

**8<sup>th</sup> Cardiff Cadaveric Ultrasound-guided Musculoskeletal Intervention Course (MSK Course) - CCUMIC**

**Feedback - February 2018**

## 8<sup>th</sup> Cardiff Cadaveric Ultrasound-guided Musculoskeletal Intervention Course (MSK Course) - CCUMIC

This unique, two-day, 'hands-on' course allowed participants to perform ultrasound-guided musculoskeletal interventional procedures on unembalmed freeze-preserved cadavers whilst under the direct supervision of Consultant Musculoskeletal Interventional Radiologists.

With a high tutor-to-participant ratio, this practical course was delivered in small groups using a series of tutor demonstrations. Participants were given the opportunity to undertake various interventional procedures on cadavers in order to simulate clinical practice.

Practical sessions included injection of joints and surrounding soft tissue structures, and techniques including dry needling and biopsies. The indications and contraindications for musculoskeletal interventions, as well as the role of pertinent drugs, including potential complications, were also discussed. A simulated patient was used in order to convey pertinent anatomy, with emphasis placed on 'positioning the patient' when undertaking various interventional procedures. A workshop at the end of the course provided participants with an opportunity to consolidate their particular area of interest and to freely interact with tutors in order to gain a further insight.

### Course Information

**Course date:** 16<sup>th</sup> and 17<sup>th</sup> February 2018

**Venue:** Welsh Centre For Anatomical Education, University of Cardiff

**Attendance:** 15 Delegates

**Aimed at:**

- Consultants
- Speciality Trainees
- Registrar Level Doctors
- Specialist Allied Health Professionals

(Radiology / Orthopaedics / Rheumatology)

**Course fee:** £695.00

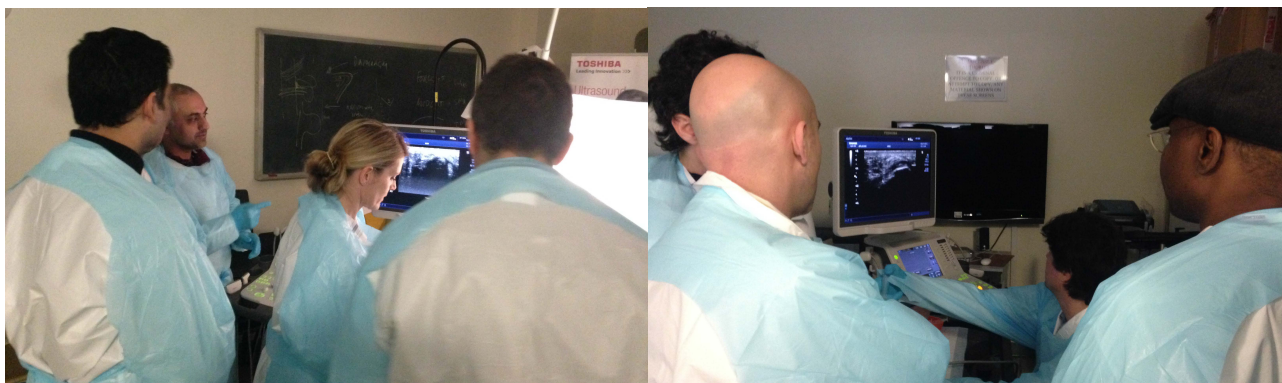
**Attendance entitles participants to:**

13 CPD points from the Royal College of Radiologists.

1.5 credits from the European Society of Musculoskeletal Radiologists (ESSR) and is accredited towards the ESSR diploma.

### Objectives of Course:

- Understand the basic principles of ultrasound-guided musculoskeletal procedures.
- Understand the indications, contraindications and potential risks of interventional procedures.
- Practice various ultrasound-guided interventional procedures on unembalmed freeze-preserved cadavers.



