

UPCOMING COURSES:

SONOCURE FETAL MEDICINE AND GYNECOLOGY ULTRASOUND COURSE

11-13TH DECEMBER 2018

NATIONAL TRAINING INSTITUTE- CAIRO

Overview

This is a three days course offers a comprehensive theoretical and practical review of the accurate sectional plan, assessment of the fetus in the first and second trimester. The aim is to build on the existing sub-specialization programs and raise training standards internationally and promoting standards in clinical practice through the exchange of ideas, knowledge and experiences.

Who Should Attend?

- All Trainees, specialists and Consultants in obstetrics and gynaecology.
- Those who are registered, or interested in Advanced Antenatal Practice and Fetal Medicine
- All clinicians involved in the diagnosis, management and counseling of fetal anomalies and antenatal high-risk obstetrics.

Why to attend?

- There will be topics of interest for Advanced Antenatal across the two days.
- There is dedicated hands on training sessions that will help improve the candidates skills
- The topics are designed to raise the ultrasound skills

Course Coordinator:

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Course Faculty:

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Course Objectives and Philosophy:

- a. To establish more understanding of fetal anatomy and fetal anomalies It will include fetal echocardiography, different Doppler applications.
- b. First trimester screening and Nuchal scan.
- c. Principles of 3D and 4D ultrasound and how can you use them.

Course Design

- The course duration is 3 days.
- The daily scenario includes lectures that covers the required topics, those are followed by 2 hours of hands on training and life demonstration on patients.
- The course design will allow for greater interactive learning on the day. Case-based discussions will be used to review advanced ultrasound techniques and common clinical dilemmas, as well as rare conditions.
- The lectures includes top quality multimedia for training including videos, pictures and diagrams illustrating the anatomy, anomalies and their appearance on ultrasound and gross pathological examination.
- The candidates will be divided into groups with an allocated trainer for each group who will be in charge of one to one hands on training.
- The candidates will go through a pre and post course questionnaire

Study Materials:

The candidates will be provided with hand outs and C.D for the lectures, as well a theoretical book will be recommended for further readings, in addition they will be provided with the recommended internet sites for updating their medical knowledge.

Course Venue:

The course will be held in the National Training institute in Cairo, Egypt.

Materials Available for the Course:

A full multimedia lecture hall that is equipped with PC, projector and video projector. Around 8 training stations will be available for the hands on training. High definition ultrasound machines equipped with both trans-abdominal convex and trans-vaginal convex multi-frequency probes. The machines should have Colour and Pulsed Doppler, foetal echocardiography and 3D capabilities. Nursing staff will be provided to help in each station.

COURSE LAYOUT

Day 1 Tuesday 11/12/2018:

8.00 - 8.30 am Registration

8.30 - 9.00 am Pretest and course introduction session

Course Pretest

- Welcome and introduction to the course
- Set up of machine and place for scan
- Probe orientation and ultrasound terminology

9.00 - 10.30 am Early Pregnancy session:

- Assessment of early pregnancy
- Miscarriage diagnosis and Confirmation
- Ectopic pregnancy as seen by Ultrasound
- Heterotopic pregnancy and pregnancy of unknown Location

10.30 - 11.00 am Coffee break

11.00 - 12.30 Foetal growth session:

Fetal biometry

- Dating of pregnancy and monitoring fetal growth
- Assessment of the amniotic fluid and placental maturity
- Fetal growth restriction, macrosomia, small for gestational age

12.30 - 13.30 Assessment of the Menstrual cycle by ultrasound session:

- Transvaginal ultrasound principles
- Anatomy and physiology seen by trans-vaginal ultrasound.
- Assessment of the uterus and the endometrium and its changes during the cycle
- Evaluation of the ovaries and assessment of antral follicles
- Monitoring ovulation by ultrasound and follicle tracking

13.30 - 14.00 lunch break

14.00 - 16.30

Hands on training session on patients

We will arrange 5 training stations where candidates will alternate on them and each covers a specific training target

Each station will have a dedicated trainer to train the candidates on the required objective:

They will include

Station 1 : Biometry, amniotic fluid and placenta

Station 2: early pregnancy assessment and dating

Station 3: Obtaining fetal Dopplers: uterine artery, Umbilical artery, Middle cerebral artery and Ductus venosus

Station 4: Transvaginal ultrasound assessment of uterus and ovaries

Station 5: First trimester biometry and assessment of the cervix

Day 2 Wednesday 12/12/2018:

8.00 - 8.30 am

**Summary of day
1 lectures**

8.30 - 10.00 am

First trimester scan session:

- First trimester assessment of foetal anatomy
- Foetal anomalies in the first trimester
- Assessment of the cervix in first trimester

10.00 - 11.00 am

Multiple pregnancy session

- Assessment of chorionicity
- Implication of chorionicity
- Complications of Monochorionic twins
- Twin to Twin transfusion and TAPS

