Title of Summer School:

**CHILD AND SPORT SAFETY: BASIC CARDIAC AND GENERAL HEALTH EVALUATION**

Scientific coordinator:

Ioannis Germanakis,
Assoc. Professor of Pediatrics-Pediatric Cardiology
Faculty of Medicine, University of Crete

Coordinating Department / Laboratory:

Medical School University of Crete

**General Description.**

Preparticipation screening refers to the medical evaluation of athletes for detecting (screening) medical conditions associated with increased health risk during sport participation and appropriate referral of suspected cases for detailed confirmatory diagnosis. Preparticipation screening is based on medical history and physical evaluation performed by primary health care physicians. In contrast to well established recommendations for preparticipation screening for adult athletes, focusing mainly on cardiac screening, the preparticipation evaluation of children is challenging: not only the etiology and manifestation of pediatric heart disease differs from adults but further health issues which can affect their safe sport participation including neurology, pulmonology, endocrinology, orthopedic, ophthalmology, genetic etc health issues have to be detected. Furthermore, safe sport participation has to take into account the physical growth and psychosocial development stage children, supporting the joyful participation in a variety of recreational sports over competitive high intensity sports.

The summer school aims to present the principles of basic cardiac (including cardiac auscultation and pediatric electrocardiogram interpretation) as well as general health assessment during preparticipation screening for children participating in school and organized sports.

2 ECTS (European Credit Transfer and Accumulation System) Credits will be awarded.

WEB SITE:


**Purpose of Training (What will the trainees have learned at the end of the course):**

Participant will acquire basic theoretical knowledge and develop appropriate clinical skills in:

1. Pediatric Cardiac Auscultation, differentiating innocent from abnormal heart sounds
2. Basic Knowledge of pediatric electrocardiogram interpretation
3. Personal and Family History regarding pediatric heart diseases
4. Detecting symptoms and signs of a variety of further health issues potentially affecting safe sport participation in childhood, including neurology, pulmonology, orthopedic, endocrinology etc
5. Knowledge of the importance of safe sport participation for all children, in sports appropriate for their developmental stage, interests and underlying health conditions

**Who is it for (pre-graduate: pre-clinical or clinical, postgraduate, PhD level):**

**Medical and medical profession students** — advanced level preferred (preferably having successfully attended preclinical pediatrics, cardiology, pulmonology, as a minimum).

**Postgraduate level**, including master degree, PhD students of **medicine, medical professions or sports fields**.

Primary health care **physicians**, active in basic preparticipation screening including children (pediatricians, general physicians, cardiologists)

**Duration / location** (1-4 weeks, how many cycles, dates of each cycle, places of training):

**4 Day- course** (blended learning, synchronous interactive e-learning (12th afternoon, 13th morning) and hands on interactive multimedia based workshops (2nd-4th day) **Postgraduate Amphitheater, School of Medicine, University of Crete, Greece, Voutes, Heraklion, Crete**.

**Scientific-Organizing Committee:**

Ioannis Germanakis, Associate Professor
Emmanouil Paraskakis, Associate Professor
Emmanouil Galanakis, Professor

**Educators:**

Ioannis Germanakis (Assoc. Prof. UOC), Pediatric Cardiology
Emmanouil Paraskakis (Assoc. Prof. UOC), Pediatric Pulmonology
Rozalia Dimitriou (Assist. Prof. UOC), Pediatric Orthopedics
Maria Bitsori (MD, PhD, UOC), Pediatric Nephrology
Stavroula Ilia (Assist. Prof. UOC), Pediatric Intensive Care Unit
Thomas Vrekousis (Assist Prof. UOC), Obstetrics-Gynecology
Maria Raisaki (Assoc Prof UOC), Paediatric Radiology
Maniadaki Ilianna (MD, PhD, Consultant PaGNH), Pediatric Endocrinology
<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>15.00-16.00</td>
<td>Introduction - What sport for which child</td>
</tr>
<tr>
<td>16.00-16.20</td>
<td>Pediatric Pulmonology and sports*</td>
</tr>
<tr>
<td>16.20-16.40</td>
<td>Pediatric Orthopedics and sports (30min)*</td>
</tr>
<tr>
<td>16.40-17.00</td>
<td>Pediatric Neurology and sports*</td>
</tr>
<tr>
<td>17.00-17.20</td>
<td>Pediatric Nephrology and sports *</td>
</tr>
<tr>
<td>17.20-17.40</td>
<td>Pediatric Endocrinology and sports * (30 min)</td>
</tr>
<tr>
<td>17.40-18.00</td>
<td>The female athlete *</td>
</tr>
<tr>
<td>18.00-18.20</td>
<td>Contusions and brain injury in sports*</td>
</tr>
<tr>
<td>18.20-18.40</td>
<td>Imaging sport injuries in children*</td>
</tr>
<tr>
<td>18.40-19.00</td>
<td>First aid in pediatric sports* (30 min)</td>
</tr>
<tr>
<td>19.00-19.20</td>
<td>Ophthalmology and sports *</td>
</tr>
<tr>
<td>19.20-19.40</td>
<td>Diabetes and sports*</td>
</tr>
<tr>
<td>19.40-20.00</td>
<td>Infectious control and sports *</td>
</tr>
<tr>
<td>20.00-20.20</td>
<td>Pediatric Rheumatology and sports *</td>
</tr>
<tr>
<td>20.20-20.40</td>
<td>Pediatric Hematology-Oncology and Sports*</td>
</tr>
</tbody>
</table>
20.40-21.00 US guided interventions in pediatric athletes*

Thursday July 13th -Interactive Workshop- School of Medicine UOC

10.00-12.00 Pediatric Cardiology and Sports- Synchronous e-learning course
10.00-10.20 Child vs adult heart disease: differences
10.20-10.40 Channelopathies and cardiomyopathy, epidemiology (Bagaki)
10.40-11.00 Extrasystolic arrhythmia and sports (Giannakopoulou) *
11.00-11.30 Arrhythmogenic heart disease and sports (Papagianis)*
11.20-11.40 Syncope and sports (Vlahos)*
11.40-12.00 Kawasaki Disease and sports (Papadopoulou-Legbelou)*
12.00-12.20 Myocarditis and Sports (Anagnostopoulou)*
12.20-12.40 Marfan Syndrome and Sports
12.40-13.00 Congenital Heart Disease and Sports (Karatza)*

15.00-19.00 Pediatric Electrocardiogram Workshop

Friday July 14th  Interactive Multimedia Workshop-School of Medicine UOC

15.00-19.00 Pediatric Cardiac Auscultation (Digital Phonocardiography) Workshop I

Saturday July 15th  Interactive Multimedia Workshop-School of Medicine UOC

9.00-13.00 Pediatric Cardiac Auscultation (Digital Phonocardiography) Workshop II

15.00-16.00 Certification Exams-Clinical Skills
16.00-17.00 Certification Exams –Theory –Course Validation

Student selection process (maximum number of students, evaluation criteria):

Maximum 30

Level of English proficiency, CV, motivation letter should be submitted

Evaluation by the scientific committee

Application procedure:

Online application (E mail to: julietaperezg@hotmail.com cc yannis.germanakis@gmail.com)

Final Deadline: July 5th 2023
**Tuition costs per participant:**

150 Euro per participant.

**Additional comments:**

Accommodation, subsistence, personal insurance and travel cost are not included in the tuition fees; The University of Crete, Erasmus office can be contacted for any inquiry regarding incoming student accommodation while the coordinator will be delighted to assist incoming students for anything they might need through direct contact (E mail to: julietaperezg@hotmail.com cc to yannis.germanakis@gmail.com)