



PRECEPTORSHIP PROGRAMME

CLINICAL MANAGEMENT OF THALASSAEMIA

23 October 2017 – 3 November 2017

ORGANISER: Thalassaemia International Federation

COLLABORATORS: University of Milan | University College London Hospitals

SUPPORTERS: Ministry of Health of the Republic of Cyprus | Ministry of Health of the Republic of Maldives | Ministry of Health of the State of Palestine



WEEK 1 – 23/10/2017 – 27/10/2017

MONDAY (23/10/2017) - INTRODUCTORY DAY

Chairperson: Dr Androulla Eleftheriou

TIME	TITLE	VENUE
09:00-10:00	Introductory meeting: Course explanation - Meet the Faculty and Organisers – <i>Eleftheriou A. / Angastiniotis M.</i> Welcome messages <i>Mr. Panos Englezos, TIF President</i> <i>Dr Christodoulos Kaisis, Director, Archbishop Makarios III Hospital</i>	TIF Educational Centre
10:00-10:30	Introduction to TIF and its activities & Electronic resources for thalassaemia – <i>Eleftheriou A. / Antoniadou V.</i>	
10:30-11:00	Interactive pre-course evaluation – <i>Antoniadou V.</i>	
11:00-11:30	Coffee Break	
11:30-12:00	Introduction to thalassaemia – <i>Cappellini M. D.</i>	
12:00-12:30	The global picture of thalassaemia – <i>Angastiniotis M.</i>	
12:30-13:00	<i>Interactive discussion – Cappellini M. D., Angastiniotis M.</i>	
13:00-13:30	Lunch Break	
13:30-14:00	Transfusion protocols in Transfusion-Dependent Thalassaemia (TDT) and Non-Transfusion Dependent Thalassaemia (NTDT) – <i>Cappellini M. D.</i>	
14:00-14:30	<i>Interactive discussion – Cappellini M. D.</i>	
14:30-15:00	Infections in thalassaemia – <i>Cappellini M. D.</i>	
15:00-15:30	<i>Interactive discussion – Cappellini M. D.</i>	
15:30-16:00	Coffee Break	
16:00-16:30	The Cyprus Thalassaemia Programme: Clinical Services – <i>Christou S.</i>	
16:45-17:30	Tour of the Cyprus Thalassaemia Reference Centre – <i>Christou S.</i>	

TUESDAY (24/10/2017) - THE DIAGNOSIS OF THALASSAEMIA

Chairperson: Dr Michael Angastiniotis

TIME	TITLE	VENUE
09:00-09:15	Visit to the thalassaemia laboratory – <i>Voniatis D.</i>	T L
09:15-09:45	The Cyprus Thalassaemia Programme: Prevention – <i>Voniatis D.</i>	TIF Educational Centre
09:45-10:15	The haematological diagnosis of thalassaemia: alpha and beta – <i>Makariou C.</i>	
10:15-10:45	Screening carriers and diagnostic difficulties – <i>Kythreotis L.</i>	
10:45-11:00	<i>Interactive discussion – Voniatis D. / Makariou C. / Kythreotis L.</i>	
11:00-11:30	Coffee Break	
11:30-12:00	Splenectomy: benefits and risks – <i>Cappellini M. D.</i>	
12:00-12:30	<i>Interactive discussion – Cappellini M. D.</i>	
12:30-13:00	Sickle cell disease – Overview of epidemiological and clinical aspects – <i>Cappellini M. D.</i>	
13:00-13:30	<i>Interactive discussion – Cappellini M. D.</i>	
13:30-14:00	Lunch Break	
14:00-14:30	The importance of the molecular characterisation of thalassaemia patients – the clinicians view – <i>Hadjigavriel M.</i>	
14:30-15:00	Case presentations (Genotype/Phenotype) – <i>Sitarou M.</i>	
15:00-16:00	The blood transfusion programme: the patient's perspective – <i>Perikleous L.</i>	

