



Course 1 – Skandypas Education

16th to 18th of September 2024

Rigshospitalet Glostrup, Festsalen Nordstjernevej 8, 2600 Glostrup, Denmark

Day 1: Physicians and therapists

09.00-09.45: Welcome and introduction to the education – Dr. Bo Biering-Sørensen

09.45-11.00 Pathophysiology of muscle overactivity – Dr. Bo Biering-Sørensen

11.00-11.15 Coffee Break

11.15-12.00 Theory of instruments for analysis of spasticity (MAS og Tardieu) and patient demonstration - Physiotherapist Susanne Kirk Baagø, Dr. Kristin Østlie

12.00-12.45 Lunch

12.45- 13.30 Practical use of MAS and Tardieu – Steering Group

13.30-13.45 Coffee Break

13.45-14.15 Patient centred goalsetting - SMART og GAS goal theory - Dr. Anne Rasmussen, Occupational Therapist Alette Halvor Jensen

14.15-15.15 Practical goalsetting and botulinumtoxin treatment – Patient demonstration – Dr. Bo Biering-Sørensen og Social and Healthcare Assistant Jeanet Vilhelmsen

15.15-15.30 Break

15.30-17.00 Hands-on ultrasound training – Steering Committee

16.45-17.00 Instructions for the take home assignment – Dr. Kristin Østlie

Day 2: Physicians and therapists

8.30-9.45 Mechanism of action of botulinumtoxin-A and evidence for its use in dystonia- and spasticity treatment, including long-term use and antibodies. Focus on paediatric patients. - Dr. Jakob Bidstrup, Dr. Bo Biering-Sørensen

09.45-10.00 Break

Day 2 - Physicians

10.00-10.30 Use of guidance techniques in botulinumtoxin treatment, advantages and evidence – Dr. Marc Klee Olsen

10.30-10.45 How to handle Botulinum toxin in the clinic – practical advice. Dr. Anne Rasmussen, Social and healthcare assistant Jeanet Vilhelmsen

10.45- 11.30 Movement analysis in muscle overactivity. Theory of postal and selective motor control. – Occupational Therapist Camilla Aksdal

11.30-12.30 Hands-on ultrasound training, upper extremity – Steering Committee

12.30-13.15 Lunch

13.15-15.00 Hands-on ultrasound training, upper extremity cont. – Steering Committee

15.00-15.30 Break

15.15-16.30 Hands-on ultrasound training, lower extremity – Steering Committee

16.30-17.00 Presentation of take-home assignments – previous participants

Day 2 - Therapists

10.00 - 10.45 Presentation round and experience with botulinumtoxin treatment - Physical Therapist Susanne Kirk Baagøe, Occupational Therapist Alette Halvor Jensen

10.45- 11.30 Movement analysis in muscle overactivity. Theory of postural and selective motor control. – Occupational Therapist Camilla Aksdal

11.30-12.30 The concept of spasticity and muscle overactivity – Physical Therapist Susanne Kirk Baagøe

12.30-13.15 Lunch

13.15-17.00 Group assignments with patient cases and movement analysis. - Occupational Therapist Alette Halvor Jensen, Camilla Aksdal, Physical Therapist Susanne Kirk Baagøe, Marita Grønhovd

Day 3 – Physicians

08.30-09.30 Ultrasound training with visualization of needle in meat. Dr. Kristin Østlie, Social and Healthcare Assistant Jeanet Vilhelmsen

09.30 – 10.00 – Break

Therapists

08.30 – 09.30 Identification of key muscles in relation to muscle overactivity – Physical Therapist Susanne Kirk Baagøe and Occupational Therapist Alette Halvor Jensen

09.30 – 10.00 – Break

Day 3 – Physicians and therapists

10.00-12.00 Combined ultrasound and EMG guided botulinumtoxin treatment – 2 patients with different difficulties – Dr. Bo Biering-Sørensen

12.00-13.00 Lunch

13.00-14.30 Videocases (adult and paediatric) – Analysis of problems with muscle overactivity, GAS goal setting and planning a multimodal treatment approach –

Adults: Dr. Bo Biering-Sørensen, Dr. Kristin Østlie, Dr. Anne Rasmussen.

Children: Dr. Jakob Bidstrup, Dr. Martin Boxill

14.30 – 14.45: Evaluation and feedback