# Title of Summer School:
Child and Sport Safety: Basic Cardiac and General Health Evaluation

# Scientific Coordinator:
Ioannis Germanakis, Assoc. Professor of Pediatrics-Pediatric Cardiology
Faculty of Medicine, University of Crete

# Coordinating Department / Laboratory:
Pediatrics Department, Medical School University of Crete

# 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 summer 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 (European Credit Transfer and Accumulation System) Credits will be awarded.

# Purpose of Training:
Participant will acquire basic theoretical knowledge and develop appropriate clinical skills in

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

**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:**
4 Day- course (blended learning, synchronous interactive e-learning (fist day) and hands on interactive multimedia based workshops (2nd-4th day)

**Scientific-Organizing Committee:**
Ioannis Germanakis, Associate Professor
Emmanouil Paraskakis, Associate Professor
Emmanouil Galanakis, Professor

**Educators:**
Ioannis Germanakis (Assoc. Prof. UOC)
Emmanouil Paraskakis (Assoc. Prof. UOC)
Rozalia Dimitriou (Assist. Prof. UOC)
Maria Bitsori (MD, PhD, UOC)
Stavroula Ilia (Assist. Prof. UOC)
Thomas Vrekousis (Assist Prof. UOC)
Maria Raisaki (Assoc Prof UOC)
Further educators to be announced.

Draft educational program (detailed by day):
**Wednesday July 12th**
15.00-16.00 Introduction -What sport for which child
16.00-16.20 Pediatric Pulmonology and sports
16.20-16.40 Pediatric Orthopedics and sports
16.40-17.00 Pediatric Neurology and sports
17.00-17.20 Pediatric Nephrology and sports
17.20-17.40 Pediatric Endocrinology and sports
17.40-18.00 The female athlete
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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>18.00-18.20</td>
<td>Contusions and brain injury in sports</td>
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<tr>
<td>18.20-18.40</td>
<td>Sport injuries and imaging</td>
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<td>18.40-19.00</td>
<td>First aid in pediatric sports</td>
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<td><strong>Thursday July 13th</strong></td>
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<tr>
<td>15.00-19.00</td>
<td>Pediatric Electrocardiogram Workshop</td>
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<td><strong>Friday July 14th</strong></td>
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<tr>
<td>15.00-19.00</td>
<td>Pediatric Cardiac Auscultation (Digital Phonocardiography) Workshop I</td>
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<td><strong>Saturday July 15th</strong></td>
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<tr>
<td>9.00-13.00</td>
<td>Pediatric Cardiac Auscultation (Digital Phonocardiography) Workshop II</td>
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<td>15.00-16.00</td>
<td>Certification Exams-Clinical Skills</td>
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<td>16.00-17.00</td>
<td>Certification Exams –Theory –Course Validation</td>
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<td><strong>Draft social program (excursions, evenings, dinners, etc.):</strong></td>
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**Student selection process (maximum number of students, evaluation criteria):**
- Maximum 30
- Level of English proficiency, Evaluation of CV and motivation letter by the scientific committee

**Application procedure:**
- Online application (by email to yannis.germanakis@gmail.com)
- Deadline: May 31st, 2023

**Proposed tuition costs per participant:**
- 150 Euro per participant (estimated cost)

**Additional comments:**
- Accommodation, subsistence, personal insurance, and travel cost are not included in the tuition fees; any effort will be taken to provide a list of accommodation selections with favorable prices for the summer school participants.