



NSpine

innovative spine education™

14th - 16th July 2021

Alfândega Conference
Centre

Porto, Portugal

NSpine

5th Main Conference

Register online at
www.nspine.com



Welcome to Porto

NSpine is proud to be coming to Porto for the first International event outside the UK. Porto is steeped in history and in typical NSpine tradition, the meeting and venue merge to provide a unique experience. Professor Nuno Neves from Porto has kindly written an introduction to Porto and will be hosting the Portuguese Spine Society Satellite Symposium.

"Welcome to Porto. Located on the northern bank of Douro River, this is the second-largest city in Portugal. Its motto "Old, Most Noble, Always Loyal and Unvanquished", says much of the city and its inhabitants. In fact, Porto's settlement dates back many centuries, and walking its streets one can appreciate the imprint different ages have left on its face. Its core was proclaimed a World Heritage Site by UNESCO in 1996, and there really is a lot to see and do. Right next to the Alfândega Congress Center (the old customs house) you will find the historic center, with Ribeira, Porto's riverside area, its maze like streets and stairways, and medieval feeling.

Don't miss the multitude of churches, like São Francisco, and its gold-leaf covered walls, or the Romanesque Cathedral. Palácio da Bolsa (the old stocks market) and its monumental Pátio das Nações courtyard and Morrish revival Salão Árabe, is also worth visiting. Stroll the picturesque Rua das Flores all the way to São Bento railway station and its tiled walls, and Praça da Liberdade, the city's central square. Going uphill you will find the iconic Barroque Clérigos Church and Tower where you can climb its 240 steps for an amazing birds' eye view over the city. Right next to it there is always a queue to enter the beautiful Lello Bookshop. Santa Catarina Street is a major shopping area with both local and international shops.

Midway, the Majestic Café is a perfect place for a coffee. Sports fans can enjoy a visit to FC Porto's Stadium and Museum, home to 2 Champions League and 2 UEFA/Europa League Cups. Art lovers will head to Bombarda Art District with its small galleries, or admire the paintings and sculptures at Soares dos Reis National Museum. Unmissable is Serralves, where you'll find an Art Deco Villa, lush gardens and the Contemporary Art Museum by Portuguese star architect Álvaro Siza. The concert hall, Casa da Música, by Pritzker Prize Rem Koolhaas, features cutting-edge design and acoustics.

For a calm and relaxing walk head to the Palácio de Cristal gardens or the City Park, which stretches all the way to the sea. Enjoy the sunset at Foz beaches, the trendy district by the Atlantic coast. Across the river, in Gaia, dozens of cellars store and age Porto's most famous product, Port wine. By the way, there are 6 bridges crossing the Douro, each with its special feature (one was even designed by Gustave Eiffel's office). You can visit the cellars and take a wine flight through the different Port styles. But make sure you don't miss other Portuguese wines. We have one of the worlds most diverse wine cultures, from crisp, light Vinho Verde, to fruity Alentejo whites, and robust Douro reds.

Gastronomy is center stage in Porto, whether it is a fancy dinner at a Michelin-starred restaurant, one of over 1000 recipes of Bacalhau (salted codfish), delicious seafood, the huge Francesinha sandwich, or, for the adventurous, Tripas à moda do Porto. Legend has it that this delicacy was created in the 15th century, when Porto inhabitants gave all the meat to the departing fleet of Prince Henry the Navigator, keeping only the leftover tripes. Hence our popular name, Tripeiros, and a hint to our generous and warm nature."



Bronek Boszczyk
Spine Surgeon, NSpine Chairman



Nuno Neves, MD, PhD
Orthopaedic and Spine Surgeon

NSPINE 2021

Spine Education since 2013: NSpine is an entirely independent for profit company exclusively focussed on spine health care education. Since the inaugural conference in 2013, NSpine has grown exponentially and now features annual, highly respected meetings which attract over 500 attendees from across the globe. The Main Conference covers the entire range of spinal conditions through **around 300 lectures in up to 8 parallel sessions** with particular emphasis on select topics. Lectures are delivered by experts in their field with ample time for discussion with delegates.

