



Childbirth and the Pelvic Floor

4EU+ Alliance lifelong learning course

A practical training course including both theoretical and hands-on practical components focused on the prevention, diagnosis & management of perineal trauma and pelvic floor at the time of childbirth. The course is composed of 2 one-day sessions with expertise provided by internationally recognised lecturers in the field who have been involved in delivering hands-on training in perineal trauma management in more than 20 countries. It is suitable for professionals and advanced students involved in women's health and maternity care including obstetricians, gynaecologists, midwives, physiotherapists and colorectal surgeons. Take a part of this lifelong learning course conducted by Charles University and University of Milan and receive a unique training in its free pilot run for participants from Czechia and Italy.

Dates

Session I: September 26th from 9:00 to 16:00 online

Session II: October 4th from 9:00 to 16:00 in person hands-on training at the University of Milan - Lodi Campus. Participants from Czechia will benefit from a 4EU+ travel and accommodation allowance.



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What will you learn?

At the end of this course, you will

- Be aware of evidence-based interventions for the prevention of perineal trauma
- Be able to counsel women about their individualised risk for pelvic floor problems, before and after delivery – basic knowledge of an obstetric perineal card
- Understand the basics of imaging for pelvic floor disorders
- 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)

Program

Session I (theoretical), Sept 26th

- Anatomy of the pelvic floor
- Epidemiology of childbirth-related trauma
- Long-term consequences of trauma
- Basic surgical principles
- Use of transperineal ultrasound
- Episiotomy: when, what and how?
- Obstetric anal sphincter injuries
- Childbirth and levator avulsion
- Audit and training

Session II (practical), Oct 4th

- Basic surgical skills – hands-on training
- Video demonstration and hands on training on Episiotomy repair
- Video demonstration and Hands on training on Manual perineal protection
- Video demonstration and Hands on training on OASIS repair and scanning

Participants

This course is intended for professionals and advanced students from Czechia and Italy in fields related to women health or pelvic floor health: Medicine, Nursing, Midwifery, Gynaecology, Colorectal surgery or Physiotherapy, who wish to deepen their knowledge.

Lecturers

Course faculty

Prof. Khaled Ismail, Charles University
Prof. Fabio Acocella, University of Milan
Prof. Irene Cetin, University of Milan
Prof. Enrico Ferrazzi, University of Milan

International speakers

Prof. Rasha Kamel, Cairo University
Dr. Margarita Manresa, University Hospital Barcelona
Dr. Hadeel Youssef, Women's Health and Development unit, Palestine



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Registration

You can apply for the course [via this link](#) until Thursday, September 22nd. Please wait for a confirmation e-mail due to a limited number of seats available. You will also receive a participant guide with further information afterwards.

Contact information

In case of any further questions, please reach out to martin.hammerbauer@ruk.cuni.cz.



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