## Course Programme - Day One

<b>0900 - 0930</b>	Registration & Welcome
<b>0930 - 1000</b>	Introduction to MSK Intervention <ul style="list-style-type: none"><li>- Ultrasound interventional techniques</li><li>- Indications &amp; contraindications for interventional procedures</li><li>- Consent</li></ul>
<b>1000 - 1300</b>	Cadaveric Workshop - Ultrasound-guided intervention, practical sessions
<b>1000 - 1130</b>	
<i>Group A</i>	<i>Shoulder - Part 1 (Anterior approach glena-humeral joint injection, Barbotage, Subacromial, Biceps tendon sheath &amp; ACJ injections)</i>
<i>Group B</i>	<i>Foot &amp; Ankle - Part 1 (Intra articular ankle &amp; small joint injections, Morton's Neuroma, Plantar fascia, Tendon sheath &amp; Sinus tarsi injection)</i>
<b>1130 - 1150</b>	<b>Break for Refreshments</b>
<b>1150 - 1300</b>	
<i>Group A</i>	<i>Shoulder - Part 2 (Anterior approach glena-humeral joint injection, Barbotage, Subacromial, Biceps tendon sheath &amp; ACJ injections)</i>
<i>Group B</i>	<i>Foot &amp; Ankle - Part 2 (Intra articular ankle &amp; small joint injections, Morton's Neuroma, Plantar fascia, Tendon sheath &amp; Sinus tarsi injection)</i>
<b>1300 - 1400</b>	<b>Lunch</b>
<b>1400 - 1700</b>	Cadaveric Workshop - Ultrasound-guided intervention, practical sessions
<b>1400 - 1530</b>	
<i>Group A</i>	<i>Elbow, Wrist and Hand (Intra articular and tendon sheath injections, Injection and dry needling for medial and lateral epicondylitis)</i>
<i>Group B</i>	<i>Groin, Hip and Knee (Intra-articular injections, pubic symphysis, adductor origin, trochanteric and psoas bursa injections, Dry needling of patellar tendon)</i>
<b>1530 - 1550</b>	<b>Break for Refreshments</b>
<b>1530 - 1700</b>	Prone Scanning; Posterior approach GHJ Injection, Ischial tuberosity injection, Achilles tendon hydrodissection (with swabbing between groups)
<b>1700 - 1715</b>	Summary & End of Day One
<b>1900 - 2200</b>	Complimentary Course Dinner



## Course Programme - Day Two

<b>0845 - 0900</b>	Registration & Coffee
<b>0900 - 0930</b>	Discussion on - Drugs, its indication & potential complications
<b>0930 - 1230</b>	Cadaveric Workshop - Ultrasound-guided intervention, practical sessions
<b>0930 - 1100</b>	
<i>Group A</i>	<i>Foot &amp; Ankle - Part 1 (Intra articular ankle &amp; small joint injections, Morton's Neuroma, Plantar fascia, Tendon sheath &amp; Sinus tarsi injection)</i>
<i>Group B</i>	<i>Shoulder - Part 1 (Anterior approach glena-humeral joint injection, Barbotage, Subacromial, Biceps tendon sheath &amp; ACJ injections)</i>
<b>1100 - 1120</b>	<b>Break for refreshments</b>
<b>1120 - 1230</b>	
<i>Group A</i>	<i>Foot &amp; Ankle - Part 2 (Intra articular ankle &amp; small joint injections, Morton's Neuroma, Plantar fascia, Tendon sheath &amp; Sinus tarsi injection)</i>
<i>Group B</i>	<i>Shoulder - Part 2 (Anterior approach glena-humeral joint injection, Barbotage, Subacromial, Biceps tendon sheath &amp; ACJ injections)</i>
<b>1230 - 1330</b>	<b>Lunch</b>
<b>1330 - 1500</b>	Cadaveric Workshop - Ultrasound-guided intervention, practical sessions (Lower Limb)
<b>1330 - 1500</b>	
<i>Group A</i>	<i>Groin, Hip and Knee (Intra-articular injections, pubic symphysis, adductor origin, trochanteric and psoas bursa injections, Dry needling of patellar tendon)</i>
<i>Group B</i>	<i>Elbow, Wrist and Hand (Intra articular and tendon sheaths injections, Injection and dry needling for medial and lateral epicondylitis)</i>
<b>1500 - 1600</b>	Biopsy
<b>1600 - 1615</b>	Summary, feedback and end of course.

