

| BT Flex week 1 study components: Monday 1 to Saturday 6 November | | | |
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| Lectures [ESSENTIAL] | Practical instruction videos [ESSENTIAL] | Further reading [SUGGESTED] | Approximate study time |
| Monday 1 November | | | |
| <i>Lecture 1:</i> Physical principles of ultrasound including safety | The principles of ultrasound | | 1 hour 10 minutes |
| <i>Lecture 2:</i> Transducers, image production, knobology & scanning planes TA & TV | ISUOG - Plan your movements and improve your image | | |
| Tuesday 2 November | | | |
| <i>Lecture 3:</i> The principles of Doppler ultrasound | Practical Demo: Measurement of uterine artery Doppler | <i>Ultrasound in Obstetrics and Gynecology: A practical approach</i> [Chapters 1-3] | 40 minutes |
| Wednesday 3 November | | | |
| <i>Lecture 4:</i> Quality control processes for operators & programmes | Train the Basic Training trainee - How to prepare and counsel the patient | | 1 hour |
| <i>Lecture 5:</i> Informed consent, image recording and report writing | | | |
| Thursday 4 November | | | |
| <i>Lecture 6:</i> Assessing the normal pregnancy between 4 and 10 weeks in singleton and twin pregnancies | The basic steps of an obstetric ultrasound | <i>Ultrasound in Obstetrics and Gynecology: A practical approach</i> [Chapter 4] | 1 hour 10 minutes |
| <i>Lecture 7:</i> Assessing the normal pregnancy between 10 and 14 weeks in singleton and twin pregnancies | | | |
| Friday 5 November | | | |
| <i>Lecture 8:</i> Cervical assessment* | Live demonstration: cervical Assessment | <i>Ultrasound in Obstetrics and Gynecology: A practical approach</i> [Chapter 10] | 1 hour |
| <i>Lecture 9:</i> The 6 steps approach | The ISUOG Basic Training practical curriculum: how to teach and assess the Basic Training trainee | | |
| | Practical Demo: The 6 step approach | | |
| Multiple choice test | | | 10 minutes |
| Saturday 6 November | | | |
| Live webinar week 1: Basic Training's Basics of Scanning [13:00 GMT] | | | 1-2 hours |

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| BT Flex webinar | | Week 1: Basic Training's Basics of Scanning |
| Date | | Saturday 6 November 2021, 13:00 GMT |
| Chair | | Gihad Chalouhi (France); Suresh Seshadri (India) |
| Time | Agenda | Speaker(s) |
| 13:00 | Introduction | Gihad Chalouhi (France) |
| 13:10 | Physical principles of ultrasound | Titia Cohen-Overbeek (Netherlands) |
| 13:15 | Transducers, knobology, etc. | Divya Singh (India) |
| 13:20 | Practical demo: live demonstration with trainee, demonstration knobology | Divya Singh (India) |
| 13:27 | The principles of Doppler | Suresh Seshadri (India) |
| 13:32 | Practical demo: of Doppler principles | Suresh Seshadri (India) |
| 13:39 | Quality control processes | Suresh Seshadri (India) |
| 13:44 | Informed consent incl. checklist | Titia Cohen-Overbeek (Netherlands) |
| 13:49 | Cervical assessment | Suresh Seshadri (India) |
| 13:54 | Practical demonstration: Techniques for cervical assessment and examples (low lying placenta, funneling, cerclage, short, protrusion,) | Suresh Seshadri (India) |
| 14:01 | BREAK | |
| 14:06 | Assessing the normal pregnancy from 4-10 weeks | Basma Darwish (Bahrain) |
| 14:11 | Practical demonstration: scan showing key features e.g. mean sac, CRL, caliper placement and image optimisation | Divya Singh (India) |
| 14:18 | Assessing the normal pregnancy from 10-14 weeks | Divya Singh (India) |
| 14:23 | Practical demonstration: example of NT showing quality control | Gihad Chalouhi (France) |
| 14:30 | The 6-step approach | Basma Darwish (Bahrain) |
| 14:35 | Practical demonstration: with OPUS simulators | Titia Cohen-Overbeek (Netherlands) |
| 14:42 | Interactive Q&A | All speakers |
| 15:00 | Close of BT Flex week 1 webinar | |

