



VirtaMed GynoS[™] Module descriptions

VirtaMed GynoS[™] **Module book v2102**

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Hysteroscopy essential skills module

Module description

The HystSim[™] essential skills module is a complete curriculum designed for structured integration of hysteroscopy training in OB/GYN residency programs. It contains eight different skills exercises with custombuilt feedback scores and reports, using an original diagnostic hysteroscope with working channel, providing ideal preparation for the operating room. Exercises in a safe and realistic virtual environment provide a relaxed setting outside of the operating room to facilitate essential skills training. Each task focuses on one critical step of the procedure: Gaining access to the cervix (anteverted uteri, retroverted uteri), learning to manipulate uterine distension, navigation inside the uterine cavity, biopsy polyp removal using grasper or scissors and treating synechia and light cases of Asherman's syndrome.

SimProctor[™] educational guidance

Instructions on safe procedure performance are applied to the anatomical setting, incorporating best practices as defined by an expert panel, helping to learn the main behavioral rules during the procedure. The trainee is provided with tips and tricks to improve performance, ghost tools to demonstrate correct behavior, and videos to guide the trainee and various anatomical views are provided, such as an external and side view to help develop orientation. A patient comfort meter is provided to practice maintaining the best possible patient experience during the procedure.

Learning objectives

- To correctly align the scope.
- To establish uterine distension, clear viewing conditions and safe navigation.
- To identify the right and the left tubal orifice.
- To inspect the uterine cavity by correctly handling the camera.
- To describe all visible pathologies.

Instruments



Hysteroscope with working channel



Standard grasper handle (forceps/grasper/scissors)



Cases descriptions

	 Case 1: Access normal cavity This uterine cavity has a regular shape No pathologies present
	 Case 2: Distention anteverted cavity Anteverted access Small polyp blocks the entrance in the cervical canal Challenging change of angles during the access phase
	 Case 3: Retroverted cavity Retroverted uterus The light pole needs to be turned 180° up to gain entry in the fundus
Versitient of the second	 Case 4: Navigation Regularly shaped uterus contains a 1cm type I myoma close to the left tubal ostium
	Case 5: Biopsy Uterine cavity with four suspicious looking spots in different locations
	 Case 6: Polyp removal with grasper Regular shaped uterine cavity contains a small pedunculated polyp centered at the posterior wall
	 Case 7: Polyp removal with scissors Regularly shaped uterus with a 1.5cm medium-sized polyp at the posterior wall close to the tubal ostium



Case 8: Uterine synechia

 Uterine synechiae or intrauterine adhesions are characterized by the presence of adhesions and/or fibrosis within the uterine cavity



Hysteroscopy module

Module description

Hysteroscopy is the endoscopic treatment through the cervix with a scope and camera. It is indicated for the resection of submucous myoma and for the resection of lesions such as synechiae or septa. Removing polyps under direct vision prevents adverse events such as missing the polyp during a blind curettage. Thus, hysteroscopy is the gold standard for many diagnostic and therapeutic interventions in case of abnormal uterine bleeding, menstrual pain or even infertility.

Diagnostic and surgical hysteroscopy

The module offers 12 virtual patients with varying pathologies and with different levels of difficulty. The trainee gains experience in the usage of the angled optics, establishing a clear view and learns to visualize the entire cavity in a safe environment. Performance review provides feedback on the visualized uterine surface, economy (procedure time, camera path), safety measures (collisions of camera with uterine wall), as well as feedback on fluid handling.

Endometrium ablation

Rollerball endometrial ablation remains the gold standard for the permanent treatment of abnormal uterine bleeding. It is performed under direct vision, and provides both diagnostic and therapeutic intervention for abnormal uterine bleeding. The module contains 4 different virtual patients with varying shapes of uterine cavities. Endometrial ablation with the rollerball is an ideal exercise to gain practice in electrosurgery in all positions and in the entire uterus. Performance review provides feedback on a visual overview of the coagulated uterine surface, economy (procedure time, camera path), and safety measures.

Polypectomy

A uterine polyp is an endometrial lesion taking up space within the uterine cavity. Symptoms include irregular menstrual bleeding, bleeding between menstrual periods, excessively heavy menstrual bleeding, and vaginal bleeding after menopause. A hysteroscopic treatment is preferred to a blind curettage. The module offers 8 virtual patients with various polyps in different positions and aims at providing training for the first steps in operative hysteroscopy using the loop electrode. Performance review provides feedback on the amount of the removed polyp, economy (procedure time, camera path), and safety measures.



Myomectomy

Uterine fibroids are benign tumors which grow from the muscle layers of the uterus. Symptoms include abnormal gynecologic hemorrhage, heavy or painful periods, abdominal discomfort or bloating, back ache, urinary frequency or retention, and in some cases, infertility. If a fibroid is predominantly submucosal, complete hysteroscopic resection is possible. The module offers 8 virtual patients with varying types of submucosal fibroids (type 0) in different positions and with different levels of difficulties. Performance review provides feedback on amount and quality of the removed fibroids, economy (procedure time, camera path), and safety measures.

Learning objectives

- To establish uterine distension and clear viewing conditions.
- To confirm the correctly placed hysteroscope by identifying the right and the left tubal orifice.
- To inspect the uterine cavity completely by directing the camera efficiently over the entire endometrial surface while maintaining a clear view.
- To use the rollerball in a systematic way to ablate the complete endometrial surface, while not ablating the endocervix.
- To describe all visible pathologies.

