

**LAPAROSCOPY (BASIC-INTERMEDIATE) COURSE**  
**20-24 September 2017**  
**Dubai, UAE**

**Day 1: 20 September 2017**

<b>TIME</b>	<b>TOPIC</b>
8.30am – 9.00am	Registration
9.00am – 10.00am	Overview of Laparoscopic Surgery
10.00am – 10.45am	Endovision Systems (Demonstration & Presentation)
10.30am – 11:00am	<b>COFFEE BREAK</b>
11:00am – 11.30am	Instrumentation (Demonstration)
11.30am – 1.00pm	Lab Exercise (Level 1/ 1 &2)- <i>Chickpeas &amp; Polo</i>
1.00pm – 2.00pm	<b>LUNCH BREAK</b>
2.00pm – 2.45pm	Lab Exercises
2.45pm – 3.00pm	<b>COFFEE BREAK</b>
3.00pm – 4.00pm	Abdominal Access Techniques
4.00pm – 5.30pm	Lab Exercises: Eye & Hand Coordination, Building Blocks- <i>Chickpeas, Polo &amp; Sugar Cubes</i>

**Day 2: 21 September 2017**

TIME	TOPIC
9.00am – 10.00am	Lab Exercise – Cutting of Gloves (circle)
10.00am – 10:30am	Energy Sources (Presentation)
10:30am – 10.45am	<b>COFFEE BREAK</b>
10:45am – 11.45pm	Lab Exercise- Cutting of Gloves- Circle & Irregular Shape
11.45am – 1:00pm	Surgeons- Laparoscopic Cholecystectomy OB Gynes- Continue with exercises
1.00pm – 2.00pm	<b>LUNCH BREAK</b>
2.00pm – 3.00pm	Lab Exercise- Cutting of Balloons & Target papers
03.00pm- 3.15pm	<b>COFFEE BREAK</b>
03.15pm- 04.00pm	Surgeons- Lap Diff GB Appendix (Lecture) OB Gynes- Electrocautery (Chicken legs) & Cutting of Balloons
04.00pm – 05:00pm	Surgeons- Electrocautery (Chicken legs) & Cutting of Balloons OB Gynes- Hysteroscopy (Lecture)



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**DAY 3- 22 September 2017**

TIME	TOPIC
9.00am – 10.00am	OB Gynes Hysteroscopy Lecture Surgeons- Electrocautery (Chicken Legs)
10:00am – 10.30am	Lecture on Knotting
10:30am – 10:45am	<b>COFFEE BREAK</b>
10.45am – 1:00pm	Knotting Exercise- Vertical & horizontal
1.00pm – 02.00pm	<b>LUNCH BREAK</b>
02:00pm – 02.30pm	Holding Needle & Taking Stitch
02:30pm -3:30pm	Stitching of Gloves- Vertical
03.30pm – 03:45pm	<b>COFFEE BREAK</b>
3.45pm – 5.00pm	Stitching of Gloves
05.00pm	End of Day 3

**DAY 4: 23 September  
2017**

TIME	TOPIC/ACTIVITY
9.00am – 09.30am	OB Gynes- Diagnostic Hysteroscopy ( <i>Capsicum/Papaya</i> ) Surgeons- Appendicectomy Lecture
10:00am – 10:15am	<b>Coffee Break</b>
10:30am – 10:45am	OB Gyne- Therapeutic Hysteroscopy (Heart/Bladder) Surgeons- Suturing of Chicken Legs
1:00pm – 2:00pm	<b>LUNCH BREAK</b>
02:00pm – 05:00pm	Tissue Dissection (Level IV/3) – Female Goats
5:00 pm	End of Day 4

**DAY 5: 24 September  
2017**

TIME	TOPIC
9.00am – 10.00am	Complications in laparoscopic surgery (Presentation)
10.00am – 1.00pm	Lab practice (Level IV / 2, 4) OB Gyne- Suturing (heart) Surgeon- Suturing (intestine)
01:00pm – 02.00pm	<b>LUNCH</b>
02:00pm - 03:00pm	Free Practice
03:00pm – 03:15pm	Coffee Break
03:15pm – 05:30	Free Practice
05:30pm	Feedback/ Certificate Distribution



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## Lab Exercises

### Level I

1. Transfer of objects – getting used to depth perception and camera movements
2. Feeding Mintos (rounded mints with central hole) – getting used to precision
3. Building a tower – getting the left hand to move and stabilise
4. Transfer from left to right and vice-versa – getting ambidextrous

Level I exercises aim at improving eye-hand co-ordination and help participant to gain control over depth perception and also become independent with two hands (ambidexterity)

### Level II

1. Cutting gloves – enhancing precision on static object
2. Cutting Moving paper – enhancing precision on moving object
3. Balloon in balloon – Precise tissue dissection

Level II exercises allow the participant to learn the use of two instruments in complimentary manner so often missing in surgeons performing laparoscopic surgery without proper training. It enhances precision.

### Level III

1. Cutting animate tissues with energy source – use of correct energy
2. Making and Practice extra-corporeal knots – making Extracorporeal knots and its use
3. Tying an intra-corporeal knot

Level III / 1 is a step further to Level II exercise and allows participant to know how much of energy source is required to stop bleeding etc. Excessive current used can result in damage to organs distant from the area of dissection

Level III/2 and 3 allows the participant to tie a knot. Tying a knot is the first thing an operating doctor learns during training in open surgery. A laparoscopic surgeon devoid of this is not a laparoscopic surgeon at all.

## Level IV

1. Intra-corporeal suture
2. Cutting and suture animate tissue with energy source
3. Tissue dissection
4. Continuous suture

Level IV/1 is just a continuation of Level III/3. Taking a suture involves holding a needle, taking a suture and tying an intracorporeal knot. The exercise is divided because it has been seen that there is a lot of struggle in learning to correctly hold a needle in 2D vision (seeing on Monitor) and then taking a suture and tying a knot. Separating the two makes participant more comfortable and efficient in the end.

Level IV/2 will allow the participants to work on animal tissues to simulate a real patient tissue. The exercise will replicate what is actually done during an operation. Use of energy source to dissect and cut and then join again

Level IV/3 will allow the participant to join tissues that are not expected to "leak" i.e. a water tight closure e.g, joining intestines. This is the most important part in operating surgeon's life. There will be self-assessment as to how much level of competence he/she has gained through this learning process.

Level IV/4 is the last frontier in laparoscopic surgery. Continuous suturing requires a deep sense of understanding of the dynamics. It requires mastering level I to IV/2 exercises.



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