## Faculty List

**Dr Ramakrishna Kishore, MBBS, MRCS, FRCR**

Course Director

Consultant Musculoskeletal Radiologist

University Hospital of Wales, Cardiff

**Dr Peter Mullaney, BMed Sci, BMBS, MRCS, FRCR**

Consultant Musculoskeletal Radiologist

University Hospital of Wales, Cardiff

**Dr Vineet Bhat, MBBS, MRCS, FRCR**

Consultant Musculoskeletal Radiologist

University Hospital of Wales, Cardiff

**Dr Sridhar Kamath, MBBS, MD, MRCP, FRCR**

Consultant Musculoskeletal Radiologist

University Hospital of Wales, Cardiff

**Dr Kausik Mukherjee, MBBS, FRCS, FRCR**

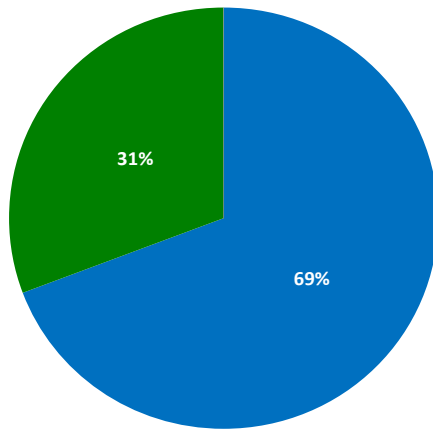
Consultant Musculoskeletal Radiologist

University Hospital of Wales, Cardiff



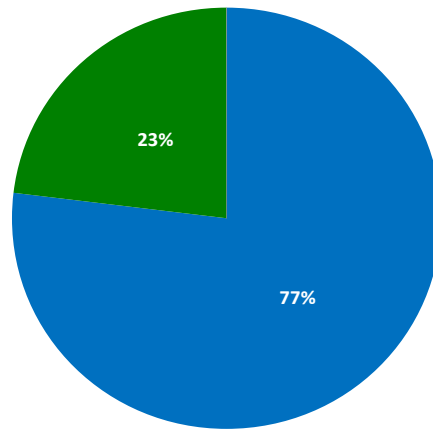
## Overall Course Feedback to the Questions:

How was the content of the course?



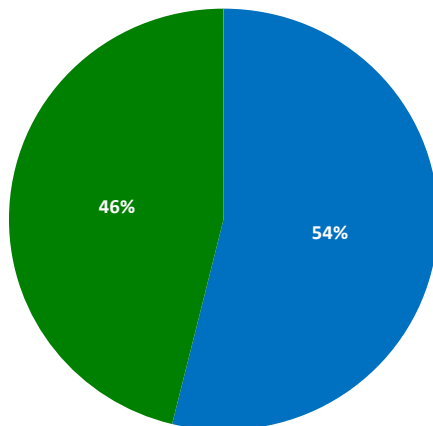
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How would you rate the general academic standard of the tutors?



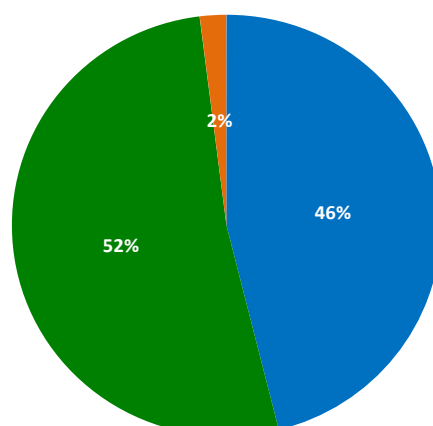
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the clarity of demonstrations?



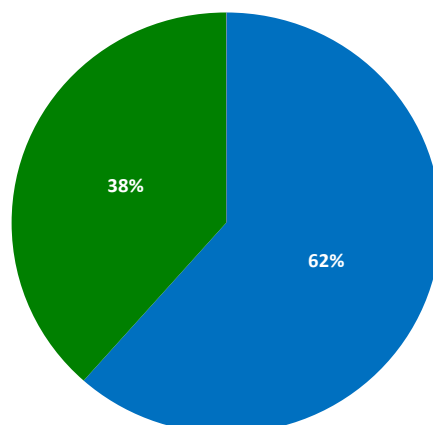
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Did you get sufficient opportunity to practice on the cadaver?



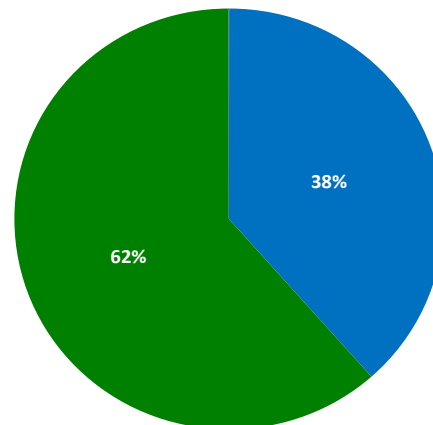
■ Most Certainly ■ Certainly ■ Just about ■ Limited ■ Not at all

How do you rate the relevance of the course to your career?



