

## **Pre-Congress Workshops – *Embracing The Perineum***

### **01 May Hands-on training**

**9:00 – 12:00 Gynzone: Surgical skills, repair of labia and 1st degree tears.**

#### **Course 1**

Including: Instrument-tied knots, instrument handling and safe surgery. Needles and suture materials, interrupted stitches. Continuous suturing and self-locking knots. Repair of labia and 1st degree tears on medical models.

**Registration fee: 27.000**

**13:00 – 16:00 Gynzone: Repair of 2nd degree tears and episiotomies. Course 2**

Including: Diagnosis, classification, sutures, needles and instruments. Training on medical models. Healing and follow up.

**Registration fee: 27.000**

**13:00 – 16:00 Protecting the Perineum: Hands-on training. Course 3**

Interventional program: Including Perineal support during 2<sup>nd</sup> stage of labour. Lecture and training on medical models.

Katariina Laine og Mariana Peterson frá Ullevål í Oslo verða með vinnubúðir þar sem þær verða með fræðslu og verklegar æfingar til að minnka líkur á alvarlegum spangaráverkum (3° og 4° spangarrifum). Á háskólasjúkrahúsinu í Osló hefur tíðni slíkra áverka farið undir 1% með breyttum áherslum. Tilvalið fyrir ljósmæður og lækna um allt land.

**Registration fee: 27.000**

### **03 May – Hands-on Training**

**14:00 – 17:00 Gynzone: Pain relief for repair of birth lacerations. Course 4**

Gel, spray, infiltration. Pudendal block: Transvaginal and transcutaneous. Entonox, epidural, spinal, thermal therapy and medicine.

**Registration fee: ISK 27.000 / Appx: € 194**

**Öll Gynzone námskeiðin eru einnig tilvalin til upprifjunar fyrir þær sem áður hafa farið á masterclass námskeiðin.**