



The Royal College of Surgeons of Edinburgh  
Future Surgeons: Key Skills

Feedback - November 2016

## The Royal College of Surgeons of Edinburgh Future Surgeons: Key Skills

This one-day course was led by consultants and aimed at junior doctors who wish to pursue a career in surgery. Through the introduction of safe, basic surgical techniques which are common to all surgical practices, the course intended to provide the delegates with a structured programme in order to help them learn basic surgical skills and techniques.

### Features and Highlights:

The course was tutored and supervised by consultant surgeons from various disciplines.

It was a practical course with a high tutor-to-participant ratio.

It was delivered using a series of tutor demonstrations and hands-on sessions where participants were able to work on animal tissue.

This was an official course of The Royal College of Surgeons of Edinburgh which was specifically aimed at junior doctors who intend to pursue a career in surgery.

The delegates received a certificate from The Royal College of Surgeons of Edinburgh and from Doctors Academy.



### Course Information

**Course date:** 26<sup>th</sup> November 2016 (Saturday)

**Venue:** Clinical Skills Centre  
Arrowe Park Hospital  
Wirral

**Attendance:** 19 Delegates

**Aimed at:** Junior doctors interested in pursuing a career in surgery.

Senior Medical Students also welcome.

**Course fee:** £75.00

Run in partnership with:



### Learning Outcomes:

- o To demonstrate safe practice when gowning and gloving.
- o To handle commonly used surgical instruments in a safe and effective manner.
- o To create secure 'Reef' and 'Surgeons' knots.
- o To pick up and safely drive a needle through tissue with accurate bite placement.
- o To perform an interrupted suture close to a wound.
- o To demonstrate the steps for excising a skin lesion under local anaesthesia.
- o To excise a subcutaneous cyst.
- o To drain a superficial abscess.
- o To be able to debride a traumatic wound.
- o To perform basic techniques used for endoscopy.
- o To explain the principles of using safe diathermy.

## Course Programme

0830	<b>Registration</b>	
0850	<b>Introduction</b>	Seminar Room
0900	<b>Gowning and Gloving</b>	Wet lab (demo & practice)
0940	<b>Handling Instruments</b>	Wet lab (demo & practice)
1015	<b>Knot-Tying (1)</b> <ul style="list-style-type: none"><li>• Reef knot</li><li>• Instrument tie</li></ul>	Wet lab (demo & practice)

### 1100 - 1115 Refreshment Break

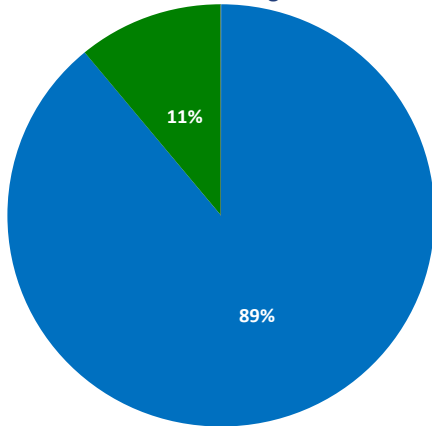
1115	<b>Knot-Tying (2)</b> <ul style="list-style-type: none"><li>• Surgeon knot</li></ul>	Wet lab (demo & practice)
1200	<b>Suturing</b> <ul style="list-style-type: none"><li>• Needle manipulation</li><li>• Interrupted sutures</li><li>• Sub-cuticular absorbable sutures</li><li>• Assisting</li><li>• Continuous suture</li></ul>	Wet lab (demo & practice)

### 1300 - 1340 Lunch Break

1340	<b>LA Techniques, Skin Lesions &amp; Wound Management</b> <ul style="list-style-type: none"><li>• Skin lesions</li><li>• Cyst removal</li><li>• Abscess drainage &amp; excision</li><li>• Debridement</li></ul>	Wet lab (demo & practice)
1440	<b>Diathermy</b>	Wet lab (Lecture/Practice)
1510	<b>Laparoscopy Skills</b> <ul style="list-style-type: none"><li>• Hand-eye co-ordination</li><li>• Polo mints exercise</li><li>• Sugar cubes exercise</li></ul>	Wet lab (Structured practice)
1610	<b>Question and Answer Session</b>	Seminar room
1630	<b>Feedback and Close</b>	

