


Tips and tricks



Endoscopy in reproductive medicine
2010

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What is wrong ?



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ERGONOMY : DEFINITION

- ✓ ergonomy: greek
 - ergon : work
 - nomos : law
- ✓ Quantitative and qualitative study of your work in order to improve the conditions of work and increase the productivity.
- ✓ Look for a better adaptation between the function, the equipment and the user.

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WHAT IS LAPAROSCOPY

✓ A way of access ?

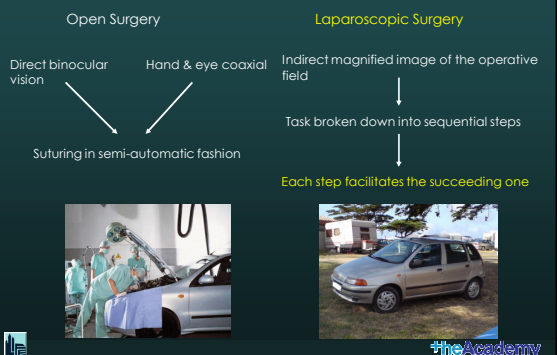
✓ No !

- It is a different access
- With planned but also unexpected advantages (cf EP)
- So this is a different philosophy for different benefits.



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General aspects

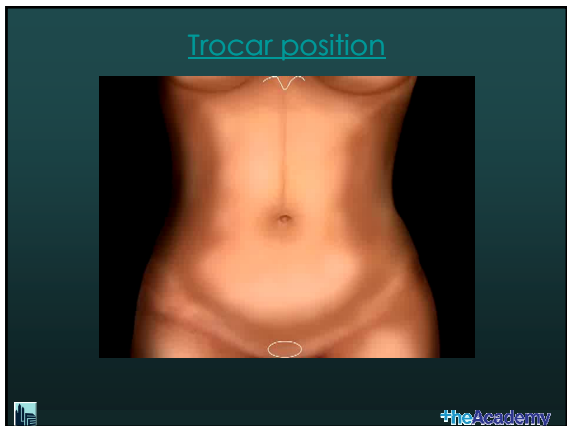


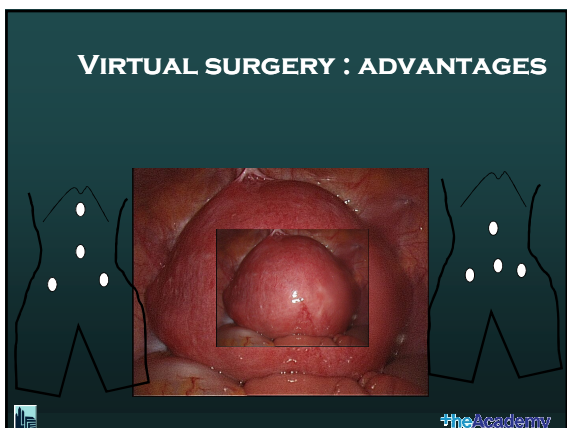
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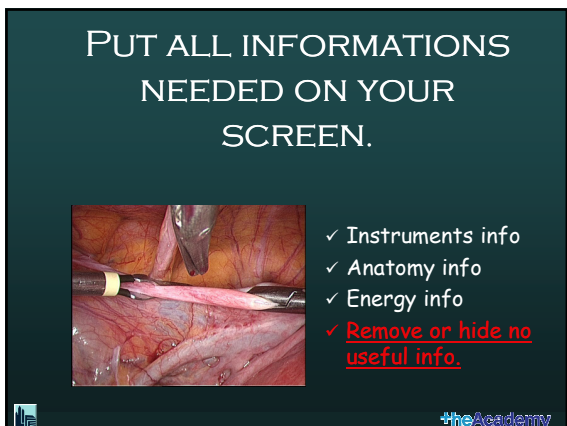
Obstacles of Widespread Acceptance of the Laparoscopic Approach

- ✓ Ergonomics
- ✓ Working on a Screen (3D -> 2D)
- ✓ Exposure:
 - Good vision but reduced visual field (180 vs 110°)
 - Poor exposure in the operative field from bowel
 - Inadequate retractors and limited in number
 - Lose your assistant
 - Lose of aesthetic advantages if ↑ numbers of trocars

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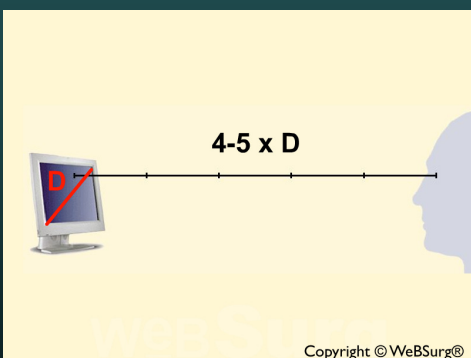
NEVER STOP TO LOOK AT THE SCREEN!

- ✓ Team organisation
- ✓ Operative field organisation
- ✓ Trocars placement
- ✓ Instruments functions
- ✓ Operative strategy.



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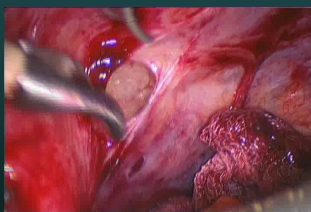
4-5 x D



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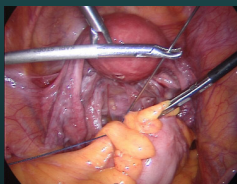
Why not to wash a lot ?

