

**Cardiff Cadaveric Ultrasound-  
Guided Musculoskeletal  
Intervention Course (CCUMIC)**

**Feedback - June 2014**

# Cardiff Cadaveric Ultrasound-Guided Musculoskeletal Intervention Course (CCUMIC)

This unique two-day 'hands-on' course allows 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 whereby participants undertake various interventional procedures on cadavers to simulate clinical practice.

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

## Course Information

**Course date:** 20<sup>th</sup> and 21<sup>st</sup> June 2014  
**Venue:** Welsh Centre For Anatomical Education, University of Cardiff

**Attendance:** 11 Delegates

**Aimed at:**

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

(Radiology / Orthopaedics / Rheumatology)

**Course fee:** £695.00

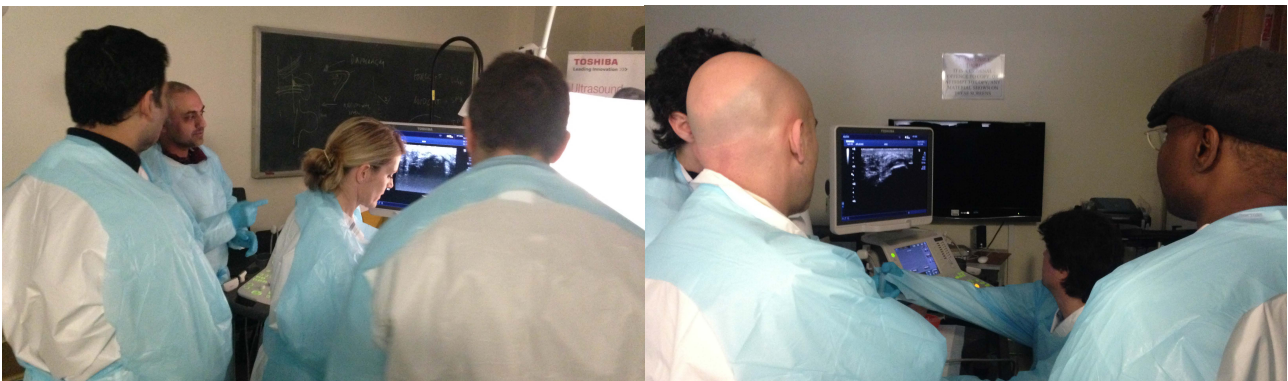
**Attendance entitles participants to:**

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> Group A	<i>Shoulder - Part 1 (Anterior approach glena-humeral joint injection, Barbotage, Subacromial, Biceps tendon sheath &amp; ACJ injections)</i>
Group B	<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>	
Group A	<i>Shoulder - Part 2 (Anterior approach glena-humeral joint injection, Barbotage, Subacromial, Biceps tendon sheath &amp; ACJ injections)</i>
Group B	<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> Group A	<i>Elbow, Wrist &amp; Hand - Session 1 (Intra-articular &amp; tendon sheath injections, Injection &amp; dry needling for medial &amp; lateral epicondylitis)</i>
Group B	<i>Groin, Hip &amp; Knee - Session 1 (Intra-articular injections, Pubic symphysis, Adductor origin, Trochanteric &amp; psoas bursa injection, Dry needling &amp; 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

0815 - 0830 Registration & Coffee

0830 - 0900 Discussion on  
- Drugs, its indication & potential complications

0900 - 1200 Cadaveric Workshop - Ultrasound-guided intervention, practical sessions

0900 - 1030

Group A

*Foot & Ankle - Part 1 (Intra articular ankle & small joint injections, Morton's Neuroma, Plantar fascia, Tendon sheath & Sinus tarsi injection)*

Group B

*Shoulder - Part 1 (Anterior approach glena-humeral joint injection, Barbotage, Subacromial, Biceps tendon sheath & ACJ injections)*

1030 - 1050

Break for refreshments

1050 - 1210

Group A

*Foot & Ankle - Part 2 (Intra articular ankle & small joint injections, Morton's Neuroma, Plantar fascia, Tendon sheath & Sinus tarsi injection)*

Group B

*Shoulder - Part 2 (Anterior approach glena-humeral joint injection, Barbotage, Subacromial, Biceps tendon sheath & ACJ injections)*

1210 - 1240

Lunch

1240 - 1500 Cadaveric Workshop - Ultrasound-guided intervention, practical sessions

