

## NFOG 2018 Pre-Congress workshop abstracts

### 1. & 8. Laparoscopy training

**Organiser:** Negin Jaafar, MD.  
**Target audience:** Doctors (trainees and new specialists) with interest in laparoscopy.  
**Number of participants:** max. 24.  
**Time & location:** Sunday 10<sup>th</sup> June 2018 at 10-13 and 14-17, OUH Odense University Hospital.

#### Description:

Challenging exercises for novices and residents (including newly educated specialists) in acquiring competences in laparoscopic gynecology; from basic to advanced level skills including hands-on practice in various setups including black boxes and simulators. Following principles and techniques from the very well-known GET UP laparoscopy training courses.

#### Content:

The setup will be 2 participants per work-station, and 1 tutor per 2 work-stations

**10 min.:** Welcoming and introduction to basic session

**40 min.:** Basic laparoscopic surgical techniques, aims:

PEG transfer and cutting a circle, grasping tissue, transferring a needle from one instrument to the other, transferring a specimen, achievement of effective traction on tissue and dynamic movement during laparoscopic cutting etc.

**05 min.:** Introduction to the intermediate session

**55 min.:** Intermediate laparoscopic surgical techniques, aims:

Needle guidance, in maneuvering a needle before applying any stitch, guiding instruments to an exact point in a field. Intra-corporal knot tying, single and multiple knots.

**05 min.:** Introduction to the advanced session

**55 min.:** Advanced laparoscopic surgical techniques, aims:

Suturing vaginal cuff, single knot, running sutures from both sides, sing cross stitch, and suturing bleeding vessels. Assistant is needed to help the suturing.

**10 min.:** Feedback from the tutor.

### 2. Reproductive Health in Low Income Countries. Collaborations with Nordic Countries. Examples from the field and lessons Learned. What describes the fruitful, sustainable collaboration?

**Organiser:** Bjarke Lund Sørensen, MD, PhD  
**Target audience:** Doctors with interest in collaboration with Low Income Countries  
**Number of participants:** max. 24.  
**Time & location:** Sunday 10<sup>th</sup> June 2018 at 10-13, OUH Odense University Hospital.

#### Description & Content:

Reproductive health and rights is under pressure in many parts of the world, particularly in low income countries that see large differences in health indicators and access to adequate health services compared to affluent countries. The Nordic countries have a long tradition for advocacy and collaboration with low income countries within this field. At this workshop examples of such collaborations will be presented, and doctors without borders and NFYOG will present possibilities for working abroad.

10:00-10:20: Reproductive health in low resource settings; an overview. Bjarke Lund Sørensen, MD, PhD, Ass. Professor (University of Copenhagen), head of obstetrics OB-GYN department Næstved/Slagelse Hospital

10:20-10:40: NFYOG: Overview of collaborations between Nordic countries and low income countries and presentation of a platform for collaboration on reproductive health. Elisabeth Fredrika Rosen

10:40-11:00: Establishing long-lasting collaborations within reproductive health: Examples of "fruitful" and "unsustainable" north-south collaborations. Lessons learned. Vibeke Rasch, MD, PhD, MD.Sci, professor International Reproductive Health Odense University Hospital and University of Southern Denmark

- 11.00-11.20: The Safe Delivery App; using mHealth to improve maternal and perinatal health care. MD, PhD Stine Lund, Rigshospitalet, Denmark and Anna Frelsen CEO Maternity Foundation
- 11.20-12.00: Cases from Kilimanjaro Christian Medical Centre, Tanzania:
  - HPV and cervical cancer in Kilimanjaro Region, Bariki Mchome, MD, PhD fellow, Kilimanjaro Christian Medical Centre, Tanzania
  - Pelvic Organ Prolapse and urinary incontinence in Kilimanjaro Region, Benjamin Shayo
  - Criterion Based Audit of normal and complicated labour and perineal trauma: Julie Mantzius Nielsen & Ellen Skovbjerg Christensen, medical Students University of Southern Denmark
- 12.00-12.30: Working with Doctors without Borders. Merete Engell, Head of HR Field, MSF Copenhagen
- 12.30-13.00: Panel Discussion; what describes the fruitful, sustainable collaboration between Nordic and Low income Countries?

