

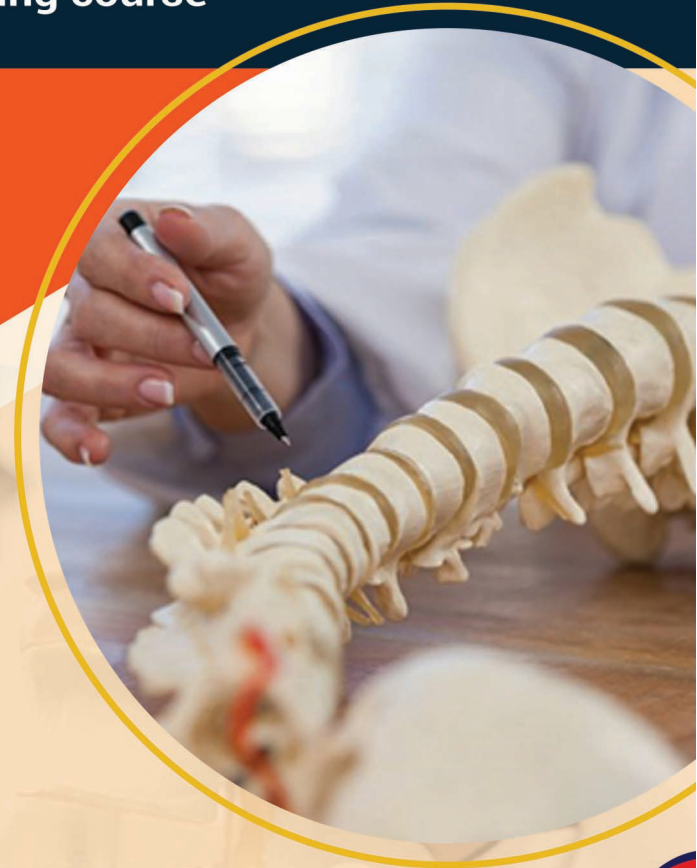


# ASSN - APSS Basic Spine Course

A two-day intensive postgraduate learning course  
for Orthopedic Residents

**DATE** : 26-27 January 2024

**VENUE**: Tribhuvan University Teaching Hospital,  
Kathmandu, Nepal



## ORGANIZING COMMITTEE

**Organizing Chairman:** Dr. Binod Bijukachhe

**Organizing Secretary:** Prof. Dr. Suraj Bajracharya

**Scientific Chair:** Prof. Dr. Gaurav Raj Dhakal

## CONTACT PERSONS

Dr. Nischal Ghimire: 9852063898

Dr. Deepak Kaucha: 9849034073



**ORGANIZED BY**  
Association of  
Spine Surgeons of Nepal  
(ASSN)  
[www.spinenepal.org.np](http://www.spinenepal.org.np)



**HOSTED BY**  
The Spine Unit  
Department of Orthopedic Surgery  
Tribhuvan University Teaching Hospital  
[www.tuth.org.np](http://www.tuth.org.np)

# ASSN - APSS Basic Spine Course

## Scientific Program

Day One	26 <sup>th</sup> January 2024	
08:30 am	REGISTRATION	
09:00 am	Welcome address	Dr. Binod Bijukachhe, President ASSN
	Welcome remarks	Dr. Dr Suresh Uprety HOD, Orthopedics, TUTH
	Course Overview & APSS introduction	Prof. Dr. Gaurav Raj Dhakal, Scientific Chair, ASSN
	Vote of Thanks	Prof. Dr. Suraj Bajracharya, General Secretary, ASSN
09:30 – 09:45 (15 mins)	Biomechanics of the Spine	Dr. Binod Bijukachhe
09:45 – 10:00 (15 mins)	Examination of the Spine	Dr. Agnivesh Tikoo
10:00 – 10:15	Q&A	
10:15 – 10:30	SHORT TEA BREAK	
10:30 – 13:00	Long Case Presentation & Discussion	<b>Faculty:</b> Dr. Rohit Pokhrel, Dr. Bimal Pandey, Dr. Binod Bijukachhe, Dr. Suraj Bajracharya, Dr. Jay Deep Ghosh, Dr. Agnivesh Tikoo, Dr. Tarun Suri, Dr. Abhay Yadav
13:00 – 14:00	LUNCH BREAK	
14:00 – 15:00	Short Case Presentation & Discussion	<b>Faculty:</b> Dr. Rohit Pokhrel, Dr. Bimal Pandey, Dr. Binod Bijukachhe, Dr. Suraj Bajracharya, Dr. Jay Deep Ghosh, Dr. Agnivesh Tikoo, Dr. Tarun Suri, Dr. Abhay Yadav
15:00 – 15:30	TEA BREAK	
15:30 – 18:00	Table Discussion (45 minutes each table)	Imaging: Dr. Tarun Suri & Dr. Abhay Yadav
		Instruments and Implants: Dr. Agnivesh Tikoo & Dr. Bimal Pandey
		Spine Orthosis and Osteology: Dr. Jay Deep Ghosh & Dr. Rohit Pokhrel

