

CME ACCREDITED COURSES FOR VACUUM-ASSISTED DELIVERY



*“The importance of adequate training & supervision
in vacuum delivery cannot be over emphasised “*

RANZCOG - Prevention, detection and management
of Subgaleal Haemorrhage in the newborn C-Obs 28

CME PROVIDER: 22020



www.vaccaacademy.com

WHY DO OUR VAD COURSE?

Pressure to avoid non-essential Caesarean sections is mounting as evidence continues to emerge regarding the long-term health risks¹. However, rates of prolonged and obstructed labor remain unchanged². This makes skills in instrumental delivery crucial for safe delivery and litigation avoidance.

While forceps is sometimes adopted as the sole option for instrumental vaginal delivery, it presents different advantages and disadvantages compared with vacuum³. Vacuum-assisted delivery is the less invasive instrument for correcting a paramedian and/or deflexing presentation, is associated with less maternal morbidity, and is considered the first line method⁴.

Competence in both forceps and vacuum delivery may become increasingly worthwhile for a third reason. News media has the potential to influence public perception very quickly, as shown in the case of a mother's call for a ban on forceps⁵, which made national headlines in 2018.

It makes sense to have the full skill set. But vacuum-assisted delivery is only a safe and effective option in the hands of a well-trained clinician^{6,7}. When best practice is followed, vacuum-assisted delivery is safe and effective and provides the least maternal risk^{8,9}.

“There is no doubt that the operator is a major determinant of the success or failure of vacuum delivery and that adverse outcomes associated with the procedure are often caused by the user's unfamiliarity with either the instrument or the basic rules governing its use.”

- Aldo Vacca -

¹ Betrán, A., Temmerman, M., Kingdon, C., Mohiddin, A., Opiyo, N., & Torloni, M. et al. (2018). Interventions to reduce unnecessary caesarean sections in healthy women and babies. *The Lancet*, 392(10155), 1358-1368. [https://doi.org/10.1016/s0140-6736\(18\)31927-5](https://doi.org/10.1016/s0140-6736(18)31927-5)

² Clinical Excellence Commission. Vacuum Assisted Births – Are We Getting it Right? A Focus on subgaleal haemorrhage 2014.

³ RANZCOG - Assisted Birth. Ranzcog.edu.au. (2020). Retrieved 8 March 2020, from <https://ranzocg.edu.au/womens-health/patient-information-resources/assisted-birth>.

⁴ O'Mahony, F., Hofmeyr, G., & Menon, V. (2010). Choice of instruments for assisted vaginal delivery. *Cochrane Database Of Systematic Reviews*. <https://doi.org/10.1002/14651858.cd005455.pub2>

⁵ Withey, A. (2018). 'Ban forceps' says mother who suffered through traumatic childbirth, AMA disagrees. ABC News. Retrieved 8 March 2020, from <https://www.abc.net.au/news/2018-03-16/calls-to-ban-forceps-during-childbirth-after-mothers-injuries/9551336>.

⁶ Vacca A. Reducing the Risks of a Vacuum Delivery, *Fetal and Maternal Medicine Review*. 2006; 17:4 301-315.

⁷ The Royal Australian and New Zealand College of Obstetricians and Gynaecologists. Prevention Detection and Management of Subgaleal Haemorrhage in the Newborn. 2012; C- Obs 28:1-7.

⁸ The Royal Australian and New Zealand College of Obstetricians and Gynaecologists. Instrumental Vaginal Birth. 2016; C-Obs 16.

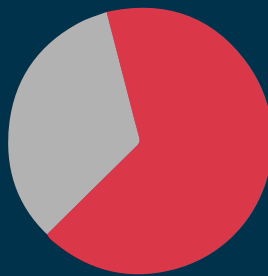
⁹ Clinical Excellence Commission. Vacuum Assisted Births – Are We Getting it Right? A Focus on subgaleal haemorrhage 2014.



