

Report on the Advanced Ultrasound Course in Malmö January 20th to 24th (NF19300)

I had the pleasure to hone my ultrasound skills and knowledge on an advanced ISUOG approved course in Malmö. There were attendees from all over the world but most of us were from the Nordic countries.

The course was an intensive overview of the ultrasound as a means to diagnose many gynecological and also non-gynecological problems. The days were long but very rewarding. We had many ultrasound experts from around Europe explaining their tips and tricks but also the research findings involving the ultrasound technique.

The first day concentrated on the imaging modality itself, its pitfalls, the physics behind it and its safety issues. Even though these are things that everybody using ultrasound should know, I think we all learned a lot of new perspectives also. The second day's main topic was adnexal masses, the IOTA terminology and how to spot malignancies among benign lesions. On the third day, the focus was on oncology. It was very interesting to see some rare adnexal tumors, because it's very seldom you see them on patients yourself. Also, during the day I gained new perspectives on staging of endometrial cancer using ultrasound and how it compares with MRI imaging. I also learned how the IETA terminology works. On the fourth day we concentrated on uterine pathologies, uterine malformations and endometriosis. We also learned about the MUSA and IDEA terminologies. It was also extremely interesting to learn about the progression of endometriosis and borderline tumors on ultrasound during pregnancy, and how to differentiate malignancy from benign tumors during pregnancy. On the fifth day we had the opportunity to become IOTA certified with an IOTA test. We also learned about the progression and abnormalities of early pregnancy in ultrasound. On every day we had several videos but also live patients whose scans we could follow. It was both educative but also very impressive to learn all the things we could use the ultrasound for. During the coffee breaks we could test different ultrasound machines and learn to find all the settings and programs that we need to get the best image quality possible.

The course was well organized and I learned more than I ever expected. I also met many colleagues especially from different Nordic countries and gained new perspectives on the differences and similarities between our countries. I am extremely grateful for the financial support I got from NFOG for this course.

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