

Invitation

Dear Colleagues,

Welcome to Hernia Essentials 2018

On behalf of the local organizing committee, it is our pride and privilege to invite you all for the Hernia Essentials to be held at BPKIHS, Dharan, one of the beautiful tourist destinations of Nepal. The Organizing Committee is working hard to make this workshop a special one for all of you.

Living to its reputation, Hernia Essentials 2018 plans to provide a highly academic scientific feast, catered by a galaxy of medical faculty, renowned surgeons and eminent speakers of national and international repute. One day Live Operative Workshop will be an important and interesting feature of this workshop.

Friends, it is our humble appeal to all of you to rush and register today and be part of the change. Your early registration will boost our enthusiasm to work harder and contribute even better towards serving you all. We at Hernia Essentials 2018 believe to work hard in silence, let our success be your noise. We look forward to welcoming you to an unforgettable location.

We look forward to make your stay pleasant and productive.

Prof Shailesh Adhikary
Organizing Chairman

Prof Rakesh Kr Gupta
Organizing Secretary

The Executive Advisors

Prof R K Rauniyar,
Prof Guru Prasad Khanal
Mr Tul Bahadur Shrestha
Prof Gauri Sankar Sah

The Vice Chancellor
The Rector
The Registrar
The Hospital Director

The Programme Advisors

Prof C S Agrawal and the entire surgical fraternity

General Information

Workshop Date: 20-21 April 2018

Venue:

B P Koirala Institute of Health Sciences, Dharan Nepal

Climate:

Average temperature, during April will be 30-35°

Connectivity:

Dharan is easily connected to all the major cities of Nepal, Jogbani (Bihar), Siliguri, Bagdogra (West Bengal) by air, roads and Train

Invited Faculties



Prof Davide Lomanto
NUHS, Singapore



Prof Suthep Udomsawaengsu
Chulalongkorn uni Thailand



Prof Manish Baijal
MAX, India



Prof Randeep Wadhawan
Fortis, India

Contact Us

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"Hernia Essentials 2018"
**B.P. Koirala Institute of
Health Sciences**
Ghopa, Dharan, Nepal



20th-21st April 2018



Course objectives

The mission of Hernia Essentials 2018, Dharan, Nepal, is to provide professional forum for education and exchange of information on diagnosis and management of abdominal wall hernias. The vision is to impart awareness about the art and safe practice of contemporary hernia surgery in the region.

This program has been designed as a structured and systematic introduction to best established international hernia surgery practices that exist today.

The Hernia Essentials academic fest is based on current international guidelines (EHS, APHS, SAGES, IEHS and HerniaSurge guidelines) on hernia management. The aim is to present a comprehensive training course for practicing surgeons on hernia management (both laparoscopic and open). A standard and uniform course content has been created that is delivered by national and international faculty in two days course.

Who should attend

- Surgical trainees and practicing surgeon who want to learn open and laparoscopic skills in the management of abdominal wall hernia.
- Health professionals who want to update their knowledge and skills in the management of abdominal wall hernia.

Scientific Programme

Hernia Essentials

An APHS accredited hernia training course based on current international guidelines on hernia management

Day – 1

0800-0900 Registration

Live Operative Workshop (TEP, TAPP, LVHR, etc.)

DAY -2

<u>Time</u>	
0800 – 0845	Registration
0845 – 0900	Welcome and Inauguration
0900 – 0940	Inguinal anatomy <ul style="list-style-type: none"> • Anterior (open) view • Posterior (endolaparoscopic) view
0940 – 0950	Classification of hernia
0950 – 1010	Which hernia repair? <ul style="list-style-type: none"> • Mesh/ non mesh. • Laparoscopy / open • TEP / TAPP • Individualization of treatment options
1010 – 1045	TEP repair for Inguinal Hernia <ul style="list-style-type: none"> • Patient selection, preoperative considerations, anesthesia, patient position, initial access, port positions, surgical technique, post operative considerations, trouble shooting.

1045 – 1115 Refreshments

<u>Time</u>	
1115 – 1150	TAPP repair for Inguinal Hernia <ul style="list-style-type: none"> • Patient selection, preoperative considerations, anesthesia, patient position, initial access, port position, surgical technique, post operative considerations, trouble shooting.
1150 – 1220	Open (Lichtenstein) Hernia repair <ul style="list-style-type: none"> • Preoperative considerations, anesthesia, patient position, surgical technique, post operative considerations, trouble shooting
1220 – 1300	Decision making in Inguinal Hernia Repair <ul style="list-style-type: none"> • Panel discussion (All faculty)
1300 – 1400	Lunch
1400 – 1415	Anatomy of anterior abdominal wall
1415 – 1445	Open Ventral / Incisional hernia repair <ul style="list-style-type: none"> • Principles of open repair, types of open repair, principles of Component separation.
1445 – 1515	Prosthesis and fixation devices
1515 -1550	Laparoscopic Ventral / Incisional Hernia Repair <ul style="list-style-type: none"> • Patient selection, preoperative considerations, anesthesia, patient position, initial access, port positions, surgical technique, post operative considerations, trouble shooting.
1550 – 1620	Tea / Coffee – break
1620 – 1700	Decision making in Ventral / Incisional Hernia Surgery <ul style="list-style-type: none"> • Panel discussion (All faculty)
1700 – 1720	Hernia Quiz
1725 – 1745	Certification

About Dharan

Dharan (Devanagari: धरान) is one of the three Sub Metropolitan cities of Sunsari District, in Eastern Nepal. Dharan is situated at an altitude of 1148 ft (349m), Dharan extends from the foothills of the Mahabharat Range in the north and in the south, edge of the Terai.

The Institute

B.P. Koirala Institute of Health Sciences (BPKIHS) was established on Jan 18, 1993 and subsequently upgraded as an autonomous Health Sciences University on Oct 28, 1998. This Institute is envisaged as one of the successful examples of Nepal-India co-operation. The Health Ministers of the two countries signed the Indo-Nepal agreement for establishment of BPKIHS on the Hindu auspicious day of Mahashivaratri (March 10, 1994).

Local Attraction (Sight seeing) (Religious)

(Recreations)



Pindeswar Temple



Tamor Rafting



Ghantaghar



Dantakali Temple



Paragliding



Bhedetar



Budha Subba Temple



Golf course



Namaste Jharana