WEDNESDAY (25/10/2017) – CENTRES OF REFERENCE

Chairperson: Dr Soteroula Christou

TIME	TITLE	VENUE
09:00-09:30	Organising the treatment programme and other care for patients at the Cyprus Thalassaemia Centre – <i>Christou S.</i>	TIF Educational Centre
09:30-10:00	<i>Interactive discussion – Christou S.</i>	
10:00-10:30	The role of the nurse in a haemoglobinopathy centre – <i>Papadopoulou C.</i>	
10:30-11:00	<i>Interactive discussion – Papadopoulou C.</i>	
11:00-11:30	Coffee Break	
11:30-12:00	The importance of centres of excellence and networking – A goal that can be realised – <i>Eleftheriou A.</i>	
12:00-12:30	<i>Interactive discussion – Eleftheriou A.</i>	
12:30-13:00	The patient's perspective – <i>Skafi A.</i>	
13:00-13:30	Lunch Break	CING
14:00-14:30	Tour of the Cyprus Institute of Neurology and Genetics – <i>Kleanthous M.</i>	
14:30-15:00	Visit to the thalassaemia laboratory of CING – <i>Kleanthous M.</i>	
15:00-15:30	Services of the molecular laboratory, including PND and PGD – <i>Kleanthous M.</i>	
15:30-16:00	Overview of the research activities of the molecular lab – <i>Lederer C.</i>	
16:00-16:30	<i>Interactive Discussion – Kleanthous M., Lederer C.</i>	

THURSDAY (26/10/2017) – BLOOD TRANSFUSION

Chairperson: Dr Evdokia Pangalou

TIME	TITLE	VENUE
09:00-09:30	Visit to the National Blood Centre: its role in blood supplies and blood safety – <i>Menelaou S.</i>	NBC HBB
10:00-10:30	Visit to the Hospital Blood Bank: its role in ensuring blood safety – <i>Stylianou C.</i>	
10:30-11:00	<i>Interactive Discussion – Stylianou C.</i>	
11:15-11:30	Coffee Break	TIF Educational Centre
11:30-12:00	The safety of blood – Transfusion-transmitted infections: A global view – <i>Eleftheriou A.</i>	
12:00-12:30	<i>Interactive Discussion – Eleftheriou A.</i>	
12:30-13:00	Adequacy of blood – <i>Menelaou S.</i>	
13:00-13:30	<i>Interactive Discussion – Menelaou S.</i>	
13:30-14:00	Lunch Break	
14:00-14:30	Minimising transfusion-related reactions – <i>Stylianou C.</i>	
14:30-15:00	<i>Interactive Discussion – Stylianou C.</i>	
15:00-15:30	Case Studies (2) – <i>Kaouranis C. / Tsitskari T.</i>	
15:30-16:00	<i>Interactive Discussion – Kaouranis C. / Tsitskari T.</i>	
16:00-16:30	Coffee Break	
16:30-17:00	Case Studies (2) – <i>Pangalou E.</i>	
17:00-17:30	<i>Interactive Discussion – Pangalou E.</i>	

FRIDAY (27/10/2017) - IRON OVERLOAD

Chairperson: Dr Maria Sitarou

TIME	TITLE	VENUE
09:00-09:30	Iron overload in TDT and NTD – <i>Eleftheriou P.</i>	TIF Educational Centre
09:30-10:00	<i>Interactive Discussion – Eleftheriou P.</i>	
10:00-10:30	Case studies (2) – <i>Sitarou M.</i>	
10:30-11:00	<i>Interactive Discussion – Sitarou M.</i>	
11:00-11:30	Coffee Break	
11:30-12:00	Monitoring iron overload – <i>Eleftheriou P.</i>	
12:00-12:30	<i>Interactive Discussion – Eleftheriou P.</i>	
12:30-13:00	Case studies (2) – <i>Sitarou M.</i>	
13:30-13:30	<i>Interactive Discussion – Sitarou M.</i>	
13:30-14:00	Lunch Break	
14:00-14:30	The three iron chelating agents and new advances in the field – <i>Eleftheriou P.</i>	
14:30-15:00	<i>Interactive Discussion – Eleftheriou P.</i>	
15:00-15:30	Managing iron overload – chelation regimen – <i>Eleftheriou P.</i>	
15:30-16:00	<i>Interactive Discussion – Eleftheriou P.</i>	
16:00-16:30	Coffee Break	
16:30-17:00	Adherence to iron chelation treatment – <i>Angastiniotis M.</i>	
17:00-17:30	<i>Interactive Discussion – Angastiniotis M.</i>	
17:30-18:00	Iron overload: the patient's perspective – <i>Michael D.</i>	

SATURDAY (28/10/2017)

TIME	TITLE	VENUE
20:00	Faculty Dinner	T B C

SUNDAY (29/10/2017)

