

# Training Specialist Professionals Intermediate Level

Intermediate Laparoscopy (L2)  
Intermediate Hysteroscopy (H2)

## Programme

### Day 1 [date]

- 08h30 **Welcoming of participants**
- 09h00 **Check ID on OSP Platform**
- 09h45 **GESEA Educational Programme**
- 10h00 **LASTT Intermediate Level Training**  
**Exercise 1: camera navigation**  
15-20 repetitions per participant  
(each rep. 2' max)  
**Exercise 2: hand-eye coordination**  
15-20 repetitions per participant  
(each rep. 2' max)  
**Exercise 3: bi-manual coordination**  
15-20 repetitions per participant  
(each rep. 2' max)
- 11h45 Coffee Break
- 12h00 **HYSTT Intermediate level Training**  
Exercise 1: camera navigation  
10-15 repetitions per participant  
(each rep. 3' max)  
Exercise 2: hand-eye coordination  
10-15 repetitions per participant  
(each rep. 6' max)
- 14h00 Lunch Break

### 15h00 **Suturing Course**

- Basic loading techniques (loading the needle 90° angle) with dominant and non-dominant hand;
- Stitching in the perfect stitch line with dominant and non-dominant hand;
- Loading the needle (two techniques) with dominant and non-dominant hand;
- Stitching in the central line with dominant and non-dominant hand;
- Continuous running suture;
- Greek line suture;
- Suturing in the vertical zone.

16h00 Coffee Break

18h00 **Closure**

### Day 2 [date]

10h00 **Intra-corporeal knotting techniques**

12h00 **Extra-corporeal knotting technique**

14h00 **SUTT Intermediate Level Training**

Suturing and knot tying Training and Testing: greek line; left hand stitch with knot; right hand stitch with knot; vertical stitch with knot.

18h00 **Closure**

**Centre Director:**

[name]

**Chief Mentor:**

[name]

**Trainers:**

[name] | [name] | [name]

This Project has received funding from the European Union under grant agreement: Project 101101180 – GESEA4EU  
Co-funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Health and Digital Executive Agency (HaDEA)

