



MASTERING THE SURGICAL TECHNIQUES

PRIORITIZING WOMEN'S HEALTH IN INDIA

**Master the Open Abdominal Hysterectomy — Confident, Complete Surgical
Technique**

A hands-on, patient-based training programme conducted over 2–3 days on two live surgical cases.

Famicare Speciality Centre offers a comprehensive Open Abdominal Hysterectomy Training Programme designed for gynecologists, obstetricians, and surgeons who wish to master abdominal hysterectomy as a safe, systematic, and confident procedure. Abdominal hysterectomy remains one of the most important operations in gynecology, and true competence comes only through structured, supervised, hands-on practice on real cases.

About the Training Programme

Our programme is structured to provide genuine hands-on training together with detailed theoretical knowledge, ensuring participants gain a thorough, step-by-step command of the technique. Training is conducted over 2–3 days, during which you get the opportunity to develop your skills on two patients — live **surgeries**. Preferably, we would like to conduct the training on the participant's own patients, as operating on a case from your own practice offers the most meaningful and relevant learning experience.

Who Should Attend?

This programme is ideal for:

- Gynecologists and Obstetricians
- Surgeons dealing with pelvic or gynecological procedures
- Residents and Fellows specializing in women's health
- Practising doctors seeking to perform abdominal hysterectomy independently and safely

Why Learn Open Abdominal Hysterectomy?

- **Core Surgical Skill:** One of the most frequently indicated gynecological operations — essential competence for every practising gynecologist.
- **Confidence & Safety:** Learn a systematic, reproducible technique that minimises blood loss and complications.
- **Independence:** Move from assisting to operating confidently on your own, with a clear mental map of every step.

Programme Highlights

Our focus is on hands-on training. The course includes live demonstrations, supervised operating, and step-by-step guidance, allowing participants to perform the procedure themselves in a controlled environment. Over 2–3 days, you operate on two patients — live surgeries — so that the technique is truly internalised, not merely observed.

Course Directors



Dr Sujata Mittal

MS (Obs & Gyne), Sr. Gynae Oncologist, Preventive Oncologist; Master Trainer for Colposcopy, B/L Internal Iliac Ligation, and Open Hysterectomy.

Dr R.N. Mittal

MS, Surgical Oncologist — Specialist in Head, Neck, Thyroid & Breast Cancer Surgery.

Expert Faculty

Dr Sujata Mittal and Dr R.N. Mittal are onco-surgeons. You take your training directly under their guidance.

Course Curriculum

- **Applied Pelvic Anatomy:** Ureter, uterine and ovarian vessels, bladder and rectum relations — the anatomy that keeps every step safe.
- **Indications & Case Selection:** When abdominal hysterectomy is the right choice, and pre-operative assessment and preparation.
- **Incision & Exposure:** Choosing and making the abdominal incision, packing, and achieving clear exposure of the pelvis.
- **Step-by-Step Technique:** Clamping, cutting and ligating the round ligaments, ovarian/infundibulopelvic pedicles, uterine arteries, and the cardinal and uterosacral complex.
- **Bladder Dissection & Ureter Safety:** Reflecting the bladder, identifying and protecting the ureter, and colpotomy.
- **Haemostasis & Vault Closure:** Securing all pedicles, closing the vaginal vault, and confirming haemostasis.
- **Complications & Risk Management:** Recognising and managing bleeding, ureteric and bladder injury, and how to stay out of trouble.
- **Post-operative Care & Follow-Up:** Recovery protocols, patient management, and follow-up. Sutures & suturing techniques are taught.

Programme Benefits

- **Hands-On Experience:** Gain confidence by operating on two live cases over 2–3 days, with expert supervision.
- **Certification:** Receive a recognized certificate upon completion, adding a valuable credential to your professional career.

What's Included in the Programme Fee?

When you enroll in the Open Abdominal Hysterectomy Training Programme, you get access to:

- Comprehensive Training Materials
- Hands-On Surgical Training on Two Live Cases
- Expert Faculty Guidance Throughout
- Certificate of Completion
- Ongoing Support via WhatsApp Groups (for post-training support and guidance)

Programme Schedule & Enrollment Details

Duration: 2–3 days · two live surgical cases

Training Date: Ongoing

Location: Famicare Speciality Center, Delhi, India

Format: In-person, with hands-on training

Fee / Enquiries: Call us at +91-77039 49742

Important Information & Terms for Participants

Please read the following carefully before enrolling.

1. **Eligibility & Documentation** — Participants must submit a copy of their medical registration certificate (MCI / State Medical Council such as DMC) along with their qualifying degree (MS, MD, DGO, or equivalent) before the training.
 2. **Training on Your Own Patients (Preferred)** — Preferably, we would like to conduct the training on the participant's own patients. If you are able to arrange suitable cases from your own practice, this offers the best and most relevant hands-on experience, and we warmly encourage it.
 3. **Case Availability** — Cases are arranged through our liaison with associated doctors who provide the patients for training as well as on my own patients. it may not always be possible to arrange both cases on the same day or exactly as initially scheduled. Training is therefore spread over 2–3 days. A case may be postponed or an unforeseen problem may arise, in which event the participant may need to extend their stay by a day or more.
 4. **Responsibility for Complications** — Participants must understand that if any complication occurs during their practice, the participant is a party to that complication and may be required to bear the associated charges.
 5. **Training Setup & Fees** — Such hands-on training is conducted at smaller setups, for which we pay a fee on your behalf. Without this arrangement, no facility permits trainees to operate on private patients.
 6. **Format of Training** — Our primary focus is hands-on training. Relevant PPTs / presentation material will be provided for theoretical understanding, while surgical training will be conducted live, directly on the patient.
 7. **Faculty** — Training will be conducted by either Dr Sujata Mittal or Dr R.N. Mittal.
 8. **Availability & Timing** — As timings may change at any time, participants are requested to stay nearby and remain available throughout the training period.
 9. **Payment Terms** — 70% of the fee must be paid in advance to confirm enrolment.
-

Famicare Speciality Center • Better Life Starts With Us