TIME	TITLE	VENUE
08:00-17:00	Guided day tour to Troodos Mountains	T B C

WEEK 2 – 30/10/2017 – 03/11/2017
MONDAY (30/10/2017) - MONITORING YOUNG PATIENTS WITH THALASSAEMIA AND ENDOCRINE COMPLICATIONS
Chairperson: Dr Michael Angastiniotis

TIME	TITLE	VENUE
09:00-09:30	Monitoring growth, centile charts, stadiometers, skeletal changes – <i>Skordis N.</i>	TIF Educational Centre
09:30-09:45	<i>Interactive Discussion – Skordis N.</i>	
09:45-10:15	Monitoring the onset of puberty – Tanner charts and when to refer the child to an endocrinologist – <i>Skordis N.</i>	
10:15-10:30	<i>Interactive Discussion – Skordis N.</i>	
10:30-10:45	Coffee Break	
10:45-11:15	Bone disease in thalassaemia – monitoring, DEXA – <i>Skordis N. / Christou S.</i>	
11:15-11:30	<i>Interactive Discussion – Skordis N. / Christou S.</i>	
11:30-12:00	The endocrine system and the damage caused by iron overload – an overview of endocrine complications – <i>Skordis N.</i>	
12:00-12:15	<i>Interactive Discussion – Skordis N.</i>	
12:15-12:45	Hypogonadic hypogonadism and management of fertility in males and females – <i>Skordis N.</i>	
12:45-13:15	Hypothyroidism and hypoparathyroidism – <i>Skordis N.</i>	
13:15-13:30	<i>Interactive Discussion – Skordis N.</i>	
13:30-14:00	Impaired glucose metabolism – <i>Skordis N. / Savvidou I.</i>	
14:00-14:15	<i>Interactive Discussion – Skordis N. / Savvidou I.</i>	
14:15-15:00	Lunch Break	
15:00-16:00	Case studies (4) – <i>Savvidou I.</i>	
16:00-17:00	<i>Interactive Discussion – Savvidou I.</i>	
17:00-17:30	Pregnancy and its management – <i>Kalakoutis G.</i>	
17:30-18:00	<i>Interactive Discussion – Kalakoutis G.</i>	

TUESDAY (31/10/2017) – INTERACTION DAY
Chairperson: Dr Soteroula Christou

TIME	TITLE	ACTIVITY	VENUE
09:00-09:30	Health care system in the Republic of the Maldives – <i>Preceptorship Participants</i>		TIF Educational Centre
09:30-10:00	<i>Interactive Discussion</i>		
10:00-10:30	Health care system in the State of Palestine – <i>Preceptorship Participants</i>		
10:30-11:00	<i>Interactive Discussion</i>		
11:00-11:30	Coffee Break		
11:30-12:00	Case Studies (2) – <i>Christou S.</i>		
12:00-12:30	<i>Interactive Discussion – Christou S.</i>		
12:30-13:00	Lunch Break		
13:00-13:30	Case Studies (2) – <i>Kolnagou A., Angastiniotis M.</i>		
13:30-14:00	<i>Interactive Discussion – Kolnagou A., Angastiniotis M.</i>		

WEDNESDAY (01/11/2017) - VARIOUS COMPLICATIONS

Coordinator: Dr Michael Angastiniotis

TIME	TITLE	VENUE
09:00-09:30	Pulmonary hypertension – <i>Simamonian K.</i>	TIF Educational Centre
09:30-10:00	<i>Interactive Discussion – Simamonian K.</i>	
10:00-10:30	Haemopoietic stem cell transplantation overview and the Cyprus experience – <i>Sitarou M.</i>	
10:30-11:00	<i>Interactive Discussion – Sitarou M.</i>	
11:00-11:30	Coffee Break	
11:30-12:00	Case Studies (2) – <i>Hadjigavriel M.</i>	
12:00-12:30	<i>Interactive Discussion – Hadjigavriel M.</i>	
12:30-13:00	New approaches to treatment – <i>Angastiniotis M.</i>	
13:00-13:30	<i>Interactive Discussion – Angastiniotis M.</i>	
13:30-14:00	Lunch Break	
15:00-16:00	Visit to Larnaca General Hospital	