### 3. Managing menopause

**Organisers:** Pernille Ravn, MD, DMSc and Professor Sven Skouby, MD, DMSc & Professor Sven Skouby, MD, DMSc

**Target audience:** Physicians with interest in menopause

**Number of participants:** max. 24.

**Time & location:** Sunday 10<sup>th</sup> June 2018 at 14-17, OUH Odense University Hospital

#### Description & Content:

Hormonal and non-hormonal intervention in menopause. The workshop will focus on evidence and case based learning. We will use short lectures and focused work in groups. The workshop will cover: Individual counseling – how do we adapt the results from epidemiology and randomized trials to individual counselling? How do we treat our patients with hormonal and non-hormonal interventions? How do we handle primary ovarian insufficiency and premature menopause?

### 4. Perineal tears and sphincter ruptures – anatomy, diagnosis, theory, suturing, and follow-up handling.

**Organisers:** Karl Møller Bek, MD, PhD & Sara Kindberg, Midwife, PhD.

**Target audience:** Doctors (both trainees and specialist) and midwives with interest in perineal tears and sphincter ruptures.

**Number of participants:** max. 24.

**Time & location:** Sunday 10<sup>th</sup> June 2018 at 10-13, OUH Odense University Hospital.

#### Description:

Decades of experience in perineal tears and sphincter ruptures is offered in this workshop. From novices to experts operating on the female pelvic floor can be upgraded in hands-on lessons in anatomy, thorough educational exercises in diagnoses, presentations of the latest theories, tips and tricks in suturing, and best practice for follow-ups.

#### Content:

#### Participants are encouraged to complete the Diagnostics Quiz as preparation for the workshop.

The Diagnostics Quiz is part of the online e-learning module "Perineal Repair". The quiz takes 1 hour to complete and includes a course certificate.

#### Presentation of e-learning on suturing 3rd-4th degree ruptures

Follow up questions for online Quiz on diagnostics.

#### Pelvic floor anatomy

Nerves, muscles, blood vessels and ligaments shown using 3D models and ultrasound.

#### Post partum diagnostics

International guidelines for classification. Diagnostical training using photos and videos of patients. Medical illustrations and 3D animations of anatomical structures.

#### Suture methods for sphincter ruptures

Which technique works best? Animation and video.

Which material supports the best healing? Evidence and guidelines.

#### Workshop with medical models and pig model

Suturing of the external anal sphincter: End-to-end technique. Suturing of the external anal sphincter: Overlap technique.

Suturing the internal anal sphincter: End-to-end technique.

Suturing the anorectal mucosa: Demonstration of two techniques.

#### **Women's health after birth**

Normal healing and rehabilitation: 10 clinical tips for the patient.

Next birth - then what? Description of practice and evidence.

Suture break down, infection and haematoma: Secondary repair and practical guidelines.

### **5. Hysteroscopy training; learn, practice, and acquire skills!**

**Organisers:** Margit Dueholm, MD, PhD & Bente Bækholm Poulsen, MD.  
**Target audience:** Doctors (both trainees and specialist) with interest in hysteroscopy.  
**Number of participants:** max. 24.  
**Time & location:** Sunday 10<sup>th</sup> June 2018 at 10-13, OUH Odense University Hospital.

#### **Description:**

This workshop is for introduction in hysteroscopy with resectoscope and deals with practical aspects of ultrasound and hysteroscopic surgery.

The aim is to give the attendee of the course practical experience during instructions, and the use of models is an amusing way to be introduced to hysteroscopic surgery. The course consists of one-hour lesson and two hours hands on.