1240 - 1410

Group A

*Groin, Hip & Knee - Session 2 (Intra-articular injections, Pubic symphysis, Adductor origin, Trochanteric & psoas bursa injection, Dry needling & Patellar Tendon)*

Group B

*Elbow, Wrist & Hand - Session 2 (Intra-articular & tendon sheath injections, Injection & dry needling for medial & lateral epicondylitis)*

1410 - 1430

Break for refreshments

1430 - 1500

Biopsy

1500 - 1530

Patient positioning

## 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

### **Dr Ramy M Mansour, MB ChB, MSc FRCR**

Consultant Musculoskeletal Radiologist

Nuffield Orthopaedic Centre

Oxford University Hospital NHS Trust

### **Dr Kathleen Lyons, MB BCH, BAO, FRCR**

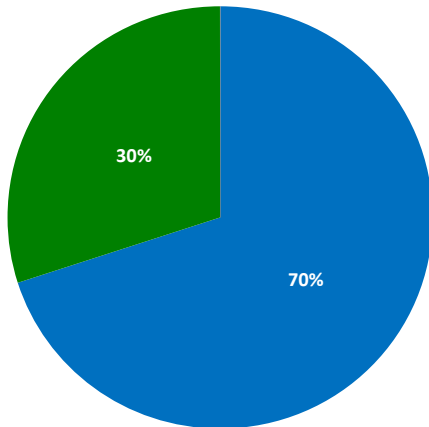
Consultant Musculoskeletal Radiologist

University Hospital of Wales, Cardiff



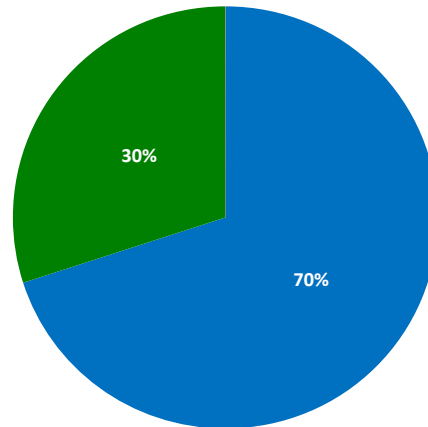
# Overall Teaching Feedback

How was the content of the course?



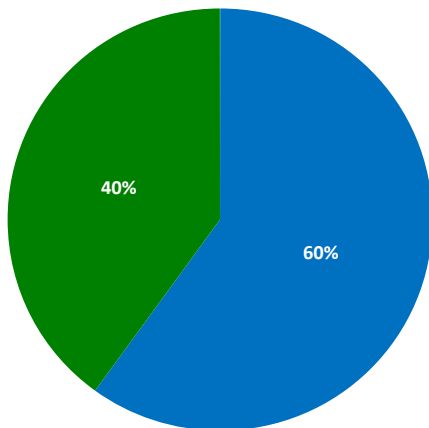
■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

How was the clarity of demonstrations?



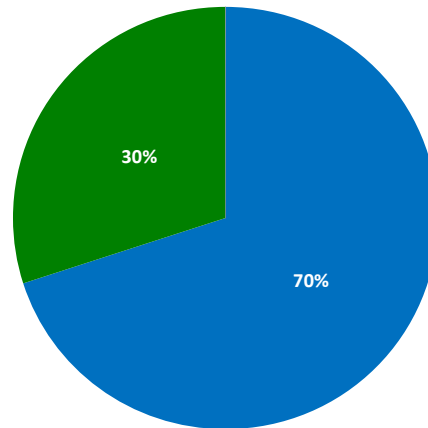
■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

Did you get sufficient opportunity to practice on the cadaver?



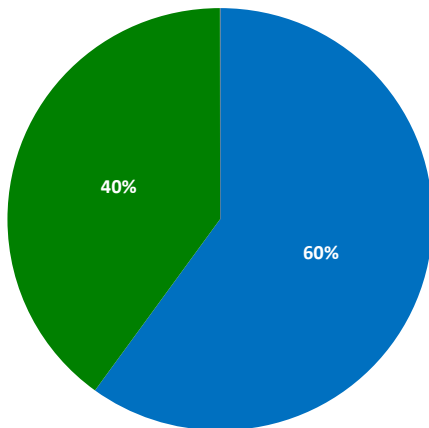
■ Most certainly ■ Certainly ■ Neutral ■ Limited ■ Not at all