Clinical Problem Solving and Emerging Tech: The focus of NSpine meetings is on clinical problem solving and decision making. Whilst academia is important, NSpine goes into greater depth on technical details, techniques and emerging technology. As such, our industry partners play a key role in shaping content through their R&D and manufacturing expertise and are an integral part of the programme and the delegates' learning.

Topic Focus for Porto: As usual, all spine fields will be covered, with a particular emphasis being placed on **paediatric deformity** techniques from early onset through to AIS. Within degenerative conditions the particular emphasis will be on extensively covering **endoscopic and microsurgical** techniques, as well as innovative lateral access techniques.

Key NSpine topics at one glance:

- **Paediatric Deformity**
- **Endoscopic and Microsurgical Techniques**
- **Minimally Invasive Surgeries (Lateral/360)**
- **Metastatic Tumors**
- **Active Robotics**

Exceptional Networking: NSpine enables extensive networking and cross-speciality learning by bringing together all spine health care professionals irrespective of organisational "size". Our interactive discussions between spinal surgeons, spinal anaesthetists, nursing professionals and even spinal veterinary surgeons were some of the highlights of previous meetings.

Effective Industry Partnership: NSpine highly values the contribution by Medtech partners. The dedicated emerging tech G-Spine sessions are a platform for engineers and developers demonstrating the visions and abilities of leading and emerging companies. Many collaborations have been forged at NSpine meetings. Industry representatives enjoy access to all sessions and are viewed as partners in delivering spinal education.

NSpine aims to break down barriers, build awareness, and improve knowledge sharing across the whole spine care continuum.



Accreditation:

Pending approval
NSpine 2019 was granted 24 European CME Credits (ECMEC) by the European Accreditation Council for Continuing Medical Education (EACCME).



Nuno Neves
Nuno Neves, MD, PhD
Orthopedic Surgeon



SPPCV
SOCIEDADE
PORTUGUESA
DE PATOLOGIA
DA COLUNA
VERTEBRAL

PORTUGUESE SPINE SOCIETY

Since 2003, SPPCV - the Portuguese Spine Society has gathered physicians and surgeons dedicated to the study and treatment of spine disorders.



Today we are over 160 members. This small, yet dedicated and active community has always thrived to improve quality and deliver the best care, having been early adopters of innovations such as cervical plating or pedicle screw fixation, and even developing a pioneering, though less known, Portuguese Method of segmental correction of deformities, by Resina and Ferreira Alves in the early 60's. In 2004 healthcare professionals from all over the world came to Porto for the first ever Spine Week. It is thus fitting that NSpine has chosen the same venue for its first congress outside the UK. We are thrilled to welcome you and hope you will enjoy this unique event in our wonderful city.