Instruments





Hysteroscope with working channel

Standard grasper handle (forceps/grasper/scissors)



Resectoscope with rollerball or with cutting loop



Diagnostic and surgical hysteroscopy cases

	 Diagnostics easy 1 Normallly shaped cavity, parous woman No pathology No bleeding
	Diagnostics easy 2 Arcuate uterus, parous woman No pathology No bleeding
	 Diagnostics easy 3 Spheric cavity with asymmetric tubal angles, parous woman, little bleeding Small myoma close to the right fallopian tube at the fundus
	 Diagnostics easy 4 Bicorne uterus with asymmetric tubal angles Small pedunculated polyp in front of the right fallopian tube at the anterior wall Little bleeding
verdere Constanting Constantin	 Diagnostic medium 1 Arcuate uterus, symmetric tubal angles Medium-sized myoma in the fundus/anterior wall close to the left fallopian tube Fluffy tissue, little bleeding
	 Diagnostic medium 2 Bicorne uterus, asymmetric tubal angles Medium-sized myoma in the right part of the uterus Fluffy tissue, little bleeding
	 Diagnostic medium 3 Normal cavity, deep symmetric tubal angles Larger myoma blocking the right fallopian tube Floating tissue, fluffy, little bleeding
	 Diagnostic medium 4 Normally shaped uterus Small myoma at the fundus Little bleeding when entering the right ostia Few fluffy tissue parts
	 Diagnostics difficult 1 Narrow, tight uterus Larger myoma centered in the uterus, on the posterior wall Medium bleeding





Diagnostics difficult 2

- Normally shaped uterus
- Stronger bleeding, fluffy tissue quality
- Medium-sized myoma partially closing the cervix
- Second, smaller fibroid hidden behind the other one



Diagnostics difficult 3

- Arcuate uterus
- Large myoma at the anterior wall partially blocking the entry from the cervical canal into the uterus
- Stronger bleeding, difficult entry



Diagnostics difficult 4

- Normally shaped uterus
- Small polyp located close to the fundus at the anterior wall
- Floating tissue parts, fluffy, stronger bleedings

Polypectomy cases



Polypectomy easy 1

- Arcuate uterus
- Small polyp on the right posterior wall
- Few fluffy tissue parts



Polypectomy easy 2

- Arcuate uterus
- Pedunculated polyp with a narrow, elongated stalk located on the back/posterior wall left
- Fluffy tissue texture



Polypectomy easy 3

- Normally shaped uterus
- Medium-sized polyp in front of the left fallopian tube



Polypectomy easy 4

- Bicorne uterus, asymmetric tubal angles
- Small polyp blocking the right fallopian tube, attached to the anterior wall
- Some floating tissue parts



Polypectomy medium 1

- Normally shaped uterus
- Pedunculated polyp of small size located in the center of the uterus, attached to the posterior wall
- Fluffy tissue





Polypectomy medium 2

- Bicornuate, symmetric uterus
- Small, narrow and elongated pedunculated polyp inside of the left fallopian tube
- Tissue parts floating in the uterus



Polypectomy medium 3

- Normally shaped uterus
- Medium-sized, sessile polyp with a broad base close to the fundus, in anterior position
- Almost clear view



Polypectomy medium 4

- Heavily distorted cavity, parous woman
- Large sessile polyp with a broad base blocking the right tubal opening, attached to the anterior wall
- Fluffy tissue



Myomectomy cases

	Myomectomy medium 1 Normally shaped uterus Myoma centered in the uterus Tissue a little bit fluffy
	 Myomectomy medium 2 Spheric cavity with asymmetric tubal angles, parous woman, little bleeding Small myoma close to the right fallopian tube at the fundus
	 Myomectomy medium 3 Bicorne uterus, asymmetric tubal angles Medium-sized myoma in the right part of the uterus Fluffy tissue, little bleeding
Charles S	 Myomectomy medium 4 Normal cavity, deep symmetric tubal angles Larger myoma blocking the right fallopian tube Floating tissue, fluffy, little bleeding
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	 Medium-sized myoma in the fundus/anterior wall close to the left fallopian tube Fluffy tissue, little bleeding Myomectomy difficult 2 Narrow, tight uterus Larger myoma centered in the uterus, on the posterior wall Medium bleeding Myomectomy difficult 3 Arcuate uterus Large myoma at the anterior wall partially blocking the entry from the cervical canal into the uterus Stronger bleeding, difficult entry

Few fluffy tissue parts



Endometrium ablation cases

 Endometrium ablation medium 1 Normally shaped uterus No bleeding Easy access
 Endometrium ablation medium 2 Bicornuate uterus No bleeding Little bit fluffy tissue
 Endometrium ablation medium 3 Arcuate uterus with symmetric deep tubal angles

- No bleeding
- Floating tissue parts, very fluffy



Endometrium ablation medium 4

- Spheric cavity, multiparous woman
- Very narrow, tight uterus
- Some fluffy tissue parts



Advanced hysteroscopy resection module

Module description

The advanced hysteroscopy module includes various patients with advanced gynecologic pathologies and is intended for experienced physicians who already have basic skills in diagnostic and therapeutic hysteroscopy. The trainee acquires advanced hysteroscopy skills and prepares for more difficult interventions such as multiple polyps and myomas of type I and II. Additional cases with uterine adhesions and a septum challenge the trainees and provide better preparation for the operation room. A comprehensive performance review is provided including the amount of pathology removed, safety measures, economy of movement such as camera path, intervention time and use of fluid, and on proper visualization of the uterine surface and the fallopian tubes.

Learning objectives

- To acquire advanced skills in hysteroscopy.
- To learn how to cope with multiple pathologies in one cavity.
- To work with the inflow and uterine distension to let intramural parts of myomas expand into the cavity.
- To distinguish adhesions and synechiae from a septum.
- To re-establish intact uterine cavity by removing pathologies.

Instruments



The module requires the same resectoscope as in the diagnostic and therapeutic module. Switching between the loop electrode and the needle electrode is performed within the simulation software.



Advanced hysteroscopy cases

Multiple polyps
 Visualize the entire cavity while navigating in a secure manner You will encounter multiple polyps Remove all polyps at the base
 Multiple myoma type I & II Multiple myoma blocking the access Resect until you reach the endometrium Turn off the inflow to expel intramural tissue Carefully resect intramural part
 Uterine synechiae Visualize the uterine synechiae in the uterine cavity Identify and resect the adhesions with the needle electrode Establish a fully extendable cavity
 Uterine septum Identify and resect the septum with the needle electrode Resect carefully without perforating the uterus Establish a fully extendable cavity



MyoSure® tissue removal module

Module description

Train on 16 virtual patients to correctly learn the MyoSure[®] tissue removal procedure. Each case requires the user to remove different types of growths in the uterus and handle complications such as bleeding. Through increasingly more difficult cases, users gain experience in correctly manipulating the MyoSure[®] device and scope, as well as the pressure pump.