#### **Content:**

##### **Lesson on practical aspects**

Lesson include introduction on how to perform hysteroscopy and resection. Focus on safety, practical tips and tricks, and introduction to the training session

##### **Hysteroscopic surgery practical model training**

Two hours model session with hands on and instructions on hysteroscopy. Each participant practice hysteroscopy on 3 models for hysteroscopic surgery.

Models for hysteroscopic surgery are:

- a) Simple glove and meat model. This simple model, where movements can be visualized in the camera and directly, is a help for beginners.
- b) Special made advanced uterine model. Model is made of meat, with an uterine cavity made by a Foley catheter with balloon, wrapped and slightly baked. This is a very realistic uterine model made for practice of endometrial resection with fluid and bipolar resectoscope; has been very popular in several courses.
- c) Meat model for practice of deep resection.

There will also be hysteroscopic simulators available using international validated hysteroscopic training programs. Certificate can be achieved.

### **6. Intrapartum ultrasound**

**Organisers:** Geske Bak, MD, Torbjørn Moe Eggebø, Professor & Birgitte Kahrs, MD  
**Target audience:** Doctors (both trainees and specialist) and other professionals with interest in intrapartum ultrasound  
**Number of participants:** max. 24.  
**Time & location:** Sunday 10<sup>th</sup> June 2018 at 10-13, OUH Odense University Hospital

#### **Description & Content:**

Ultrasound can be a helpful tool during labor and delivery. This workshop focuses on when and how to perform transabdominal and transperineal intrapartum ultrasound, including its use to predict successful delivery with vacuum extraction in a prolonged second stage of labor. Participants will learn how to determine fetal position and station, angle of progression, and head-perineum distance. By the end of the session, participants will know how to implement intrapartum ultrasound at their own hospital.

## 7. Robotic surgery – where are we today?

**Organiser:** Pernille Tine Jensen, MD, PhD  
**Target audience:** Doctors (both trainees and specialist) and other professionals with interest in robotic surgery  
**Number of participants:** max. 24  
**Time & location:** Sunday 10<sup>th</sup> June 2018 at 14-17, OUH Odense University Hospital

### Description:

This workshop will update you on the latest evidence regarding the use, economics and ergonomics of the robotic technology within benign and malignant gynecological diseases. We will discuss the use of robotic technology within new gentle surgical applications and discuss new areas of innovative use of the robotic technology.

### Content:

At the workshop we will cover the following topics:

- **Building a world class robotic program – what it takes:**  
Henrik Falconer, MD, PhD, Sweden
- **Endometriosis – benefits with the robot?**  
Torur Dalsgaard, MD, PhD, Denmark
- **A treasury of Pelvic Anatomy: knowledge for surgical expertise:**  
Algirdas Markauskas, MD, Denmark
- **Fertility sparing, minimally invasive surgery for Cervical Cancer:**  
Henrik Lajer, MD, PhD, Denmark
- **National introduction of robotic surgery for endometrial cancer – did it make a difference?**  
Siv Lykke Jørgensen, MD, Denmark
- **Sentinel node mapping in gynecological cancer.**  
Jan Persson, MD, PhD, Sweden
- **Economics in Robotic Surgery – is it worth it?**  
Pernille T. Jensen, Professor, Denmark
- **Automatic execution of robotic surgery – the future?**  
Thiusius Rajeeth Savarimuthu, PhD, Denmark

## 9. Simulation-based medical education in obstetrics

**Organisers:** Jette Led Sørensen, MD, PhD, MEd & Tim Draycott, Obstetrician, MD, MBBS, MRCOG  
**Target audience:** Doctors (both trainees and specialist), midwives and others interested in obstetric simulation.  
**Number of participants:** max. 12.  
**Time & location:** Sunday 10<sup>th</sup> June 2018 at 14-17, OUH Odense University Hospital

### Aim:

To discuss principles of simulation-based learning in maternity care and to share ideas on planning and managing locally based obstetric simulation-based training programs. Attendees will also observe and participate in hands-on practical sessions of simulated obstetric emergencies.