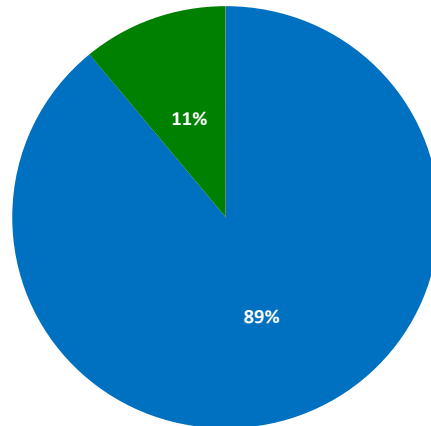
# Overall Teaching Feedback

Demonstrate safe practice when Gowning and Gloving



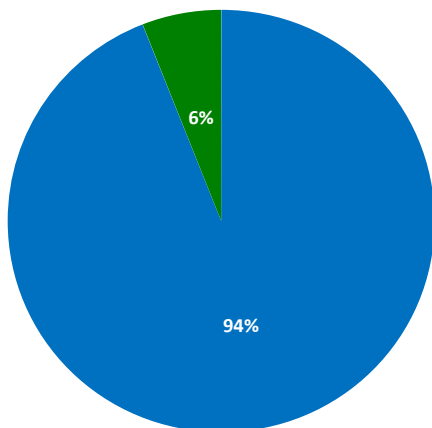
■ Strongly Agree  
■ Neither Agree or Disagree  
■ Strongly Disagree  
■ Agree  
■ Disagree

Handle commonly used surgical instruments in a safe and effective manner



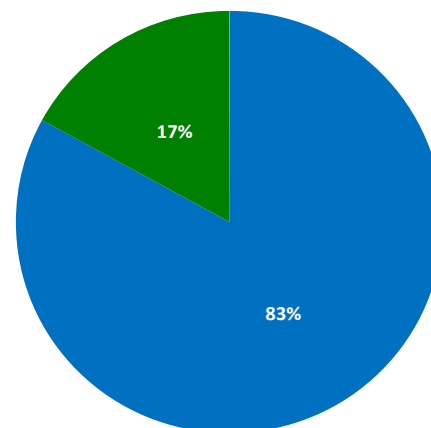
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■ Neither Agree or Disagree  
■ Strongly Disagree  
■ Agree  
■ Disagree

Create secure 'Reef' and 'Surgeons' knots



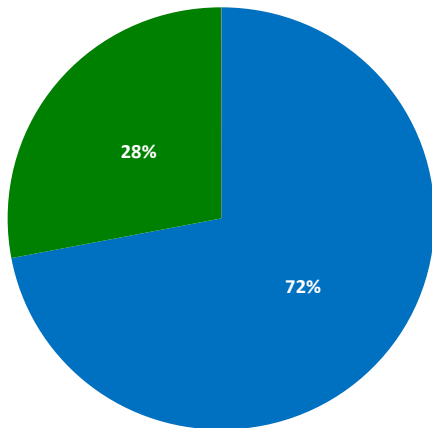
■ Strongly Agree  
■ Neither Agree or Disagree  
■ Strongly Disagree  
■ Agree  
■ Disagree

Pick up and safely drive a needle through tissue with accurate bite placement



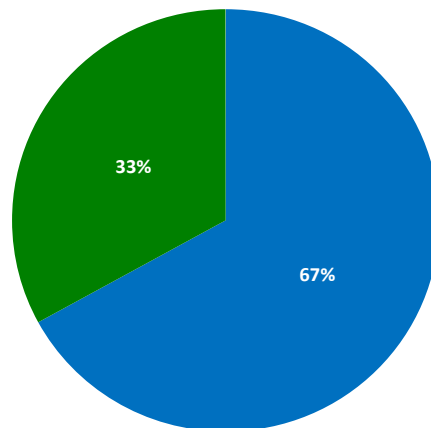
■ Strongly Agree  
■ Neither Agree or Disagree  
■ Strongly Disagree  
■ Agree  
■ Disagree

Perform an interrupted suture to close a wound



■ Strongly Agree  
■ Neither Agree or Disagree  
■ Strongly Disagree  
■ Agree  
■ Disagree