Learning objectives

- Perform a safe diagnostic hysteroscopy
- Recognize and safely remove intrauterine fibroids using a shaver
- Understand fluid management as it relates to a shaver
- Master angled optics, ergonomics and safety measures

Instruments





MyoSure device®

MyoSure scope[®]



MyoSure[®] tissue removal cases

All training cases can be performed in guided or unguided mode, accompanying the user throughout their entire learning journey.

Case 1	Objectives			
 Normal shaped cavity Fluffy endometrium along right-side lateral wall 	 Orientation of MyoSure[®] device Importance of markings on both sides Smooth out fluffy tissue 			
Case 2	Objectives			
 Bicorne uterus with asymmetric tubal angles 3cm polyp in front of left tubal ostia, some fluffy endometrium 	 Handle bleedings Raise pressure to 80mmHg to clear field 			
Case 3	Objectives			
 Large size uterus 3-4cm polyp located on the posterior wall of the uterus No bleeding 	 Increasing pump pressure improves view of entire cavity Rotate the scope to improve the viewing angle of the polyp which is located on the posterior wall 			
Case 4	Objectives			
 Case 4 Normal shaped cavity 4cm polyp extends into the cervical canal 3cm polyp at left tubal ostia 	 Objectives Use in-/outflow before inserting the device to clear bleeding Raise pressure to 100mmHg to tamponade bleeding Place device at distal lateral edge 			
 Case 4 Normal shaped cavity 4cm polyp extends into the cervical canal 3cm polyp at left tubal ostia 	 Objectives Use in-/outflow before inserting the device to clear bleeding Raise pressure to 100mmHg to tamponade bleeding Place device at distal lateral edge Objectives 			
 Case 4 Normal shaped cavity 4cm polyp extends into the cervical canal 3cm polyp at left tubal ostia Case 5 3cm myoma type II at the right lateral wall Dolphin pump is being used 	 Objectives Use in-/outflow before inserting the device to clear bleeding Raise pressure to 100mmHg to tamponade bleeding Place device at distal lateral edge Objectives Handling of pressure pump, e.g. Dolphin Understand correlation between vacuum and cutting performance Achieve distention 			
 Case 4 Normal shaped cavity 4cm polyp extends into the cervical canal 3cm polyp at left tubal ostia Case 5 3cm myoma type II at the right lateral wall Dolphin pump is being used Case 6	 Objectives Use in-/outflow before inserting the device to clear bleeding Raise pressure to 100mmHg to tamponade bleeding Place device at distal lateral edge Objectives Handling of pressure pump, e.g. Dolphin Understand correlation between vacuum and cutting performance Achieve distention 			





Case 7

4cm fundal myoma type IRetroverted uterine cavity

Objectives

- Appropriate way to approach and remove a fundal fibroid
- Tap on the foot pedal to clear an obscured view



Case 8

Objectives

- 3cm fibroid type II located on the right lateral wall
- Anteverted uterine cavity
- Manage bleeding by increasing pressure and tapping foot pedal
- Expulsion technique to facilitate removal of type II myoma

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Intrauterine device (IUD) placement module

Module description

Gynecology training for correct placement of IUDs along with cases for uterine sounding in anteverted or retroverted uteri. Available with or without the SimProctor[™] guidance.

SimProctor[™] educational guidance

Instructions on safe procedure performance are applied to the anatomical setting, incorporating best practices as defined by an expert panel, helping to learn the main behavioral rules during the procedure. The trainee is provided with tips and tricks to improve performance, ghost tools to demonstrate correct behavior. Various anatomical views are provided, such as an external and side view to help develop orientation. A patient comfort meter is provided to practice maintaining the best possible patient experience during the procedure.

Learning objectives

- To correctly learn each step of the procedure
- To safely sound different uteri (anteverted, retroverted or nulliparous cases)
- To correctly place an IUD, with or without visual guidance

Instruments



IUD as purchased

Uterine sound

Tenaculum

Speculum



IUD placement cases

All training cases can be performed guided or unguided, with anteverted, retroverted, and nulliparous uterus.



Uterine sounding (3 cases)

• Safely sound the uterine cavity and establish the correct length.



IUD placement (12 cases)

• Correctly place the IUD by closely following the official instructions given by the manufacturer.



Uterine sounding and IUD placement (12 cases)

Perform the complete procedure.

ASRM Embryo transfer module

Module description

9 virtual patients for teaching embryo transfer, with and without ultrasound guidance, plus 5 virtual patients for teaching intrauterine insemination. Interchangeable unique uteri / cervix models: straight, bent, and tortuous cervical canal, as well as a canal with false passage. Also includes a retroverted uterus with endometriosis. The module comes with a set of transfer and guide catheters, both tracked within the simulation.

Learning objectives

- Perform the various embryo transfer techniques (direct, transfer with trial and afterload) as defined by the American Society for Reproductive Medicine (ASRM)
- Determine the best location for embryo expulsion based on either the ultrasound image or the uterine depth
- Train in your team to coordinate tasks, reduce patient risk, and minimize procedure time

Instruments



Wallace® catheters



Cook Guardia™ catheters





Ultrasound transducer replica





Case A1: Axial Uterus

Learning objectives:

- Learn the different embryo transfer procedure options
- Very short uterine depth. Designed to teach new practitioners to use ultrasound and sounded depth to avoid touching the fundus.

Canal navigation tips:

• Easy canal. No tips necessary.

Mock Transfer Note April 6, 2020 Case A: Patient ST Expect easy transfer, uterus axial to slightly downward; be careful because of short uterus sounding to 5.6cm note - small uterus

Mock Transfer Note November 14, 2020
A: ient TG
le having IVF because of bilteral osalpinges. Straightforward transfer of od quality embryo into axial uterus nor mock transfer, distance to fundus external os measured S6cm.
e good quality embryo transferred at n.
nt uncomfortable with overfilled

Case B: Anteverted Uterus

Learning objectives:

- To learn how to navigate a slightly more challenging canal
- To introduce the pros and cons of leading with either the inner or outer catheter.

Canal navigation tips:

There is a sharp ante-flex bend at the internal os

Option 1:

- Lead with 2+ cm of the inner catheter.
- You will feel a small amout of resistance at the internal os but should be able to easily push the inner catheter past it and into the uterine cavity.

Option 2:

- Lead with the outer catheter.
- Place a 30 degree bend in the catheter. (Wallace only)
- When you reach the inner os, scoop the catheter into the uterine cavity.

