



Royal College of
Obstetricians &
Gynaecologists



Basic Practical Skills in Obstetrics and Gynaecology



DURATION
2 DAYS

Overview:

The RCOG Basic Practical Skills course (BPS) is designed to introduce trainees to safe surgical techniques and obstetric clinical skills, in a structured workshop environment. The course is standardised to ensure common objectives, content structure and assessment methods are followed and can be linked to the RCOG Training Portfolio and OSATS.

DURATION
2 DAYS

Redesigned in 2014, the new two-day format enables trainees to focus on hands-on skills whilst in the classroom, by introducing pre-course eLearning materials including videos and assessments. The course also looks at the increasingly important topic of human factors and enhanced recovery principles, complementing the new RCOG curriculum.

The course is intended for trainees ST1-2 and is a mandatory requirement for entry into ST3.

Learning Objectives:

By attending this course, the trainee is able to:

- Spend more time practicing basic operative obstetric and gynaecological skills
- Learn about new topics such as Human Factors and Enhanced Recovery pathways
- Sign off elements in the RCOG Training Portfolio Logbook and OSATS
- Complete the mandatory requirements into ST3

Who should attend?

- ST1 – ST3
- Foundation Years 1-2 with an interest in obstetrics and gynaecology

Basic Practical Skills Convenor:

Mr Wai Yoong FRCOG, London

Basic Practical Skills Assistant Convenor:

Mr Wasim Lodhi MRCOG, London

PROGRAMME

Day 1

8.30am *REGISTRATION AND REFRESHMENTS*

9.00am **Welcome and introduction**

9.05am **Handling instruments and knot tying (video, demonstration and practical)**
All facilitators

10.35am *REFRESHMENTS*

10.50am **Suturing techniques (Practical), Interrupted sutures (including mattress and figure of eight, mattress), continuous sutures, subcuticular suturing, abdominal entry**
All facilitators

1.05pm *LUNCH (2 course standing fork lunch)*

2.05pm **Principles of safe hysteroscopy (Lecture)**

2.25pm **Principles of safe laparoscopy (Lecture)**

2.55pm *REFRESHMENTS*

3.10pm **Practical stations**

All facilitators

- Gynae examination/pelvic swabs/smear taking/endometrial biopsy/IUD/ring pessary
- D&C /Uterine evacuation
- Hysteroscopy
- Laparoscopy
- Basic gynaecology instruments/laparotomy instrument tray

5.00pm **Feedback and close of Day 1**

Day 2

8.30am *REFRESHMENTS*

9.00am **Enhanced recovery (Recorded Lecture)**

9.20am **Pelvic anatomy (Lecture)**

9.50am **Caesarean section (Video)**
Breech delivery (Demonstration)

10.25am *REFRESHMENTS*

10.35am **Human factors (Recorded Lecture)**

	Station 1 CTG interpretation Fetal blood sampling	Station 2 Instrumental deliveries (forceps/ ventouse	Station 3 Episiotomy and perineal repair	Station 4 Shoulder dystocia	Station 5 Postpartum haemorrhage and MRP
11.10am	Group A	Group B	Group C	Group D	Group E
11.50am	Group E	Group A	Group B	Group C	Group D
12.30pm	Group D	Group E	Group A	Group B	Group C
1.10pm	LUNCH (2 COURSE STANDING FORK LUNCH)				
1.50pm	Group C	Group D	Group E	Group A	Group B
2.50pm	Group B	Group C	Group D	Group E	Group A

3.30pm **Discussion**

3.50pm **Faculty debrief**

4.00pm *CLOSE*

Don't forget the Trainees' Register

Take full advantage of the Trainees' Register; not only does it help you take the next step in getting your Membership of the Royal College of Obstetricians and Gynaecologists, it also offers a range of tools that suits every learning style.

- Save up to 33% on RCOG Conferences and Courses and the BJOG journal
- Gain free access to StratOG, the RCOG's online learning resource (worth £1,000 in 2011)
- Quarterly mailing of *The Obstetrician and Gynaecologist (TOG)* Journal

Plus regular RCOG communications

- Trainees Toolbox: RCOG recommended resources for trainees at all levels
- Dedicated area of the RCOG website specifically designed to meet your needs
- Email on educational updates through TROG Newsletter

NOT ON THE TRAINEES' REGISTER, WHY NOT JOIN FOR
A FEE OF ONLY £85 ANNUALLY?

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