

## Report to NFOG from Advanced ultrasound course in Malmö

I was honored to receive a grant from NFOG to attend the Advanced ultrasound course in Malmö January 20<sup>th</sup> to 24<sup>th</sup>. This course is well known in Finland and many of my colleagues have attended it earlier. I was very excited about the course.

I travelled to Malmö with four colleagues from the HUS Women's Hospital, Helsinki, Finland. We had a test to see what we already know about the ultrasound and diagnostics on the first day of the course. After that we had five very intensive days to learn more and more. The first two days we concentrated on adnex mass diagnostics and learned about using the IOTA simple rules and adnex model. Then we had thorough education about uterus pathologies and endometrial findings. The last two days we dug into endometriosis, acute gynecology and early pregnancy problems.

Course was led by the professor Lil Valentin whose expertise on ultrasound really made a hit. Other teachers such as Professor Antonia Testa and Ligita Jokubkiene, MD PhD, were really competent as well.

On Friday, the last day of the course, we had the opportunity to take the IOTA certification test. We also tested how much we had improved our knowledge by taking the same test again as we took on the first day. Course was intensive and hard, but I was inspired to improve my ultrasound techniques, and the course gave me a lot of new knowledge especially about ultrasound in endometriosis diagnostics and about the adnex masses.

I am extremely grateful for the financial support I got from NFOG for this course.

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