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



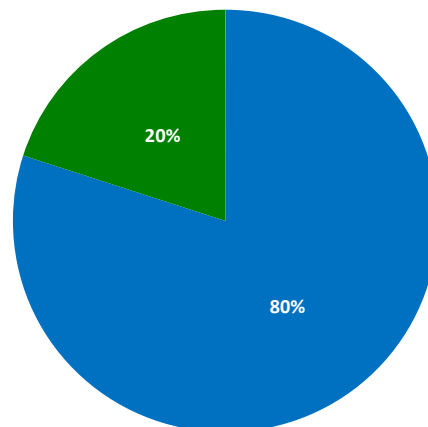
■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

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



■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

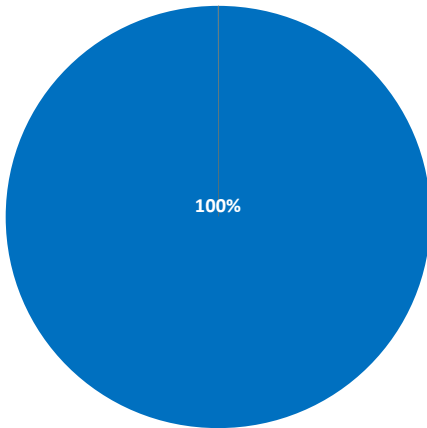
Did the course meet your objectives?



■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

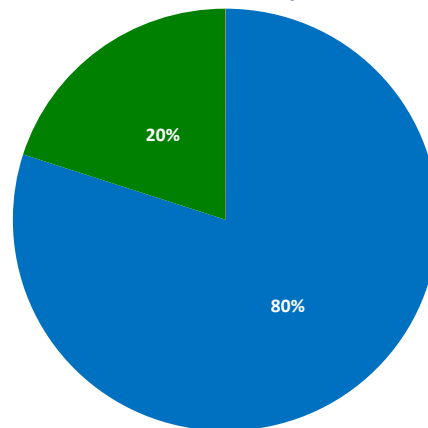
# Overall Teaching Feedback

Would you recommend this course to a friend?



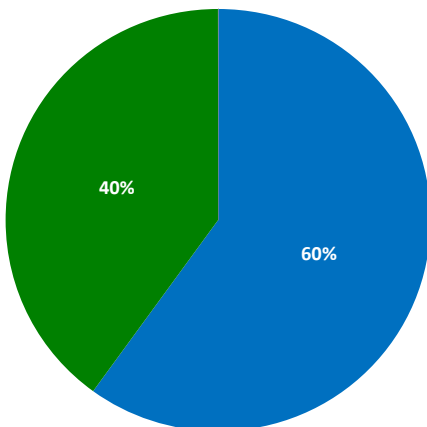
■ Most certainly ■ Most Probably ■ Maybe ■ No way

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



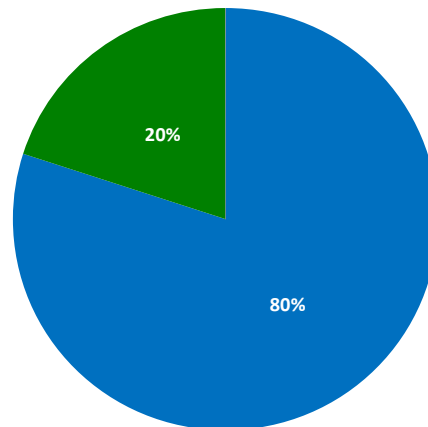
■ Most certainly ■ Probably ■ Yes, I think so ■ No way

Introductory Lecture



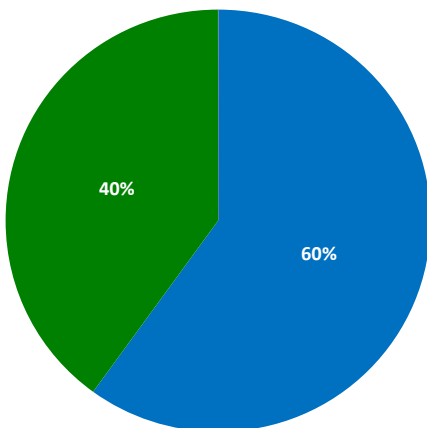
■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

