Benign Abdominal Surgery – The Challenges of Benign Gynaecological Surgery

Hands-on Practical Course on Essential skills for Laparoscopic Hysterectomy

**Joint RCOG/BSGE Meeting**
Monday 16 – Wednesday 18 September 2019

**Venue:** RCOG, London

**Monday 16 – Tuesday 17 September 2019, Benign Abdominal Surgery**

**Overview**
This is a two-day theory and one day practical course that covers the essential aspects of intermediate laparoscopic and open surgery for benign gynaecological disease. The two day theory course has been structured with sessions to allow interaction from delegates and incorporate expert discussion of relevant cases. The practical sessions on the third day will provide training on essential skills required for performing laparoscopic hysterectomy including use of equipment and stack management as well as hands on laboratory training under supervision of expert faculty for components of the procedure including pelvic dissection, uterine manipulation, colpotomy and vault closure. The delegates will be required to register for the third day separately.

This meeting is recognised for the ‘Benign Abdominal Surgery: open and laparoscopic’ and ‘Advanced Laparoscopic Surgery for the excision of benign disease’ Advanced Training Skills Modules (ATSM). Please note: The theory underpinning hysteroscopic surgery will be covered by the ‘Diagnostic and Operative Hysteroscopy’ meeting.

**Who should attend?**
- All Trainees, Consultants and SAS Doctors in Obstetrics and Gynaecology
- All those with an interest in benign gynaecological surgery
- Those who are registered, or who plan to register, for the ‘Benign abdominal surgery: open and laparoscopic’ ATSM
- Those who are registered, or plan to register for the ‘Advanced laparoscopic surgery for the excision of benign disease’ ATSM
- Clinicians at all grades who are interested in developing their understanding of intermediate level open and laparoscopic benign gynaecological surgery and those with the interest in learning to perform laparoscopic hysterectomy

**After completing the course, you will**
- Have covered the fundamental basic theory required for benign gynaecological surgery
- Complete the ATSM ‘Benign abdominal surgery: open and laparoscopic’ theoretical syllabus and/or ATSM in ‘Advanced laparoscopic surgery for the excision of benign disease’
- Know about optimal patient selection and have improved communication of risk
- Understand the basis for the most commonly encountered procedures
- Have a thorough understanding of adnexal surgery
- Have an in depth technical understanding of hysterectomy - open and laparoscopic
- Have experienced hands on dry (and wet) laboratory training
- Be able to claim a maximum of 21 CPD credits for full attendance at this meeting
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Monday 16 – Wednesday 18 September 2019

Wednesday 18 September 2019, Hands-on Practical Course on Laparoscopic Psychomotor Skills, Suturing and Energy Modalities

Overview
The practical sessions on the third day will provide training on essential skills required for performing laparoscopic hysterectomy including use of equipment and stack management as well as hands on laboratory training under supervision of expert faculty for components of the procedure including pelvic dissection, uterine manipulation, colpotomy and vault closure.

Places on this course are strictly limited to 80.

After completing this workshop you will
- Gain hands on experience dealing with different practical aspects of laparoscopic hysterectomy including pelvic wall dissection, uterine manipulation, colpotomy
- Develop suturing techniques using SUT+T and use these skills to practice vault closure
- Learn science of tissue management including different energy modalities and its use in clinical practice
- Learn to use the stack and camera systems
- Learn about the different instruments used in laparoscopic surgery

Further information on Laparoscopic Skills: SUT+T
During this session, participants will be trained in laparoscopic suturing. Each participant will be individually coached to perform 4 different exercises. This includes needle manipulation, intracorporeal knot-tying and tissue approximation using both dominant and non-dominant hand. These exercises are used to train and test the suturing skills of an individual and serves as a foundation for completion of SUT+T 1 and SUT+T 2 assessments.

Who should attend?
- Trainees and Consultants interested in laparoscopic surgery or wishing to develop laparoscopic suturing techniques
- Trainees wishing to develop practical skills required for completion of the Benign abdominal surgery and Advanced laparoscopic surgery for the excision of benign disease ATSMs
- Trainees and Consultants keen to embark on the validated GESEA certification in operative laparoscopy

Course Organiser
Miss Donna Ghosh MRCOG, Worcester

Honorary Director of Conferences
Mr Philip Toozs-Hobson FRCOG, Birmingham

Honorary Deputy Director of Conferences
Mr Andrew Sizer FRCOG, Shrewsbury
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**Benign Abdominal Surgery**

**Programme**

**Monday 16 September**

8.30am  
*REGISTRATION AND REFRESHMENTS*

8.55am  
**Welcome and aims of the meeting**  
Miss Donna Ghosh, Consultant Obstetrician and Gynaecologist, Worcestershire Royal Hospital

Session I: Basic principles  
*Chair: Miss Donna Ghosh*

9.00am  
**Pelvic surgical anatomy**  
Miss Karolina Afors, Consultant Gynaecologist, Whittington Hospital, London