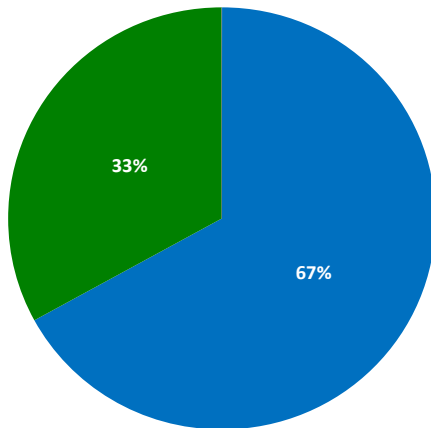
Demonstrate the steps for excising a skin lesion under local anaesthesia



■ Strongly Agree  
■ Neither Agree or Disagree  
■ Strongly Disagree  
■ Agree  
■ Disagree

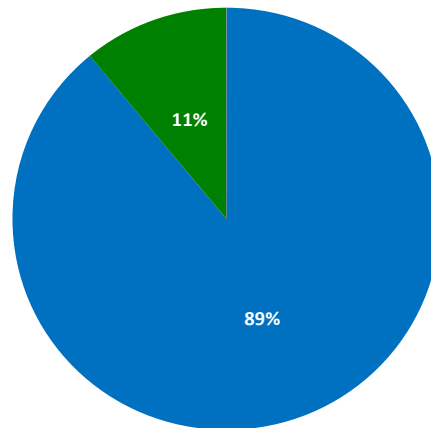
# Overall Teaching Feedback

Excise a Sebaceous Cyst



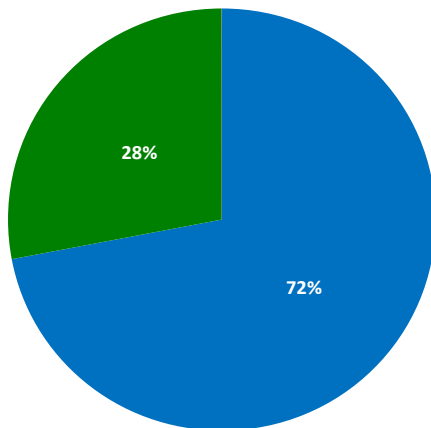
■ Strongly Agree      ■ Agree  
■ Neither Agree or Disagree      ■ Disagree  
■ Strongly Disagree

Drain a Superficial Abscess



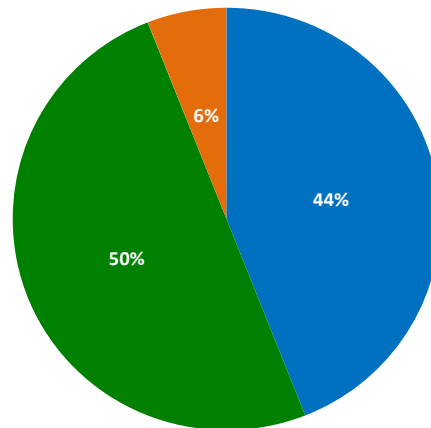
■ Strongly Agree      ■ Agree  
■ Neither Agree or Disagree      ■ Disagree  
■ Strongly Disagree

Perform the steps to debride a Traumatic Wound



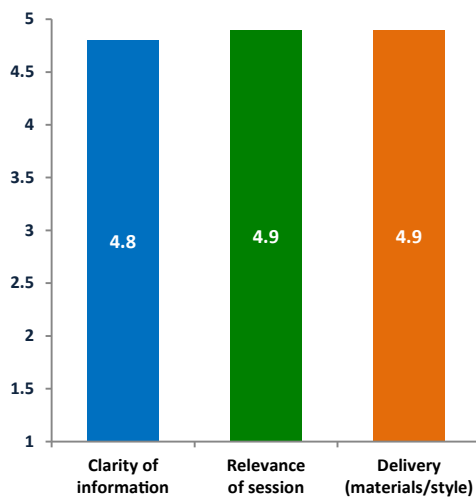
■ Strongly Agree      ■ Agree  
■ Neither Agree or Disagree      ■ Disagree  
■ Strongly Disagree

