

LABIA, VAGINA AND 1ST DEGREE TEARS

Intense hands-on workshop with numerous practical exercises.
GynZone will provide instruments, sutures, medical models etc.

The e-learning module Surgical Skills must be viewed as preparation

The module can be found at www.gynzone.net.

It is also available as an app on the App Store and Google Play.

WORKSHOP CONTENT

Welcome to the workshop

Short presentation of instructors, participants and the workshop programme.

Instrument knots: thick 2-colour lines for practicing basic principles

Reef knot technique 1-1-1-1

Surgical knot technique 2-1-1-1

Handling instruments

Needle holder: 3-point fixation and good motoric workflow.

Forceps: Anatomical and surgical forceps.

Pean: For better overview and anatomical alignment.

Needle and sutures

The anatomy of a needle: Design and properties, correct handling of a needle.

The anatomy of a suture: Different types of sutures, tensile strength and absorption.

Placing interrupted stitches using a medical training model

Interrupted stitches: Simple stitch and good knot stability.

Inverted stitches: Invisible knot, good for cosmetic results.

Holding suture: Ensures better visual overview during surgical procedures.

Self-locking knots: thick lines for practicing

Self-locking starting knot ("Duncan knot") & Self-locking finishing knot ("Aberdeen knot").

Placing continuous stitches using a medical training model

Running stitches: Easy method for closure of vaginal wall and labial tears.

Subcutaneous stitches: Invisible method for closing skin.

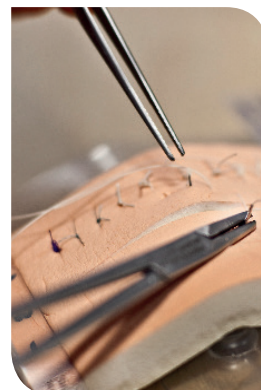
WORKSHOP INSTRUCTORS

Sara Kindberg
Peggy Seehafer

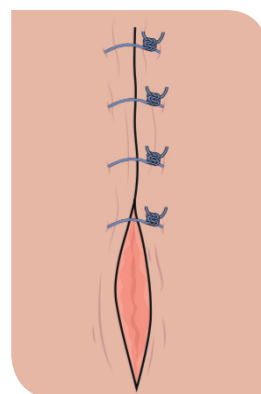
Clinical Midwifery Specialist, PhD. Founder of GynZone.
Midwife, Anthropologist, GynZone Germany.

FREE MATERIAL FOR PARTICIPANTS SPONSORED BY GYNZONE

- * Suture material: 4 mm 2-colour line plus other selected suture materials.
- * Small medical model: "Professional skin-pad" from Limbs & Things in England.
- * Power Point: Copy of today's slides, 6 slides per page.



Hands-on training



Interrupted stitches



Continuous stitches