### Content:

- Introduction to local training and discussion on benefits of local multi-professional training in the UK and Denmark.
- How to design and plan multi-professional simulation training – discussion of challenges and barriers.
- Hands-on practical demonstration of obstetric emergencies training including normal birth, shoulder dystocia and team based simulation such as postpartum haemorrhage, maternal sepsis & impacted head in the 2<sup>nd</sup> stage of labour using patient actors and high-fidelity models e.g. PROMPT Flex and MamaBirthe

**Organising committee:** Obstetrician, Ass. Professor, MD, MMED, PhD Jette Led Sørensen (Denmark), Obstetrician, MD, MBBS, MRCOG Tim Draycott (UK), Research Midwife, RN/RM, PhD, Signe Egenberg (Norway), Research Midwife, RN/RM Cathy Winter (UK).

## 10. Colposcopy. Underestimation or overtreatment – Is more always better?

**Organisers:** Lone Kjeld Petersen, MD, DMSc,  
Berit Booth Bargum, MD, PhD-student  
Gitte Ørtoft, MD DMSc

**Target audience:** Doctors (both trainees and specialists) with interest in colposcopy.

**Number of participants:** max. 24.

**Time & location:** Sunday 10<sup>th</sup> June 2018 at 14-17, OUH Odense University Hospital.

### Description:

This workshop will deal with controversies in the handling of cervical neoplasia including the practical performance of colposcopic procedures and the reliability of colposcopic examinations. New techniques will be presented. Moreover, evidence based programs for examination, treatment and control will be discussed.

### Content:

#### The evidence for Colposcopy

- pitfalls and weaknesses.

#### When and how do we perform Colposcopy

- indications and practical advices
- demonstration of colposcopy based on cases.

#### New colposcopic devices

- can we objectify the colposcopic findings and improve the technique?

#### Treatment of cervical neoplasia

- when should we treat and what about side effects like risk of preterm labour?

#### Handling of special subgroups

- Patients with AIS or suspected for cervical cancer.

#### Follow-up in patients with cervical neoplasia

- When, how and how often?

#### Prevention of cervical neoplasia and cancer

- Can other groups apart from the very young women benefit from vaccination.

## 11. Infections in obstetrics and gynaecology: The Vagina, “It gets no respect” (Subtitle: “Döderlein, Dukes and DNA”)

**Organisers:** Professor Ronnie Lamont and Professor Per-Goran Larsson

**Target audience:** Doctors (both trainees and specialist), midwives and others interested in infections in obstetrics and gynaecology

**Number of participants:** max. 24.

**Time & location:** Sunday 10<sup>th</sup> June 2018 at 14-17, OUH Odense University Hospital

### Description & Content:

When you complete this workshop, you will understand the contribution that new, molecular-based, culture-independent technology has made to our understanding of healthy and abnormal vaginal microbiota compared to that using traditional culture-dependent techniques.

#### AREAS TO BE COVERED:

Historical Aspects of genital tract microbiota, Lactobacilli and Probiotics, The Bacterial Vaginosis Syndrome, Management of Vaginal discharge (The Heart-sink Patient), Microscopy and molecular based diagnostic tools, Management of recurrent bacterial vaginosis or vulvovaginal candidiasis

Both Professor Ronnie Lamont and Professor Per-Goran Larsson are hugely experienced clinically and academically and are recognised internationally in this area of research. You will find their input entertaining as well as instructive.

