
Hellenic Society of PRM



ISCoS  
The International  
Spinal Cord Society

# HeSCoS Congress

## Environmental challenges

## New trends in Spasticity



21&22  
February 2025



Athens  
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Final Program

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**2025**  
**HeSCoS Congress**  
**Environmental challenges**  
**New trends in Spasticity**



➤ **21&22**  
**February**  
**2025**

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## **CONTENTS**

**WELCOME ADDRESSES**

**5**

**COMMITTEES**

**6**

**SCIENTIFIC PROGRAM**

**7**

**SATELLITE SUMPOSIUM**

**20**

**GENERAL INFORMATION**

**21**

**ACKNOWLEDGEMENTS**

**24**



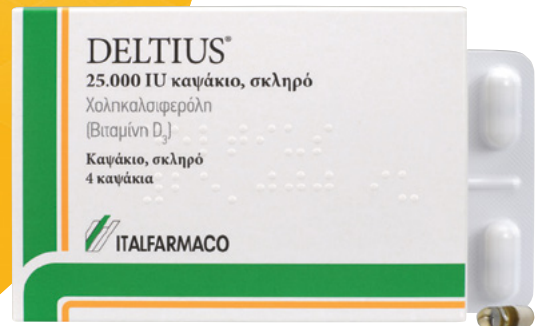
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**2025**  
**HeSCoS Congress**  
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➤ **WELCOME ADDRESSES**

Dear colleagues,  
Dear friends,

We are pleased to announce the 2025 HeSCoS Congress which is organized by the Hellenic Medical Association for the study of the impact of climate change on people with disabilities and chronic diseases (EIE-ClimaMeA) in collaboration with the department of physical medicine and rehabilitation of the General Hospital of Athens «G. Gennimatas», the Department of Injury Study and Rehabilitation of Spinal Cord (HeSCoS) of EEFIAP as well as with the department of physical medicine and rehabilitation of 414 SNEN. The conference will take place on February 21 and 22, 2025 at the Pasteur Institute Amphitheater with international participation and under the auspices of the International Spinal Cord Society (ISCoS) and will focus on the environmental challenges & rehabilitation services, spasticity and persons with spinal Cord Injury.

Rethinking rehabilitation services in a changing environment is a demand for healthcare professionals and stake holders. The topics that will be analyzed will cover rehabilitation services under climate crisis and global rehabilitation services crisis with special sessions for persons with spinal cord injuries (SCI).

Environmental challenges with impact on acute and long-term Rehabilitation services: climate change, accessibility difficulties and barriers, discrimination of vulnerable groups such as persons with SCI will be analyzed in special sessions.

Neurogenic disorders of the cardiovascular system, bladder & bowel function, thermoregulation, sexual health, pain, and spasticity will be discussed in the context of lectures, presentation of interesting cases and workshops.

The participation of physicians and all the members of rehabilitation team will ensure the multi-professional way of analyzing all presented topics on:

- Spinal Cord Injuries
- Spasticity management
- Neurogenic bladder and bowel rehabilitation management
- Pain

Specific topics will be highlighted by lived experience presented by persons with disability ensuring the significant place of patients and their significant ones in the rehabilitation process.

Distinguished scientists from Greece and abroad, representatives of ISCoS (International Spinal Cord Society), ESPRM (European Society of PRM), SOA (Sustain Our Abilities) and ICS (International Continence Society) will share their experience and specialized knowledge with all members of rehabilitation team.

The active participation of all of us will provide a critical appraisal of the required interventions and collaborative solutions that will contribute to the improvement of the provided rehabilitation services and the quality of life of our patients.

On behalf of the organizing Committee  
**Christina-Anastasia Rapti, Prokopios Manthos**

# 2025

## HeSCoS Congress

### Environmental challenges

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## COMMITTEES

### ORGANIZING COMMITTEE

<b>Presidents:</b>	<b>C.-A. Rapti</b> <b>P. Manthos</b>
<b>Members:</b>	<b>E. Bogdos</b> <b>M. Dimitriadi</b> <b>D. Emmanouil</b> <b>G. Evmorfidis</b> <b>D. Kagiouli</b> <b>M. Karakonstantis</b> <b>A. Kollias</b> <b>A. Kontaxakis</b> <b>E. MOUNTZI-NAKKA</b> <b>P. Siggelaki</b> <b>K. Tsioufis</b> <b>R. Vasilakis</b> <b>D. Vasilopoulos</b>