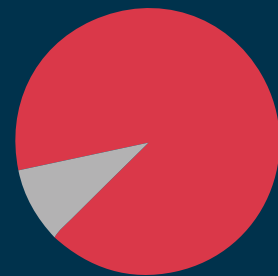
HOW WELL TRAINED ARE AUSTRALIAN CLINICIANS IN VACUUM-ASSISTED DELIVERY?



1 OUT OF 3 FAILED ON CONTRAINDICATIONS



2 OUT OF 3 FAILED ON PREVENTION OF SGH



91% SAY THEY ARE NOT ADEQUATELY TRAINED

Vacca Research (now the Academy) surveyed 115 participants prior to workshops in 2016 and found that knowledge of prevention of subgaleal haemorrhage was low. Two thirds did not know how to prevent it and a quarter would fail to diagnose it, compromising level 1 neonatal surveillance contra to RANZGOG recommendations (C-obs 28: rec 3.5.2).

RANZCOG maintains that 'the importance of adequate training and supervision in vacuum delivery cannot be over-emphasised' (2012). Despite strong evidence that inadequate training is a significant factor in adverse outcomes, operators are not attaining adequate training prior to performing vacuum deliveries (Vacca 2006, clinical excellence commission 2014).

91% of clinicians in our 2016 survey said they had not been provided adequate training for the prevention of subgaleal haemorrhage. And, in some groups, one third of clinicians said they would perform a vacuum delivery on a 32-week infant, despite this being a serious contraindication for vacuum delivery.



7 HOURS | ONLINE TUTORIAL COURSE

THE FUNDAMENTALS OF SAFE VACUUM DELIVERY

** Prerequisite course. With video tutorials by Aldo Vacca*

Operators who follow the guidelines presented in this course should, with proper training and practice, experience an improvement in successful vacuum delivery and a reduction in the risk of adverse outcome for the mother and infant.

COURSE OBJECTIVES

- Learn and understand the key concepts required for successful vacuum delivery
- Gain an appreciation of the obstetric circumstances in which the vacuum extractor may or may not be used safely
- Learn the 5-Steps VaccaTechnique™ to a safe vacuum-assisted birth
- Test and apply your knowledge prior to a practical workshop training event



COURSE ONE

7HRS CME

7 HOUR
ONLINE CLASS

5 Lessons combining 32 min of video tutorials with workbook activities and revision questions.

DELIVERY

Tutorial format with a combination of online, video tutorials & class workbook activities.

AUDIENCE

Trainees, obstetricians, midwives, birth attendants, general practitioners (GPs), and other care providers.

PRICE (in AUD)

This online course is:

