## Course program

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>08:00</td>
<td>Registration</td>
</tr>
<tr>
<td>08:30</td>
<td>Welcome and introductions</td>
</tr>
</tbody>
</table>
| 09:00 – 09:45 | Introduction  
• Introduction to labour and birth  
• Vaginal examination |
| 09:45 – 10:30 | Skills practice (3 small groups):  
• Normal vaginal birth |
| 10:30 – 11:00 | Morning tea                                                             |
| 11:00 – 12:50 | Skills stations:  
• Shoulder dystocia  
• Neonatal resuscitation  
• Breech birth (including cord prolapse)  
• Postpartum haemorrhage (guided discussion) |
| 12:50 – 13:30 | Lunch                                                                    |
| 13:30 – 15:30 | Simulation rotations with guided debriefing (3 scenarios)                 |
| 15:30 – 15:45 | Afternoon tea                                                           |
| 15:45 – 17:00 | Retrieval and transfer (scenarios and group discussion)                  |
| 17:00 – 17:20 | Course close                                                             |
| 17:20 – 17:40 | Optional practice session  
• Normal vaginal birth  
• Breech birth or cord prolapse  
• Shoulder dystocia |
Rural Emergency Obstetric Training (REOT)

REOT will provide rural practitioners with enhanced obstetric skills

Aim
Rural Emergency Obstetric Training (REOT) will increase obstetric skill levels of participants. Minimal prior practical knowledge is assumed.

Delivery and duration
This one day course is interactive and uses skill stations, clinical simulations and scenarios.

Course description
A team of experienced rural GP obstetricians and midwives teach the practical skills of a normal delivery. Common obstetric emergencies are also covered.

Participants are required to complete pre-course reading and a quiz.

A course manual that contains explanatory notes and practical advice is supplied.

Learning objectives
- Perform a third trimester risk assessment
- Conduct a vaginal examination
- Manage a normal vaginal birth
- Outline the management of a precipitate birth
- Describe the risk factors for and management of breech, cord prolapse and shoulder dystocia
- Facilitate the immediate care of the mother and baby following birth
- Perform neonatal resuscitation
- Manage postpartum haemorrhage
- Determine appropriate retrieval or referral options for patient transfer
- Explain the importance of clear documentation and teamwork to support safe care

Eligibility
There are no prerequisites for this course. It is suitable for all those who wish to learn more about obstetric emergencies: Rural GPs, ED/Anaesthetic staff, Practice Nurses, Allied Health Workers, GP Registrars, GP Obstetricians and Midwives, seeking up-skilling.

Rural Procedural Grants
Doctors who are registered for (or eligible to register for) the Rural Procedural Grants Program can apply for one day Procedural Grant (Emergency Medicine, Anaesthetics, Obstetrics or Surgery) www.acrrm.org.au/continuing-development/assistance-and-grants/rpgp

ACRRM accreditation
30 Practice Reflective Professional Development (PRPD) points

+ 30 Obstetrics & Gynaecology and 30 Emergency Medicine Maintenance of Professional Standards (MOPS) points

Accredited as a Tier 2 Emergency Medicine Course for Registrars training towards FACRRM.

REOT can assist with completing Core Clinical Training requirements for Obstetrics & Gynaecology.

For further information please refer to the Core Clinical Training guidelines.

RACGP accreditation
40 Category 1 points in the RACGP QI&CPD

Book a course
To view course fees, future course dates and locations, visit the ACRRM website at www.acrrm.org.au/continuing-development/face-to-face-learning/courses/rural-emergency-obstetric-training-reot