



UNIVERZITA  
KARLOVA

## Course offer: Childbirth and the Pelvic Floor

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### Overview

This is a practical training course that includes both theoretical and video components focused on the prevention, diagnosis & management of perineal trauma and pelvic floor at the time of childbirth. Professor Ismail is internationally recognised for his research and expertise in the field and have been involved in delivering hands on training in perineal trauma management in more than 20 countries. The course is suitable for professionals involved in women's health and maternity care including obstetricians and gynaecologists, midwives, physiotherapists, colorectal surgeons.

**Learning outcomes:** At the end of this course, candidates will

- Recognise evidence based interventions for the prevention of perineal trauma
- Be able to counsel women about their individualised risk of pelvic floor problems
- Understand how to perform an effective manual perineal support technique
- Perform the continuous technique for episiotomy and second-degree tears repair
- Undertake end-to-end & overlap repairs of obstetric Anal Sphincter injuries (OASIs)
- Appreciate barriers and facilitators to implementation of evidence into practice

### Hours and sessions:

The course will be delivered online over a total of 16 hours (4 Modules, 2 hours each) in English.

### Dates:

- Tuesday 1<sup>st</sup> of March, 2022: 10:00 – 12:00, 13:00 – 15:00
- Wednesday 2<sup>nd</sup> of March, 2022: 10:00 – 12:00, 13:00 – 15:00

### Modules:

Module 1: Perineal trauma: Epidemiology, risk factors and preventive interventions

Module 2: Episiotomy: The When, What and How?

Module 3: Obstetric Anal Sphincter Injuries: Recognition and Repair

Module 4: Impact of audit and training on perineal trauma outcomes

### Registration:

Registrations are possible until Thursday, February 24<sup>th</sup> by sending an e-mail application to [martin.hammerbauer@ruk.cuni.cz](mailto:martin.hammerbauer@ruk.cuni.cz) stating the full name, institution, occupation (academic staff/PhD./Master's student) and programme. There are 20 seats available free of charge on a first come, first serve basis.