Perform basic techniques used for Endoscopy and Diathermy

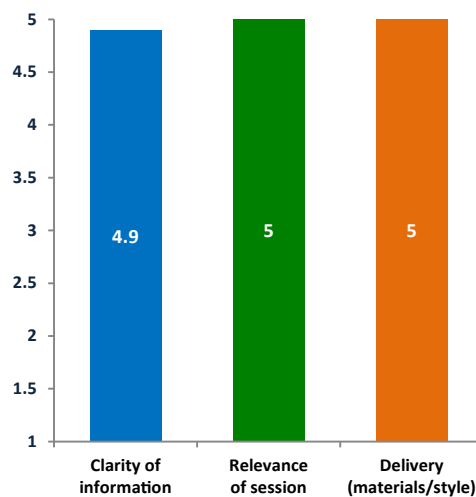


■ Strongly Agree      ■ Agree  
■ Neither Agree or Disagree      ■ Disagree  
■ Strongly Disagree

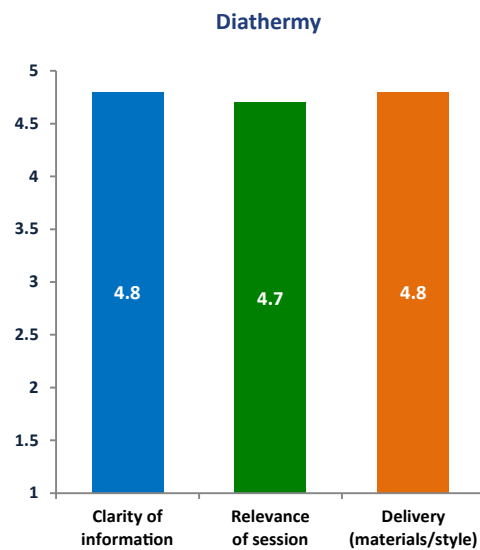