Mock Transfer Note July 6, 2019 Case B: Patient KD Overall relatively easy to mildly difficult. Cervical canal in downward direction then uterus ante-flexed. Sounds to 6.75 Down, then up

Mock Transfer Note June 11, 2020 Case B: Patient KR Male factor infertility. Anteflexed uterus with catheter taking a sharp upward bend following an initial downward path. While usually easy, it may be challenging to get past the anteflexed bend. May help to have a fuller bladder. Prior measurement was 67 Scm

Case C: Tortuous Canal

Learning objectives:

- To learn to gently use a bent catheter to navigate a tortuous canal.
- To demonstrate the differences when navigating with either the inner or outer catheter.

Canal navigation tips:

• This is a tortuous canal that bends first up and then down.

Option 1:

- Lock the catheters together to lead with as much soft catheter as available in front.
- Very slowly and steadily guide the inner catheter through the external os.
- Continue to slide the inner catheter through the cervical canal, watching to see that it does not buckle outside the patient.

Option 2:

- Place a 30 degree bend in the catheter/stylet starting approximate 2 cm from the tip. (*Wallace only*)
- Guide the catheter through the external os in an upward scoop.
- Slowly and gently rotate the catheter 180 degrees following the cervical canal. You should feel little resistance.
- Continue to rotate the catheter through the next bend until you reach the internal os. This second bend will be slightly more difficuly to navigate.

Option 3:

- Use a stylet. Insert the stylet in the guide catheter.
- Then place a bend in the catheter/stylet and navigate the canal as described above. Be sure that you are rotating the stylet instead of the catheter.

Mock Transfer Note August 21, 2019 Case C: Patient CO Moderately difficult. Uterus axial but cervical canal somewhat tortuous with suggestion of an S-like path. Sounds to 6.5 cm. May need stylet. Canal - up, down, up (S-shaped)

Mock Transfer Note September 20, 2020 Case C: Patient RH Third transfer for patient with past history of abnormal pap smears and cervical procedures Prior difficult D and C because of tortuous cervical canal. Transfer was very difficult and required use of stylet with afterload technique. Sounded to 6.5cm from prior mock transfer. One good quality embryo was ultimately transferred into ideal location. Air bubble confirmed during intrauterine transfer.



Case D2: Ridge and False Passage

Learning objectives:

- To identify, both haptically and using ultrasound guidance, when the catheter tip is in a false passage.
- To learn different techniques to navigate around a false passage and into the uterine cavity.

Canal navigation tips:

- Due to the shape of the canal, the catheter tip is naturally guided into the false passage.
- Great opportunity to demonstrate the benefits of the afterload technique.

Option 1:

- Place a 10 degree bend in the catheter. (Wallace only)
- Lead with the guide catheter. Guide the catheter through the external os in an upward scoop.
- Rotate the catheter 180 degrees to navigate the tip over the ridge and past the false passage.

Option 2:

Perform the steps above using a stylet. Be sure to rotate the stylet instead of the catheter.

Mock Transfer Note January 4, 2020 Case D: Patient AP Difficult transfer. Posterior ridge at top of cervical canal with false passage on opposite side of canal. During transfer through cervix, hug anterior wall of cervix with retro bend. Sound to 57 Som. May need stylet. Ridge false passage

VIRTAMED
Mock Transfer Note October 15, 2019 Patient RR
Difficult transfer Patient with cervical endometriosis
Prior trauma at D and C caused false passage at top of anterior cervical canal because of scleratic ridge on posterior opposite side.
Will likely reed stylet. Uterus sounded to 57 Som.



Case E: Retroverted Uterus

Learning objectives:

- To identify, both haptically and using ultrasound guidance, the retroverted uterus.
- To learn different techniques to navigate past any resistance caused by the endometriosis.

Canal navigation tips:

Option 1:

- Lead with 1+ cm of the soft catheter.
- Gently slide the guide or soft catheter as necessary to move past any resistance.

Option 2:

- Insert a soft stylet into the guide catheter.
- Place a 20 degree end in the catheter/stylet. (Wallace only)
- Gently navigate until you have passed the internal os. Rotate the stylet conservatively, as needed.

Mock Transfer Note October 31, 2019 Case E: Patient AK May be a difficult transfer. Patient has severe endometriosis with a frozen pelvis. Uterus in a retroverted position, deviated to patient left. Sounds to 7 Dom. May need stylet.



Transabdominal obstetric ultrasound module

Module description

Incorporating the 20+2 approach, a combination of 2 overview sweeps & 20 planes, the transabdominal obstetric ultrasound module provides a structured method of examining the mid-trimester fetus. Trainees learn across over 100 cases, various fetal positions, different placenta locations, and doppler imaging. The module contains various fetal abnormalities such as down syndrome, anencephaly, spina bifida, placenta previa, and bilateral renal agenesis. Training with the highest realism, the transabdominal transducer can be moved freely across the entire abdomen to visualize the fetus.

Learning objectives

- To perform a systematic second-trimester ultrasound exam using the 20+2 approach
- To gain an understanding of what the normal ultrasound appearances are in each plane
- To detect and diagnose vascular complications using doppler imaging
- To practice caliper placement for measurement of the gestational age

Instruments



Transabdominal ultrasound transducer



Small abdomen for fetuses younger than 18 weeks. Cases are only active when the correct abdomen is used.



Large abdomen for fetuses older than 18 weeks. Cases are only active when the correct abdomen is used.



