



Perineal Trauma – Prevention Education, Evaluation Repair & Scanning (PEERS+).

Pilsen 8 -10 October 2024

PEERS+ is a hands-on practical course covering the topic of maternal perineal and pelvic floor trauma at the time of childbirth. It is suitable for different levels of students and practitioners in aspects related to women's health. These include students studying medicine, midwifery, nursing and physiotherapy both at undergraduate and postgraduate levels.

Learning outcomes:

At the end of this course, you will be able to

- Appraise interventions to reduce perineal trauma
- Practice evidence-based techniques for trauma repair
- Perform trans-perineal scans on simulators
- Interpret investigations for pelvic floor disorders
- Understand potential of pelvic floor exercises
- Counsel women about best mode of birth.



This is a three-day face-to-face hands-on training using simulators and animal models. You will be able to reconstruct the pelvic floor anatomy using the purpose developed Pelvic+. You will also be able to undertake surgical repairs on animal models to train you how to repair different degrees of perineal trauma included Obstetric Anal Sphincter Injuries. International experts in the field will be delivering the training.

The workshop is suitable for students and trainees in Obstetrics, midwifery, physiotherapy and colorectal surgeons

To register please email Professor Khaled Ismail on khaled.ismail@lfp.cuni.cz Please add **PEERS+ Pilsen 24** as the email subject.

There are limited places and registration is based on first come first serve.
We look forward to welcoming you on our course.

Provisional Programme:

Day 1	Group A	Group B
09:00 – 09:15	Welcome and introductions	
09:15 – 09:30	Pre-test	
09:30 – 10:15	Epidemiology of childbirth and the pelvic floor (Khaled Ismail)	
10:15 – 10:45	Anatomy of the pelvis and pelvic floor (Marga Manresa)	
10:45 – 11:00	Break	
11:00 – 11:30	Basic surgical skills (Fabio Acocella)	
11:30 – 12:15	Transperineal Ultraound scan	
12:15 – 13:15	Lunch	
13:15 – 14:45	PELVIC + Anatomy simulator	Basic surgical skills
14:45 – 15:00	Coffee	
15:00 – 16:30	Basic surgical skills	PELVIC+ anatomy simulator
16:30 - 17:00	Discussion	
Day 2	Group A	Group B
10:00 – 10:45	Mechanism of birth (Rasha Kamel)	
10:30 – 11:00	Episiotomy - the when, what and the how (Zdenek Rusavy)	
11:00 – 11:30	Break	
11:30 – 12:30	MPP the know how and know why (Vlad Kalis)	
13:00 – 14:00	Lunch	
14:00 – 15:00	<i>MPP on Birth Model Simulator</i>	TPU Scan
15:00 – 16:00	<i>TPU scan</i>	<i>MPP on Birth Model Simulator</i>
Day 3	Group A	Group B
10:00 – 10:45	OASIs: Recognition, management and repair (K Ismail)	
10:45 – 11:30	Episiotomy repair video	
11:30 – 12:15	OASIS repair Video	
12:00 – 13:00	Lunch	
13:00 – 14:30	Episiotomy repair (Animal models)	OASIs repair (Animal models)
14:30 – 15:00	Coffee	
15:00 – 16:45	OASIs repair (Animal models)	Episiotomy repair (Animal models)
16:45 – 17:00	Post test	