Day Two		27 <sup>th</sup> January 2024	
Session I			
Time	Topic	Presenter	Remarks/Panelists
09:00 – 09:10 (10 mins)	Cervical PIVD: natural history & clinical features	Dr. Nischal Ghimire	
09:10 – 09:20 (10 mins)	Cervical PIVD: - imaging - overview of management	Dr. Bimal Pandey	
09:20 – 09:30 (10 mins)	Q&A		
09:30 – 09:40 (10 mins)	Cervical Myelopathy - etiology - natural history - clinical features	Dr. Yudhisthir Raj Khadka	
09:40 – 09:50 (10 mins)	Cervical Myelopathy - imaging - overview of management	Dr. Suraj Bajracharya	
09:50 – 10:00 (10 mins)	Q&A		
10:00 – 10:20 (20 mins)	Case Presentation/Discussion on Cervical PIVD and Cervical Myelopathy	Dr. Agnivesh Tikoo	Delegates/Participants
<b>10:20 – 10:40</b>	<b>TEA BREAK</b>		
Session II			
Time	Topic	Presenter	Remarks/Panelists
10:40 – 10:50 (10 mins)	Lumbar PIVD - natural history - clinical features	Dr. Byapak Paudel	
10:50 - 11:00 (10 mins)	Lumbar PIVD - imaging - overview of management	Dr. Abhay Yadav	
11:00 – 11:10 (10 mins)	Q&A		
11:10 – 11:20 (10 mins)	Lumbar Spinal Stenosis - etiology - clinical features	Dr. Ajay Yadav	
11:20 – 11:30 (10 mins)	Lumbar Spinal Stenosis - natural history - overview of management	Dr. Deepak Kaucha	
11:30 – 11:40 (10 mins)	Q&A		
11:40 – 12:00 (20 mins)	Case Presentation/Discussion Lumbar PIVD and Lumbar Spinal Stenosis	Dr. Tarun Suri	Delegates/Participants

<b>Session III</b>			
<b>Time</b>	<b>Topic</b>	<b>Presenter</b>	<b>Remarks/Panelists</b>
12:05 – 12:15 (10 mins)	Upper Cervical Injury - AO Spine Classification	Dr. Gyanendra Joshi	
12:15 - 12:25 (10 mins)	Upper Cervical Injury - Overview of management	Dr. Jay Deep Ghosh	
12:25 - 12:35 (10 mins)	Q&A		
12:35 – 12:45 (10 mins)	Sub axial Cervical Injury - Anterior approach indications - Posterior approach indications	Dr. Rohit Pokhrel	
12:45 – 13:00 (15 mins)	Case Presentation/Discussion on Sub axial Cervical Spine	Dr. Rajesh Chaudhary	Delegates/Participants
<b>13:00 – 14:00</b>	<b>LUNCH BREAK</b>		
<b>Session IV</b>			
<b>Time</b>	<b>Topic</b>	<b>Presenter</b>	<b>Remarks/Panelists</b>
14:00 – 14:10 (10 mins)	Spino-pelvic parameters - what and how to measure	Dr. Agnivesh Tikoo	
14:10 – 14:20 (10 mins)	Spondylolisthesis - Significance of pelvic parameters in high and low grade listhesis	Dr. Tarun Suri	
14:20 – 14:30 (10 mins)	Spondylolisthesis - Overview of management	Dr. Binod Bijukachhe	
14:30 – 14:40 (10 mins)	PLF Vs PLIF Vs TLIF	Dr. Suman Basel	
14:40 – 14:50 (10 mins)	Q&A		
14:50 – 15:00 (10 mins)	Basics of Lenke Classification in AIS	Dr. Binod Bijukachhe	
15:00 – 15:10 (10 mins)	Overview of AIS management - Observation - Casting - Bracing - Surgery	Dr. Ram Krishna Dahal	
15:10 - 15:20 (10 mins)	Congenital Scoliosis - Classification - Progression - Overview of management	Dr. Rajesh Chaudhary	
15:20 – 15:30 (10 mins)	Q&A		
<b>15:30 – 15:50</b>	<b>TEA BREAK</b>		

## Session V

Time	Topic	Presenter	Remarks/Panelists
15:50 - 16:00 (10 min)	Clinical features and imaging in tubercular vs pyogenic spondylodiscitis vs spine tumors	Dr. Bishnu Dev Sharma	
16:00 – 16:10 (10 mins)	Pediatric spinal tuberculosis: healing patterns, spine at risk signs	Dr. Jay Deep Ghosh	
16:10 – 16:20 (10 mins)	Management of adult spinal tuberculosis: overview	Dr. Binod Bijukachhe	
16:20 – 16:30 (10 mins)	Q&A		
16:30 – 16:50 (20 mins)	Case Presentation/Case Discussion on spine infection	Dr. Aayush Shrestha	Delegates/Participants

## Session VI

Time	Topic	Presenter	Remarks/Panelists
16:50 – 17:00 (10 mins)	AO Classification of TL fractures	Dr. Gaurav Raj Dhakal	
17:00 – 17:10 (10 mins)	When to consider Short Segment OR Long Segment TL fracture fixation	Dr. Prakash Bahadur Thapa	
17:10 – 17:20 (10 mins)	Ankylosing Spondylitis: management of acute fractures	Dr. Gaurav Raj Dhakal	
17:20 – 17:30 (10 mins)	Q&A		
17:30 -17:50 (20 mins)	Case Presentation/ Case Discussion on TL fractures	Dr. Bikash Parajuli	Delegates/Participants
17:50-18:00	Introduction to Asia Pacific Spine Society & Benefits	Dr. Gaurav Raj Dhakal	

## Feed Back & Closure

**ASSNCON 2024**



**Association of Spine Surgeons of Nepal**

# **HIMALAYAN SPINE SYMPOSIUM**

**10<sup>th</sup> ANNUAL  
SPINE CONFERENCE**

**15-16 NOV. 2024  
KOSHI PROVINCE, NEPAL**

## **ORGANIZING COMMITTEE**

**Organizing Chairperson**  
Dr. Binod Bijukachhe

**Organizing Secretary**  
Prof. Dr. Suraj Bajracharya

**Scientific Chairperson**  
Prof. Dr. Gaurav Raj Dhakal

**Koshi Provincial Representative**  
Dr. Prem Shahi

For further details please visit: [www.spinenepal.org.np](http://www.spinenepal.org.np)