

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

Feedback - July 2015

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: 3rd and 4th July 2015
Venue: Welsh Centre For Anatomical Education, University of Cardiff

Attendance: 10 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

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

Course Programme - Day Two

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

Dr Ramy M Mansour, MB ChB, MSc FRCR

Consultant Musculoskeletal Radiologist

Nuffield Orthopaedic Centre

Oxford University Hospital NHS Trust

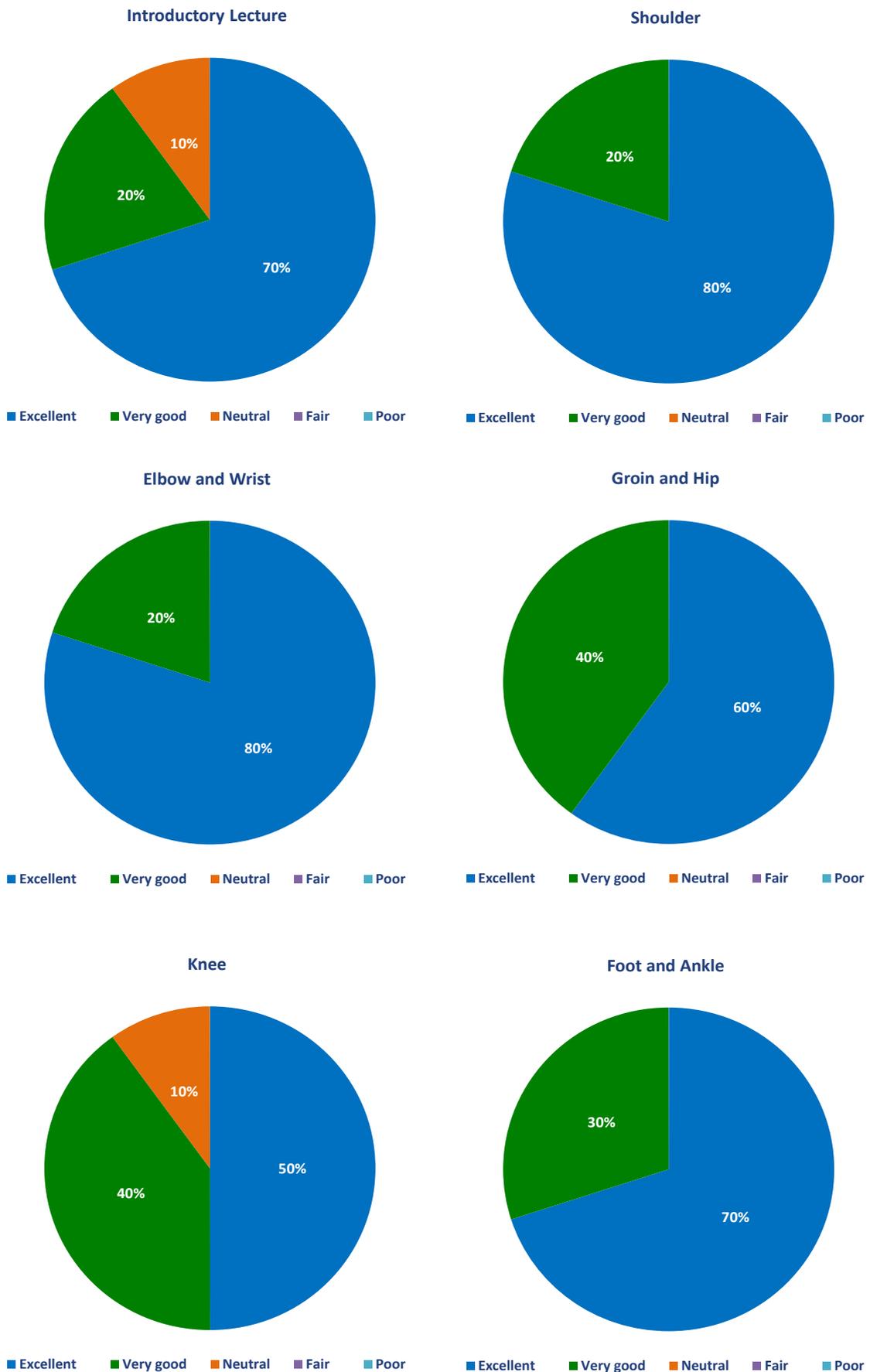
Dr Kathleen Lyons, MB BCH, BAO, FRCR

Consultant Musculoskeletal Radiologist

University Hospital of Wales, Cardiff

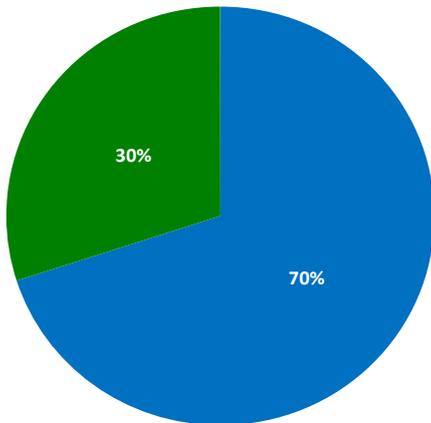


Overall Course Feedback to the Questions:



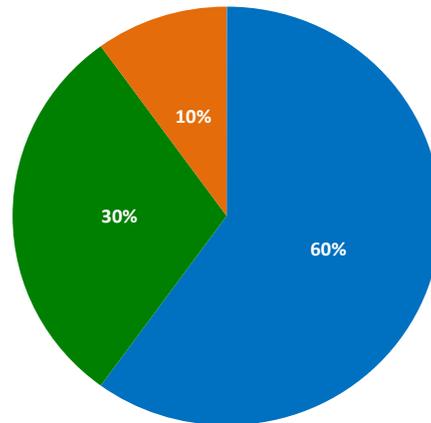
Overall Course Feedback to the Questions:

GHJ, Ischial Tuberosity, Achilles Tendon



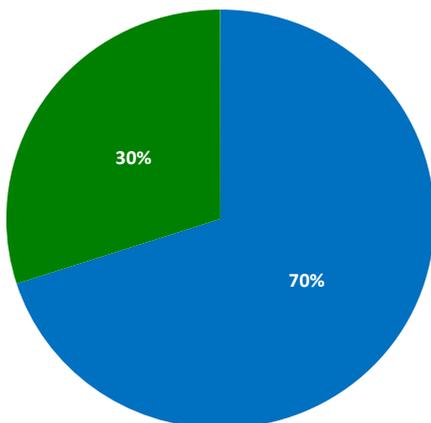
■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

Lecture: Drugs, CIs/Side Effects



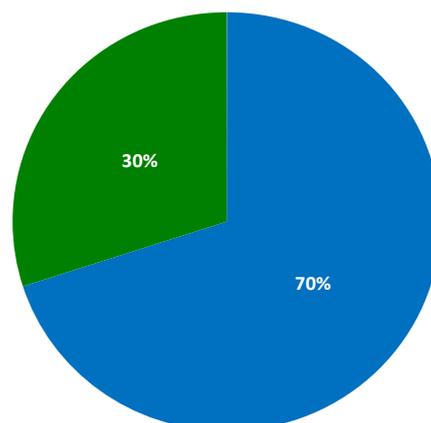
■ Excellent ■ Very good ■ Neutral ■ Fair

Shoulder



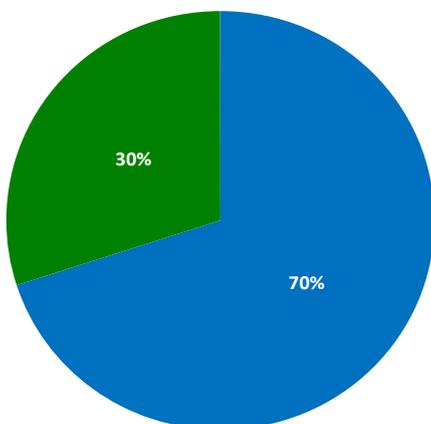
■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

Elbow and Wrist



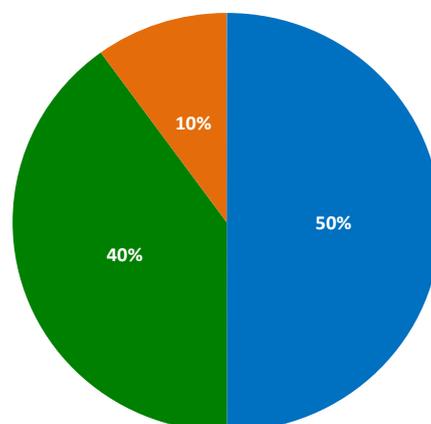
■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

