

OMNI Gynaecological Care Presents

# EARLY PREGNANCY IN THE 21ST CENTURY

This Active Learning Module has been approved by the  
RACGP QA&CPD Program

TOTAL POINTS: 30 (Category 1)

Sunday 11th November 2007



Convenor  
A/Prof George Condous  
OMNI Gynaecological Care  
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# Biography



*George Condous*  
MBBS, MRCOG, FRANZCOG

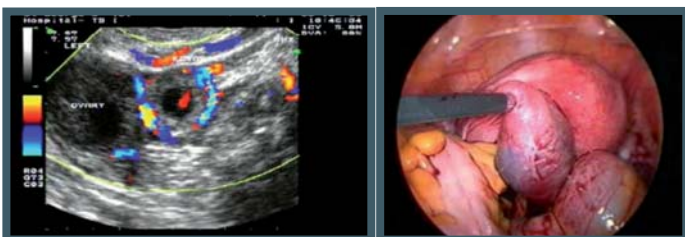
George Condous is consultant gynaecologist at Nepean Hospital in West Sydney. He is Associate Professor in Obstetrics and Gynaecology at Nepean Clinical School, University of Sydney.

He runs the Acute Gynaecology Service which sees women with emergency gynaecological as well as early pregnancy complications (miscarriage and ectopic pregnancy). He is also responsible for the One-Stop Ultrasound based diagnostic clinics; which review women with abnormal uterine bleeding, chronic pelvic pain, adnexal pathology as well as post-menopausal bleeding. He also performs Advanced Endosurgery procedures for women who need intervention for pelvic masses, frozen pelvis, endometriosis or hysterectomy.

Having completed his undergraduate degree with the University of Adelaide, he departed Australia in 1993 for London where he completed his training in Obstetrics and Gynaecology. From 2001 - 2003 he worked as a Senior Research Fellow to Tom Bourne at St George's Hospital, London. At St George's he set up the Acute Gynaecology Unit, the first in the United Kingdom, which used ultrasound at the point of the initial consultation to evaluate women with gynaecological problems. It was also whilst in this position that he developed his great interest in Early Pregnancy and especially the management of pregnancies of unknown location (PULs). He has developed many mathematical models for the prediction of outcome of PULs which have featured in peer review journals. In 2005, he returned to Australia where he completed his Laparoscopic Fellowship at the world recognised Centre for Advanced Reproductive Endosurgery, Sydney.

He was appointed as a consultant Gynaecologist and Senior Lecturer at Nepean Hospital in 2006 and soon was made Associate Professor. He obtained the MRCOG in 1999 and was made FRANZCOG in 2005.

He has edited one book *The Handbook of Early Pregnancy Care*, published over 50 papers in international journals and is internationally renowned for his work in early pregnancy. He is the Associate Editor for *Gynecologic Obstetric Investigation*, which is a European based journal, as well as on the organising committee for this year's Australian Gynaecological Endoscopy Society (AGES) meeting in Sydney. His current research interests relate to the management of ectopic pregnancy, PULs and miscarriage, as well as the use of sonovaginography to predict rectovaginal endometriosis.



Viable ectopic pregnancy on scan confirmed at laparoscopy

This Educational module will be run by Associate Professor George Condous. He is a specialist in Gynaecological Ultrasound and Advanced Endosurgery.

The module aims to provide the most up to date approach to women with first trimester complications. The module targets General Practitioners (GPs) who are often the first port of call for women with lower abdominal pain with or without vaginal bleeding in the first trimester. Understanding early first trimester developmental milestones as well as serum biochemistry behaviour in early pregnancy is essential to managing these women. This Active Learning Module will thoroughly discuss the principals of management in this group of woman focusing on the most up to date approaches.

The diagnosis of threatened miscarriage is a clinical one and it is ultrasound, and in particular transvaginal ultrasound, that is essential to make the definitive diagnosis. These non-specific symptoms can be seen in miscarriage as well as ectopic pregnancy. Under these circumstances there are five main ultrasound classifications:

1. Viable intra-uterine pregnancy
2. Non-viable intra-uterine pregnancy or miscarriage
3. Early intra-uterine pregnancy (too early to establish viability)
4. Extra-uterine pregnancy or ectopic pregnancy
5. Pregnancy of unknown location (PUL) or non diagnostic 1st trimester scan



Right tubal ectopic pregnancy with haemoperitoneum confirmed at laparoscopy

Ultrasound is the key to not only the diagnosis but also the subsequent management plan. From the woman's perspective she wants to know "is my baby alive?". The clinician equally wants to confirm the location of the pregnancy and in doing so exclude an ectopic pregnancy. Ultrasound, and in particular transvaginal ultrasound, can do this with a high degree of certainty.