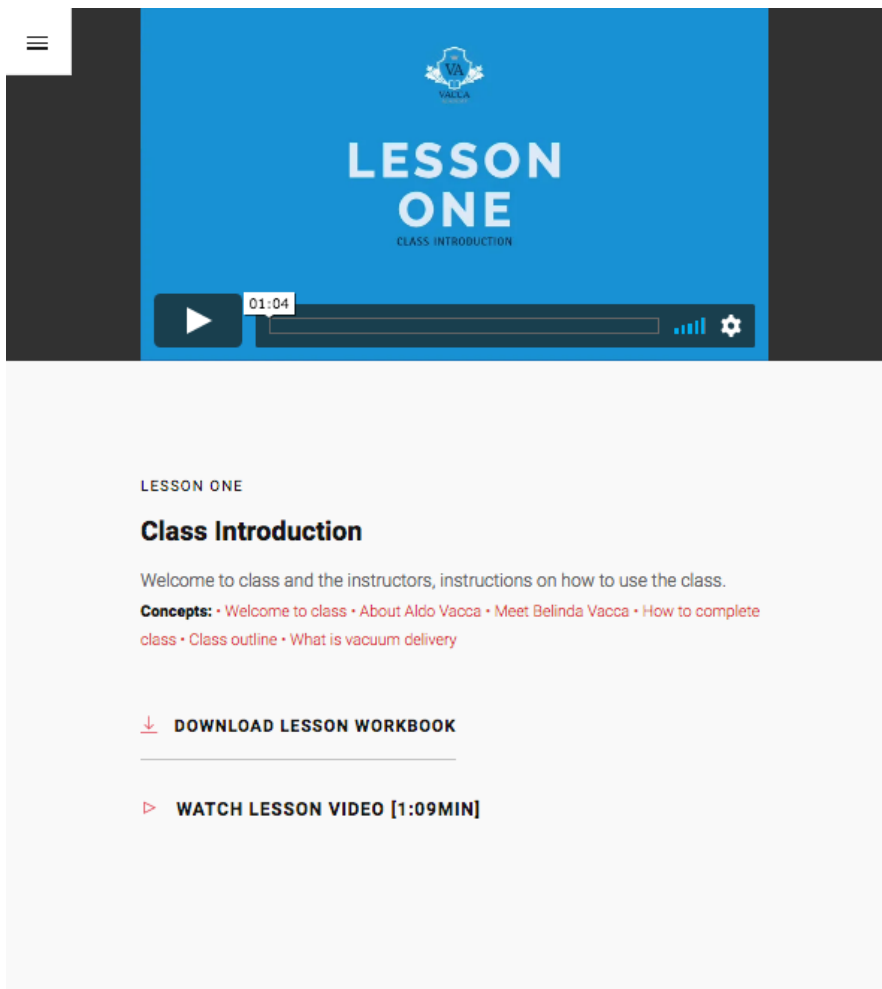
MD level - \$189

Trainee - \$89

Student/Midwife - \$89

LEARNING OUTCOMES

- Define the principles of vacuum-assisted delivery
- Describe and locate the flexion point
- Assess patient suitability for vacuum-assisted delivery procedure
- Demonstrate thorough knowledge of safety measures and the procedural limits of VAD
- Describe the 5 steps common to all vacuum-assisted deliveries
- Recognise the early warning signs of subgaleal haemorrhage
- Explain preventative measures and management procedures for subgaleal haemorrhage
- Analyse case studies demonstrating the ability to: analyse the appropriateness of patient selection, identify risk factors, and identify where procedural limits were breached



The screenshot shows a video player at the top with a blue background. The text 'LESSON ONE' is prominently displayed in white, with 'CLASS INTRODUCTION' below it. A play button and a progress bar showing '01:04' are visible. Below the video player, the text 'LESSON ONE' is repeated, followed by the title 'Class Introduction'. A welcome message follows: 'Welcome to class and the instructors, instructions on how to use the class.' Below this, a list of concepts is provided: 'Welcome to class', 'About Aldo Vacca', 'Meet Belinda Vacca', 'How to complete class', 'Class outline', and 'What is vacuum delivery'. Two interactive buttons are shown: 'DOWNLOAD LESSON WORKBOOK' with a downward arrow icon, and 'WATCH LESSON VIDEO [1:09MIN]' with a rightward arrow icon.



Online class for desktop, tablet and mobile device.

CLASS OUTLINE

LESSON ONE: Welcome to class, the instructors, instructions on how to use the class.

CONCEPTS • Welcome to class • About Aldo Vacca • Meet Belinda Vacca • How to complete class • Class outline • What is vacuum delivery

LESSON TWO: Understand and become familiar with the technical principles of vacuum delivery, manoeuvrability and choice of vacuum cups.

CONCEPTS • First line method for assisted birth • Elementary principles • Flexion point • Midline • Position & diameters of the head • Flexion of the head • Cup placement • Digital distance • Midpoint • Axis of the pelvis (axis traction)

LESSON THREE: Learn the step-by-step procedure of vacuum delivery. Become familiar with the technique and procedural steps common to all vacuum deliveries.

