

## Advanced Practical Course in Urogynaecology & Uro-Obstetrics

27-29 March 2019

Dubai UAE

Course Organisers:

Mr Mohsen Iskander, Mr Simon Hill and Miss Shaireen Aleem

### Day 1: 27 March 2019

#### Session 1

08.00 – 08.30	Registration and Refreshments
08.30 – 08.45	Introduction and aims of the course Mr. Iskander
08.45 – 09.15	Anatomy of pelvic support and physiology of incontinence Mr Hill
09.15 – 09.40	Aetiology and Epidemiology of pelvic floor dysfunction Mr Iskander
09.40 – 10.00	Non-surgical management of Overactive Bladder (OAB) Mr Hill
<b>10.00 – 10.15</b>	<b>Coffee</b>
10.15 – 10.45	Management of OAB (PTNS, Sacral Neuromodulation, BOTOX) Miss Aleem
10.45 – 11.05	Clinical assessment of Pelvic Organ Prolapse (POP) Mr Iskander
11.05 – 11.25	Conservative management of POP including pessaries Mr Hill
<b>12.00 – 13.00</b>	<b>Lunch</b>

#### Session 2

13.00 – 13.30	Video demonstration of BOTOX and practical discussion
13.30 – 14.30	Wet lab instruction intravesical injection of BOTOX
<b>14.30 – 16.00</b>	<b>Coffee</b>
16.00 – 17.00	Hands on practice of insertion of pessaries using models
17.00 – 17.30	Review of the day and close
17.30	End of Day 1

## Advanced Practical Course in Urogynaecology & Uro-Obstetrics

**Day 2: 28 March 2019**

### Session 1.

#### OASIS

08.30 – 08.50	Introduction
08.50 – 09.10	Anatomy, Epidemiology, and Risk Factors Miss Aleem
09.10 – 09.40	The Prevention of OASIS Mr Simon Hill
09.40 – 10.10	The management of third & fourth degree perineal tears Mr Iskander
<b>10.10 – 10.30</b>	<b>Coffee</b>
10.30 – 11.00	Video, Repair of 4th Degree Anal Sphincter Injury
11.00 – 12.30	Practical Hands on Teaching, Repair of 3 <sup>rd</sup> and 4 <sup>th</sup> Degree Tears
<b>12.30- 12.35</b>	<b>Group Photo Session</b>
<b>12.35 – 1.30</b>	<b>Lunch</b>

### Session 2.

#### Controversies in Urogynaecology

1.30 – 2.00	Modern Management of Painful Bladder Syndrome Miss Aleem
2.00 – 2.30	Sexual Dysfunction in women Mr Iskander
2.30 – 3.00	Vaginal cosmetic surgery and Rejuvenation – Fact or Fallacy? Mr Hill
<b>3.00 – 3.15</b>	<b>Coffee</b>
3.15 – 3.45	The Mesh Controversy – Should Our Practice Change? Mr Iskander
3.45 – 4.30	Debate: This House Believes That Caesarean Section Should be Available To All Women for Pelvic Floor Protection For Miss Aleem Against Mr Iskander
4.30 – 5.00	Discussion and close
<b>5.00</b>	<b>End of Day 2</b>

## Advanced Practical Course in Urogynaecology & Uro-Obstetrics

**Day 3: 29 March 2019**

### Session 1.

Time	
08.30-09.00	Refreshments.
09.00 – 09.30	Pelvic Floor Muscle Training for Stress Incontinence Mr Hill
09.30 – 10.00	Surgical options for stress incontinence Mr Iskander
10.00 – 10.30	The Complications of Surgery for Stress Incontinence Miss Aleem
<b>10.30 – 10.45</b>	<b>Coffee</b>

### Session 2.

#### Practical Session – Instruction of Periurethral Injection of Bulkamid

10.45 – 11.00	Review of Evidence Base for Periurethral Injection of Bulkamid
11.45 – 12.00	Video demonstration of injection technique
12.00 – 13.30	Practical instruction, wet lab.
<b>13.30 – 14.15</b>	<b>Lunch</b>

### Session 3.

#### Practical Session –How to insert a mid-urethral sling and Sacrospinous Fixation

14.00 – 14.15	Introduction to Mid Urethral slings
14.15 – 15.30	Video demonstration and hands on practical session using models on Retropubic and Transobturator slings
15.30 - 1645	Video and hands on practice using models on Sacrospinous fixation for Vault prolapse
<b>16.45 – 17.00</b>	<b>End of Advanced Practical Course- Feedback and Distribution of Certificates</b>