PAIN RELIEF DURING PERINEAL REPAIR

Workshop on effective pain relief during surgical repair of lacerations after vaginal birth. Current research projects are presented.

Target group: Midwives, doctors and students.
Max. 15 participants present at the hands-on workshop to ensure individual supervision.

The e-learning chapter on “Anaesthetics” should be viewed as preparation
The chapter is part of the Perineal Repair module and can be found at www.gynzone.net.

WORKSHOP CONTENT

Welcome to the workshop
Short presentation of instructors, participants and the workshop programme.

Current evidence on pre-suture anaesthesia
Infiltration anaesthesia: With and without adrenaline, various concentrations
Patient evaluation: VAS score, experience from research projects.

Effective analgesia
Gel: Application of 2% or 4% Lidocaine
Infiltration: Fan-shaped technique
Spray: Work environment and tips for application

Pudendal block
Transvaginal method: Traditional method.
Transcutaneous method: New method.

Other possibilities for pain relief
Nitrous oxide: Short term sedation.
Epidural / spinal: Bolus in existing epidural.

Pain relief in the puerperium
Thermal therapy: Ice packs, hot baths.
Medical relief: Paracetamol / Bonyl / Morphine.

GYNZONE WORKSHOPS

GynZone offers a wide range of workshops on perineal care: prevention, diagnostics, anaesthesia and suturing.

Our instructors are clinical specialists with vast experience within this field.
Workshops open for enrolment can be found at www.gynzone.net/shop/workshops.

We will happily come to your hospital to work with a group of people.
For more info on workshops at your place of work, please contact info@gynzone.net.

This workshop is held in collaboration with Professionshøjskolen Metropol