Transabdominal obstetric ultrasound: patients



Patient 1 "Angelique"

- Fetal age: 14 weeks 3 days
- Fetal position: Cephalic
- Placental location: Fundal
- Amniotic fluid: Normal
- Diagnosis: Normal pregnancy
- Belly size to use: Small
- Gender: Female

Patient 2 "Yuki"



- Fetal age: 20 weeks 0 days
- Fetal position: Breech, spine left
- Placental location: Right
- Amniotic fluid: Normal
- Diagnosis: Normal pregnancy
- Belly size to use: Large
- Gender: Female



Patient 3 "Jada"

- Fetal age: 19 weeks 5 days
- Fetal position: Breech
- Placental location: Low anterior
- Amniotic fluid: Normal
- Diagnosis: Normal pregnancy
- Belly size to use: Large
- Gender: Male

Patient 4 "Ellie"

- Fetal age: 20 weeks 4 days
- Fetal position: Breech
- Placental location: Posterior
- Amniotic fluid: Normal
- Diagnosis: Normal pregnancy
- Belly size to use: Large
- Gender: Male



Patient 5 "Sofia"

- Fetal age: 25 weeks 5 days
- Fetal position: Breech
- Placental location: Anterior fundal
- Amniotic fluid: Normal
- Diagnosis: Normal pregnancy
- Belly size to use: Large
- Gender: Female



Patient 6 "Deirdre"

- Fetal age: 21 weeks 0 days
- Fetal position: Breech
- Placental location: Low posterior н.
- Amniotic fluid: Normal
- Diagnosis: Anencephaly
- н. Belly size to use: Large
- Gender: Male

Patient 7 "Annabelle"

- Fetal age: 21 weeks 3 days
- Fetal position: Transverse
- Placental location: Fundal
- Amniotic fluid: Normal
- Diagnosis: Spina bifida .
- Belly size to use: Large
- Gender: Male



Patient 8 "Femi"

- Fetal age: 17 weeks 0 days
- Fetal position: Breech, spine right
- Placental location: Posterior fundal .
- Amniotic fluid: Normal
- Diagnosis: Miscarriage
- Belly size to use: Small
- Gender: Male

Patient 9 "Priya"



- Fetal age: 24 weeks 0 days
- Fetal position: Breech, spine up н.
- Placental location: Posterior ÷.
- Amniotic fluid: Low .
- Diagnosis: Renal agenesis
- Belly size to use: Large
- Gender: Male

Patient 10 "Taylor"



Fetal age: 21 weeks 3 days

- Fetal position: Transverse, spine up
- Placental location: Placenta previa
- Amniotic fluid: Normal н.
- Diagnosis: Normal pregnancy
- Belly size to use: Large н.
- Gender: Female







Patient 11 "Tiara"

Fetal age: 16 weeks 5 days

- Fetal position: Transverse, back
- Placental location: Fundal
- Amniotic fluid: Normal
- Diagnosis: Down syndrome
- Belly size to use: Small
- Gender: Female

Patient 12 "Ursula"

н.

- Fetal age: 10 weeks 5 days
- Fetal position: Cephalic
- Placental location: Posterior, right
 - Amniotic fluid: Normal
- Diagnosis: Normal pregnancy
- Belly size to use: Small
- Gender: Female



Patient 13 "Lucy"

- Fetal age: 12 weeks 2 days
- Fetal position: Transverse
- Placental location: Left
- Amniotic fluid: Normal
- Diagnosis: Normal pregnancy
- Belly size to use: Small
- Gender: Male

Patient 14 "Olivia"



- Fetal age: 19 weeks 4 days
- Fetal position: Cephalic
- Placental location: Low lying anterior
- Amniotic fluid: Normal
- Diagnosis: Cleft lip
- Belly size to use: Large
- Gender: Female



Patient 15 "Kiki"

- Fetal age: 12 weeks 2 days
- Fetal position: Transverse
- Placental location: Anterior
- Amniotic fluid: Normal
- Diagnosis: Down syndrome
- Belly size to use: Small
- Gender: Male



Transabdominal obstetric ultrasound: cases



Basic Skills – Probe handling

Learning objectives:

- Slide, rotate and tilt the probe to visualize shapes
- Sweep through objects in the abdominal space to understand how probe movements affect the image on the screen



Basic Skills – Anatomical planes

Learning objectives:

- Learn the 20 important planes in the mid-trimester fetus
- Use training features such as control lights, the outside view, and anatomy labels to guide you



Basic Skills – Anatomies Identification

Learning objectives:

 Navigate to randomized anatomical structures and check the accuracy of your assessment



6-Steps approach

Learning objectives:

- Assess the fetal lie
- Identify placental location
- Measure amniotic fluid volume
- Visualize cardiac activity
- Perform biometric measurements based on the Hadlock scale

All training cases include one fetus only (multiple pregnancies are not simulated)



11-14 Weeks exam

Learning objectives:

- Perform the 6-steps approach exam as described above
- Measure nuchal translucency





Free roam

Learning objectives:

- Navigate the different structures of the fetus according to your needs
- Recognize signs of abnormalities including placenta previa
- Perform fetal biometry

Spine





- Identify and document the 3 planes of the fetal spine: spine in sagittal, spine in coronal, and the coronal section of the body
- Check for any spinal or skin defects including spina bifida meningocele



20+2 planes

Learning objectives:

- Navigate to the 20 important planes in the mid-trimester fetus
- Identify the key structures within these planes
- Recognize signs of abnormalities including bilateral renal agenesis, miscarriage, and Down syndrome
- Perform fetal biometry

Brain



Learning objectives:

- Navigate to the 3 important planes of the brain: transventricular, transthalamic, and transcerebellar
- Identify the key structures within these planes such as the falx, ventricles, and cavum septum pellucidum
- Recognize signs of abnormalities of the brain including anencephaly, lemon-shaped scull, and banana-shaped cerebellum
- Perform fetal biometry of the brain



Learning objectives:

- Identify the key structures in the fetal heart such as the four-chamber view with lungs, RVOT, and LVOT
- Identify right and left side of the fetal situs
- Perform fetal biometry of the fetal heart based on the Hadlock scale
- Recognize signs of abnormalities of the heart including the ventricular septum defect







Abdomen and pelvis

Learning objectives:

- Identify the key structures within the fetal abdomen and pelvis such as the stomach and kidneys
- Recognize signs of abnormalities of the abdomen including bilateral renal agenesis

Limbs

Learning objectives:

- Identify the key structures of fetal limbs such as the femur, tibia, and fibula
- Identify right and left side of the fetus
- Perform fetal biometry
- Recognize signs of abnormalities of the limbs including the sandal gap



Face

Learning objectives:

- Identify the key structures of fetal face such as the facial profile, lips, eyes, and nose
- Recognize signs of abnormalities of the face including missing nasal bone