### SCIENTIFIC COMMITTEE

<b>Presidents:</b>	<b>C.-A. Rapti</b> <b>E. MOUNTZI-NAKKA</b>																				
<b>Members:</b>	<table border="0"> <tr> <td><b>C. Baltas</b></td> <td><b>A. Kontaxakis</b></td> </tr> <tr> <td><b>E. Bogdos</b></td> <td><b>A. Kyriakides</b></td> </tr> <tr> <td><b>Y. Dionyssiotis</b></td> <td><b>P. Manthos</b></td> </tr> <tr> <td><b>D. Emmanouil</b></td> <td><b>N. Paidakakos</b></td> </tr> <tr> <td><b>M. Fragkaki</b></td> <td><b>E. Papageorgiou</b></td> </tr> <tr> <td><b>A. Galata</b></td> <td><b>A. Stavrianou</b></td> </tr> <tr> <td><b>G. Georgoulis</b></td> <td><b>G. Tagaris</b></td> </tr> <tr> <td><b>M. Gryllia</b></td> <td><b>K. Tsioufis</b></td> </tr> <tr> <td><b>A. Kollias</b></td> <td><b>K. Vagdatli</b></td> </tr> <tr> <td><b>X. Konstantinidis</b></td> <td><b>D. Vasilopoulos</b></td> </tr> </table>	<b>C. Baltas</b>	<b>A. Kontaxakis</b>	<b>E. Bogdos</b>	<b>A. Kyriakides</b>	<b>Y. Dionyssiotis</b>	<b>P. Manthos</b>	<b>D. Emmanouil</b>	<b>N. Paidakakos</b>	<b>M. Fragkaki</b>	<b>E. Papageorgiou</b>	<b>A. Galata</b>	<b>A. Stavrianou</b>	<b>G. Georgoulis</b>	<b>G. Tagaris</b>	<b>M. Gryllia</b>	<b>K. Tsioufis</b>	<b>A. Kollias</b>	<b>K. Vagdatli</b>	<b>X. Konstantinidis</b>	<b>D. Vasilopoulos</b>
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### HONORARY SCIENTIFIC COMMITTEE

<b>Members:</b>	<b>M. Alexander</b> <b>B. Erhan</b> <b>A. Jamous</b>	<b>N. Liu</b> <b>K. Onem</b> <b>F. Theron</b>
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# Scientific Program





➤ **SCIENTIFIC PROGRAM**

Friday, February 21<sup>st</sup> 2025

**07.30**

**REGISTRATIONS**

**08.00-10.00**

**INTERNATIONAL CLASSIFICATION OF FUNCTIONING (ICF) IN CLINICAL PRACTICE: CASE REPORTS**

Chairs: **P. Manthos, P. Sklavounos, O. Dimos, S. Kaligerou, E. Georgakila**

08.00-08.15

Clinical assessment and follow-up of a stroke patient with spasticity  
**M. Karakonstantis**

Comments: **P. Manthos**

08.15-08.30

Clinical assessment and follow-up of a stroke patient with communication disorders  
**C. Athanasiadi**

Comments: **E. Efstratiadou**

08.30-08.45

Clinical assessment and follow-up of a multiple sclerosis patient with pain  
**M. Papadatou**

Comments: **N. Roussos**

08.45-09.00

Clinical assessment and follow-up of a geriatric patient with osteoporosis  
**I. Papaioannou**

Comments: **Y. Dionyssiotis**





## ➤ SCIENTIFIC PROGRAM

- 09.00-09.15 | Clinical assessment and follow-up of a geriatric patient with spinal cord injury  
**G. Katopodis**  
Comments: **Aik. Kotroni**
- 09.15-09.30 | Clinical assessment and follow-up of a spinal cord injury patient with lower urinary tract dysfunction  
**M. S. Giannopoulou**  
Comments: **K. Athanasopoulos, M. Venieri**
- 09.30-09.45 | Primary health care physicians' clinical assessment and follow-up of a patient with cognitive dysfunction  
**D. Nesseris**  
Comments: **P. Sklavounos**
- 09.45-10.00 | Discussion

### 10.00-10.30 | STATE OF THE ART LECTURE

International Classification of Functioning – ICF in rehabilitation services, where do we stand?