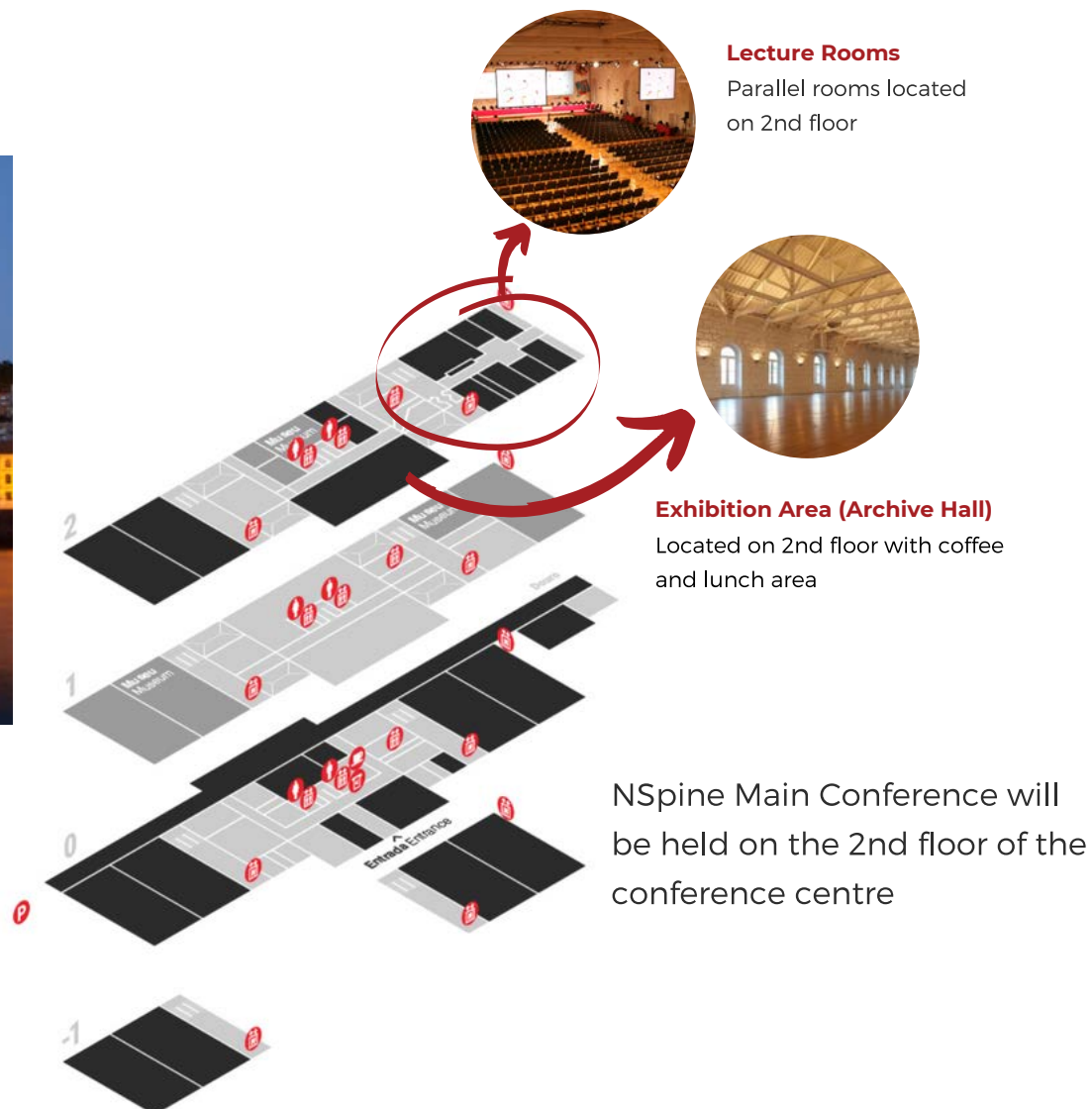
SPPCV will be hosting a dedicated symposium on Cervical Total Disc Replacement (CTDR) concurrent to the NSpine meeting.

ALFÂNDEGA CONFERENCE CENTRE

About the Venue:

Located in the historic centre of Porto on the banks of the Douro River, Alfândega Conference Centre was ranked the 'Best Meetings & Conference Centre Europe' in 2014, 2015 & 2017.

Many exceptional events, including Spineweek 2004, were held in the 150 year old complex dating back to 1869. The fully refurbished centre features halls which are considered to be amongst the most beautiful in Northern Portugal. Perfectly located only 20-30 minutes from Porto Airport by car or public transport and within walking distance to hotels, Alfândega boasts 22 multifunctional spaces, 400 parking spaces and a private boarding pier - the perfect location for a welcome reception.