9.20am  
**Laparoscopic entry and diagnostic laparoscopy**  
Mr Tom Aust, Consultant Obstetrician and Gynaecologist, Honorary Consultant Gynaecological Surgeon, Arrowe Park Hospital and Alder Hey Children’s Hospital, Wirral and Liverpool

9.40am  
**Theatre set up, Ergonomics and equipment**  
Mr Alfred Cutner, Consultant Gynaecologist, University College London Hospital

10.00am  
**Electrosurgery – safety and application in practice**  
Mr George Goumalatsos, Consultant Obstetrician and Gynaecologist, Basingstoke Hospital; North Hampshire Hospital NHS Trust

10.20am  
*REFRESHMENTS*

Session II: Hysterectomy  
*Chair: Mr Tom Aust*

10.50am  
**Techniques in performing open hysterectomy**  
Dr Sarah Platt, Consultant Gynaecological Oncologist, St Michael’s Hospital, Bristol
Benign Abdominal Surgery – The Challenges of Benign Gynaecological Surgery

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Monday 16 – Wednesday 18 September 2019

11.10am  Techniques in performing laparoscopic hysterectomy
Mr Angus Thomson, Consultant Gynaecologist; Divisional Medical Director, Worcestershire Acute Hospitals NHS Trust

11.30am  Panel of experts – Hysterectomy
Delegates will have the option to bring their own cases for discussion

12.00pm  LUNCH (2 course standing fork lunch)

Session III: Adnexal Surgery
Chair: Mr Jon Hughes

1.00pm  Ovarian pathology and its management
Mr Tom Holland, Consultant Gynaecologist, Guy’s and St Thomas’ Hospital, London

1.20pm  Managing pelvic abscess
Mr Vasileios Minas, Consultant Obstetrician and Gynaecologist, St Peter’s Hospital, Chertsey

1.40pm  Ectopic pregnancy
Mr Jim Clark, Consultant Obstetrician and Gynaecologist, Royal Devon and Exeter NHS Foundation Trust

2.00pm  Specimen retrieval (including morcellation)
Mr C P Lim, Consultant Obstetrician and Gynaecologist, Lister Hospital, Stevenage

Session IV: Endometriosis
Chair: Mr CP Lim

2.20pm  Managing the woman with pelvic pain
Mr Jon Hughes, Consultant Gynaecology, Worcestershire Acute NHS Trust

2.40pm  Mild to moderate endometriosis
Miss Donna Ghosh

3.00pm  Severe endometriosis
Mr Shaheen Khazali, Consultant Gynaecologist, St Peter’s Hospital, Chertsey

3.20pm  REFRESHMENTS
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Monday 16 – Wednesday 18 September 2019

Breakout Groups: Tips and tricks Laparoscopy or Laparotomy
Delegates will choose to attend either a workshop on techniques for laparoscopy or laparotomy. You may attend one stream only, as both run simultaneously.

Stream 1: Laparoscopy
Chair: Mr Angus Thomson

3.50pm Keeping the ureter safe
Mr Haider Jan, Consultant Gynaecologist, Epsom and St Helier University Hospitals NHS Trust

4.10pm Bladder dissection
Mr Andrew Kent, Consultant Gynaecologist, Royal Surrey County Hospital

4.30pm Colpotomy and vault closure
Mr Andrew Kent

4.50pm CLOSE

Stream 2: Laparotomy
Chair: Mr Jon Hughes

3.50pm Opening/ Closing the abdomen
Miss Adeola Olaitan, Consultant Gynaecological Oncologist, University College London Hospitals

4.10pm Getting the access you need
Dr Sarah Platt

4.30pm Minimising complications at open surgery
Dr Manon Van Seters, Consultant Obstetrician and Gynaecologist, Worcester Royal Hospital

4.50pm CLOSE

Sponsored Symposium – SRA Developments

Endometriosis: an overview – a surgeon’s experience
Christian Barnick, Obstetrician and Gynaecologist
Homerton University Hospital NHS foundation Trust
Tuesday 17 September

8.30am  REGISTRATION AND REFRESHMENTS

Session V: Fibroids  
Chair: Mr Ertan Saridogan

9.00am  Surgical steps for performing safe myomectomy  
Mr Fevzi Shakir, Consultant Gynaecologist, Royal Free London NHS Foundation Trust

9.20am  Hysteroscopic management of fibroids  
Mr Justin Clark, Consultant Gynaecologist, Birmingham Women’s Hospital

9.40am  Fertility and fibroids - the evidence  
Mr Ertan Saridogan, Consultant in Reproductive Medicine and Minimal Access Surgery, University College London Hospital

10.00am  REFRESHMENTS

Session VI: Recognising and managing complications  
Chair: Miss Jessica Preshaw

10.30am  Vascular injury and haemorrhage  
Mr Sameer Umraniker, Consultant Obstetrician and Gynaecologist, Princess Anne Hospital, Southampton

10.50am  Bladder and ureteric injuries and their management  
Mr Arvind Vashisht, Consultant Gynaecologist, University College Hospital

11.10am  Bowel injury and its management  
Miss Kathryn McCarthy, NIHR Lead for Surgical Research, West of England; Consultant Colorectal Surgeon