**A. Galata**

Comments: **M. Pagoni**

### 10.30-11.00 | COFFEE BREAK

### 11.00-11.30 | OPENING CEREMONY

Greetings

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## ➤ SCIENTIFIC PROGRAM

### 11.30-12.00 ISCOS LECTURE

Chairs: **C. A. Rapidi, E. Moumtzi - Nakka, Y. Dionyssiotis**

It is not just a fracture

**A. Jamous**

### 12.00-12.30 SOA LECTURE

Sustainability in SCI Care

**M. Alexander**

### 12.30 - 13.30 CLIMATE CRISIS AND PERSONS WITH DISABILITY, ARE WE READY?

Chairs: **P. Manthos, D. Vassilopoulos, G. Thanasa**

12.30-12.40

The diversity of citizens with disability, chronic-rare diseases, reduced mobility and the protection of their rights in crisis situations

**E. Kallimani**

12.40-12.55

Initiatives for people with disability inclusion

**E. Athinaiou, S. Karma**

12.55-13.10

Public health hazards in a changing climate

**F. Kalyva**

13.10-13.20

Hellenic Medical Association for the study of the impact of climate change on people with disabilities and chronic diseases. Empowering people with disability

**E. Moumtzi - Nakka**

13.20-13.30

Discussion

### 13.30-14.00 BREAK

Friday, February 21<sup>st</sup> 2025



➤ **SCIENTIFIC PROGRAM**

**14.00-15.00 ACCESS TO REHABILITATION SERVICES IN THE CONTEXT OF HEALTH CRISIS**

Chairs: **D. Skempes, E. Maragoudaki, C. Arvaniti, I. Saramantos**

14.00-14.15 Neuropsychological rehabilitation, inaccessible in the Greek health system

**C. Kattami**

14.15-14.30 Accessibility of cognitive rehabilitation, lessons taught by the pandemic

**E. Saleptsi**

14.30-14.45 Access to rehabilitation services for persons with spinal cord injury living away from big cities of Greece

**A. Stavrianou**



14.45-15.00 Discussion

**15.00-16.00 SPORTS PARTICIPATION AND SOCIAL INTEGRATION OF PERSONS WITH DISABILITY**

Chairs: **E. Bogdos, D. Emmanouil, Aik. Kotroni, S. Spyrou**

15.00-15.15 Physical and systemic barriers to sports participation of people with disabilities

**D. Skempes**

15.15-15.30 Collaboration model of rehabilitation departments with athletic associations

**A. Kostaris**

15.30-15.45 Navigating sports participation in community rehabilitation in Greece

**A. Taxildaris**

15.45-16.00 Discussion

**16.00-16.30 COFFEE BREAK**



➤ **SCIENTIFIC PROGRAM**

**16.30 - 17.30 PAIN**  
 Chairs: **Z. Dalivinga, K. Vagdatli, E. Papageorgiou, A. Koutsakis**

16.30-16.55 Pain and persons with spinal cord injury  
**J. Stolwijk** | [zoom](#)

16.55-17.20 Developmental perspectives of pediatric-onset spinal cord injury: Pain and coping  
**K. Zebracki & Natasha L. Pouloupoulos** | [zoom](#)

17.20-17.30 Discussion

**17.30-18.30 SECONDARY CONDITIONS OF BONE HEALTH FOLLOWING SPINAL CORD INJURIES**  
 Chairs: **K. Kateros, A. Mavrogenis, C. Baltas, N. Koutsogiorgis**

17.30-17.40 Body composition changes after spinal cord injury  
**Y. Dionyssiotis**

17.40-17.50 Management of musculoskeletal disorders in patients with spinal cord injuries, the rehabilitation perspective  
**D. Emmanouil**

17.50-18.00 Management of low force fractures  
**N. Manolis**

18.00-18.10 Bone infection/pressure trauma an irresolvable medical situation?  
**A. Spyrou**

18.10-18.30 Discussion



## ➤ SCIENTIFIC PROGRAM

### 18.30-20.00 STUDY PROTOCOLS

Chairs: **V. Sakellari, D. Skempes, E. Kendrou, M. Kelesi, A. Kavga**

18.30-18.45 Phenomenological investigation of the lived experience of people with spinal cord injury paraplegia living in the community in Greece  
**D. Karadimitri**

18.45-19.00 Association of trunk balance with functional independence and quality of life in individuals with spinal cord injury  
**A. Siaka**

19.00-19.15 The effect of upper limb function on independence during activities of daily living in individuals with motor incomplete tetraplegia  
**E. Stroggiou**

19.15-19.30 The investigation of the quality of life of oncological patients undergoing antineoplastic treatment at home  
**A. Lagiou**

19.30-19.45 Health education at the tertiary general hospital: The support and education of the person with rehabilitation needs  
**H. Tsaboula**

