



**Master.  
Certify.  
Distinguish.**

**Validate Your  
Laparoscopic Skills  
with FLS  
Certification**

**FLS Testing Available at  
COSECSA Conference  
Zimbabwe  
December 2024**

***Participate in New Research Study on Laparoscopic Skills Acquisition in the COSECSA Region***

**Obtain Your FLS Certification for FREE**

*To learn more about the FLS test and how to participate in this study*

*Register [Here](#) by May 31<sup>st</sup>, 2024*

A Selection Committee will inform you early June of your acceptance

Only 20 testing slots available for this year

*Must be a COSECSA trainee (MCS or FCS Level) or COSECSA graduate (<10 years in practice) to qualify for study*



Over 32,000 surgeons across the globe have taken the FLS exam to certify their laparoscopic skills



# The Definitive Laparoscopic Skills Enhancement and Assessment Tool

## Program Description

FLS establishes a standard set of didactic information and manual skills serving as a basic curriculum to guide surgical trainees and practicing surgeons in the performance of basic laparoscopic surgery.

- Master the curriculum and skills in this inanimate modality
- Perform laparoscopy more effectively, with greater skill and safety, and with lower complication rates.
- Improve the quality and safety of surgical care delivered to their patients.

## The FLS Program Consists of:

1. FLS Knowledge-Based Curriculum: 13 online modules
2. FLS Testing: Two-part (written and skills) FLS exam to measure your cognitive and technical skills.

### Proctored FLS Testing:

#### Written Test:

- Timed, 80-question, multiple-choice exam administered online.
- Designed to test the understanding and application of the basic fundamentals of laparoscopy with emphasis on clinical judgment or intraoperative decision making.

#### Manual skills:

- Evaluates laparoscopic skills based on efficiency (speed) and precision (accuracy) of the surgeon's maneuvers.
- Tests 5 non-procedure specific simulation tasks incorporating most of the psychomotor skills necessary for basic laparoscopic surgery.



Peg Transfer



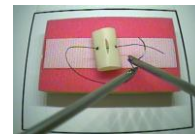
Precision Cutting



Ligating Loop



Extracorporeal Knot Tying



Intracorporeal Knot Tying

## Eligibility for FLS Testing

- FLS is an universal certification for all surgical specialties that utilize a laparoscope (i.e. general surgery, gynecology, pediatric surgery, urology)
- FLS is eligible for participants of the COSECSA conference, at any level of training or practice (i.e. trainees at membership or fellowship level, junior or senior consultant surgeons)

## Test Prep

- FLS is a rigorous exam requiring thorough preparation to achieve success
- Test takers must careful review the 13 online modules
- SAGES will hold 3 virtual coaching sessions in October/November to review sample multiple-choice questions and demonstrate best technique for each skills

## CERTIFY YOUR LAPAROSCOPIC SKILLS

### Benefits of FLS Program:

- Improve quality of care received by patients
- Address the case-mix variabilities in laparoscopic training across African countries
- Reach minimum standards for basic cognitive and technical skills
- Learn in a safe environment without putting patients at risk
- Provide hospitals a validated tool to measure knowledge and skills performance of laparoscopic surgery



Society of American Gastrointestinal and Endoscopic Surgeons

Over 7000 Members

[www.sages.org](http://www.sages.org)

[jacqueline@sages.org](mailto:jacqueline@sages.org)