■ Very relevant ■ Mostly relevant ■ Neutral ■ Somewhat relevant ■ Not relevant

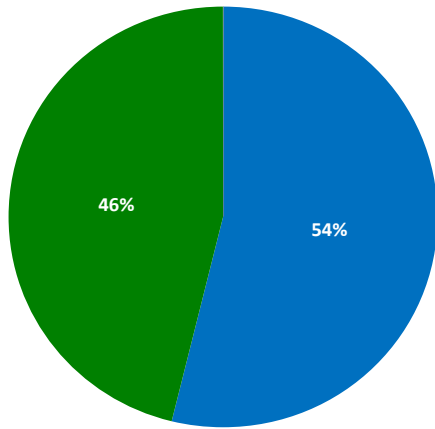
Did the course meet your learning objectives?



■ Most Certainly ■ Certainly ■ Just about ■ Limited ■ Not at all

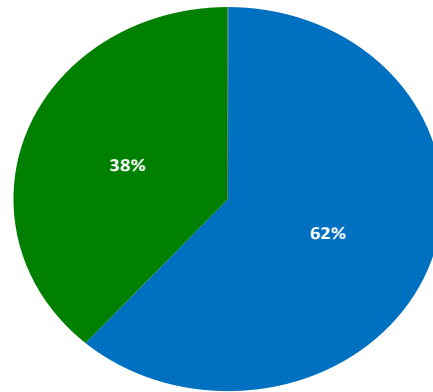
## Overall Course Feedback to the Questions:

Do you feel more confident of undertaking the procedures as a result of attending this course?



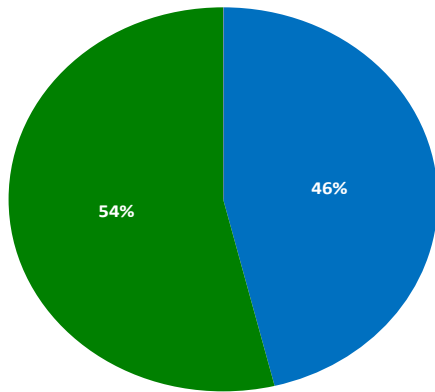
■ Most Certainly ■ Certainly ■ Neutral ■ May be ■ No way

Introduction to MSK Intervention



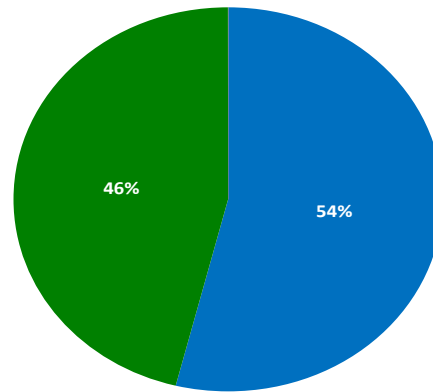
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Prone Scanning



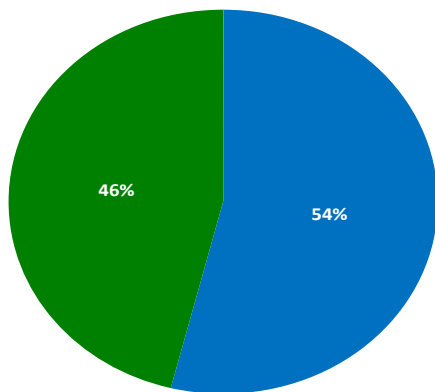
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Posterior approach GHJ Injection



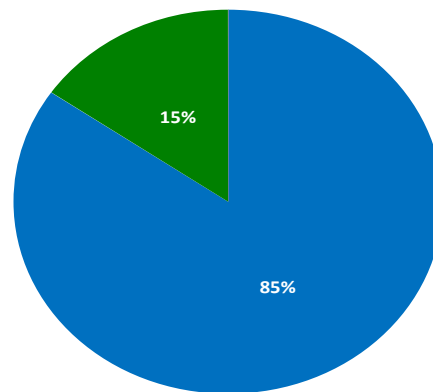
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Ischial tuberosity injection