Venue Address:

Centro De Congressos Da Alfândega Do Porto, Rua Nova Da Alfândega, Edifício Da Alfândega, 4050-430 Porto, PORTUGAL

www.ccalfandegaporto.com



TRAVEL TO THE CONFERENCE



Flights

Porto Airport (OPO) is located with excellent road and public transport to the venue within 30 minutes. It is consistently ranked among the top three airports in Europe.

As the second largest airport of the country Porto, there are extensive direct connections from 24 countries with 31 airlines.

<https://www.flightconnections.com/flights-from-porto-opo>



Public Transport

Porto Airport is connected to the city of Porto via Metro and Airport Buses.

www.cp.pt/passageiros/en/ for train information.

www.stcp.pt for bus timetables.

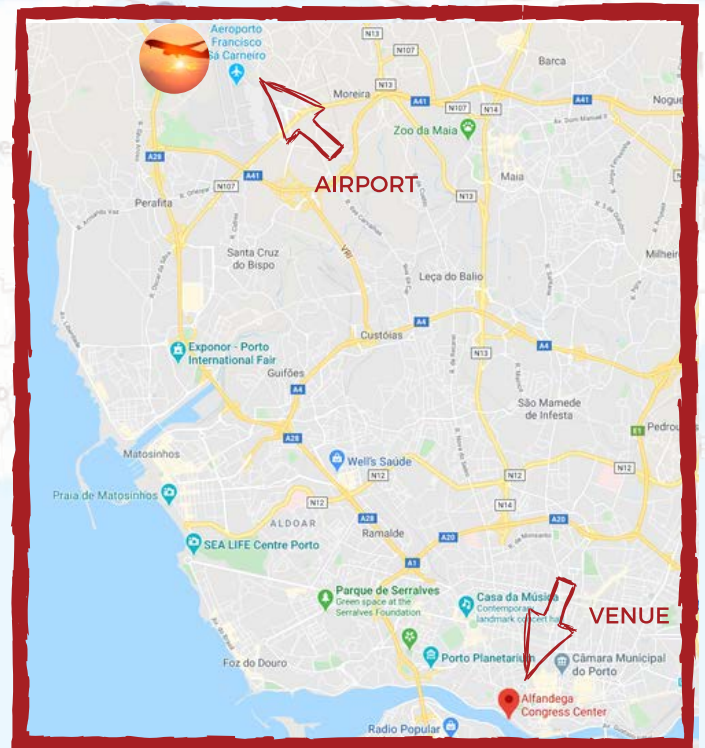
www.metrodoporto.pt for metro information.

Driving

For Arriving by car please visit www.ccalfandegaporto.com/en/location/ for route details.

Hotels

Please visit www.nspine.com for details on the hotels we have arranged a preferential rate for.



WHY ATTEND NSPINE 2021?



NSpine events are designed by spine surgeons for spine surgeons. As a fully independent platform, NSpine flexibly caters for the constantly developing educational needs. The focus is always on improving patient care through advances in technique, technology and know-how.



NSpine lectures are all in key note style allowing for sufficient time to comprehensively cover topics. Ample time is allocated for discussion. Our invited faculty are all recognised experts in their field willing to share their knowledge.



Hands-on workshops with Medability and Realists allow for in depth simulation training in endoscopy, microsurgery and complex instrumentation. Test your skills in virtual reality at the FundamentalVR pedicle screw and TLIF instrumentation simulator.



Rekindle acquaintances and make new professional contacts. Networking is always a very important aspect of any NSpine meeting with faculty and attendees from across the globe. We are also known to host memorable course evenings with live music by our faculty band - not to be missed.



Porto is a UNESCO World Heritage site with extraordinary beauty and a range of architectural treasures. Add to this the great wines and gastronomy and you have all the ingredients needed for an exceptional professional and personal journey.