CONCEPTS • Locating the flexion point • Calculating cup insertion distance • Manoeuvrability of cups • Choice of vacuum cup • Manoeuvring the cup • Method of traction • Finger-tip and finger-thumb techniques • The descent & pelvic floor phase • Preventing cup detachment

LESSON FOUR: Gain an appreciation of the obstetric circumstances in which the vacuum extractor may or may not be used safely.

CONCEPTS • Operator experience • Pre-requisites for safe vacuum delivery • Safety before, during and after vacuum delivery • Procedural limits • The 3+3 rule • Prevention of subgaleal haemorrhage • Correct method of traction • Operator training • Classifications of indications • Selection of patients • Case reviews

LESSON FIVE: Revision prior to final certificate assessment

CONCEPTS • Contraindications • Safety before, during and after VAD • Procedural limits • Prevention of SGH • Principles & implications for practice • Correct procedure • Take it further

ACCREDITATION



The Fundamentals of Safe Vacuum Delivery course is awarded 7 hours of formal independent CME accreditation.

FREQUENTLY ASKED QUESTIONS

HOW DO I RECEIVE MY CERTIFICATE OF COMPLETION?

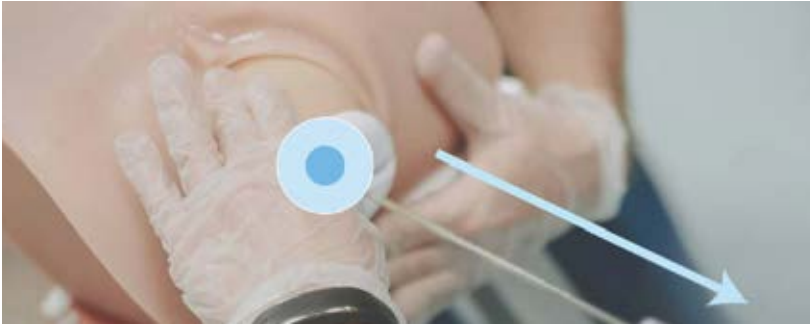
Certificates for the online Fundamentals Class are awarded via email upon successful completion of the certificate assessment quiz.

DO I HAVE TO COMPLETE THE CLASS WORKBOOKS?

Our course workbooks are an important way to retain your learning. We suggest you print and fill in your workbooks for best outcomes. You may be asked to present your workbooks at a training event.

WILL I EARN CPD POINTS FOR COMPLETING A COURSE?

Yes, our recognised Academy courses hold formal independent CPD accreditation. Your course certificates should be kept within your CPD record and can be used as evidence in a CPD audit by a professional body institute or regulator.



4 HOURS | WORKSHOP EVENT

STANDARD WORKSHOP IN VACUUM DELIVERY

Acquire the hands-on technical skills of safe vacuum delivery in this practical workshop with specialised medical manikins under the guidance of a master in VAD technique.

LEARNING OUTCOMES

- Demonstrate the ability to accurately locate and attach the cup over the flexion point
- Demonstrate the manual skill to correctly perform OA, OT and OP VAD in a simulated environment
- Differentiate between the descent and pelvic floor phases
- Analyse case studies and demonstrate competency in patient selection
- Discuss and evaluate risk factors
- Demonstrate the ability to recognise and follow procedural limits in practice
- Work effectively as part of a birthing team, demonstrating favourable communication skills

Operators should appreciate that the techniques of forceps and vacuum delivery are quite dissimilar and that experience gained with one instrument does not necessarily equate with or transfer to the other.



COURSE TWO

4HRS CME

4 HOUR HANDS-ON WORKSHOP

Our 4-hour events focus on practical skills training facilitated by our qualified Academy trainers and utilise specialised medical manikins designed to simulate vacuum delivery procedure.

DELIVERY

Hands-on practical simulation exercises, workbook activities and discussion.

AUDIENCE

Trainees, obstetricians, midwives, birth attendants, general practitioners (GPs), and other care providers.

PRICE (in AUD)

This face-to-face workshop course is \$499

* Price includes the prerequisite course.