Patient overview

				1 1			
Module	Angelique	Yuki	Jada	Ellie	Sofia	Deirdre	Annabelle
6-Steps	-	Case 9	Case 1	Case 6	Case 8	-	Case 4
11-14 Weeks	Case 3	-	-	-	-	-	-
Free Roam	Case 1	Case 2	Case 3	Case 4	Case 5	Case 6	Case 7
20+2	-	-	-	Case 3	Case 6	-	Case 4
20+2 Testing	Case 3	Case 1	Case 12	Case 7	Case 10	Case 8	Case 9
Spine	Case 8	-	-	Case 9	Case 7	Case 1	Case 2
Brain	-	Case 2	Case 1	Case 7	Case 5	-	Case 6
Heart	Case 6	Case 8	Case 3	Case 5	Case 2	Case 11	Case 9
Abdomen	-	Case 8	Case 10	Case 7	Case 1	Case 4	Case 3
Limbs	Case 10	Case 6	Case 2	Case 1	Case 4	Case 7	Case 9
Face	Case 5	Case 1	Case 4	Case 3	Case	Case 8	Case 7

	Fami	Deter	Terdan	T :	Unanda	1	Olivia	
Iviodule	Femi	Priya	laylor	Tara	Ursula	LUCY	Olivia	KIKI
6-Steps	Case 5	Case 10	Case 7	Case 2	-	-	Case 3	
11-14 Weeks	-	-	-	-	Case 2	Case 1		Case 4
Free Roam	Case 8	Case 9	Case 10	Case 11	Case 12	Case 13	Case 14	Case 15
20+2	-	Case 5	Case 1	Case 2	-	-	-	
20+2 Testing	Case 2	Case 4	Case 11	Case 6	-	-	Case 5	
Spine	Case 6	Case 5	Case 4	Case 3	-	-	-	
Brain	Case 4	Case 9	Case 3	Case 8	-	-	-	
Heart	Case 4	Case 1	Case 10	Case 7	-	-	-	
Abdomen	Case 9	Case 6	Case 2	Case 5	-	-	-	
Limbs	Case 11	Case 8	Case 5	Case 3	-	-	-	
Face	Case 6	-	-	Case 2	-	-	-	



Transvaginal obstetric ultrasound module

Module description

A comprehensive training for 1st trimester transvaginal ultrasound, the module contains 16 patient cases. Abnormalities include a possible molar pregnancy, early pregnancy losses, pregnancies of unknown location, double ectopic pregnancy, and a non-pregnant patient. Masses and fluids in the adnexa, as well as Nabothian cysts, are also included. The transfer of skills from the simulator to the patient is facilitated thanks to the realistic tactile sensation of the transvaginal probe.

Learning objectives

- To perform a systematic first-trimester ultrasound exam
- To visualize and assess uterine and pregnancy structures
- To practice caliper placement for measurement of the gestational age

Instruments



Transvaginal ultrasound probe



Transvaginal obstetric ultrasound: guided cases



Patient 1 "Chante"

- Pregnancy classification: Early pregnancy loss
 - Number of embryos: 1
- Actual gestational age: 6w, 6d
- EGA based on LMP: 6w, 6d
- Landmarks not possible to visualize: All are possible to visualize.
- Previous pregnancies: 1 Gravida, 0 Para, 0 c-section, 0 ectopic
- Previous ultrasound for current pregnancy: None
- Recent medical history: N/A

Patient 2 "Akira"

- Pregnancy classification: Definite intrauterine pregnancy
- Number of embryos: 1
- Actual gestational age: 7w, 1d
- EGA based on LMP: 6w, 3d
- Landmarks not possible to visualize: All are possible to visualize.
- Previous pregnancies: 3 Gravida, 2 Para, 0 c-section, 0 ectopic
- Previous ultrasound for current pregnancy: None
- Recent medical history: N/A



Patient 3 "Galia"

- Pregnancy classification: Definite intrauterine pregnancy
- Number of embryos: 1
- Actual gestational age: 8w, 1d
- EGA based on LMP: 8w, 1d
- Landmarks not possible to visualize: All are possible to visualize.
- Previous pregnancies: 1Gravida, 0 Para, 0 c-section, 0 ectopic
- Previous ultrasound for current pregnancy: None
- Recent medical history: N/A

Patient 4 "Jasmine"

- Pregnancy classification: Definite intrauterine pregnancy
- Number of embryos: 1
- Actual gestational age: 9w, 1d
- EGA based on LMP: 9w, 1d
- Landmarks not possible to visualize: All are possible to visualize.
- Previous pregnancies: 1 Gravida, 0 Para, 0 c-section, 0 ectopic
- Previous ultrasound for current pregnancy: None
- Recent medical history: Nabothian cysts on cervix







Patient 5 "Sasha"

- Pregnancy classification: Definite intrauterine pregnancy
 - Number of embryos: 1
- н. Actual gestational age: 10w
- EGA based on LMP: 13w, 2d
- Landmarks not possible to visualize: All are possible to visualize.
- Previous pregnancies: 3 Gravida, 1 Para, 1 c-section, 0 ectopic
- Previous ultrasound for current pregnancy: None .
- Recent medical history: N/A ×.

Patient 6 "Riley" н.

- Number of embryos: 1 Actual gestational age: 12w, 1d
- EGA based on LMP: 11w, 5d
- Landmarks not possible to visualize: Yolk sac is not
- ×. present.

Pregnancy classification: Definite intrauterine pregnancy

- Previous pregnancies: 2 Gravida, 1 Para, 1 c-section, 0 ectopic
- Previous ultrasound for current pregnancy: None
- Recent medical history: N/A

Patient 7 "Noel"

- Pregnancy classification: Pregnancy of unknown location
- Number of embryos: 0
- Actual gestational age: Unknown
- н. EGA based on LMP: 5w, 5d
- Notes: Pregnancy of unknown location. Patient could not be pregnant despite positive pregnancy test.
- н. Landmarks not possible to visualize: Gestational sac, embryo/fetus, yolk sac, and cardiac activity not present.
- н. Previous pregnancies: 1 Gravida, 0 Para, 0 c-section, 0 ectopic
- Previous ultrasound for current pregnancy: None
- Recent medical history: History of irregular menses, weekly positive pregnancy test











