



**PRELIMINARY PROGRAM**  
CLINICAL / LABORATORY  
SUMMER-WINTER SCHOOLS,  
MEDICAL SCHOOL,  
UNIVERSITY OF CRETE



Title of Winter School:

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

**Scientific coordinator:**

Ioannis Germanakis,  
Professor of Pediatrics-Pediatric Cardiology  
School of Medicine, University of Crete

**Coordinating Department / Laboratory:**

School of Medicine, University of Crete



**Web-site:** <https://welcome.uoc.gr/2024/09/20/child-and-sport-safety/>

**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 winter 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 Credits** will be awarded.

### **Purpose of Training**

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

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

### **Who is it for**

Medical students –advanced level (having successfully attended preclinical pediatrics, cardiology, pulmonology, as a minimum).

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

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

### **Duration / location**

6 Day- course (**synchronous interactive e- learning**, including theory lectures (1<sup>st</sup>- 3<sup>rd</sup> day) and interactive multimedia based workshops (4<sup>th</sup>-6<sup>th</sup> day)

### **Scientific-Organizing Committee:**

Ioannis Germanakis, Professor

Emmanouil Paraskakis, Professor

Chrysoula Perdikogiani, Assistant Professor

Eleni Vergadi, Assistant Professor

Emmanouil Galanakis, Professor

### **Educators:**

Anagnostopoulou Andriana (MD, Consultant Univ. Hosp. Agia Sofia), Pediatric Cardiology

Bagaki Alena (MD, PhD candidate, Consultant) Pediatrics

Ballmann Lisa (MD, Univ. Hospital Innsbruck), Pediatric Cardiology

Bitsori Maria (MD, PhD, Consultant, Univ. Hosp. Heraklion), Pediatric Nephrology

Dimitriou Rozalia (Assist. Prof. UOC), Pediatric Orthopedics

Drakonaki Elena (Assist Professor, UOC), Anatomy

Germanakis Ioannis ( Prof. UOC), Pediatric Cardiology

Giannakopoulou Aikaterini (MD,PhD, Consultant Univ. Hosp. Agia Sofia) Pediatric Cardiology

Iliia Stavroula (Assoc. Prof. UOC), Pediatric Intensive Care Unit

Karatza Ageliki (Prof. University of Patras), Pediatric Cardiology

Katzilakis Nikolaos (MD,PhD, Consultant Univ. Hosp. Her.), Pediatric Hematology-Oncology

Lioudaki Marilia (MD, PhD, Consultant Univ.Hosp.Heraklion), Pediatric Diabetes

Maniadaki Ilianna (MD, PhD, Consultant Univ.Hosp.Heraklion), Pediatric Endocrinology

Papadopoulou-Legbelou Kiriaki (Prof. University of Thessaloniki), Pediatric Cardiology

Papagiannis Ioannis (MD, PhD), Director, Pediatric and Adult CHD, Onassis Cardiac Center.

Paraskakis Emmanouil (Prof. UOC), Pediatric Pulmonology

Perdikogianni Chrysoula (Assist. Prof. UOC), Pediatrics

Pratikaki Anastasia (PhD, Teaching Staff, UOC), Developmental Psychology

Plainis Sotirios, (MSc, PhD, FBCLA, Lab. Of Vision-Optics, UOC), Optometry

Raisaki Maria (Prof UOC), Paediatric Radiology

Vakis Antonios (Prof UOC), Neurosurgery

Vergadi Eleni (Assist. Prof. UOC), Pediatrics

Vlahos Antonios (Prof. University of Ioannina), Pediatric Cardiology

Vorgia Pelagia (MD,PhD), Pediatric Neurology

Vrekousis Thomas (Assist Prof. UOC), Obstetrics-Gynecology

**Preliminary educational program** (detailed by day):

**Monday November 4<sup>th</sup>**

**General Health Evaluation and disease-specific recommendations in childhood sports**

***Synchronous e-learning lectures (Zoom platform) Afternoon 17.00-21.00***

Welcome Greetings

Introduction -What sport for which child	Germanakis I
Childhood / Adolescence Psychology	Pratikaki A
Pediatric Pulmonology and sports	Paraskakis E
Pediatric Orthopedics and sports	Dimitriou R
Pediatric Neurology and sports	Vorgia L
Pediatric Endocrinology and sports	Maniadaki I