19.45-20.00 Discussion



➤ **SCIENTIFIC PROGRAM**

Saturday, February 22<sup>nd</sup> 2025

<b>08.30-10.30</b>	<b>INTERDISCIPLINARY MANAGEMENT OF PATIENTS WITH DISABILITY IN THE GENERAL HOSPITAL: CASE REPORTS</b>
	Chairs: <b>D. Kagiouli, E. Gamatsi, S. Nicolaou, E. Kakagianni, A. Stylla</b>
08.30-08.45	General hospital infection management of a patient with spinal cord injury <b>S. Letsa</b>  Comments: <b>G. Filippa</b>
08.45-09.00	General hospital urinary tract infection management of a patient with spinal cord injury <b>N. Kodolatis</b>  Comments: <b>K. Doulas, G. Papadopoulos</b>
09.00-09.15	General hospital management of chronic pressure injuries in a patient with spinal cord injury. The plastic surgeon's perspective <b>S. Tsallas</b>  Comments: <b>E. Gamatsi</b>
09.15-09.30	General hospital infection management of a patient with spinal cord injury. The rehabilitation perspective <b>R. Vasilakis</b>  Comments: <b>C.-A. Rapidi</b>
09.30-09.45	Management of chronic pressure injuries of a patient with spinal cord injury. The rehabilitation perspective <b>G. Evmorfidis</b>  Comments: <b>G. Fotinopoulos</b>



➤ **SCIENTIFIC PROGRAM**

09.45-10.00	Neuromodulation & therapeutic interventions for movement disorders following spinal cord injury, the neurosurgical perspective <b>P. Karydakis</b> Comments: <b>N. Paidakakos</b>
10.00-10.15	Neuromodulation & therapeutic interventions in movement disorders following brain lesion/ injury, the neurology perspective <b>G. Panagou</b> Comments: <b>G. Tagaris</b>
10.15-10.30	Neuromodulation & therapeutic interventions following spinal cord injury, the rehabilitation perspective <b>P. Siggelaki</b> Comments: <b>P. Manthos, G. Georgoulis</b>
<b>10.30-11.00</b>	<b>STATE OF THE ART LECTURE</b> Respiratory function and management after SCI <b>K. Tranter</b> Comments: <b>E. Mouza</b>
<b>11.00-11.30</b>	<b>COFFEE BREAK</b>





➤ **SCIENTIFIC PROGRAM**

**11.30-12.15 REHABILITATION SERVICES FOR PERSONS WITH SPINAL CORD INJURIES IN THE CONTEXT OF HEALTH CRISIS**

Chairs: **B. Erhan, K. Lappa, E. Mitsiokapa**

11.30-11.50 Networking specialized rehabilitation services in different countries, ISCoS perspective

**F. Theron**

11.50-12.10 SCI rehabilitation models in China

**N. Liu**

12.10-12.15 Discussion

**12.15-13.30 REHABILITATION STRATEGIES IN THE MANAGEMENT OF SPASTICITY**

Chairs: **M. Gryllia, K. Armenis, P. Aggelidakis, N. Ananidis**

12.15-12.30 Early intervention towards prevention of spasticity, is this possible?

**B. Erhan**

12.30-12.45 New trends in the use of botulinum toxin in spasticity management

**N. Roussos**

12.45-13.00 An algorithm in a general hospital for in time diagnosis of spasticity affecting function

**C.-A. Rapidi**

13.00-13.15 Combined treatments for spasticity management

**G. Georgoulis**

13.15-13.30 Discussion

**13.30-14.30 SATELLITE SYMPOSIUM**

(detailed program page 20)





➤ **SCIENTIFIC PROGRAM**

**14.30 15.00 STATE OF THE ART LECTURE**

Chair: **M. Kalyviotis, G. Tagaris, A. Kyriakides, A. Aggeli**

Upper limb in patients with tetraplegia  
**F. Theron**

**15.00-15.30 BREAK**

**15.30-16.15 AUTONOMIC NERVOUS SYSTEM DYSFUNCTION FOLLOWING SPINAL CORD INJURY (I) THERMOREGULATION & PAIN IN PERSONS WITH SPINAL CORD INJURY**

Chairs: **N. Sorras, E. Bogdos, D. Karadimitri**

15.30-15.45 Pathophysiology of thermoregulation  
**A. Flouris**

15.45-16.00 Sports activities of persons with spinal cord injury in high and low environmental temperatures  
**A. Kyriakides**

16.00-16.15 Neuropathic pain and autonomic dysreflexia in spinal cord injury: Common mechanisms  
**E. Bogdos**