Workshop Partners

FUNDAMENTALVR

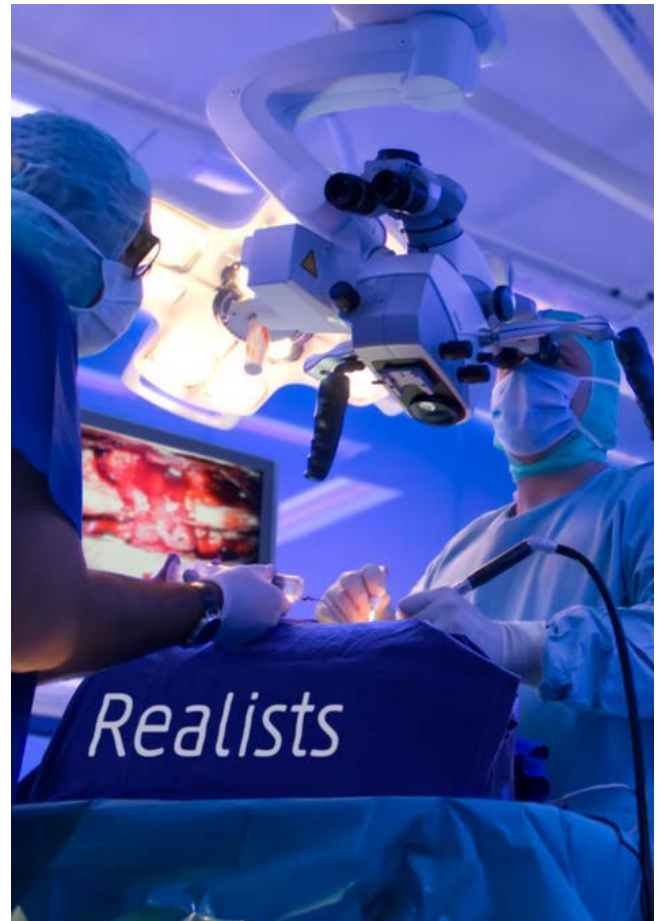
Medability

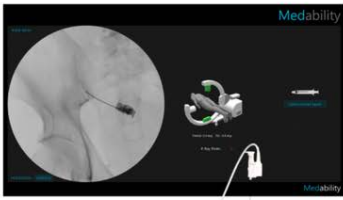
Realists

NSPINE PORTO WORKSHOPS

NSpine has partnered with Medability, Realists and FundemantalVR to provide state of the art on-site surgical simulation workshops.

NSpine is proud to offer a wide range of workshop possibilities through these exceptional companies. The following pages describe the various workshops for all three systems ranging from open to minimally invasive and Virtual Reality (VR) possibilities.





SimBone

"Beyond cadaver"

The SimBone is our latest solution to make surgical training easy, cost-effective and safe.

This high-end hybrid simulator for MISS training combines highly realistic simulated medical imaging with lifelike synthetic anatomy models.



DuO

Our innovative approach to making surgical training easy, cost-effective and safe.

The high-end VR simulator for MISS training combines highly-realistic simulated medical imaging and haptic sensation of pathologies through the use of high quality robotics.



Spine Regions:

Cervical: C0-C3 / C1-C7

Thoracic: T5-T9

Thoracolumbar: T12-L2

Lumbar: L3-S1

Sacral: Sacrum / Posterior Pelvic Ring

Pathological Anatomy:

Odontoid fracture

Thoracolumbar burst fracture

Scoliosis

Spondylolisthesis

Procedures:

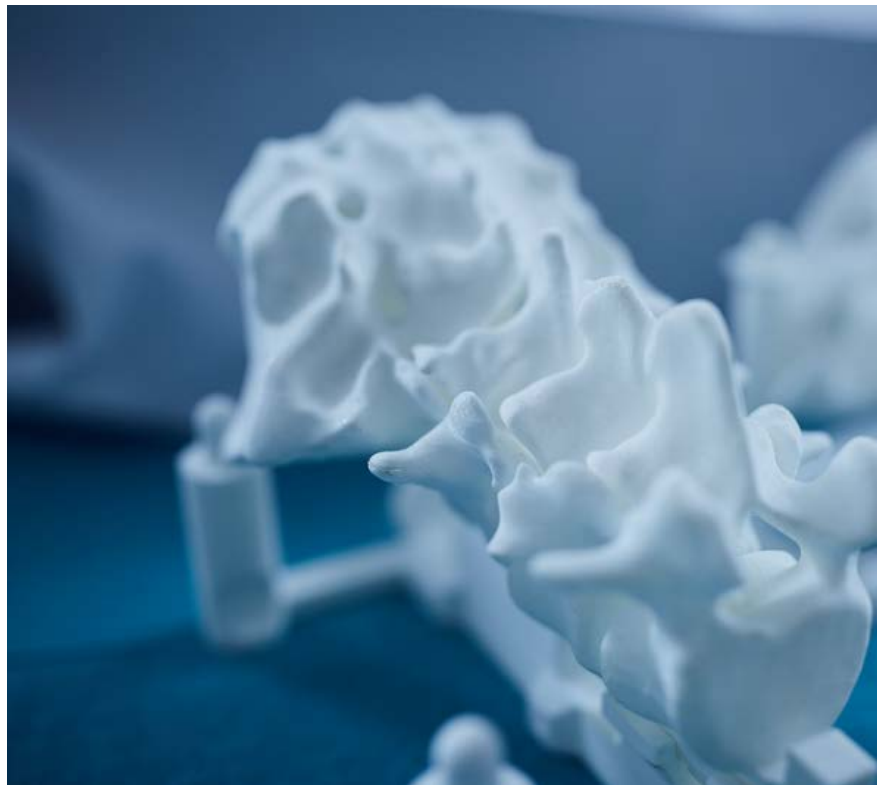
Spinal Fusion - posterior Screws,

Percutaneous and open Instrumentation

Spinal Infiltrations and Nerve Ablations

Spinal Interventions - Vertebroplasty,

Kyphoplasty and Biospy

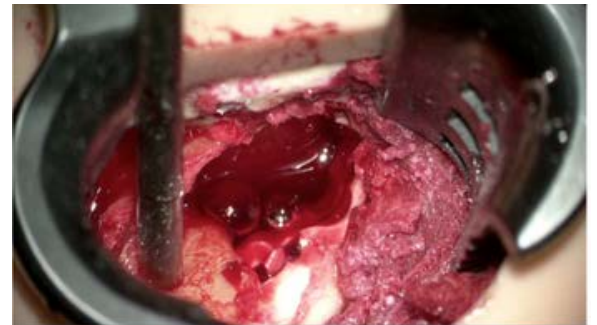


Surgical training under lifelike conditions

- Lifelike anatomy - realistic haptics, realistic visual impression
- Operating with real instruments, implants and visualization systems
- Radiation-free x-ray simulation
- Real patient cases
- Complication management training (dura suture, bleeding)



	Pathology	Procedure
Posterior Cervical	Myelopathy	Open instrumentation, optionally with radiation-free x-ray simulation
		Percutaneous instrumentation using radiation-free x-ray simulation
		Microsurgical laminectomy
Posterior Lumbar	Herniated Disc	Keyhole microsurgical decompression
		Microsurgical (extraforaminal) decompression
		Microsurgical discectomy (incl. TLIF / PLIF)
		Transforaminal / interlaminar full-endoscopic discectomy
	Stenosis	Image guided spinal injections
		Microsurgical over-the-top decompression and discectomy (incl. TLIF / PLIF)
	Spondylo- listhesis	Interlaminar full-endoscopic decompression
		Open instrumentation and decompression, optionally with radiation-free x-ray simulation
		Percutaneous instrumentation using radiation-free x-ray simulation
		Microsurgical over-the-top decompression (incl. TLIF / PLIF)



Procedure details (applies to all procedures):