PREREQUISITES

You must have completed your online prerequisite course prior to attending this workshop.

WORKSHOP OUTLINE

30 MINUTE PRESENTATION: Workshop introduction and recap on The Fundamentals of Safe Vacuum Delivery.

1ST HOUR: PRACTICAL DEMONSTRATION: Understand the steps and principles of vacuum procedure.

2ND HOUR: HANDS ON PRACTICAL TUITION: Learn The Vacca 5-Steps Technique. Learn the step-by-step procedure of vacuum delivery. Become familiar with the mechanics of this technique and procedural steps common to all vacuum deliveries.

3RD HOUR: GROUP PRACTICAL SIMULATIONS: Assist, observe, critique and provide feedback. Hone your skills as you try simulations. Learn as you observe others. Work as a team to observe, assist & critique procedures on specialised VAD simulation manikins.

4TH HOUR: CASE REVIEWS: Analyse cases to understand where cases go wrong and identify breaches of procedural limits. Discuss how outcomes could have been improved.

PRACTICAL ASSESSMENT: You are expected to have completed your workbooks and performed three successful simulations in OA, OT and OP positions.

DISCUSSION: Discussion, recap and take-home points.

CERTIFICATES: Use your PASS KEY to complete the workshop assessment quiz and survey to receive your certificate.

ACCREDITATION



The Standard Workshop in Vacuum Delivery course is awarded 4 hours of formal independent CME accreditation.

FREQUENTLY ASKED QUESTIONS

DO I NEED TO SHOW MY FUNDAMENTALS CLASS CERTIFICATE AT AN EVENT?

Yes. To participate in a workshop it is mandatory to provide your Fundamentals class certificate as proof you have met the prerequisites.

DO I NEED TO PRINT AND BRING MY WORKSHOP WORKBOOK ON THE DAY?

Yes, your workbook is to be completed during your workshop event. You will be assessed on your workbook activities as well as your practical VAD simulations.

DO YOU PROVIDE GROUP OR ORGANISATION MEMBERS DISCOUNTS?

Yes, in some cases we provide organisation level discounts for all members. Contact us to find out about subsidised enrolments for your group.

HOW DO I GET MY WORKSHOP CERTIFICATE?

After practical training you will be assessed on both your workbook and practical simulations. After completing assessment you will be provided a PASS KEY to take the final online quiz and survey to receive your certificate. Workshop certificates are awarded via email upon successful completion of the event quiz and survey.

ARE THERE PREREQUISITES?

Yes, you are required to complete the online Fundamentals class online prior to attending a workshop training event.

WHAT DO I NEED TO BRING TO A WORKSHOP?

Please bring your proof of registration and your Fundamentals class certificate of completion. If applicable, please bring your workshop workbook. You are also welcome to bring the vacuum delivery equipment you regularly use in your practice.

WILL I EARN CPD POINTS FOR COMPLETING A COURSE?

Yes, our recognised Academy courses hold formal independent CPD accreditation. Your course certificates should be kept within your CPD record and can be used as evidence in a CPD audit by a professional body institute or regulator.

IS THE COST OF MY PREREQUISITE COURSE INCLUDED IN MY REGISTRATION FEE?

The cost of the prerequisite course is not included in my workshop course registration fee.

4HRS + 7HRS CME POINTS



On-site training enables clinicians to acquire & maintain the hands-on technical skills of safe vacuum delivery.

Our 4-hour events are facilitated by our qualified Academy trainers and utilise specialised medical manikins.

To book on-site training or find out more please visit us at vaccaacademy.com

The CPD Standards Office

CPD PROVIDER: 22020
2019 - 2020

www.cpdstandards.com





QUALIFIED COURSES FOR VACUUM-ASSISTED DELIVERY
www.vaccaacademy.com

“Our mission is to equip and train clinicians in the highest standard of vacuum-assisted delivery to support mothers in achieving a safe birth.”

Belinda Vacca