**16.15-17.00 AUTONOMIC NERVOUS SYSTEM DYSFUNCTION FOLLOWING SPINAL CORD INJURY (II) SEXUAL HEALTH OF PERSONS WITH CENTRAL NERVOUS SYSTEM INJURY**

Chairs: **C. Konstantinidis, M. Pyrgeli, F. Armakola, S. Vogiaki**

16.15-16.30 Sexual Health early intervention and plasticity  
**M. Tzitzika**

16.30-16.45 Brain injury and sexual health  
**N. Boursinou**

16.45-17.00 Discussion



➤ **SCIENTIFIC PROGRAM**

**17.00-17.45** | **AUTONOMIC NERVOUS SYSTEM DYSFUNCTION FOLLOWING SPINAL CORD INJURY (III) NEUROGENIC LOWER URINARY TRACT DYSFUNCTION (NLUTD)**

Chairs: **A. Galata, C. Konstantinidis, N. Stamoulis, M. Fragkaki**

17.00-17.20 | Urodynamics in chronic phase of spinal cord injury  
**D. Tsiamasfirou**

17.20-17.40 | Surgical management of NLUTD  
**K. Onem**

17.40-17.45 | Discussion

**17.45-18.15** | **COFFEE BREAK**

**18.15-19.45** | **AUTONOMIC NERVOUS SYSTEM DYSFUNCTION FOLLOWING SPINAL CORD INJURY (IV) CARDIOVASCULAR DYSFUNCTION**

Chairs: **A. Krassioukov, A. Kollias, D. Avramidis, K. Tsioufis**

18.15-18.40 | ISAFSCI, Presenting a protocol for the clinical assessment of autonomic nervous system dysfunction following spinal cord injury  
**R. Vasilakis**

18.40-19.05 | Autonomic dysreflexia, as a cause of a cardiovascular | **zoom**  
**A. Kontaxakis**

19.05-19.30 | Prediction of motor and autonomic recovery following SCI | **zoom**  
**A. Krassioukov**

19.30-19.45 | Discussion

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➤ **SCIENTIFIC PROGRAM**

**19.45-20.00 CLOSING REMARKS-TAKING HOME MESSAGES**

Chairs: **C.-A. Rapidi**

**E. MOUNTZI-NAKKA**

**P. MANTHOS**

**A. KONTAXAKIS**

Saturday, February 22<sup>nd</sup> 2025

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## SATELLITE SUMPOSIUM

### 13.30-14.30 SATELLITE SUMPOSIUM

Chair: **C.-A. Rapidi**

13.30-14.00 The role of cannabinoids in the treatment of chronic diseases  
**E. Azas**

14.00-14.30 The use of medicinal cannabis in the management of spasticity  
**P. Manthos**

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# General Information



# 2025 HeSCoS Congress Environmental challenges New trends in Spasticity



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## ➤ GENERAL INFORMATION

### ➤ Date & Venue

February, 21<sup>st</sup>-22<sup>nd</sup> 2025  
Hellenic Pasteur Institute (Vas. Sofias Av., N. 127, Athens)

### ➤ CME Accreditation

The congress is awarded with 16 Continuing Medical Education credits (ECMECs) by the Panhellenic Medical Association and with 10 units of Continuing Nursing Education are granted by the Hellenic Regulatory Body of Nurses.

### ➤ Certificate of attendance

All participants of the congress will be given a certificate of participation. In order to receive the certificate, it is required to attend 60% of the total time of the scientific program, according to the relevant circular of the Hellenic Organization of Scientific Research. There will be a barcoding system. Satellite symposiums or satellite lectures are not counted.

The certificates will be sent electronically after the electronic evaluation of the scientific event has been submitted.

### ➤ Badges

All participants will receive from the secretariat of the congress the badge, which they are obliged to scan when entering and leaving the conference hall.

### ➤ Optical Media - Technical Secretariat

The hall of the congress will be technically equipped with all the necessary AV.

### ➤ Participation

The participation in the congress is **FREE**.

### ➤ Congress Secretariat

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## ACKNOWLEDGEMENTS

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Βιβλιογραφία: 1. Turner-Stokes L, et al. J Rehabil Med. 2021;53(2):jrm00157. 2. Field M, et al. Toxins (Basel). 2018;10(12):535. 3. Gracies J, et al. Lancet Neurol. 2015;14(10):992-1001. 4. Gracies J, et al. Muscle Nerve. 2018;57(2):245-54. 5. Gracies J, et al. Neurology. 2017;89(22):2245-53.

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