Groin and Hip



■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

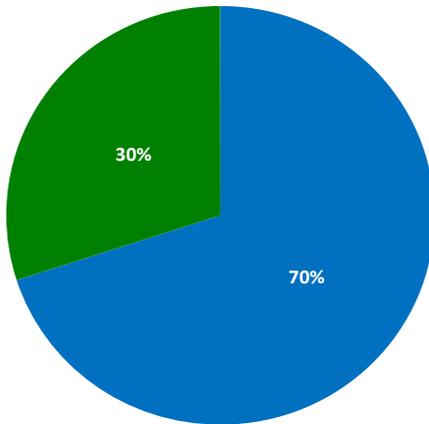
Knee



■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

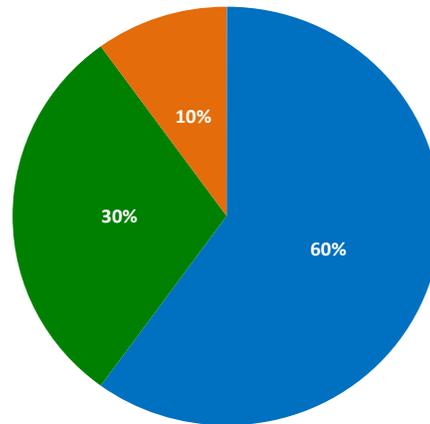
Overall Teaching Feedback for the Area of:

Foot and Ankle



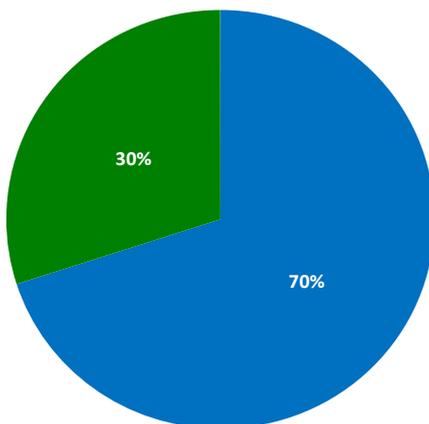
■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

Biopsy



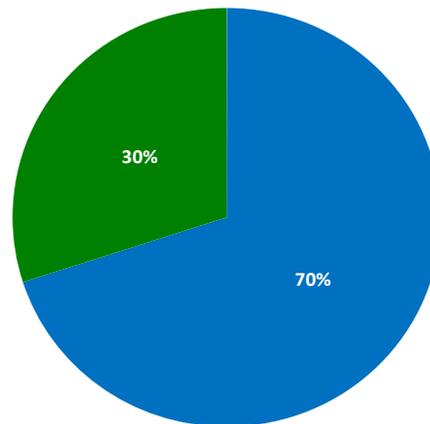
■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

Was the content of the course:



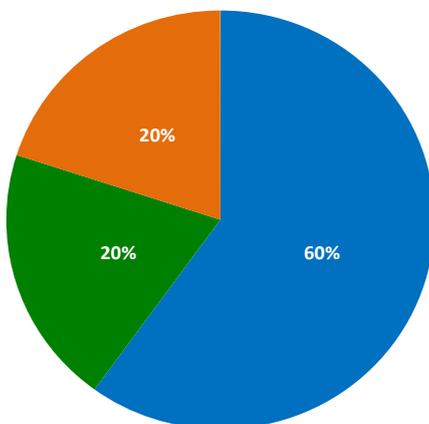
■ Excellent ■ Very good ■ Average ■ Fair ■ Poor

How was the clarity of demonstrations?



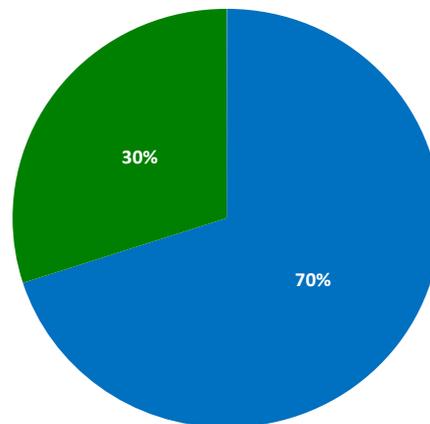
■ Excellent ■ Very good ■ Average ■ Fair ■ Poor

Did you get sufficient opportunity to practice on the cadaver?



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

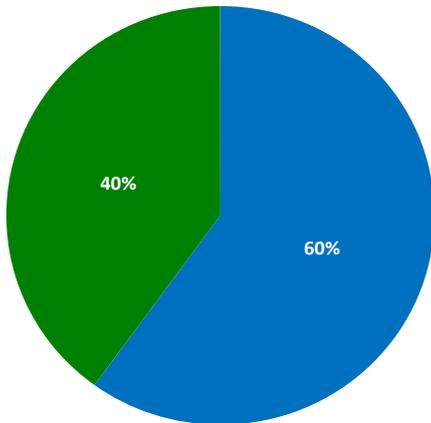
How would you rate the general academic standard of the tutors?