Shoulder



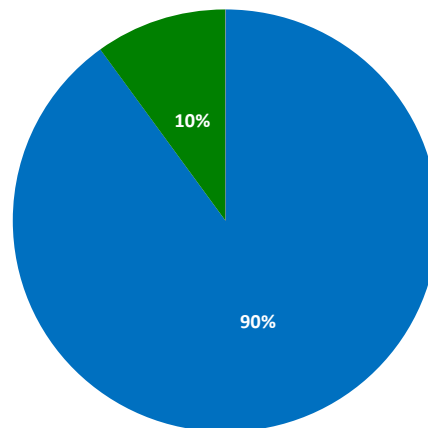
■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

Elbow & Wrist



■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

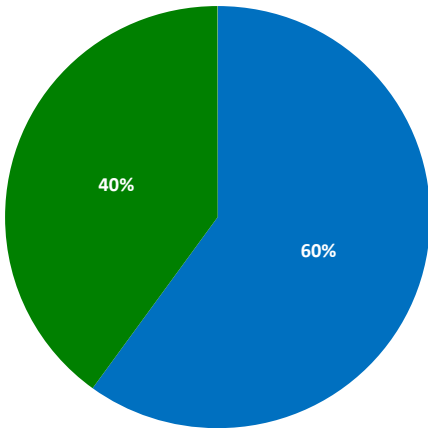
Groin & Hip



■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

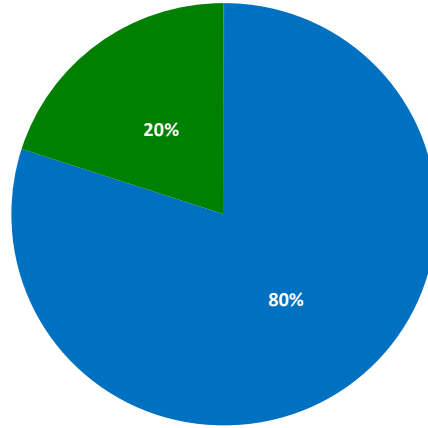
# Overall Teaching Feedback

Knee



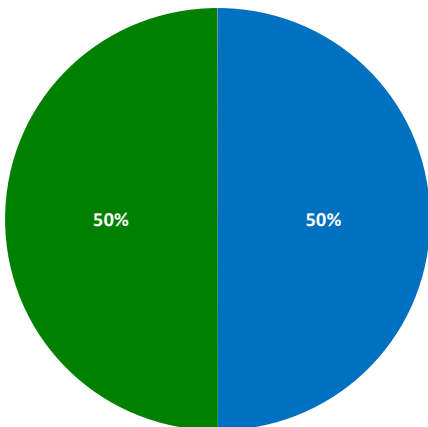
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Foot & Ankle



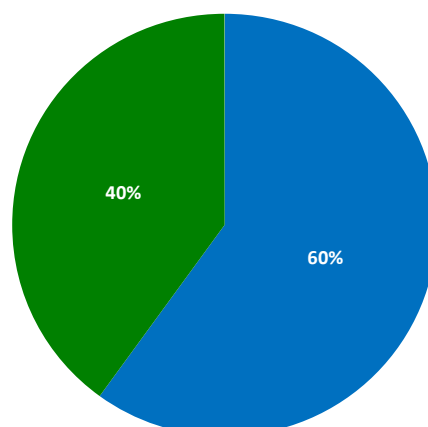
■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

GHJ, Ischial tuberosity & Achilles Tendon



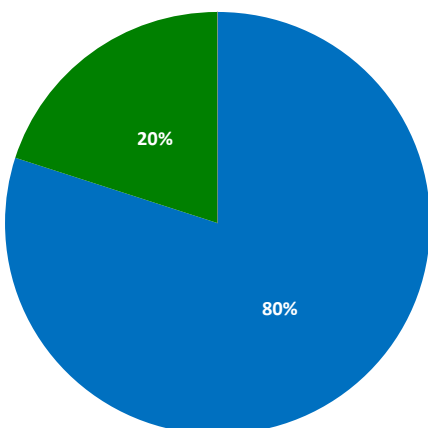
■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

Lecture: Drugs, CIs/side effects



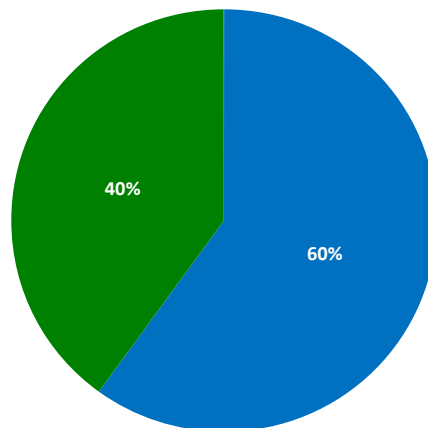
■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

