

The advanced courses, **evf HOW Plus**, has started successfully - more to come!

During EVF HOW workshops through the years, learners frequently have asked for the possibility to receive more in-depth instruction about the details of individual procedures in clinical practice. Therefore, the advanced EVF HOW Plus courses were created to offer an opportunity to improve various skill sets for venous therapists. The main objective of these in depth mini-courses is to ensure that the learner has sufficient skills to initiate the use of a procedure by providing detailed knowledge, simulator training and preceptorship in a clinical setting. Most courses are only 2 days with only 4-10 persons attending (depending on the procedure) and should give the possibility to join at the interventional/surgical table

The intention is that after the skill course the learner should be able to:

- understand the decision making process leading to the intervention
- choose the appropriate investigations in a patient
- select the correct patient for the procedure
- decide on the appropriate technique of the procedure
- list the details of the procedure
- manage complications
- plan an appropriate follow-up of the patients
- initiate the use of the procedure in his/her institution.

These courses do not teach basic ultrasound scanning and surgical techniques or endovascular skills. Contrarily, the applicants have to submit proof that they already have sufficient experience to be able to use what is taught. Preference is given to an applicant who has attended the EVF HOW.

In collaboration with Professor Oscar Maleti and Dr. Marzia Lugli, who runs a truly comprehensive venous center at Hesperia hospital in Modena, Italy, the first two EVF HOW Plus courses were organized during 2015.



The 1st **evf HOW Plus** course

The 1st **evf HOW Plus** course was under the leadership of Dr. Marzia Lugli on “Stenting of the Iliofemoral Venous Outflow”. It took place at Hesperia Hospital 23-24 April, 2015. Four carefully selected learners with sufficient basic

catheter skills attended. The morning of the first day was spent discussing the nature of venous obstruction, physiology, diagnosis and patient selection. The basic necessary equipment to perform the stenting procedure was laid out followed by detailed descriptions of different stent designs and their properties, and detailed step-by-step stenting techniques. These techniques were then attempted on simulators. Intravascular ultrasound (IVUS) was demonstrated and practiced on a tube model and recorded cases analyzed in comparison with venographic findings.



Practicing IVUS investigation and then stent placement in a tubular model.

Further lively discussion took place over pre-recorded stenting procedures. The day ended by introducing the history, findings on examination and investigations of the four cases scheduled for the next day. They included non-thrombotic and postthrombotic cases as well as a case with in-stent re-stenosis.

The following day all learners were early in the interventional room, one scrubbed with Dr. Lugli for each of the cases. The entire day was spent performing procedures with stimulating discussions between the cases. The skill course was highly appreciated with many positive comments such as:..."The intraoperative hands-on sessions with the most competent doctors in the world gives a lot of practical skills"... "The importance of detailed approach, planning and performing of stenting was my take-home message".



Day two in the interventional suite, scrubbed and ready

The 2nd evf HOW Plus course

The 2nd evf HOW Plus course on “Deep valve repair” was again organized in Modena, Italy, 4-5 May 2015, this time directed by Professor Oscar Maleti. Four well experienced vascular surgeons were selected to participate. A comprehensive stimulating program was presented during the first morning including discussions on topics such as:

- The venous practice – a collaborative approach with a multi-disciplinary team
- Patient selection
- Peri-operative management
- Essential equipment
- Description of alternative techniques in detail and when they are suitable
- Management of complications
- Pre-recorded procedures.



Prof. Maleti discussing technique.



Instructors, learners and the all-important secretary.

After lunch the first day and all through the second day instruction was moved to the operating room. Four procedures were performed after being properly introduced: An internal valvuloplasty, a neo-valve construction, a transposition, and a neo-valve construction. The learners were all the time allowed into the operating room. At each case two learners were scrubbed and assisted in the procedure with lively interaction.



Scrubbed in the OR.



Did my first venous repair!

In between the cases presentations on "Reflux in primary deep insufficiency – tips and tricks", and "Reflux in postthrombotic syndrome – tips and tricks" were made and discussed. The day was ended by a wrap-up discussion before adjournment of the course. The course was highly appreciated with positive comments such as "Excellent overview of different techniques"... "The live cases were fantastic, especially for those who were scrubbed" "Great info how to start up a deep venous practice at the home hospital".

Professor Maleti and Dr. Lugli are to be congratulated for creating an extraordinary teaching environment of warm hospitality, friendly atmosphere and excellent interaction with generous share of knowledge. The organization at Hesperia hospital was excellent with friendly and helpful reception from the staff. Frequent coffee breaks, good lunches and a memorable dinner kept the spirit high. At the end of these courses, the learners were all stimulated and convinced that they would return home to apply their new knowledge and create true venous centers which cater for patients with deep venous problems as well as superficial disease.

During 2016, EVF HOW intends to expand and provide additional advanced courses to improve the skill sets of venous therapists. Courses in venous stenting, deep valve repair, ulcer care and advanced venous duplex ultrasound scanning are already in the pipeline. For more information of future courses, see www.evfvip.com. If you are interested in arranging courses under the auspices and support of EVF HOW on aspects of clinical treatment of venous disease, please contact Dr. Tomasz Urbanek at urbanek.tom@interia.pl.