- Pregnancy classification: Early pregnancy loss (based on history only)
- Number of embryos: 0
- Actual gestational age: approx. 7w, 3d
- EGA based on LMP: 8w, 4d
- Notes: Spontaneous abortion, mean sac diameter measures at approx. 7w 3d, minimal grow since last ultrasound.
- Landmarks not possible to visualize: Embryo/fetus not present. No cardiac activity is present.
- Previous pregnancies: 2 Gravida, 1 Para, 0 c-section, 0 ectopic
- Previous ultrasound for current pregnancy: Yes, scanned
 2 weeks ago at 6w, 6d
- Recent medical history: Irregular cycle, duration from 24-42 days, patient has experienced bleeding since last ultrasound

Patient 9 "Odalis"

- Pregnancy classification: Pregnancy of unknown location
- Number of embryos: 0
- Actual gestational age: Unknown
- EGA based on LMP: Unknown
- Notes: Pregnancy of unknown location with a mass in the left adnexa indicating a possible ectopic pregnancy.
- Landmarks not possible to visualize: Gestational sac, embryo/fetus, yolk sac, and cardiac activity are not present.
- Previous pregnancies: 1 Gravida, 0 Para, 0 c-section, 0 ectopic
- Previous ultrasound for current pregnancy: None
- Recent medical history: Positive pregnancy test

Patient 10 "Kiana"

- Pregnancy classification: Pregnancy of unknown location
- Number of embryos: 0
- Actual gestational age: Unknown
- EGA based on LMP: Unknown
- Notes: Pregnancy of unknown location with a mass in the left adnexa indicating a possible ectopic pregnancy.
- Landmarks not possible to visualize: Gestational sac, embryo/fetus, yolk sac, and cardiac activity not present.
- Previous pregnancies: 1 Gravida, 0 Para, 0 c-section, 0 ectopic
- Previous ultrasound for current pregnancy: None
- Recent medical history: Positive pregnancy test





Patient 11 "Imani"

- Pregnancy classification: Pregnancy of unknown location
- Number of embryos: 0
- Actual gestational age: Unknown
- EGA based on LMP: Unknown
- Notes: Signs of ectopic pregnancy, fluid in the cul-de-sac, echolucent/sonolucent fluid or blood in the uterus
- Landmarks not possible to visualize: gestational sac, embryo/fetus, yolk sac, and cardiac activity are not present.
- Previous pregnancies: 1 Gravida, 0 Para, 0 c-section, 0 ectopic
- Previous ultrasound for current pregnancy: None
- Recent medical history: Positive pregnancy test

Patient 12 "Marina"

- Pregnancy classification: Ectopic
- Number of embryos: Multiple
- Actual gestational age: 8w 4d
- EGA based on LMP: 7w, 4d
- Notes: Visible ectopic twins. One embryo has a visible crown-rump length (CRL), which is measurable at 8w, 4d. The other embryo is not easily visualized. Gestational sac cannot be measured correctly.
- Landmarks not possible to visualize: All are possible to visualize.
 - Previous pregnancies: 1 Gravida, 0 Para, 0 c-section, 0 ectopic
- Previous ultrasound for current pregnancy: None
- Recent medical history: Positive pregnancy test

Patient 13 "Vanessa"

- Pregnancy classification: IUP
- Number of Embryos: 0
- Gestational age and/or related notes: 5week 3 days
- Landmarks not possible to visualize: none
- EGA based on LMP: 5 weeks
 - Previous Pregnancies: 3
- Previous ultrasound for current pregnancy: no
- Recent Medical history: none

Patient 14 "Toni"

- Pregnancy classification: IUP
- Number of Embryos: 1
- Gestational age and/or related notes: 9 weeks 2 days
- Landmarks not possible to visualize: bicornuate is only seen in transverse plane
- EGA based on LMP: 9 weeks 6 days
- Previous Pregnancies: none
- Previous ultrasound for current pregnancy: no
- Recent Medical history: none







Patient 15 "Katy"

- Pregnancy classification: IUP/Possible Molar Pregnancy
- Number of Embryos: 1
- Gestational age and/or related notes: 7 weeks 3 days н.
- Landmarks not possible to visualize: clear endometrium (stripe), no cardiac
- EGA based on LMP: 8 weeks 5 days н.
- Previous Pregnancies: 3
- Previous ultrasound for current pregnancy: none
- . Recent Medical history: severe N/V, and spotting

Patient 16 "Mei"

Pregnancy classification: Possible ectopic

- Number of Embryos: 0
- Gestational age and/or related notes: 7 weeks 4 days
- Landmarks not possible to visualize: none
- EGA based on LMP: 7 weeks 4 days
- н. Previous Pregnancies: None
- Previous ultrasound for current pregnancy: none
- Recent Medical history: intermittent light bleeding and cramping x 2 weeks



Transvaginal obstetric ultrasound: testing mode



Patient 1 "Akira"

- Pregnancy classification: Definite intrauterine pregnancy
 - Number of embryos: 1
- Actual gestational age: 7w, 1d
- EGA based on LMP: 6w, 3d
- Landmarks not possible to visualize: All are possible to visualize.
- Previous pregnancies: 3 Gravida, 2 Para, 0 c-section, 0 ectopic
- Previous ultrasound for current pregnancy: None
- Recent medical history: N/A

Patient 2 "Dakota"

- Pregnancy classification: Early pregnancy loss (based on history only)
- Number of embryos: 0
- Actual gestational age: approx. 7w, 3d
- EGA based on LMP: 8w, 4d
- Notes: Spontaneous abortion, mean sac diameter approx. 7w 3d, minimal growth since last ultrasound.
- Landmarks not possible to visualize: Embryo/fetus not present. No cardiac activity is present.
- Previous pregnancies: 2 Gravida, 1 Para, 0 c-section, 0 ectopic
- Previous ultrasound for current pregnancy: Yes, scanned
 2 weeks ago at 6w, 6d
- Recent medical history: Irregular cycle from 24-42 days, patient has experienced bleeding since last ultrasound

Patient 3 "Riley"

- Pregnancy classification: Definite intrauterine pregnancy
- Number of embryos: 1
- Actual gestational age: 12w, 1d
- EGA based on LMP: 11w, 5d
- Landmarks not possible to visualize: Yolk sac is not present.
- Previous pregnancies: 2 Gravida, 1 Para, 1 c-section, 0 ectopic
- Previous ultrasound for current pregnancy: None
- Recent medical history: N/A

Patient 4 "Imani"

- Pregnancy classification: Pregnancy of unknown location
- Number of embryos: 0
- Actual gestational age: Unknown
- EGA based on LMP: Unknown
- Notes: Signs of ectopic pregnancy, fluid in the cul-de-sac, echolucent/sonolucent fluid or blood in the uterus
- Landmarks not possible to visualize: Gestational sac, embryo/fetus, yolk sac, and cardiac activity not present
- Previous pregnancies: 1 Gravida, 0 Para, 0 c-section, 0 ectopic
- Previous ultrasound for current pregnancy: None
- Recent medical history: Positive pregnancy test





Patient 5 "Chante"

.

