

Perineal Trauma – Prevention Education, Evaluation Repair & Scanning Blended Learning Course (PEERS+).

PEERS+ is a blended learning course covering the topic of maternal perineal and pelvic floor trauma at the time of childbirth. It is suitable for different levels of students studying aspects related to women's health. These include students studying medicine, midwifery, nursing and physiotherapy both at undergraduate and postgraduate levels.

Learning outcomes:

At the end of this course you will be able to

- Appraise interventions to reduce perineal trauma
- Practice evidence based techniques for trauma repair
- Perform trans-perineal scans on simulators
- Interpret investigations for pelvic floor disorders
- Understand potential of pelvic floor exercises
- Counsel women about best mode of birth.

The course utilises blended learning methodology so it has online e-learning components as well as the opportunity to have face to face hands on training for those who wish so. The online component is mandatory, while the other components are elective. This gives flexibility to students to tailor the course to fit their needs. This will depend on their personal preference, interest, time availability and level of experience.

The options are:

- Option A - Component 1 (2 ECTs)
- Option B - Component 1+2 (3 ECTs)
- Option C - Component 1+3 (4 ECTs)
- Option D - Component 1+2+3 (5ECTs)

You do not have to decide now but if you intend to do component 3 we need to know by the beginning of May 2021.

This course is running in 4 partner Universities (Charles University, Sorbonne University, University of Milan and University of Warsaw). Therefore by undertaking this course you will get the chance to interact and meet students from other universities if you wish so. The final component involves face-to-face training, which will take place in different universities. The good news is that if you opt to do this, all your travel and accommodation expenses for this component will be covered.

Course components:

1. Component 1 - Mandatory: Online course on Moodle covering (22 hours - 2 ECTS)

This is an online asynchronous course. Therefore you can complete this course at your own pace. However, it is advisable to complete this course over a period of 5-6 weeks to give you the chance to complete other related course components if you wish so. The course will be available on the Sorbonne University MOODLE system. Once you register for the course you will be given access to the course via our partners at Sorbonne University. The course comprises of 5 modules (see below). At the end of each module there is an evaluation section that will include a Quiz and / or an interactive video. The main value of this is to ensure that you have grasped the core knowledge related to that module. Once you have successfully completed all modules you will be issued with a certificate to confirm completion of the online component. You then have the choice to complete the other components if you wish so.

Modules:

- 1.1. Anatomy of the pelvic floor (4 hours)
- 1.2. Episiotomy and second degree tear management (6 hours)
- 1.3. Management and prevention of Obstetric Anal Sphincter Injuries (6 hours)
- 1.4. Transperineal scanning for the pelvic floor (4 hours)
- 1.5. Pelvic floor muscle training. (2 hours)



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UNIVERSITÀ
DEGLI STUDI
DI MILANO



UNIVERSITY
OF WARSAW

2. Component 2 – **Optional: A Self Study Module (SSM) (10 hours – 1 ECT)**

After completing the mandatory online component you can opt to undertake this SSM. If so you will be allocated a supervisor who will give you guidance throughout this component either face to face to virtually depending on location. Following discussion with your supervisor you will choose a small project to undertake (see below for possible options). Once completed the project will be assessed by one of the PEERS+ supervisors. Outstanding projects might be used as resources for future online courses. Therefore by undertaking a high quality project your project might be selected to be uploaded on the MOODLE system to inform other future students.

Project examples:

- 2.1. A literature review of a particular aspect related to childbirth trauma
- 2.2. An audit of practice in your unit related to childbirth trauma management
- 2.3. A survey of students or practitioners related to maternity care
- 2.4. Developing educational material related to the topic e.g a presentation or demonstration video using simulators.
- 2.5. Contributing assessment questions, Quizzes or interactive material

3. Component 3 – **Optional: Hands-on training PEERS+ workshop**

(30 hours – 2 ECTs)

This is a four-day face-to-face hands-on training using simulators and animal models. You will be able to reconstruct the pelvic floor anatomy using the purpose developed Pelvic+. You will also be able to undertake surgical repairs on animal models to train you how to repair different degrees of perineal trauma included Obstetric Anal Sphincter Injuries. International experts in the field will be delivering the training. At present we have 2 PEERS+ workshops planned: one in Warsaw in July 2021 and one in Milan in August 2021. To ensure high quality one to one training we can only accept a maximum of 20 students per workshop. As you are aware, because of the COVID-19 situation, the above dates might need

to be changed. If you intend to attend either of these workshops please email Professor Khaled Ismail on:

khaled.ismail@lfp.cuni.cz as soon as you decide. As explained above, completed component 1 is mandatory before you can be considered for one of these workshops. Travel and accommodation for attending these workshops is covered by PEERS+. As stated above, PEERS+ is running simultaneously in 4 universities, hence, students will also attend these workshops from different countries providing an excellent opportunity for you to network and develop links within Europe.

The Workshop curriculum will be sent to candidates who register for the workshop.

We look forward to welcoming you on our course.

