ASRM postgraduate course, 2013

Title: A simplified risk-free IVF without compromising outcome

Course Chair: Mohamed Aboulghar

Program:

1. Natural cycle and clomid IVF: does it have a role? (Mohamed Aboulghar).
2. Soft protocol for ovarian stimulation: therapeutic and economic value. (Paul Devroey).
3. Preparation of the patient before IVF and monitoring during stimulation: what is the minimum (David Adamson)
4. Between sophistication and simplification of IVF laboratory: how far can we go? (Mina Alikani)
5. OHSS-free IVF: is it possible? (Paul Devroey)
6. A simplified embryo transfer technique. (Mohamed Aboulghar)
7. Single embryo transfer: a simple and safe step. (David Adamson)
8. Simplification of cryo-preservation procedure and its impact on IVF outcome. (Mina Alikani)
9. Simplification of luteal phase support (Mohamed Aboulghar).

Speakers:

Mohamed Aboulghar: Professor, Cairo University; Clinical Director, the Egyptian IVF Center, Cairo, Egypt
Paul Devroey: Clinical Director, Centre for Reproductive Medicine, University Hospital Brussels, Brussels, Belgium
Mina Alikani: Tyho-Galileo Research Laboratories, Livingston, NJ
David Adamson: Director of Fertility Physicians of Northern California and the Fertility and Reproductive Health Institute, a Clinical Professor at Stanford University School of Medicine, and Associate Clinical Professor at U.C. San Francisco School of Medicine.

Learning objectives:

1. To know how to perform natural cycle and clomid cyle IVF.
2. To learn the soft protocols for ovarian stimulation in IVF.
3. To explore newer options for triggering ovulation with minimum risk.
4. To be able to run an OHSS-free IVF unit.
5. To show the safety and value of single embryo transfer technique.
6. Learn about simple cryopreservation techniques.

Needs assessment:

This course is designed to highlight the latest medical evidence in assisted reproductive technology. The course will describe how to simplify the procedure of IVF starting from simplification of stimulation protocols. Minimal monitoring, newer options for triggering ovulation, assuring safety of IVF by prevention of OHSS and multiple pregnancy, and finally simplifying the laboratory and freezing procedures without reducing the pregnancy rate.

The course targets ART clinicians, ART laboratory personnel and ART nurses.