| BT Flex week 2 study components: Monday 8 to Saturday 13 November | | | |
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| Lectures [ESSENTIAL] | Practical instruction videos [ESSENTIAL] | Further reading [SUGGESTED] | Approximate study time |
| Monday 8 November | | | |
| <p><i>Lecture 10:</i> Fetal biometry – dating, assessing size and estimating fetal weight</p> <p><i>Lecture 11:</i> Assessing the placenta and amniotic fluid in singleton and twin pregnancies</p> | <p>Practical demonstration: Taking fetal measurements</p> | <p><i>Ultrasound in Obstetrics and Gynecology: A Practical Approach</i> [Chapters 8-9]</p> | 1 hour |
| Tuesday 9 November | | | |
| <p><i>Lecture 15:</i> The 20 + 2 planes approach to the routine mid trimester scan</p> <p><i>Lecture 14:</i> Umbilical and uterine artery Doppler studies</p> | <p>Live Scan: The full anomaly scan in the 2nd trimester</p> <p>Practical demonstration: The 20 + 2 planes</p> | | 1 hour |
| Wednesday 10 November | | | |
| <p><i>Lecture 16:</i> Evaluating fetal anatomy from longitudinal sections</p> <p><i>Lecture 12:</i> Distinguishing between normal and abnormal appearances of the fetal anatomy</p> | | | 1 hour |
| Thursday 11 November | | | |
| <p><i>Lecture 17:</i> Distinguishing between normal and abnormal appearances of the skull and brain</p> | | | 30 minutes |
| Friday 12 November | | | |
| <p><i>Lecture 13:</i> Distinguishing between normal and abnormal fetal size and growth</p> | | | 20 minutes |
| Multiple choice test | | | 10 minutes |
| Saturday 13 November | | | |
| Live webinar week 2: The Basic Training Approach to Fetal Biometry and Anatomy [13:00 GMT] | | | 1-2 hours |

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| BT Flex webinar | | Week 2: The Basic Training Approach to Fetal Biometry and Anatomy |
| Date | | Saturday 13 November 2021, 13:00 GMT |
| Chair | | Gihad Chalouhi (France); Catalina Valencia (Colombia) |
| Time | Agenda | Speaker(s) |
| 13:00 | Introduction | Gihad Chalouhi (France) |
| 13:05 | Lecture summary: Fetal biometry – dating, assessing size and estimating fetal weight | Basma Darwish (Bahrain) |
| 13:10 | Practical demonstration: Taking fetal measurements | Basma Darwish (Bahrain) |
| 13:20 | Lecture summary: Assessing the placenta & amniotic fluid in singleton & twin pregnancies | Catalina Valencia (Colombia) |
| 13:25 | Practical demonstration: Placenta and AFI | Catalina Valencia (Colombia) |
| 13:35 | Lecture summary: Distinguishing between normal and abnormal fetal size and growth | Gihad Chalouhi (France) |
| 13:40 | Lecture summary: Umbilical and uterine artery Doppler studies | Nikolaos Vrachnis (Greece) |
| 13:45 | Practical demonstration: Umbilical and uterine artery Doppler | Nikolaos Vrachnis (Greece) |
| 13:55 | BREAK | |
| 14:00 | Practical demonstration: The 20 + 2 planes approach to the routine mid trimester scan | Catalina Valencia (Colombia) |
| 14:10 | Evaluating fetal anatomy: the trainee's perspective | Catalina Valencia (Colombia) and Residents on site |
| 14:25 | Interactive Q&A | All speakers |
| 14:55 | Close of BT Flex week 2 webinar | |

BT Flex week 3 study components: Monday 15 to Saturday 20 November

| Lectures [ESSENTIAL] | Practical instruction videos [ESSENTIAL] | Further reading [SUGGESTED] | Approximate study time |
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| Monday 15 November | | | |
| Lecture 25: The basics of a gynaecological ultrasound (TA & TV) walkthrough | Train the BT Trainer: How to Teach the Trainee to perform the gynecological ultrasound scan | <i>Ultrasound in Obstetrics and Gynecology: A Practical Approach</i> chapter 14 | 40 minutes |
| Tuesday 16 November | | | |
| Lecture 26: Examining the uterus: cervix and endometrium Lecture 27: Examining the uterus: myometrium | Live scan: The Basic Gynecology Scan and Beyond | <i>Ultrasound in Obstetrics and Gynecology: A Practical Approach</i> chapter 11 | 50 minutes |
| Wednesday 17 November | | | |
| Lecture 28: Examining the ovaries and adnexae | | <i>Ultrasound in Obstetrics and Gynecology: A Practical Approach</i> chapter 12 | 20 minutes |
| Thursday 18 November | | | |
| Lecture 29: Typical ultrasound appearances of the most common pathologies in the adnexae | | | 30 minutes |
| Friday 19 November | | | |
| Lecture 30: Writing the gynecological ultrasound report | | <i>Ultrasound in Obstetrics and Gynecology: A Practical Approach</i> chapter 15 | 30 minutes |
| Multiple choice test | | | 10 minutes |
| Saturday 20 November | | | |
| Live webinar week 3: The Basic Training Approach to Imaging the Pelvis [13:00 GMT] | | | 1-2 hours |