Pediatric Nephrology and sports	Bitsori M
The female athlete	Verkousis T
First aid in pediatric sports	Ilia S
Conclusions, summary	All Faculty

## **Tuesday November 5<sup>th</sup>**

### **General Health Evaluation and disease-specific recommendations in childhood sports**

#### ***Synchronous e-learning lectures (Zoom platform) Afternoon 17.00-21.00***

Ophthalmology and sports	Plainis S
Diabetes and sports	Lioudaki M
Infectious control and sports	Vergadi E
Pediatric Rheumatology and sports	Perdikogianni C
Pediatric Hematology-Oncology and Sports	Katzilakis N
US guided interventions in pediatric athletes	Drakonaki E
Contusions and brain injury in sports	Vakis A
Imaging sport injuries in children	Raisaki M

## **Wednesday November 6<sup>th</sup>**

### **Pediatric Cardiology and Sports**

#### ***Synchronous e-learning lectures (Zoom platform) Afternoon 17.00-21.00***

Child vs adult heart disease: differences	Germanakis I.
Channelopathies and cardiomyopathy, epidemiology	Bagaki A
Extrasystolic arrhythmia and sports	Giannakopoulou A
Syncope and sports	Vlahos A
Kawasaki Disease and sports	Papadopoulou-Legbelou K
Myocarditis and Sports	Anagnostopoulou A
Congenital Heart Disease and Sports	Karatza A
Marfan Syndrome and Sports	Ballmann L
Arrhythmogenic heart disease and sports	Papagiannis I

**Thursday November 7<sup>th</sup>**

**Pediatric Electrocardiogram Workshop**

**Synchronous e-learning lectures (Zoom platform)**      **Afternoon 17.00-21.00**  
Interactive Pediatric ECG Workshop      Germanakis I.

**Friday November 8<sup>th</sup>**

**Pediatric Cardiac Auscultation Workshop A**

**Synchronous e-learning lectures (Zoom platform)**      **Afternoon 17.00-21.00**  
Interactive Digital Phonocardiography Workshop      Germanakis I.

**Saturday November 9<sup>th</sup>**

**Pediatric Cardiac Auscultation Workshop B**

**Synchronous e-learning lectures (Zoom platform)**      **Morning 09.00-13.00**  
Interactive Digital Phonocardiography Workshop      Germanakis I.

**Certification Exams**      **Afternoon 14.00-16.00**

Certification Exams-Clinical Skills-Digital Phonocardiography  
Certification Exams –Theory –Course Validation

**COST**

**100 Euro** per participant

**Student selection process** (Max 50\*)

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

Evaluation by the scientific committee

*\*Priority according to application date among successful applicants*

**Application procedure:**

Online application (E mail to: [yannis.germanakis@gmail.com](mailto:yannis.germanakis@gmail.com) ), with attached motivation letter and CV

**Application Deadline:** 25<sup>th</sup> October 2024

**IT Support:** Mr. Konstantinos Mavroforakis, E mail: [kmavrof@uoc.gr](mailto:kmavrof@uoc.gr)

**Secretary :** Ms. Eleni Chalkiti, E mail: [e.chalkiti@uoc.gr](mailto:e.chalkiti@uoc.gr)

**Tuition costs per participant:**

100 Euro (for covering rental of equipment, organizatory costs)

**Further Info:**

For inquiries regarding the scientific program , please contact directly the scientific coordinator

For inquiries regarding administrative, financial issues, please contact directly the secretary.