THURSDAY (2/11/2017) – LIVER AND HEART COMPLICATIONS

Dr Michael Angastiniotis

TIME	TITLE	VENUE
09:00-09:30	Liver disease in thalassaemia – <i>Kountouras D.</i>	TIF Educational Centre
09:30-10:00	<i>Interactive Discussion – Kountouras D.</i>	
10:00-10:30	Treatment of HCV – New therapies – <i>Kountouras D.</i>	
10:30-11:00	<i>Interactive Discussion – Kountouras D.</i>	
11:00-11:30	Coffee Break	
11:30-12:00	Case studies (2) – <i>Papanicolaou E.</i>	
12:00-12:30	<i>Interactive Discussion – Papanicolaou E.</i>	
12:30-13:00	Pathophysiology of cardiac disease in thalassaemia – <i>Farmakis D.</i>	
13:00-13:30	Methods of monitoring the heart and its role in the holistic protocol – <i>Simamonian K.</i>	
13:30-14:00	<i>Interactive Discussion – Farmakis D. / Simamonian K.</i>	
14:00-14:30	Lunch Break	
14:30-15:00	Managing heart disease – long term and emergency – <i>Farmakis D.</i>	
15:00-15:30	<i>Interactive Discussion – Farmakis D.</i>	
15:30-16:00	Case studies (2) – <i>Hadjigavriel M.</i>	
16:00-16:30	<i>Interactive Discussion – Hadjigavriel M.</i>	
16:30-17:00	Coffee Break	
17:00-17:30	Exercise and sports in thalassaemia patients – <i>Farmakis D.</i>	
17:30-18:00	<i>Interactive Discussion – Farmakis D.</i>	
18:00-18:30	Exercise and sports in thalassaemia: the patient's perspective – <i>Tsivika M.</i>	

FRIDAY (3/11/2017) - OVERVIEW LECTURES

Chairperson: Dr Androulla Eleftheriou

TIME	TITLE	VENUE
09:00-09:30	The importance of electronic registries and electronic health records – <i>Schizas Ch.</i>	TIF Educational Centre
09:30-10:00	Patients' rights globally and in Cyprus – <i>Eleftheriou A.</i>	
10:00-10:30	Psychosocial support – <i>Angastiniotis M.</i>	
10:30-10:45	The effectiveness of an ACT protocol for improving well-being in Thalassaemia patients – <i>Karekla M.</i>	
10:45-11:00	<i>Interactive Discussion</i> – <i>Angastiniotis M., Karekla M.</i>	
11:00-11:30	Patient-reported outcomes – <i>Constantinou G.</i>	
11:30-11:45	Interactive post-course evaluation – <i>Antoniadou V.</i>	
11:45-12:00	Coffee Break	
12:00-12:15	Healthcare system reforms globally and in Cyprus <i>H.E. the Minister of Health of Cyprus Dr George Pamboridis</i>	
12:15-12:30	Evaluation of pre- and post-course questionnaires – <i>Antoniadou V</i>	
12:30-12:45	Delivery of attendance certificates <i>H.E. the Minister of Health of Cyprus Dr George Pamboridis</i> <i>Mr. Panos Englezos, TIF President</i>	
12:45-13:00	Closing remarks <i>Mr. Panos Englezos, TIF President</i>	
13:00-14:00	Lunch Break	



PRECEPTORSHIP PROGRAMME

CLINICAL MANAGEMENT OF THALASSAEMIA

23 October 2017 – 3 November 2017

ORGANISER: Thalassaemia International Federation

COLLABORATORS: University of Milan | University College London Hospitals

SUPPORTERS: Ministry of Health of the Republic of Cyprus | Ministry of Health of the Republic of Maldives |
Ministry of Health of the State of Palestine

COURSE DIRECTORS

Eleftheriou A.	Dr Androulla Eleftheriou	Executive Director, Thalassaemia International Federation
Angastiniotis M.	Dr Michael Angastiniotis	Medical Adviser, Thalassaemia International Federation

ORGANISING COMMITTEE

Mr Panos Englezos	President, Thalassaemia International Federation, Honorary President, Pancyprian Thalassaemia Association
Dr Christodoulos Kaisis	Director, Archbishop Makarios III Hospital
Mr Anton Skafi	Member, Thalassaemia Patients Friends Society (TPFS) – Palestine, Member of the Board of Directors, Thalassaemia International Federation
Ms Eleni Antoniou	Policy Officer, Thalassaemia International Federation
Ms Maria Peletie	PA to the Executive Director, Thalassaemia International Federation
Mr Rawad Merhi	Operations Officer, Thalassaemia International Federation

