

BT Flex week 1 study components: Monday 1 to Saturday 6 November			
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: The essentials of obstetric ultrasound [13:00 GMT]			1-2 hours

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)
14:37	Practical demonstration: with OPUS simulators	Titia Cohen-Overbeek (Netherlands)
14:44	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

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>		<p><i>Ultrasound in Obstetrics and Gynecology: A Practical Approach</i> [Chapters 8-9]</p>	20 minutes
Multiple choice test			10 minutes
Saturday 13 November			
<p>Live webinar week 2: An introduction to fetal anatomy and fetal growth [13:00 GMT]</p>			1-2 hours

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)
13:15	Lecture summary: Assessing the placenta & amniotic fluid in singleton & twin pregnancies	Catalina Valencia (Colombia)
13:20	Practical demonstration: Placenta and AFI	Catalina Valencia (Colombia)
13:30	Lecture summary: Distinguishing between normal and abnormal fetal size and growth	Gihad Chalouhi (France)
13:35	Lecture summary: Umbilical and uterine artery Doppler studies	Nikolaos Vrachnis (Greece)
13:40	Practical demonstration: Umbilical and uterine artery Doppler	Nikolaos Vrachnis (Greece)
13:45	Practical demonstration: The 20 + 2 planes approach to the routine mid trimester scan	Catalina Valencia (Colombia)
13:55	Practical demonstration: Distinguishing between normal and abnormal appearances of the skull and brain	Gihad Chalouhi (France)
14:05	BREAK	
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
Monday 15 November			
<i>Lecture 25:</i> 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			
<i>Lecture 26:</i> Examining the uterus: cervix and endometrium <i>Lecture 27:</i> 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			
<i>Lecture 28:</i> Examining the ovaries and adnexae		<i>Ultrasound in Obstetrics and Gynecology: A Practical Approach</i> chapter 12	20 minutes
Thursday 18 November			
<i>Lecture 29:</i> Typical ultrasound appearances of the most common pathologies in the adnexae			30 minutes
Friday 19 November			
<i>Lecture 30:</i> 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 4: The BT Approach to Imaging the Pelvis [1:00 pm			1-2 hours

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			
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 3: Identifying fetal anomalies [13:00 GMT]			1-2 hours

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: one case prepared by each speaker. (please specify the need to prepare one case for discussion per speaker)
Ask an expert		
14:45	Interactive Q&A	All speakers
15:00	Close of BT Flex 2021	Gihad Chalouhi (France)