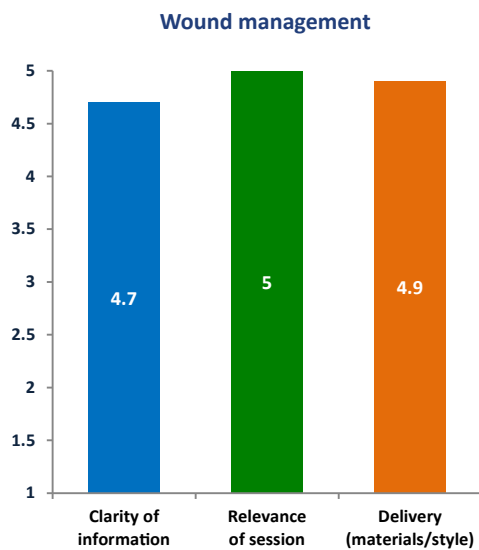
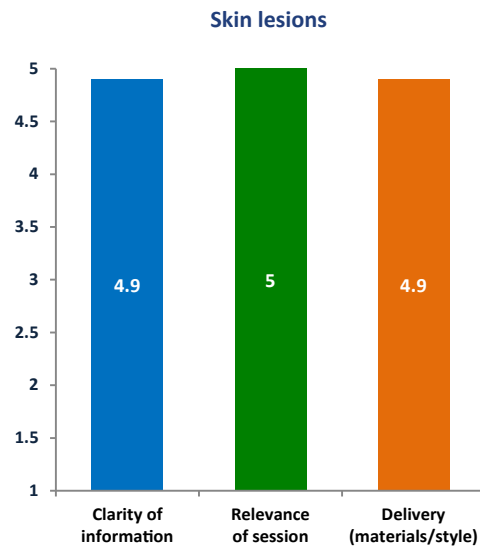
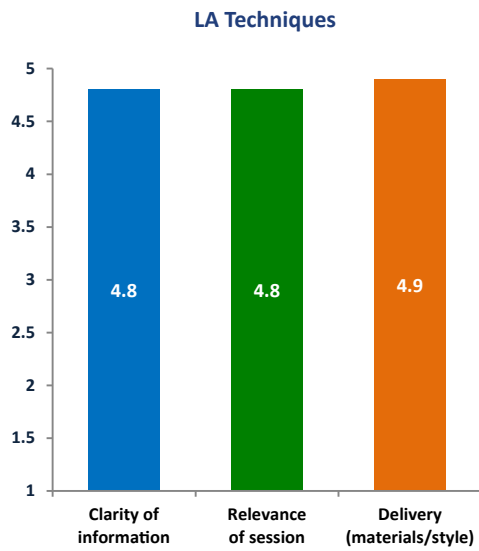
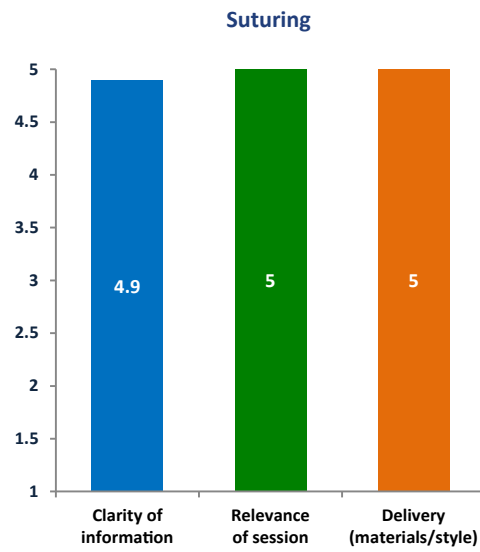
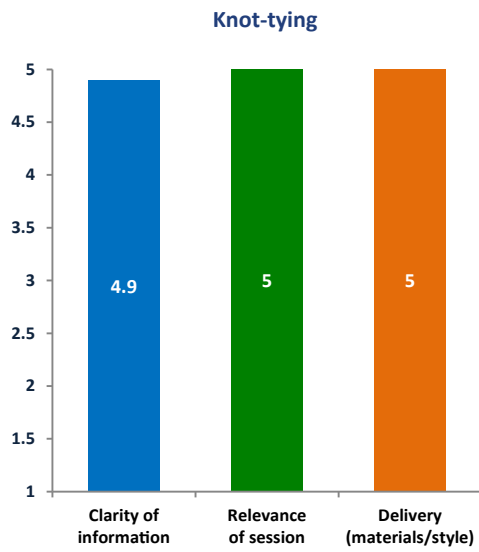
Gowning and Gloving