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| BT Flex webinar | | Week 3: The Basic Training Approach to Imaging the Pelvis |
| Date | | Saturday 20 November 2021, 13:00 GMT |
| Chair | | Shabnam Bobdiwala (UK) Chiara Landolfo (Italy) |
| Time | Agenda | Speaker(s) |
| 13:00 | Introduction | Gihad Chalouhi (France) and Shabnam Bobdiwala (UK) |
| 13:05 | The basics of a gynecological scan: Practical demonstration + case example(s) (on simulator) | Shabnam Bobdiwala (UK) |
| 13:20 | Examining the uterus: cervix and endometrium: Lecture summary + case example(s) | Chiara Landolfo (Italy) |
| 13:35 | Examining the uterus: myometrium: Lecture summary + case example(s) | Nikolaos Vrachnis (Greece) |
| 13:50 | Examining the normal ovaries and adnexae: Lecture summary + case example(s) | Chiara Landolfo (Italy) |
| 14:05 | BREAK | |
| 14:10 | Examining pathology in the ovaries and adnexae: Lecture summary + case example(s) | Wouter Froyman (Belgium) |
| 14:25 | Writing the gynecological ultrasound report: Lecture summary + case example(s) (on simulator) | Shabnam Bobdiwala (UK) |
| 14:35 | Interactive Q&A | All speakers |
| 14:55 | Close of BT Flex week 3 Webinar | |

| BT Flex week 4 study components: Monday 22 to Saturday 27 November | | | |
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| Lectures [ESSENTIAL] | Practical instruction videos [ESSENTIAL] | Further reading [SUGGESTED] | Approximate study time |
| Monday 22 November | | | |
| <i>Lecture 18:</i> Examining the upper lip, face and profile correctly | Plan your ultrasound movement, a lecture by Dr Mirghani | | 1 hour |
| <i>Lecture 19:</i> Assessing the neck and chest | | | |
| Tuesday 23 November | | | |
| <i>Lecture 20:</i> Obtaining and interpreting heart views | Live scan with OPUS: Obtaining and interpreting heart views | | 40 minutes |
| Wednesday 24 November | | | |
| <i>Lecture 21:</i> Examining the abdomen and anterior abdominal walls | | | 1 hour |
| <i>Lecture 22:</i> Distinguishing between normal and abnormal appearances of the urinary tract | | | |
| Thursday 25 November | | | |
| <i>Lecture 23:</i> Distinguishing between normal and abnormal appearances of the long bones and extremities | | | 30 minutes |
| Friday 26 November | | | |
| <i>Lecture 24:</i> Making a decision, normal or not | | | 30 minutes |
| Multiple choice test | | | 10 minutes |
| Saturday 27 November | | | |
| Live webinar week 4: The Basic Training Approach to Fetal Anomalies [13:00 GMT] | | | 1-2 hours |

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| BT Flex webinar | | Week 4: The Basic Training Approach to Fetal Anomalies |
| Date | | Saturday 27 November, 13:00 GMT |
| Chair | | Gihad Chalouhi (France); Aly Youssef (Italy) |
| Time | Agenda | Speaker(s) |
| 13:00 | Introduction | Gihad Chalouhi (France) |
| 13:05 | Examining the upper lip, face and profile correctly: Lecture summary and practical demonstration | Aly Youssef (Italy) |
| 13:15 | Assessing the neck and chest: Lecture summary and practical demonstration | Nikolaos Vrachnis (Greece) |
| 13:25 | Obtaining and interpreting heart views: Lecture summary | Catalina Valencia (Colombia) |
| 13:30 | Obtaining and interpreting heart views: Practical demonstration | Catalina Valencia (Colombia) |
| 13:40 | Examining the abdomen and anterior abdominal walls: Lecture summary and practical demonstration | Basma Darwish (Bahrain) |
| 13:50 | Distinguishing between normal & abnormal appearances of the long bones & extremities: Lecture summary and practical demonstration | Nikolaos Vrachnis (Greece) |
| 14:00 | BREAK | |
| 14:05 | Distinguishing between normal and abnormal appearances of the urinary tract: Lecture summary and practical demonstration <i>planes</i> | Basma Darwish (Bahrain) |
| 14:15 | Live scan: 20+2 planes | Aly Youssef (Italy) |
| 14:25 | Evaluating fetal anatomy from a trainee's perspective: Case study discussion | All speakers |
| Ask an expert | | |
| 14:45 | Interactive Q&A | All speakers |
| 15:00 | Close of BT Flex 2021 | Gihad Chalouhi (France) |