- Pregnancy classification: Early pregnancy loss
 - Number of embryos: 1
 - Actual gestational age: 6w, 6d
 - EGA based on LMP: 6w, 6d
 - Landmarks not possible to visualize: All are possible to visualize.
 - Previous pregnancies: 1 Gravida, 0 Para, 0 c-section, 0 ectopic
 - Previous ultrasound for current pregnancy: None
 - Recent medical history: N/A

Patient 6 "Noel"

- Pregnancy classification: Pregnancy of unknown location
- Number of embryos: 0
- Actual gestational age: Unknown
- EGA based on LMP: 5w, 5d
- Notes: Pregnancy of unknown location. Patient could not be pregnant despite positive pregnancy test.
- Landmarks not possible to visualize: Gestational sac, embryo/fetus, yolk sac, and cardiac activity not present.
- Previous pregnancies: 1 Gravida, 0 Para, 0 c-section, 0 ectopic
- Previous ultrasound for current pregnancy: None
- Recent medical history: History of irregular menses, weekly positive pregnancy test

Patient 7 "Galia"

- Pregnancy classification: Definite intrauterine pregnancy
- Number of embryos: 1
- Actual gestational age: 8w, 1d
- EGA based on LMP: 8w, 1d
- Landmarks not possible to visualize: All are possible to visualize.
- Previous pregnancies: 1Gravida, 0 Para, 0 c-section, 0 ectopic
- Previous ultrasound for current pregnancy: None
- Recent medical history: N/A



Patient 8 "Kiana"

- Pregnancy classification: Pregnancy of unknown location
- Number of embryos: 0
- Actual gestational age: Unknown
- EGA based on LMP: Unknown
- Notes: Pregnancy of unknown location with a mass in the left adnexa indicating a possible ectopic pregnancy.
- Landmarks not possible to visualize: Gestational sac, embryo/fetus, yolk sac, and cardiac activity not present.
- Previous pregnancies: 1 Gravida, 0 Para, 0 c-section, 0 ectopic
- Previous ultrasound for current pregnancy: None
- Recent medical history: Positive pregnancy test









Patient 9 "Jasmine"

- Pregnancy classification: Definite intrauterine pregnancy
- Number of embryos: 1
- Actual gestational age: 9w, 1d
- EGA based on LMP: 9w, 1d
- Landmarks not possible to visualize: All are possible to visualize.
- Previous pregnancies: 1 Gravida, 0 Para, 0 c-section, 0 ectopic
- Previous ultrasound for current pregnancy: None
- Recent medical history: Nabothian cysts on cervix

Patient 10 "Sasha"

- Pregnancy classification: Definite intrauterine pregnancy
- Number of embryos: 1
- Actual gestational age: 10w
- EGA based on LMP: 13w, 2d
- Landmarks not possible to visualize: All are possible to visualize.
- Previous pregnancies: 3 Gravida, 1 Para, 1 c-section, 0 ectopic
- Previous ultrasound for current pregnancy: None
- Recent medical history: N/A



Patient 11 "Marina"

- Pregnancy classification: Ectopic
- Number of embryos: Multiple
- Actual gestational age: 8w 4d
- EGA based on LMP: 7w, 4d
- Notes: Visible ectopic twins. One embryo has a visible crown-rump length (CRL), which is measurable at 8w, 4d. The other embryo is not easily visualized. Gestational sac cannot be measured correctly.
- Landmarks not possible to visualize: All are possible to visualize.
- Previous pregnancies: 1 Gravida, 0 Para, 0 c-section, 0 ectopic



Patient 12 "Odalis"

- Pregnancy classification: Pregnancy of unknown location
- Number of embryos: 0
- Actual gestational age: Unknown
- EGA based on LMP: Unknown
- Notes: Pregnancy of unknown location with a mass in the left adnexa indicating a possible ectopic pregnancy.
- Landmarks not possible to visualize: Gestational sac, embryo/fetus, yolk sac, and cardiac activity not present.
- Previous pregnancies: 1 Gravida, 0 Para, 0 c-section, 0 ectopic
- Previous ultrasound for current pregnancy: None
- Recent medical history: Positive pregnancy test





Patient 13 "Mei"

- Pregnancy classification: Possible ectopic
- Number of Embryos: 0
- Gestational age and/or related notes: 7 weeks 4 days
- Landmarks not possible to visualize: none
- EGA based on LMP: 7 weeks 4 days
- Previous Pregnancies: None
- Previous ultrasound for current pregnancy: none
- Recent Medical history: intermittent light bleeding and cramping x 2 weeks

Patient 14 "Toni"

- Pregnancy classification: IUP
- Number of Embryos: 1
- Gestational age and/or related notes: 9 weeks 2 days
- Landmarks not possible to visualize: bicornuate is only seen in transverse plane
- EGA based on LMP: 9 weeks 6 days
- Previous Pregnancies: none
- Previous ultrasound for current pregnancy: no
- Recent Medical history: none

Patient 15 "Katy"

- Pregnancy classification: IUP/Possible Molar Pregnancy
- Number of Embryos: 1
- Gestational age and/or related notes: 7 weeks 3 days
- Landmarks not possible to visualize: clear endometrium (stripe), no cardiac
- EGA based on LMP: 8 weeks 5 days
- Previous Pregnancies: 3
- Previous ultrasound for current pregnancy: none
- Recent Medical history: severe N/V, and spotting



- Pregnancy classification: IUP
- Number of Embryos: 0
- Gestational age and/or related notes: 5week 3 days
- Landmarks not possible to visualize: none
- EGA based on LMP: 5 weeks
- Previous Pregnancies: 3
- Previous ultrasound for current pregnancy: no
- Recent Medical history: none