Handling instruments

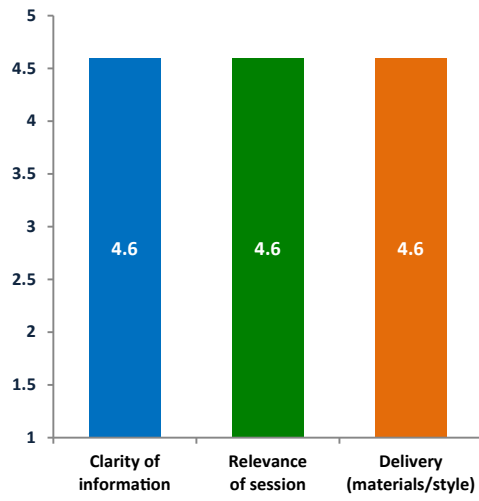


# Overall Teaching Feedback

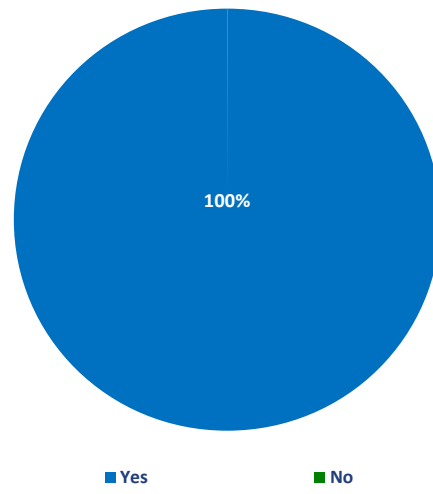


# Overall Teaching Feedback

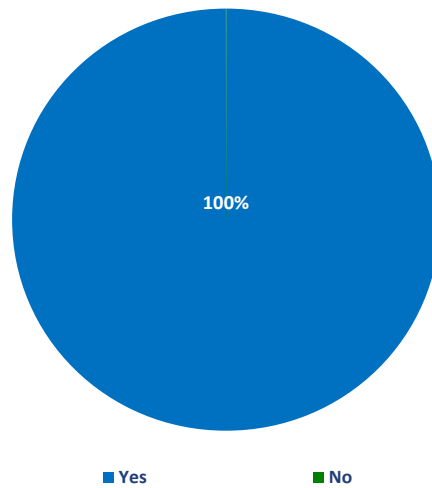
### Endoscopy Skills



### Did the course meet with your expectations?



### Would you recommend this course to a friend or colleague



## Individual Comments

- The course is very good and what I was expecting.
- Excellent course. Great tutors. Much appreciated advice. Very patient with us, which was nice even though often holding forceps the wrong way.
- The demonstrators were very good. Plenty of help was available. One-to-one tutoring was given when needed. I got corrected on my equipment handling techniques multiple times. Hope I won't make the same mistake again.
- Thank you for arranging such a course, especially for medical students as, in my opinion, surgical skills aren't taught properly in medical schools.
- Very good emphasis on safety which will be useful in clinical practice.
- Mr Hooper and Mr Tandon were very helpful and knowledgeable and they were great tutors as well. Thank you for taking the time out to teach us.
- Thank you.
- Great course. Thank you!
- Very good course – really enjoyed it!
- Good course! Good delivery! Liked small tutor to student ratio.
- Very helpful, inspiring and enjoyable day. Thank you to all who were involved for your enthusiasm and help.
- Very good – thoroughly enjoyable day. I will now feel more confident in theatre as a medical student.
- Advertise that this course gives the opportunity to practice on animal tissue. This is a very unique and good part of the course.





# DOCTORS ACADEMY

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Doctors Academy is an international non-profit organisation which comprises of doctors, dentists and scientists. The aim of the Academy is to disseminate information and facilitate the exchange of medical knowledge between professionals from diverse backgrounds who work in various healthcare settings. In order to achieve this, a diverse range of educational activities are undertaken globally which are further complemented by our publishing house, online resources, and international events and competitions.

## Courses (a selection):

### Undergraduate:

- Final Year Medicine and Surgical Revision Courses
- Training the Clinical Anatomy Trainer
- Clinical Anatomy as Applied to Trauma and Emergency Medicine
- Surgical Anatomy of Important Operative Procedures
- Future Surgeons: Key Skills (RCSEd delivered)
- Structured Introduction to Surgical Skills

### Postgraduate:

- MRCS Part A and Part B OSCE
- MRCEM Part A
- DOHNS OSCE
- Intercollegiate Basic Surgical Skills (RCSEd delivered)
- MRCP PACES
- FRCS (General Surgery) Exit Exam
- Cadaveric Ultrasound-Guided Musculoskeletal Intervention Course
- Ultrasound-Assisted Botulinum Toxin Injection for Neuromuscular Disorders
- Live Advanced Laparoscopic Colorectal Course
- Infant Hip Ultrasound Course for Developmental Dysplasia of the Hip



## Forthcoming Key Events:

- **International Medical Summer School**  
*Manchester, 31<sup>st</sup> July to 4<sup>th</sup> August 2017*
- **International Academic Research Conference**  
*Manchester, 5<sup>th</sup> August 2017*
- **World University Anatomy Challenge**  
*Manchester, 4<sup>th</sup> August 2017*

## Publications



[publications.doctorsacademy.org](http://publications.doctorsacademy.org)

## World Journal of Medical Education & Research



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- No submission fees
- No manuscript processing fee
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## Online Revision Resources

DoctorExams consists of thousands of questions with detailed explanations in MCQ, EMQ, SBA and SAQ formats. The questions have been written by the Doctors Academy group of experienced clinicians and clinical academics, with mock exams and feedback on performance included to aid a candidate's focused revision of the given topics. Based on past exams, these questions have been carefully designed to meet the needs of undergraduate students and postgraduate trainees undertaking relevant speciality exams.

### Resources for:

- Medical Students
- Dental Students
- International Entrance Exams
- MRCS Exams
- General Surgery Exams
- Plastic Surgery Exams
- DOHNS Exam

[doctorexams.co.uk](http://doctorexams.co.uk)

# [www.doctorsacademy.org](http://www.doctorsacademy.org)