Shoulder



■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

Elbow and Wrist

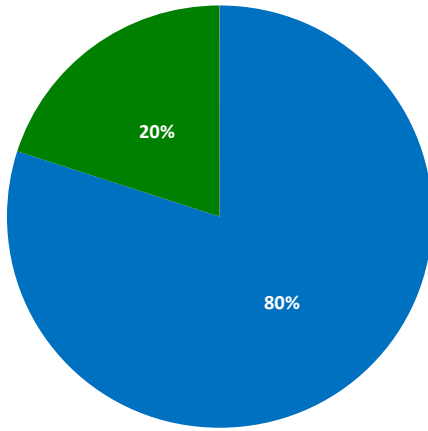


■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor



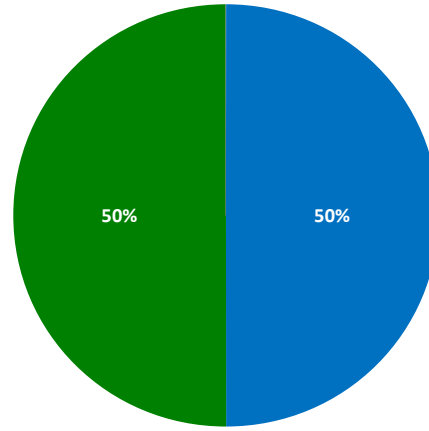
# Overall Teaching Feedback

Groin and Hip



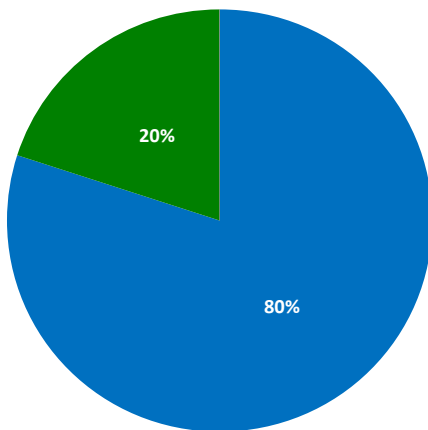
■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

Knee



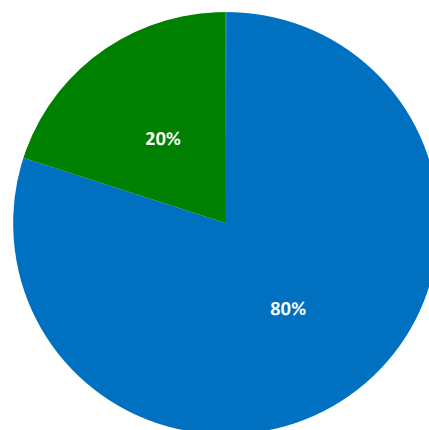
■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

Foot and Ankle



■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

Biopsy



■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

## Individual Comments

Congratulations for an outstanding course. Very hands on with plenty of practice. Tutors are expert in their subject, very friendly and supportive. I definitely feel more confident doing US guided procedure and I am looking forward to employing the skills I have acquired during this course in my clinical practice.

**CR**

***Harrogate District Hospital, Harrogate***

A very good practical course. It was very positive that we were small groups of participants and that we had the opportunity to practice on the cadaver.

**VP**

***Cliniques universitaires Saint-Luc UCL Brussels***

Overall impression- excellent.

**NS**

***Colchester General Hospital***

I found that the course was very well organised . It sets out to do what it states ie excellent opportunity to improve your skills . Extremely good and relevant teaching. All the best to the team!!

**AM**

***Barnsley District General Hospital, Barnsley***

One never gets a cadaver to practice upon.This is as close to real.

**DU**

***Cumberland Infirmary, Carlisle***

Very Good Course with precise and concise information and hands on. to be done for sure.

**AN**

***Saint George Hospital University Medical Center-Beirut***

Very good.

**MC**

***Centro Hospitalar do Algarve, Portimao***

Nothing to complain !

**HT**

***Clinicamedica***

Good.

**AT**

***University Hospital, Coventry***



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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, 1<sup>st</sup> - 5<sup>th</sup> August 2016*
- **International Academic and Research Conference**  
*Manchester, 6<sup>th</sup> August 2016*
- **World University Anatomy Challenge**  
*Manchester, 5<sup>th</sup> August 2016*

## Publications



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