

Basic Urogynaecology Course

August 10-11, 2017

Faculty: **Mr. M Iskander, Mr. Simon Hill**

Day 1: **August 10, 2017**

Time	Topic
08.30-09.00	Registration and Refreshments
09.00-09.15	Introduction and Aims of Course <i>Mr. Mohsen Iskander</i>
09.15-09.45	Anatomy of continence and pelvic support <i>Mr. Simon Hill</i>
09.45-10.15	Physiology of Bladder Control <i>Mr. Simon Hill</i>
10.15-10.45	Aetiology and Epidemiology of Urinary Incontinence and Pelvic floor dysfunction. <i>Mr. Mohsen Iskander</i>
10.45-11.00	Refreshments
11.30-12.00	Basic Investigation. Urinary Diaries, MSU.
12.00-13.00	History and Examination including POPQ <i>Mr. M. Iskander</i>
13.00-14.00	Lunch
14.00-14.30	Urodynamics – introduction. Indications <i>Mr. Mohsen Iskander</i>
14.30-15.00	How to do basic Uroflowmetry, Cystometry and urethral function tests. <i>Mr. Simon Hill</i>
15.00-16.00	Interpreting urodynamic traces <i>Mr. Mohsen Iskander</i>
16.00-16.30	Discussion and reflection on learning's from the first day
16.30	End of Day 1



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Day 2: August 11, 2017

Time	Topic
08.00-08.15	Refreshments
08.15-08.30	Aims of the day <i>Mr. Mohsen Iskander</i>
08.30-09.00	Initial Management of the overactive bladder 1 (lifestyle changes, bladder retraining, physiotherapy. <i>Mr. Simon Hill</i>
09.00-10.00	Management of the overactive bladder 2 <i>Mr. Mohsen Iskander</i>
10.00-10.30	The role of oestrogens in lower urinary tract function and dysfunction. <i>Mr. Simon Hill</i>
10.30-10.45	Refreshments
10.45-11.15	Management of stress incontinence 1 (Pelvic floor exercises and devices) <i>Mr. Simon Hill</i>
11.15-12.00	Management of stress incontinence 2 (Basic surgery – Tapes and Injectables) <i>Mr. Mohsen Iskander</i>
12.00-13.00	Prayer and Lunch
13.00-13.30	Pelvic Organ Prolapse 1 (Conservative management – including pessaries) <i>Mr. Simon Hill</i>
13.30-14.00	Pelvic Organ Prolapse 2 (Basic surgical management – anterior compartment <i>Mr. Mohsen Iskander</i>
14.00-14.30	Pelvic organ prolapse 3(Basic surgical management – posterior compartment) <i>Mr. Simon Hill</i>
14.30-15.15	Pelvic organ prolapse 4 (Basic surgical management – uterine prolapse) <i>Mr. Mohsen Iskander</i>
15.15-16.15	Case studies and discussion <i>Mr. Mohsen Iskander</i>
16.15-16.45	Q&A and Feedback
16.45	Course Ends- Feedback, Certificate Distribution



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