



## Extracorporeal Shock Wave Therapy

### Online Course

The course is accredited by EACCME with 24 European CME credits (ECMEC®).

Opening date: 1st December 2018

Duration: 4 months

#### Organizer:

The European College of Physical and Rehabilitation Medicine, with the scientific support of the ESWT SISC of The European PRM Society (ESPRM).

#### Expected educational outcomes of the e-Learning Material (ELM):

The participants upon successful completion of the ELM will fully acquire the theoretical knowledge for safe and effective application of ESWT. The ELM provides the required up-to-date evidence-based data for the clinical application of Shock Waves (SW) in musculoskeletal disorders.

#### Target audience:

Eligible to attend the course are physicians (either trainees or specialists) practicing in the field of musculoskeletal rehabilitation.

Level: Beginner - Basic

Language: English.

#### Application procedure and fees:

To attend the course please proceed in the following order, until November 30:

1. Create your user account at <https://prmcollege.eu> (click login link on top right corner). An email will be sent to you in order to confirm your email account.
2. Login at <https://prmcollege.eu> and enrol to the course (click on the course titled Extracorporeal Shock Wave Therapy and follow the instructions on screen). The number of participants is limited. If the maximum number of participants has been reached, the system will not allow new learners to enrol. In this case, please do not proceed to the fee payment.
3. Pay the fee for Support Course Expenses, as described below\*. **Your name and the code "ESWT2" must be mentioned in the transaction message to the beneficiary.** Please allow us 5 days to process your application. You will be notified by email as soon as your application gets accepted.

\***Course Fee** (reduced fees apply for the first edition of the course):

- A. **PRM Trainees in UEMS PRM Section and Board Member Countries:** 50 euro. Please note that the trainees must register to the UEMS PRM Board ([free registration for PRM trainees](https://www.euro-prm.org) at [www.euro-prm.org](http://www.euro-prm.org)) and send a proof of trainee status signed by the National Manager of UEMS PRM Board to [elearning@prmcollege.eu](mailto:elearning@prmcollege.eu) at step 2.
- B. **Fellows, Senior Fellows and Life Fellows of the UEMS PRM Board:** 50 euro
- C. **Medical Trainees and Specialists (not in categories A or B):** 80 euro



## EUROPEAN COLLEGE OF PHYSICAL AND REHABILITATION MEDICINE

Fees must be paid by bank transfer to:

ABN AMRO Board Account IBAN: NL08 ABNA 0427 4058 90

SWIFTCODE (BIC): ABNANL2A

Name "Stichting College Europeen de Medicine Physique et De Readaptation",  
2992 KE Barendrecht

**Description of the ELM:** The ELM comprises five sections, covering the fundamental knowledge, treatment principles, upper limb, lower limb and special applications. Each section is divided in thematic modules consisting of several educational activities. Each module includes the theoretical part and various interactive learning activities, such as workshops, wikis, clinical case discussions and journal clubs. All modules include an assessment of the participants, delivered either as a self-assessment or assignment reviewed and graded by the Faculty. Completion of all modules and final assessment is mandatory, within the deadlines, in order to obtain the certificate of ELM completion.

SECTION	MODULE	DURATION (h)
<b>Introduction</b>	History and Physics	1
	Biological effects	3
<b>Therapeutic Application of Shock Wave</b>	Indications, Contraindications & Side Effects	2
	Ultrasound guided ESWT	2
<b>Upper Limb Applications</b>	Shoulder Applications	3
	Elbow Applications	2
<b>Lower Limb Applications</b>	Hip & Knee Applications	3
	Ankle & Foot Applications	2
<b>Special Applications</b>	Bone Healing & Myofascial Pain Syndrome	3
	Spasticity & Wound Healing	3

Faculty:

**Dr. Nikolaos Barotsis, MD, SFEBPRM**

Physiatrist, MSK Ultrasonographer

Academic & Research Fellow, Rehabilitation Clinic of Patras University, Rio - Greece.

Outpatient PRM Clinic, Naxos - Greece.

**Prof Elena Ilieva, MD, PhD, FEBPRM**

Head of the Department of Physical and Rehabilitation Medicine at the Medical University of Plovdiv, Bulgaria and of the PRM Department at "Sv. Georgi" Medical University Hospital, Plovdiv

Vice Dean of Medical Faculty

**Dr. Regina Stemberger, MD**

Medical Director of the Private Hospital of Innsbruck/Austria

National Fellowship ÖGPMR, BÖPMR



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### Certificate of completion:

Participants who will successfully complete the activity will receive a certificate of Theoretical Competency in ESWT and a certificate of CME. Certificates of attendance will be granted with an expiry date of five years, which is considered a reasonable period of time for re-assessment of theoretical knowledge, skills and competency in the field.

**To successfully complete the course** and obtain their certificate, the learners are required to:

1. participate in all educational activities of the platform
2. complete all activities & modules with a minimum grade of 60%
3. pass the final assessment examination (minimum grade 60%)
4. complete the ELM evaluation survey
5. fully comply with the ethics for participation into interactive sessions with other learners.

Assignments include multiple choice questions, short text answers, true/false questions and essays. Participation in workshops forum discussions will be graded as well.

### System Requirements:

the ELM platform can be accessed by internet browsers (Internet Explorer, Firefox and Safari) on a desktop or laptop operating on Windows or MacOS systems. Smartphones and tablets might not be fully compatible with all features of the interactive material and media presented in the platform.

### Quality assurance:

the ELM was quality-assured according to the criteria set out by EACCME®.

Learner's feedback on ELM quality will be anonymously collected using the specialised platform technical features. Feedback will be compulsory for obtaining the certificate of attendance and will be submitted to EACCME in a detailed report according to UEMS criteria.



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*Accreditation Statement*

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*The Extracorporeal Shock Wave Therapy,  
made available on <https://prmccollege.eu> and organized by European College of Physical and  
Rehabilitation Medicine,  
is accredited by the European Accreditation Council for Continuing Medical Education (EACCME)  
to provide the following CME activity for medical specialists.*

*Each medical specialist should claim only those credits that he/she actually spent in the  
educational activity. The EACCME is an institution of the European Union  
of Medical Specialists (UEMS). Only those e-learning materials that are displayed on the UEMS-  
EACCME website have formally been accredited.*

*Through an agreement between the European Union of Medical Specialists (UEMS) and the  
American Medical Association (AMA), physicians may convert EACCME credits to an equivalent  
number of AMA PRA Category 1 Credits™.*

*Information on the process to convert EACCME credit to AMA credit can be found  
at [www.ama-assn.org/education/earn-credit-participation-international-activities](http://www.ama-assn.org/education/earn-credit-participation-international-activities).  
EACCME credits*