Hidradenitis Suppurativa / Acne Inversa
Residents and Specialists Course | 28-29 November 2022 | Porto, Portugal

Description of the course
Hidradenitis Suppurativa/ Acne Inversa (HS) is a chronic, inflammatory, recurrent, painful, debilitating skin disease affecting terminal hair follicles that usually presents after puberty. This disease is characterized by painful, deep-seated, inflamed lesions in the apocrine gland-bearing areas of the body, most commonly in the axillary, infra-mammary, and perineal regions and can recur periodically in almost any body area (Dessauer definition, 2006). Its etiology remains unknown.

Although a wide scientific interest only started after the 1st International Conference in 2006 in Dessau, Germany, the disease is common; it is estimated that 1% of the general population is affected and this percentage varies by geographic region. HS has a considerable impact on the quality of life; the mean Dermatology Life Quality Index (DLQI) of sufferers is higher than any other skin disorder.

Up to shortly HS was an "orphan" disease with a large variant of diagnostic terms, unsystematic treatment and an uncontrolled course that frustrated the patients. In the meantime, pathogenetic concepts, definition, diagnostic criteria, patients' registry, dynamic severity score and treatment guidelines have been established. Due to its occurrence exclusively in the skin, HS is a dermatological disorder and other specialties recognize in the meantime, that this common disease has to be treated by dermatologists. Therefore, education of European dermatologists on the rapidly emerging developments and the conservative and surgical options of treatment is urgently required.

Learning objectives
1. To accurately recognize the primary lesions of hidradenitis suppurativa
2. To be able to apply the diagnostic, classification and severity evaluation criteria of the disease
3. To be able to choose and apply proper treatment plans

Faculty
Course Chair: Christos C. Zouboulis
Speakers: Gregor B. Jemec, Errol Prens, Jacek Szepietowski, Thrasyvoulos Tzellos
Tutors: Georgios Nikolakis, António F. Massa
Programme

Monday, 28 November 2022
14.00-14.15 Welcome - Christos C. Zouboulis
14.15-15.00 What do I know about Hidradenitis Suppurativa/Acne Inversa? (Knowledge test) - Errol Prens, Jacek Szepietowski, Thrasyvoulos Tzellos, Christos C. Zouboulis
15.00-15.30 Definition, epidemiology - Gregor B. Jemec
15.30-16.00 Impact of the disease, quality of life, psychosocial burden - Jacek Szepietowski
16.00-16.15 Coffee break
16.15-16.45 Pathophysiology - Genetics - Christos C. Zouboulis
16.45-17.15 Pathophysiology - Immunology - Errol Prens
17.15-17.45 Pathophysiology - Microbiology - Georgios Nikolakis
17.45-19.00 Cases from the participants
   All (coordination: Georgios Nikolakis, António F. Massa)

Tuesday, 29 November 2022
09.00-09.30 Clinical picture and imaging - Gregor B. Jemec
09.30-10.00 Diagnostic procedures and scoring systems - Thrasyvoulos Tzellos
10.00-11.00 Cases from the participants - All (coordination: Georgios Nikolakis, António F. Massa)
11.00-11.30 Coffee break
11.30-12.00 Medical treatment I - Jacek Szepietowski
12.00-12.30 Medical treatment II - Jacek Szepietowski
12.30-13.00 Surgery - Errol Prens
13.00-14.00 Lunch break
14.00-15.00 Cases from the participants
   All (coordination: Georgios Nikolakis, António F. Massa Jr)
15.00-19.00 Hands-on exercise with patients - All (coordination: António F. Massa, Georgios Nikolakis) at the Hospital de Santo António
19.00 Networking Cocktail with speakers and participants

Wednesday, 30 November 2022
09.00-09.30 Patients registry / Involving the patient - Thrasyvoulos Tzellos
09.30-10.00 Treatment algorithm - Christos C. Zouboulis
10.00-10.15 Coffee break
10.15-11.00 Cases from the participants
   All (coordination: Georgios Nikolakis, António F. Massa)
11.15-12.00 What do I know now about Hidradenitis Suppurativa/ Acne Inversa? Effect of this course (knowledge test) - Errol Prens, Jacek Szepietowski, Thrasyvoulos Tzellos, Christos C. Zouboulis
12.00 End of the course and farewell - Christos C. Zouboulis

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