- ✓ Loose time to aspirate the fluid
- ✓ Makes image disturbing
- ✓ Disseminate blood everywhere
- ✓ Loss of anatomical plane : oedema
- ✓ Makes us loose the correct dissection plan



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RETRACTION RESTRICTION.



- ✓ A trocar used for retraction is lost for surgery.
- ✓ Every time possible retraction should use an alternative way.



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Benefits of Correct Exposure

1. Gain an Assistant
2. Improve Surgical performance:
 - Excellent view and large working space
 - Comfort and confidence
 - Operate with both hands
3. Safety:
 - Haemostasis,
 - Lower intra-abdominal pressure

→ **SAVE TIME**



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SUSPENSION TECHNIQUE

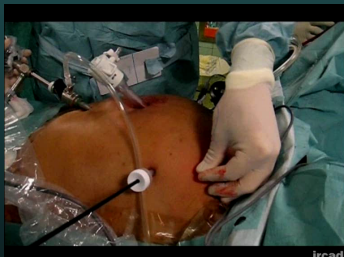
Achieved by:

Transparietal fixation

- Clamps +++
- Knots

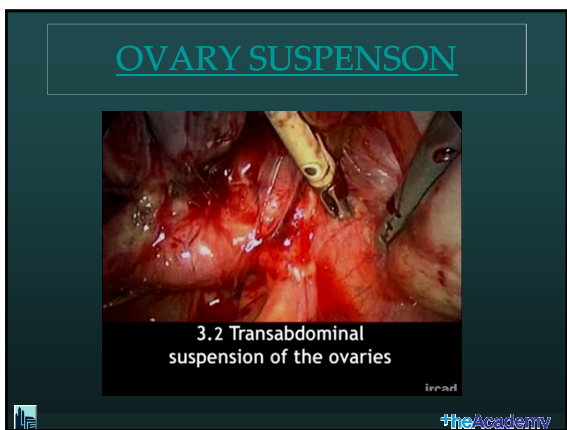
Internal attachment

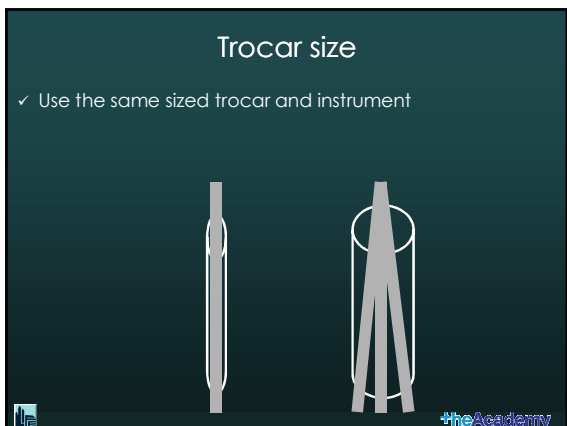
Fixation to other internal organs



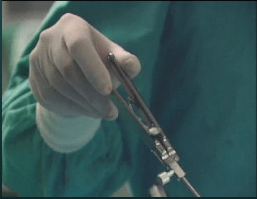
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Rotation of wrist & fingers



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General aspects


- ✓ Slow down from time to time
 - Define & redefine your strategy
 - Good hemostasis
- ✓ Both hands must work
 - Beginner
 - Experienced



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Ambidexterity

- Tissue manipulation
- Suture techniques
- Change in instruments

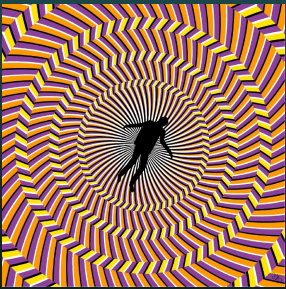


"My husband is ambidextrous... completely useless with either hand."

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General aspects




- ✓ Only one instrument should be moved at one time



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General aspects

- ✓ Good cooperation with assistant
- ✓ Tell clearly your assistant what you want
- ✓ Distorsion of information !!



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What is wrong ?



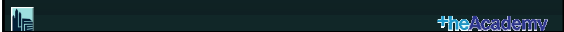
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What is wrong ?



KEY PHRASES

- ✓ Put all informations needed on your screen.
- ✓ Never stop to look at the screen
- ✓ Think before you wash
- ✓ Retraction & exposure
- ✓ Train ambidexterity

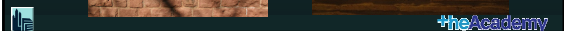


Knots


- ✓ Do always the knot you know !
- ✓ Do not try to make SHOWS with knots tying




- ✓ When blocked better is to remove the suture !



SURGERY :
75 % DECISION MAKING
25 % SKILLS



Some of the photos or pictures in this presentation are downloaded from the web.





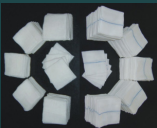
What is being an EXPERT ??



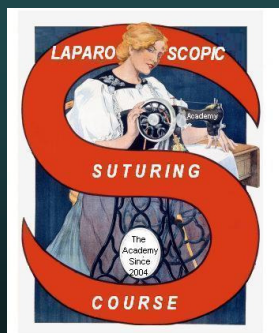
Exercises

- ✓ Needle insertion through trocars
- ✓ Loading the needle
- ✓ Suturing WITHOUT KNOTTING
 - Z line
 - Greek line
- ✓ Extracorporeal knotting
- ✓ Intracorporeal knotting

- ✓ 2 layer suture on chicken leg
 - Deep muscle layer
 - skin



Thank you for your attention !



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