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

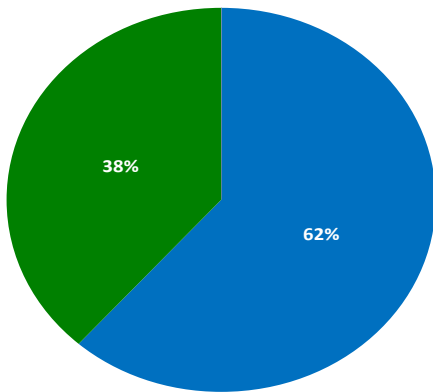
Achilles tendon hydrodissection



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

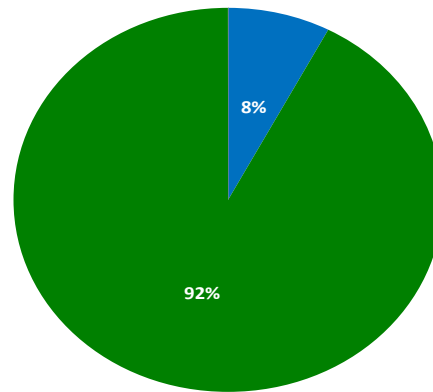
## Overall Teaching Feedback for the Area of:

Drugs, Its indications and potential complications



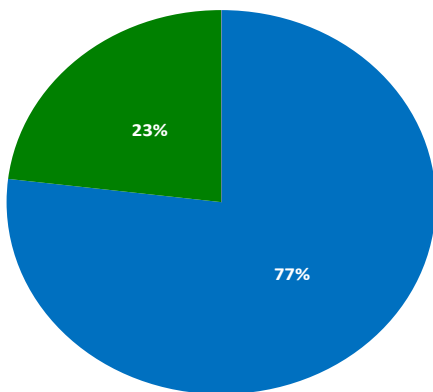
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Biopsy



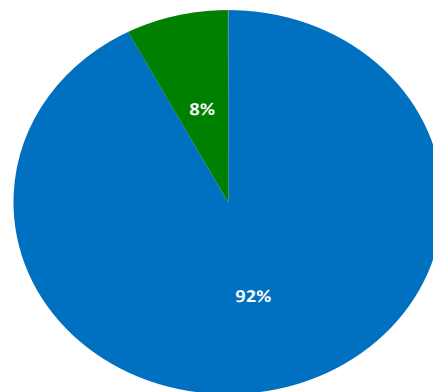
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Ultrasound-guided intervention - Shoulder



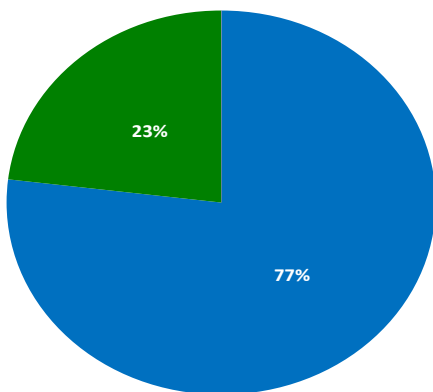
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Ultrasound-guided intervention - Foot and Ankle



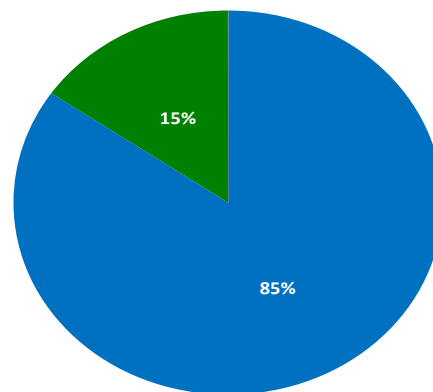
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Ultrasound-guided intervention - Elbow, Wrist and Hand



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Ultrasound-guided intervention - Groin, Hip and Knee

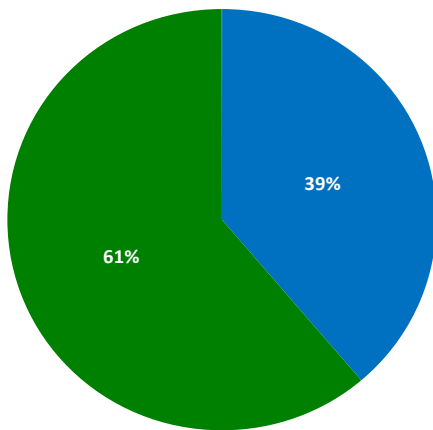


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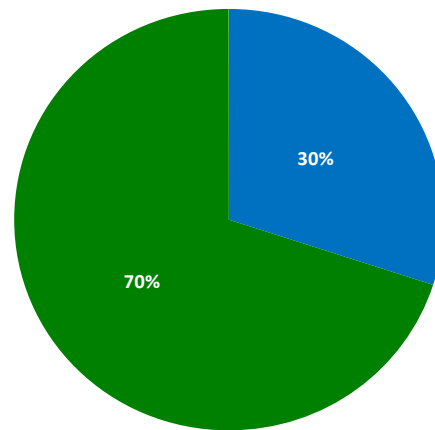
## Overall Teaching Feedback for the Area of:

How were the facilities and venue?