The aim of this Women's Health Educational program will be to provide GPs in Sydney with the most up to date information on early pregnancy diagnosis, early pregnancy loss as well as ectopic pregnancy. Awareness through education is beneficial to the Primary Care givers who can utilise this information in the day to day running of their practice.

## Program outline

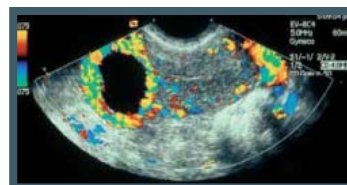
08.30 - 09.00	Registration and Welcome	A/Prof George Condous
09.00 - 09.30	Pre-course MCQs	
09.30 - 09.45	What is the new nomenclature to be used in women with first trimester loss?	A/Prof George Condous
09.45 - 11.00	Why perform a transvaginal scan in the first trimester?	A/Prof George Condous
11.00 - 11.30	Case presentations	
11.30 - 11.45	Coffee	
11.45 - 12:20	When do you use serum hCG measurements in the first trimester?	A/Prof George Condous
12.20 - 13.15	When should you consider ectopic pregnancy as a diagnosis?	A/Prof George Condous
13.15 - 14.15	Lunch	
14.00 - 14.35	Expectant management of miscarriage.	A/Prof George Condous
14.35 - 15.15	The use of methotrexate in women with ectopic pregnancy.	A/Prof George Condous
15.15 - 15.45	Coffee	
15.45 - 16.15	Case presentations	A/Prof George Condous
16.15 - 17.00	Other causes of lower abdominal pain in pregnancy	A/Prof George Condous
17.00 - 17.30	Post-course MCQs and answers	

## Learning objectives

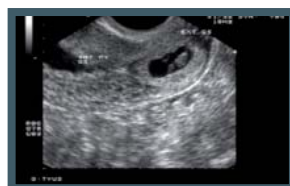
1. To explain the new nomenclature to be used in the context of first trimester loss.
2. To provide clear guidelines to when a first trimester scan should be performed.
3. To improve understanding of risk factors for ectopic pregnancy.
4. To emphasise the importance of urinary pregnancy hCG testing.
5. To provide clear guidelines as to the need to perform quantitative serum hCG measurement.
6. To provide clear indications for conservative management of miscarriage and ectopic pregnancy.



Caesarean scar pregnancy



Interstitial pregnancy



Cervical pregnancy



Heterotopic pregnancy - concurrent intra- and extra-uterine pregnancies

# Welcome to OMNI



OMNI Gynaecological Care opens its new ultrasound centre of excellence on Monday 29th October 2007. OMNI is located next to St Leonards train station and is within walking distance of the Royal North Shore Hospitals.

Please go to OMNI's website to view the ultrasound services and follow-up care provided:  
[www.omnigynaecare.com.au](http://www.omnigynaecare.com.au)

We specialise in Gynaecological Ultrasound Care, Early Pregnancy Care including ectopic pregnancy and miscarriage management, Pregnancy After Care and Investigation including recurrent miscarriage investigation (3D/4D ultrasound), Down's Syndrome screening and Nuchal Translucency screening including serum PAPP-A/hCG testing.

We offer world leading expertise in women's ultrasound and our specialist services are provided within a caring and comforting environment. We also offer same day reporting and same day follow up when required. As an introductory offer we will, for the first three months, perform the first dating scan in early pregnancy as well as the Nuchal Translucency scan for the price of one scan.

I would be happy to meet with you to discuss the new services provided.  
My mobile is 0423 789 127 or you can call my secretary, Sarah Brennan, on 1300 851 968.

I look forward to working closely with you and your patients.

Regards  
George Condous

George Condous MRCOG, FRANZCOG  
Director OMNI Gynaecological Care  
Specialist in Gynaecological Ultrasound  
Associate Professor in Gynaecology, University of Sydney

Sunday 11th November 2007

Registration Fee \$500.00 (inc GST)

Any profits go to the Early Pregnancy and Gynaecological Scanning Foundation. This charitable organisation supports clinical research in early pregnancy and gynaecological scanning.

For bookings please phone 1300 851 968

Fax: 1300 851 971