

# Pudendal block

## Pain relief during perineal repair

Workshop on effective pain relief during surgical repair of birth lacerations.  
Target group: Midwives, midwifery students, and medical doctors.

**Duration: 2 hours hands-on workshop**

### Preparation before the course: 2 hours of online learning

Watch the GynZone e-learning course on Anesthetics (2 hours)

The chapter is online here: <https://my.gynzone.com/courses/54-anesthetics>

If you don't have a GynZone account already, the online course material is free to access during a 7-day trial period.

## Workshop content:

### Women-and-new-born-friendly agenda: a matter of timing in our workflow

Pain relief before diagnosis is highly appreciated by women ☺

Optional delay of suturing until breastfeeding is established

### Pudendal block: transcutaneous method

We will introduce how to apply the pudendal block in an easy-to-manage way

You have the option to practice on various medical models

### Pudendal block: transvaginal method

You can practise this method on a pelvic model with easy-to-identify landmarks

Focus on identification of the spinae through vaginal palpation

### Pain medication

Choice of medication, dosage, and volume in pudendal block application

Local infiltration may be used supplementarily and for haemostasis purposes

### Recommendations for maximal impact AFTER the workshop

Assist a colleague during the procedures

Keep track of your progress and procedures (like pilots count flight hours)

### Time and place

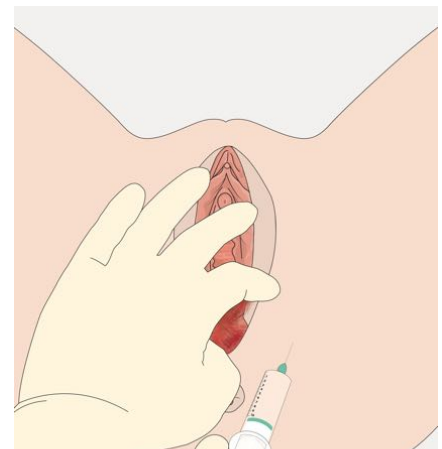
This workshop takes place in Aarhus, September 2022

Location: Musikhuset Aarhus, Thomas Jensens Allé, 8000 Aarhus C.

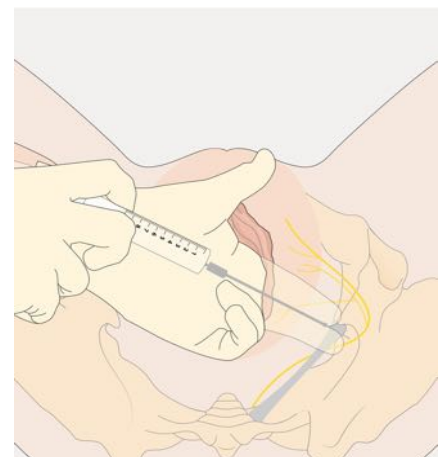
A maximum of 20 participants is allowed to secure individual supervision

Free for NLNB2022 delegates on a first-come-first-served basis.

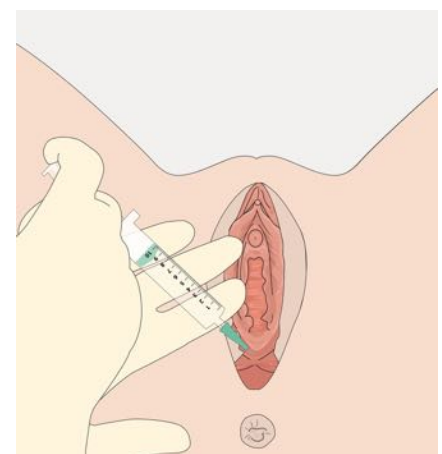
Sign up as you register for the conference here: <https://nlnb22.com/workshop>



**Transcutaneous  
Pudendal block**



**Transvaginal  
Pudendal block**



**Infiltration**