11.30am  Management of post operative complications  
Mr Richard Keedwell, Consultant Obstetrician and Gynaecologist, Royal Cornwall Hospital, Truro
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Session VII: Key Lecture
Chair: Miss Donna Ghosh

11.50am  Teaching retroperitoneal anatomy
Dr Mohamed Mabrouk, Consultant Gynaecologist and Reproductive Surgeon, Addenbrooke’s Hospital, Cambridge University Hospitals

12.20pm  LUNCH (2 course standing fork lunch)

Session VIII: Benign surgery for the challenging patient
Chair: Mr Richard Keedwell

1.20pm  Management of the challenging surgical patient - high BMI
Mr Thomas Smith-Walker, Consultant Obstetrician and Gynaecologist, Royal Cornwall Hospital, Truro

1.40pm  Multiple surgery and adhesions
Mr David Rowlands, Consultant Gynaecologist, Wirral University Hospital NHS Foundation Trust

2.00pm  Anaesthetic considerations in gynaecological laparoscopic surgery
Dr Richard Isaacs, Consultant Anaesthetist, University Hospital Southampton

2.20pm  REFRESHMENTS

Session IX: The patient journey – Doing the right thing?
Chair: Miss Donna Ghosh and Mr David Rowlands

2.50pm  Endometriosis
Mr Sanjay Vyas, President, British Society for Gynaecological Endoscopy (BSGE)

3.35pm  The patient journey – Doing the right thing? - Menorrhagia
Miss Caryl Thomas, Consultant Gynaecologist, University Hospital of Wales, Cardiff

4.20pm  CLOSE
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Programme

Wednesday 18 September

8.00am REGISTRATION and REFRESHMENTS

8.30am Distribution, allocation of groups and debrief of candidates

Delegates will be divided into four groups and each group will complete the below stations at the allocated times. Station 1 will last for 2 hours and Station 2 and 3 will be 1 hour each and groups will rotate. There will be two stations in the afternoon each lasting 1 hour.

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<tr>
<th>Time</th>
<th>Station 1A</th>
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<tr>
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<td>LUNCH (2 course standing fork lunch)</td>
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Laparoscopic Suturing SUT’T Station
During this session, participants will be trained in laparoscopic suturing. Each participant will be individually coached to perform 4 different exercises. This includes needle manipulation, intra-corporeal knotting and tissue approximation using dominant and non-dominant hand. These exercises are used to train and test the suturing skills of an individual and serves as a foundation for completion of SUT’T 1 and SUT’T 2 assessment.

Laparoscopic pelvic side wall dissection and ureterolysis Station
Delegates will have the opportunity to dissect out a pelvic sidewall using a model and will include identifying the ureter and vessels.

Stack System and Instrument Station
Aims:
To show how the stack system and light leads work
Tips on improving vision, anti fog measures etc
Show the different telescopes and the camera details (chips etc)
Checking of the lens
Revise basic instruments on the trolley and how to assemble and disassemble these
Cover which instruments should be used on what tissue
Review different types of needle holders
Trouble shooting ‘tips and tricks’

Colpotomy and Energy Station
Aims to demonstrate
1. Basic energy using monopolar and bipolar energy
2. Advanced bipolar
3. Ultrasonic energy
Delegates will utilise this knowledge to safely perform colpotomy using a tissue model.

Vault Suturing Station
Delegates will utilise the skills acquired from the SUTT station to perform a running suture to close a model of the vaginal vault. In addition, techniques for extracorporeal suturing will be demonstrated and practised.
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Monday 16 – Wednesday 18 September 2019

Programme

Faculty for Practical Course

- Dr Lisa Ball
- Dr Christine Deguara
- Miss Donna Ghosh
- Mr Hadi Haerizadeh, Consultant Obstetrician and Gynaecologist, Musgrove Park Hospital
- Dr Zaid Hasafa, Senior Endometriosis Fellow, Royal Cornwall Hospital
- Mr Tim Hookway, Consultant Gynaecologist, Derriford Hospital, Plymouth
- Dr Haider Jan
- Miss Angharad Jones, Trainee representative British Society for Gynaecological Endoscopy
- Mr Richard Keedwell
- Dr Chris Lee
- Mr C P Lim
- Dr Tomasz Lukaszewsk
- Mr Dimitrios Miligkos, Consultant Obstetrician and Gynaecologist, Princess Anne Hospital, Southampton
- Mr Gourab Misra, Consultant Gynaecologist, University Hospital of North Midlands, Stoke on Trent
- Mr Ilias Nikolopoulos, Consultant Obstetrician and Gynaecologist, King’s Mill Hospital, Mansfield
- Miss Jessica Preshaw, Consultant Gynaecologist, North Bristol NHS Trust
- Mr Ertan Saridogan
- Mr Prabath Suraweera, Consultant Obstetrician and Gynaecologist, Worcestershire Acute Hospitals NHS Trust
- Miss Caryl Thomas
- Mr Thomas Smith-Walker