- Flavectomy
- Laminectomy
- Fusion using pedicle screws - only Spondylolisthesis and Myelopathy
- Fusion using lateral mass screws - only Myelopathy

visit www.realists.de for further technical details

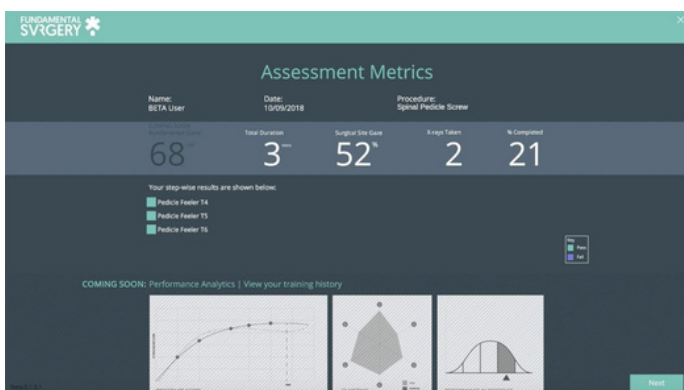
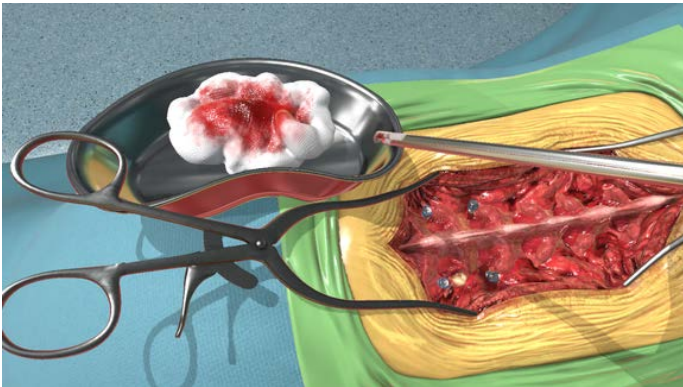
WORKSHOPS

Fundamental Surgery is a haptic, multimodal VR education platform for surgeons.

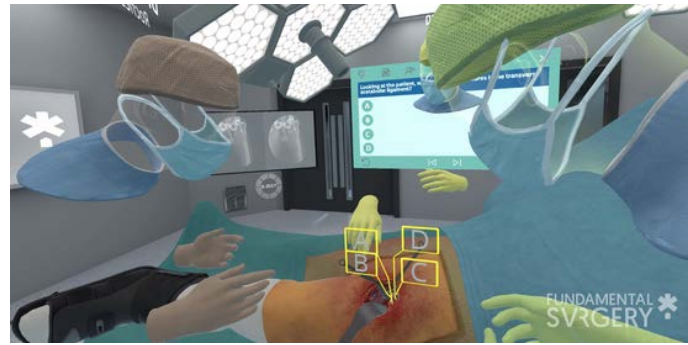
The technology delivers immersive simulations, underpinned with haptic (sense of touch) interactions that enable full rehearsal of medical and surgical procedures, providing deep data insight into competency and skills development.

The platform is already in use with partners across the globe including Mayo Clinic, UCLH, and UCLA.

As well as experiencing the spinal simulations, you can also understand the capabilities of the multiuser feature and how this type of remote learning can work for your organisation.