## 12. Gynecological ultrasound: Theory, practice, and pitfalls

**Organisers:** Abelone Sakse, MD, PhD,  
Eva Dreisler, MD, PhD  
Dorthe Hartwell, MD, PhD.

**Target audience:** Doctors (both trainees and specialists) with interest in ultrasound.

**Number of participants:** max. 24.

**Time & location:** Sunday 10th June 2018 at 10-13, OUH Odense University Hospital.

**Description:**

The workshop is aiming to provide participants with the ability to perform a systematic and technical optimal gynecological ultrasound examination. The course will focus on the latest update on theory, terminology and systematic description including the endometrium, fibromyomas, ovarian cysts, endometriosis and pitfalls in gynecological ultrasound.

The workshop will not cover the early pregnancy scan nor 3-D ultrasound examinations.

**Content:**

Theoretical lectures including consensus papers from The International Endometrial Tumor Analysis group (IETA); The International Ovarian Tumor Analysis group (IOTA), The Morphological Uterus Sonographic Assessment group (MUSA) and the International Deep Endometriosis Analysis Terms and Definition (IDEA). Exercises in terminology and description.

Workstations with hands-on exercises using high-end equipment and ultrasound phantoms will provide the participant with opportunity to train the theory in practice. The participants will be guided through the systematic examination and use of terminology. A lesson in "Knapology" will improve the familiarity of the technical abilities of the ultrasound machine and optimization of your scan. The theoretical and practical use of Doppler in gynecological ultrasound will be presented.

Pitfalls in gynecological ultrasound will be discussed with focus on false positive finding, timing of examinations and the limitations in screening with ultrasound.

The participants are encouraged to send a video-clip or an image to demonstrate a clinical challenge in gynecological ultrasound. Cases will be selected for a plenary discussion. The participants who are invited to present their images/videos will be notified two weeks prior to the course by

[abelone.elisabeth.sakse@regionh.dk](mailto:abelone.elisabeth.sakse@regionh.dk)

### 13. Telemedicine and home— The future is here, but how to join? Obstetric home-monitoring as example

**Organisers:** Chief innovation consultant Claus Duedal Pedersen, OUH Odense University Hospital. Center for Innovative Medical Technology, Odense University Hospital and University of Southern Denmark  
Consultant, telemedicine project manager Olav Bjørn Petersen, AUH Aarhus University Hospital

**Target audience:** Clinicians/professionals with interest in e-Health and innovative solutions within the medical system

**Number of participants:** max. 50.

**Time & location:** Sunday 10<sup>th</sup> June 2018 at 14-17, Syddansk Sundhedsinnovation, [Forskerparken 10 – building G](#), 5230 Odense M

**Description & Content:**

This workshop will demonstrate the current status of clinical obstetric telemedicine/home monitoring and unfold the possibilities for this fast-growing area in general, with examples from other specialties. Challenges and how to overcome these will be discussed, involving experts and audience. At the workshop, you will also hear about importance of generic technology, for the potential use for many patient groups. Patient- and user involvement in development and implementation will be discussed, as why close cooperation between clinicians and IT-organizations/vendors is absolutely crucial for a successful program. And why you should get involved in the important strategic decisions regarding eHealth and telemedicine.

### 14. Gynaecological disorders in adolescents

**Organiser:** Kresten Rubeck Petersen, MD, DMSc

**Target audience:** Physicians with interest in adolescent health and disorders  
**Number of participants:** max. 24.  
**Time & location:** Sunday 10<sup>th</sup> June 2018 at 14-17, OUH Odense University Hospital

**Description:**

Gynecological problems are common in adolescence ranging from severe anatomical and endocrinological disorders with profound impact on later reproductive health to transient but disturbing menstrual disturbances.

**Content:**

This workshop will discuss the following topics:

- Disorders of pubertal development- how to distinguish natural variation from disease?  
Katharina Main, Professor, Denmark
- Polycystic ovarian syndrome - does it really exist in adolescents?  
Eszter Vanky, Professor, Norway
- Contraception in adolescents - more than oral contraceptives?  
Kristina Gemzell-Danielsson, Professor, Sweden
- Menstrual problems in adolescents - what is the right approach?  
Margit Dueholm, Consultant, Ph.D., Denmark