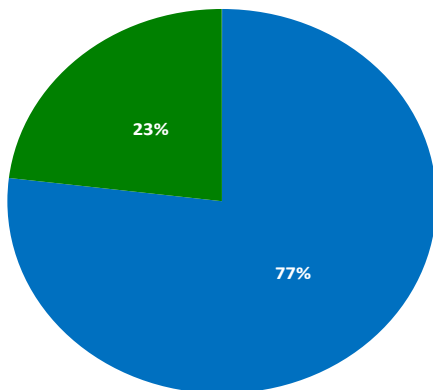
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How were the refreshments and lunch?



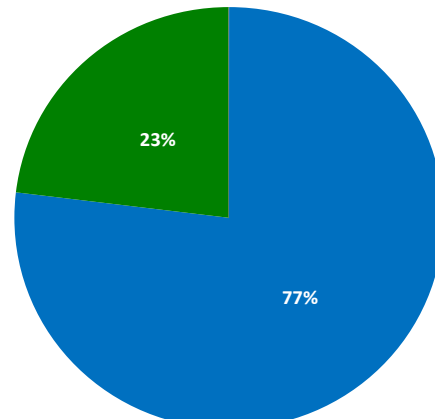
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the general friendliness of the faculty and organisers?



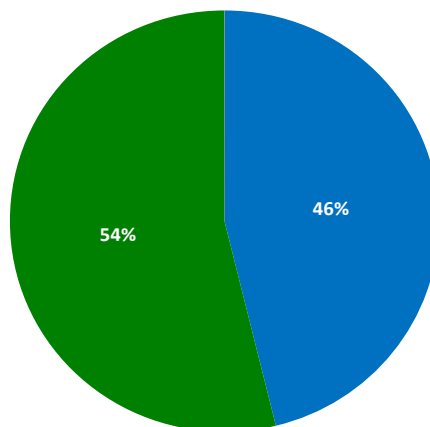
■ Very friendly ■ Friendly ■ Neutral ■ Not very friendly ■ Can't comment

Would you recommend this course to a friend?



■ Most certainly ■ Certainly ■ Probably ■ Unlikely ■ Not at all

Do you think that this conference provided good value for money?



■ Most certainly ■ Certainly ■ Probably ■ Unlikely ■ Not at all

## Individual Comments

Well organised course, knowledgeable staff, good facilities, ample opportunity to practice.

**AY**

***Clinique St Jaques, Montauban***

It is excellent.

**JM**

***Centro Hospitalar e Univ de Coimbra***

Excellent.

**PC**

***Sports Surgery Clinic Santry***

Excellent focus on practical skills. I feel confident in performing these procedures right away. Excellent faculty who were very welcoming and accommodating. The course dinner was a particular highlight.

**JH**

***University Hospital of Wales, Cardiff***

I will be starting some procedures in daily practice.

**CS**

***sint-vincentius hospital - deinze - belgium***



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## 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
- MRCEM Part A
- MRCS Part B OSCE
- DOHNS: Intensive Revision & OSCE
- Intercollegiate Basic Surgical Skills (RCSEd delivered)
- MRCP PACES Part 2
- FRCS (General Surgery) Exit Exam
- Cadaveric Ultrasound-Guided Musculoskeletal Intervention Course
- Ultrasound-Assisted Botulinum Toxin Injection for Neuromuscular Disorders
- Live Advanced Laparoscopic Colorectal Course



## Forthcoming key events:

- **International Medical Summer School Manchester**, 6<sup>th</sup> to 10<sup>th</sup> August 2018
- **International Academic and Research Conference Manchester**, 11<sup>th</sup> August 2018
- **World University Anatomy Challenge Manchester**, 9<sup>th</sup> and 10<sup>th</sup> August 2018

## Publications



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

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