FACULTY MEMBERS

International Faculty		
Cappellini M. D.	Prof. Maria-Domenica Cappellini	Professor of Internal Medicine, University of Milan and. IRCCS Ca' Granda Foundation Policlinico Hospital, Milan, Italy
Eleftheriou P.	Dr Perla Eleftheriou	Consultant Haematologist, University College Hospital in London, United Kingdom
Farmakis D.	Dr Dimitrios Farmakis	Assist. Professor, European University of Cyprus, School of Medicine - Attending Cardiologist - Heart Failure and Cardio-Oncology, National and Kapodistrian University of Athens, School of Medicine
Kountouras D.	Dr Dimitrios Kountouras	Head of Hepatology Department, Hygeia-Mitera Polis Hospitals, Athens, Greece
National Faculty		
Antoniadou V.	Dr Victoria Antoniadou	Educational Scientist, Thalassaemia International Federation
Christou S.	Dr Soteroula Christou	Head of the Thalassaemia Clinic Nicosia, Cyprus
Hadjigavriel M.	Dr Michael Hadjigavriel	Head of the Thalassaemia Clinic Limassol, Cyprus
Kalakoutis G.	Prof. Gabriel Kalakoutis	Consultant Gynaecologist-Obstetrician
Kaouranis C.	Dr Costas Kaouranis	Trainee Haematologist, Nicosia General Hospital
Karekla M.	Dr Maria Karekla	Licensed Clinical Psychologist, Assistant Professor, Peer reviewed ACT trainer, Department of Psychology, University of Cyprus
Kleanthous M.	Prof. Marina Kleanthous	Head, Molecular Genetics Thalassaemia Department, Cyprus Institute of Neurology and Genetics
Kolnagou A.	Dr Annita Kolnagou	Head of the Thalassaemia Clinic Paphos, Cyprus
Kythreotis L.	Dr Loukas Kythreotis	Thalassaemia Laboratory, Cyprus Thalassaemia Centre, Nicosia
Lederer C.	Dr Carsten Lederer	Researcher and Head of Unit, Molecular Genetics Thalassaemia Department, Cyprus Institute of Neurology and Genetics
Makariou C.	Dr Christina Makariou	Thalassaemia Laboratory, Cyprus Thalassaemia Centre, Nicosia
Menelaou S.	Mr Socrates Menelaou	Head of National Blood Establishment, Ministry of Health
Pangalou E.	Dr Evdokia Pangalou	Specialist Haematologist, Cyprus Thalassaemia Centre, Nicosia
Papadopoulou C.	Mrs Christina Papadopoulou	Head Nurse, Cyprus Thalassaemia Centre, Nicosia
Papanicolaou E.	Dr Eleni Papanicolaou	Internist, Nicosia General Hospital
Savvidou I.	Dr Irene Savvidou	Internist, Cyprus Thalassaemia Centre, Nicosia
Schizas C.	Prof. Christos Schizas	Professor of Computer Science, Department of Computer Science, Director of the eHealth Lab, University of Cyprus
Simamonian K.	Dr Krikor Simamonian	Cardiologist, Nicosia General Hospital
Sitarou M.	Dr Maria Sitarou	Head of the Thalassaemia Clinic General Hospital Larnaca, Cyprus
Skordis N.	Prof. Nicos Skordis	Consultant Endocrinologist
Stylianou C.	Dr Carolina Stylianou	Inspector for Tissue and Cell Establishments, Ministry of Health
Tsitskari T.	Dr Theodora Tsitskari	Consultant Haematologist, Nicosia General Hospital
Voniatis D.	Dr Dia Voniatis	Head, Thalassaemia Laboratory, Cyprus Thalassaemia Centre, Nicosia

PATIENT PERSPECTIVE

Constantinou G.	Mr George Constantinou	Member of the Board of Directors, Thalassaemia International Federation
Miltiadous M.	Mr Miltos Miltiadous	President, Pancyprian Thalassaemia Association
Michael D.	Mrs Despina Michael	Member of the Board of Directors, Pancyprian Thalassaemia Association
Perikleous L.	Mr Loizos Perikleous	Former President, Pancyprian Thalassaemia Association – Former Board Member, Thalassaemia International Federation
Skafi A.	Mr Anton Skafi	Member, Thalassaemia Patients Friends Society (TPFS) – Palestine, Member of the Board of Directors, Thalassaemia International Federation
Tsvika M.	Mrs Maria Tsvika	Member, Pancyprian Thalassaemia Association