■ Excellent ■ Very good ■ Average ■ Fair ■ Poor

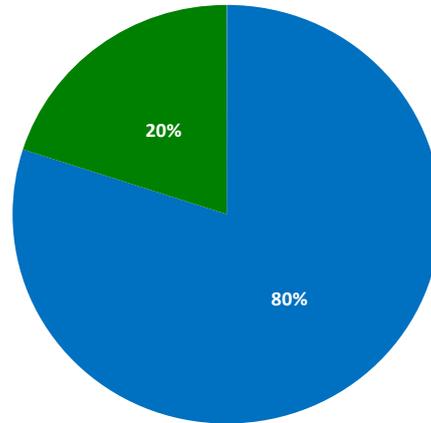
Overall Teaching Feedback for the Area of:

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



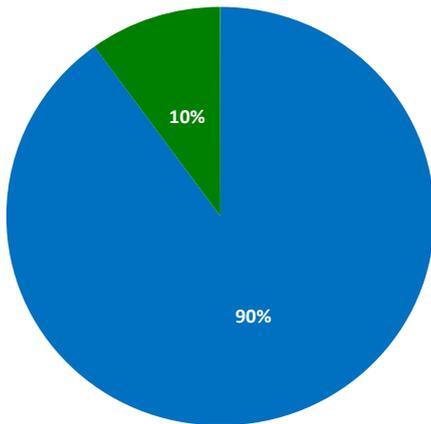
■ Very relevant
 ■ Mostly relevant
 ■ Neutral
■ Somewhat relevant
 ■ Not relevant

Did the course meet your objectives?



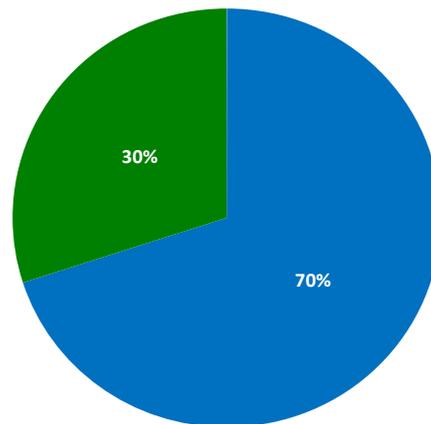
■ Most certainly
 ■ Certainly
 ■ Neutral
 ■ Maybe
 ■ No way

Would you recommend this course to a friend?



■ Most certainly
 ■ Certainly
 ■ Neutral
 ■ Maybe
 ■ No way

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



■ Most certainly
 ■ Certainly
 ■ Neutral
 ■ Yes, I think so
 ■ No way

Individual Comments

Great unique course, certainly was useful. Would be nice to have less breaks and more time to practice on the cadaver. Day 2 pm was slightly rushed which could have been used to recap all the joints at least as a demo from the tutor, which might not take a long time. A video link of the tutors performing the scans would be a great reference guide. Tutors were all excellent. Shridhar definitely helped boosting our confidence level. Looking at the needle and not the screen - a great tip, thank you. Fantastic dinner - thank you.

SI

Victoria Hospital, London road

Very useful.

TM

Jordan Hospital, Jordan

Very good and thank you.

JT

Hereford County Hospital, Hereford

Excellent course and really enjoyed it. Would be helpful for the demonstrators to keep an eye on the clock to ensure all intended areas get covered in the allocated time slots.

CC

Sports Surgery Clinic, Dublin

More information beforehand would have been helpful concept and actuality of frozen cadavers with good quality of machines gave immediate feedback which aided learning, combined with skilled ultrasound practitioners with excellent teaching skills Back up with pictures would help consolidating memory.

FJ

Timaru Hospital, New Zealand

Felt the afternoon session on day 2 was a little rushed, which was in part due to the other group not completing the hip injections the day before. Although the biopsy was interesting it wasn't relevant for me and so would have liked more time on knee and hip. These are small criticisms. The course was excellent and I thoroughly enjoyed it. The teaching was first rate. The skills learnt are already impacting on how I manage patients. Would happily do it all over again this weekend if I could!

MC

Blackpool Victoria Hospital, Blackpool

Excellent It would be useful to have instructional videos of the procedures for reference.

AL

Sunderland Royal Hospital, Sunderland

Individual Comments

Excellent course. Would like to attend once more to fine tune the learned skills. Would request to add fluoroscopy guided joint injections to learn and report Mr arthrogram

AS
Victoria Hospital, Kirkcaldy

Everything was excellent and the tutors and organisers very kind , responsive to every request, felt very welcomed and nice atmosphere overall!

SP
Clinical Hospital Dubrava



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- Structured Introduction to Surgical Skills

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

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