FUNDAMENTAL VR



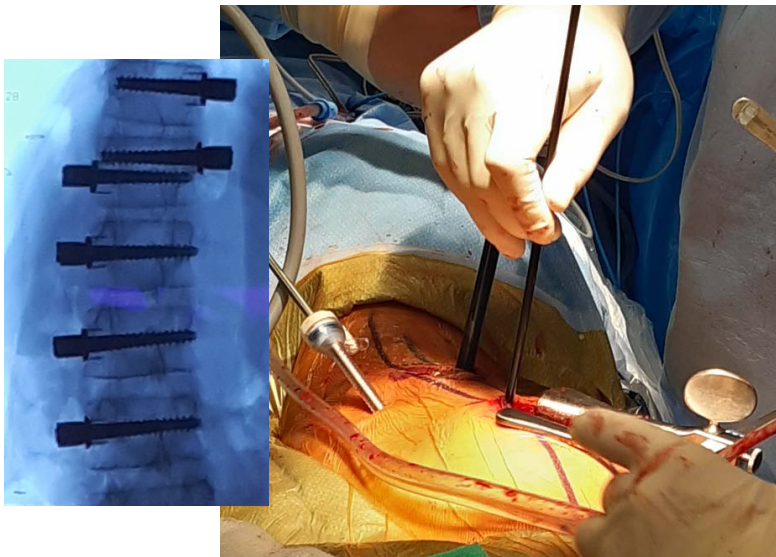
Join the Fundamental Surgery Spinal Pedicle Screw and Facetectomy Instrumentation Workshops for an immersive and HapticVR theatre experience that allows you to test your accuracy through a data driven education platform.

visit www.fundamentalsurgery.com for further technical details

NSpine combined cadaveric and
live tissue workshop series

**Advanced Anterior Scoliosis
Techniques Course
including vertebral body tethering**

Venue: IRCAD Institute Strasbourg France



**Following NSpine Porto
July 17th & 18th**

Only 24 places

Enquiries:

katie.carter@nspine.com

or

info@nspine.com

Expert US and EU faculty

Two delegates per faculty

Anterior lumbar and thoracic vertebral tethering

Learn **mini-open and thoracoscopic** techniques

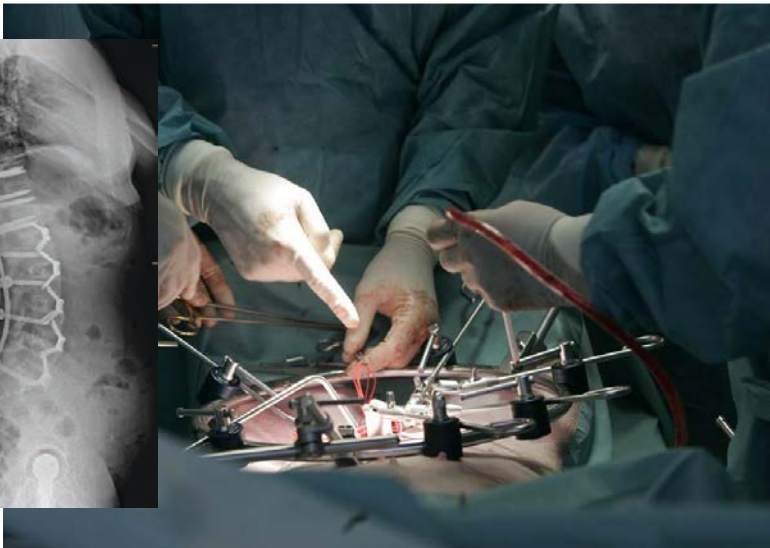
Combined 1/2 day cadaveric and 1/2 day live tissue training
under expert guidance

50% Porto registration discount when attending both events

NSpine combined cadaveric and
live tissue workshop series

**Advanced 360 Lumbar Reconstructive
Course
including XLIF / OLIF / ALIF**

Venue: IRCAD Institute Strasbourg France



**Following NSpine Porto
July 17th & 18th**

Only 10 places

Enquiries:

katie.carter@nspine.com

or

info@nspine.com

Expert EU faculty

Two delegates per faculty

Open and mini-open anterior and lateral lumbar techniques

Complication management techniques

Combined 1/2 day cadaveric and 1/2 day live tissue training
under expert guidance

50% Porto registration discount when attending both events

WE LOOK FORWARD TO
WELCOMING YOU IN PORTO!

Nspine
innovative spine education™

Registration online at
www.nspine.com

Contact:

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for more event information