11.00 - 11.30 am

Coffee break

11.30 - 12.30

Second trimester anatomy scan session

- Standard views needed
- Correct sectional planes ISUOG guidelines

12.30 - 13.00

Assessment of the foetal heart

- Standard views
- Basic cardiac anomalies

13.00 - 13.30

Anomalies of the uterus

- Mullerian anomalies assessment and management
- Assessment of uterine fibroids
- Assessment of focal lesions of the uterine cavity

13.30 - 14.00

lunch break

14.00 - 16.30

Hands on training session on patients

We will arrange 5 training stations where candidates will alternate on them and each covers a specific training target

Each station will have a dedicated trainer to train the candidates on the required objective:

They will include

Station 1 : First trimester fetal anatomy

Station 2: Second trimester standard views

Station 3: Assessment of Multiple pregnancy

Station 4: Transvaginal ultrasound assessment of uterus and ovaries

Station 5: Obtaining foetal Dopplers

Day 3 Thursday 13/12/2018:

8.00 - 8.30 am

Summary of day 2 lectures

8.30 - 10.30 am

Basic Fetal Anomalies session I:

- CNS anomalies
- Renal Anomalies
- Face anomalies
- GIT Anomalies

10.30 - 11.00 am

3D Principles and applications session:

- Basic Principles of volume ultrasound assessment
- Utilization in Mullerian anomalies
- Utilization in foetal anomalies.

11.00 - 11.30 am

Coffee break

11.30 - 12.00

Abnormalities of the placenta session:

- Abnormal location of the placenta in placenta previa
- Abnormal placental invasion
- Abnormal vascular anomalies of the placenta

12.00 - 12.30

Foetal infections session:

- Implications of foetal infections on pregnancy (Rubella, toxoplasma, Cytomegalovirus and Herpes)
- Features of infections and its monitoring
- Roles of serology in combination with ultrasound findings

12.30 - 13.00

Ovarian abnormalities sessions:

- Types and features of ovarian cysts
- Assessment and monitoring
- Ovarian tumors as seen by ultrasound

13.00 - 13.30

Basic Fetal Anomalies session II :

- Skeletal anomalies
- Chest anomalies

13.30 - 14.00

lunch break

14.00 - 16.00

Hands on training session on patients

We will arrange 5 training stations where candidates will alternate on them and each covers a specific training target

Each station will have a dedicated trainer to train the candidates on the required objective:

They will include

Station 1 : First trimester fetal anatomy

Station 2: Second trimester standard views

Station 3: Assessment of Multiple pregnancy

Station 4: Transvaginal ultrasound assessment of uterus and ovaries

Station 5: Obtaining foetal Dopplers

16.00 - 16.15

Post Test and closing remarks

CONTACT INFORMATION

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RESEARCH AND PUBLICATIONS

WE HAVE PARTICIPATED IN A PROPORTION OF RESEARCH PROJECTS AND PUBLISHED AND SERIES OF SCIENTIFIC BOOKS AND SCIENTIFIC PAPERS: THE 11-13+6 WEEKS SCAN BOOK (ARABIC VERSION) ON THE WEBSITE OF THE FETAL MEDICINE FOUNDATION

[HTTPS://FETALMEDICINE.COM/SYNCED/FMF/FMF-ARABIC.PDF](https://fetalmedicine.com/synced/fmf/fmf-arabic.pdf)

SCIENTIFIC PAPERS:

- ◆ El Hawary RE1, Meshaal SS2, Abd Elaziz DS3, Elsharkawy MA1, Alkady RS3, Lotfy S3, El-Sheikhah A4, Hassan A4, Galal NM3, Boutros JA3, Elmarsafy AM3. Genetic Counseling in Primary Immunodeficiency Disorders: An Emerging Experience in Egypt. *Mol Diagn Ther.* 2017 Dec;21(6):677-684.
- ◆ Shawki S1, Gaafar T1, Erfan H1, El Khateeb E1, El Sheikhah A2, El Hawary R1. Immunomodulatory effects of umbilical cord-derived mesenchymal stem cells. *Microbiol Immunol.* 2015 Jun;59(6):348-56.
- ◆ El-Sheikhah A, Elzahaby I, El-Shenofy O, Wali I. Correlation between Increased Vaginal pH and Abnormalities in the Vaginal Flora in Relation to Cervical Length and their Role in the Prediction of Preterm Birth Accepted for publication at Evidence based women health Journal January 2014
- ◆ El-Sheikhah A., El Sallamy A., Shawki O , AlAhwany S. Prognosis and outcome of pregnancy following renal transplantation. Accepted for publication at Evidence based women health Journal January 2014
- ◆ El-Beshlawy A, El-Sheikha A, Momtaz M, Said F, Hamdy M, Osman O, Meshaal S, Gafaar T, Petrou M. Prenatal diagnosis for thalassaemia in Egypt: what changed parents' attitude? *Prenat Diagn.* 2012 Aug;32(8):777-82.
- ◆ Salman MS, Mousa HA, Twining P, Jones NW, James D, Momtaz M, Aboulghar M, El-Sheikhah A, Bugg G. Would gestational age and presence of brain anomalies affect interobserver reliability of fetal head biometry? Using off-line analysis of 3-D dataset. *Ultrasound Med Biol.* 2012 Jan;38(1):69-74.
- ◆ Salman MM, Twining P, Mousa H, James D, Momtaz M, Aboulghar M, El-Sheikhah A, Bugg GJ. Evaluation of offline analysis of archived three-dimensional volume datasets in the diagnosis of fetal brain abnormalities. *Ultrasound Obstet Gynecol.* 2011 Aug;38(2):165-9.
- ◆ Ebrashy A, El Kateb A, Momtaz M, El Sheikhah A, Aboulghar MM, Ibrahim M, Saad M. 13-14-week fetal anatomy scan: a 5-year prospective study. *Ultrasound Obstet Gynecol.* 2010 Mar;35(3):292-6.
- ◆ Mohamed Momtaz , Alaa ElEbrashy, Mona Aboulghar, Ahmed Al Sheikha, Sherif Negm, Rasha Kamel , Abdalla Al Kateb, Abdelhamid Attia Comparison of 2D Transvaginal Sonohysterography and 3D Ultrasound Evaluation of the Uterine Cavity in Infertile Women. *JOG; Kasr Al Aini Journal* Vol. 1. Issue 3, December 2010
- ◆ Mona M. Aboulghar *, Mohamed Hegazy, Waleed Saber, Alaa Hamed, Ahmed El Sheikhah. Three-dimensional ultrasound versus office hysteroscopy in assessment of pain and bleeding with intrauterine contraceptive device. *Middle East Fertility Society Journal* (2011) 16, 121–124
- ◆ Ahmad El-Sheikhah, Sherif Dahab, Sherif Negm and Mohamed Momtaz. Prophylactic progesterone and preterm labor in low-risk twin pregnancies. *Evid Based Women Health J* 3:183–185
- ◆ Surgical induction of ovulation in polycystic ovarian disease. El-Sheikhah A. : *J Obstet Gynaecol.* 2002 Nov;22(6):583-5.
- ◆ Ear length in trisomy 21 fetuses at 11-14 weeks of gestation. Sacchini C, El-Sheikhah A, Cicero S, Rembouskos G, Nicolaides KH. *Ultrasound Obstet Gynecol.* 2003 Nov;22(5):460-3.
- ◆ Primary lymphoma of the cervix, case report and literature review. A. El-Sheikhah and Johnathan Nicholls. *Comparative Clinical Pathology*, 2004 APR;12, (4): 217 – 218.
- ◆ Evaluation of human chorionic gonadotropin beta-subunit mRNA concentrations in maternal serum in aneuploid pregnancies: a feasibility study. Ng EK, El-Sheikhah A, Chiu RW, Chan KC, Hogg M, Bindra R, Leung TN, Lau TK, Nicolaides KH, Lo YM. *Clin Chem.* 2004 Jun;50(6):1055-7
- ◆ Extent of ovarian damage produced by ovarian cauterization in the human: a comparative study. El-Sheikhah.A, Aboulghar.M, Read R, El-Hendawi .A, : *J Obstet Gynaecol.* 2004 Sep;24(6)P:664-666.
- ◆ Ethnicity and the need for correction of biochemical and ultrasound markers of chromosomal anomalies in the first trimester: a study of oriental, asian and afro-caribbean populations. K. Spencer^{1,2}, V. Heath², A. El-Sheikhah², C.Y.T. Ong³, K.H. Nicolaides². *Prenatal Diagnosis* 2005;25; 365-369.
- ◆ Optimized real-time quantitative PCR measurement of male fetal DNA in maternal plasma. Zimmermann B, El-Sheikhah A, Nicolaides K, Holzgreve W, Hahn S. *Clin Chem.* 2005 Sep;51(9):1598-604.
- ◆ Comparison of protocols for extracting circulating DNA and RNA from maternal plasma. Chiu RW, Lui WB, El-Sheikhah A, Chan AT, Lau TK, Nicolaides KH, Lo YM. *Clin Chem.* 2005 Nov;51(11):2209-10.
- ◆ Detection of trisomy 21 by quantitative mass spectrometric analysis of single-nucleotide polymorphisms Tsui NB, Chiu RW, Ding C, El-Sheikhah A, Leung TN, Lau TK, Nicolaides KH, Lo YM. *Clin Chem.* 2005 Dec;51(12):2358-62.
- ◆ The influence of body mass index to in-vitro fertilisation treatment outcome, risk of miscarriage and pregnancy outcome. Thum MY, El-Sheikhah A, Faris R, Parikh J, Wren M, Ogunyemi T, Gafar A, Abdalla H. *Journal of Obstetrics and Gynaecology.* Vol 27, No 7, October 2007, PP:699-702.
- ◆ Studying the use of second trimester biometry versus CRL in accurate dating of pregnancy in the first trimester. Ahmad El-Sheikhah. *Kasr El- Aini Medical Journal* Vol.13, No.3, Supp. 1, November 2007 , PP 29-32.
- ◆ Studying characteristics of Egyptian patients with benign and malignant breast disease. Hanan Gewefel, Ahmad El-Sheikhah, Manal Halim. *Kasr El- Aini Medical Journal* Vol. 14, No.1, January 2008, PP:125-132.