

Essential Surgical Skills

(and Principles for Aspiring Surgeons [ESSPAS])



Feedback - December 2020

Essential Surgical Skills

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This one-day course aimed to provide the attendee with an overview of the essential principles, core concepts and fundamental skills relevant for foundation years and early surgical training. The course predominantly comprised of hands-on training in surgical skills using animal tissue interspersed with structured and focused teaching on the principles of management of trauma and operative surgery. With a high tutor-to-delegate ratio, this course was designed to equip the attendee with the essential surgical skills that are expected of a clinical year medical student or junior doctor in the operating theatre. There were also discussions on the management of patients with trauma and those presenting with surgical emergencies.

Course Information

Venue:	College of Physicians and Surgeons of Cardiff, Frazer Building, 126 Bute Street, Cardiff Bay, Cardiff, CF10 5LE
Dates:	5th December 2020
Attendance:	20 Delegates
Aimed at:	Medical Students; Foundation Year Doctors; Core Surgical Trainees; Junior Surgeons; Advanced Nurse Practitioners; Surgical Nurse Practitioners; Theatre Assistants
Course Fee:	£65.00



Programme

- 0830 - 0840 Welcome and Introduction to Learning Objectives
- 0840 - 0920 Knot Tying - Reef Knots (Demonstration and Practice)
- 0915 - 0945 Knot Tying - Surgeon's Knot and Tying at Depth (Demonstration)
- 0945 - 1015 Handling Surgical Instruments, Art of Assisting and Disposing Sharps Safely (Demonstration)
- 1015 - 1045 Basics of Sutures and Needles (Interactive Discussion)

1045 - 1100

Break for Refreshments

- 1100 - 1115 Pre-Scrubbing and Entering the Operating Theatre (Interactive Discussion)
- 1115 - 1145 Gowning and Gloving (Demonstration and Practice)
- 1145 - 1240 Infiltration of Local Anaesthetic, Mounting a Scalpel, Excision of a Lesion, Interrupted Sutures, Instrument Tie and Suture Removal (Demonstration and Practice)
- 1240 - 1310 Advanced Suturing Techniques (I): Vertical Mattress and Horizontal Mattress Sutures (Demonstration and Practice)

1310 - 1345

Lunch

- 1345 - 1430 Advanced Suturing Techniques (II): Continuous Sutures, Subcuticular Sutures and Aberdeen Knot (Demonstration and Practice)
- 1430 - 1440 Haemostatic Figure of '8' Stitch (Demonstration and Practice)
- 1440 - 1455 Excision of a Subcutaneous Cyst (Demonstration and Practice)
- 1455 - 1505 Principles of Draining an Abscess (Demonstration).

Programme

- 1505 - 1525 Principles of Debriding a Contaminated Traumatic Wound (Demonstration)
- 1525 - 1535 Principles of Surgical Diathermy (Interactive Discussion)
- 1535 - 1545 Principles of Laparoscopic Surgery (Interactive Discussion)
- 1545 - 1715 Rotating Workshops: Surgical Diathermy (Demonstration and Practice); Laparoscopic Skills (Demonstration and Practice); Case Discussions in Emergency Surgery and Trauma (Interactive Discussion)
- 1715 - 1740 Debrief, Summary, Questions and Close
- 1740 End of Course

Faculty List

Ms Clare Carpenter, BSc, MBCh, MRCS (Eng), FRCS (T&O)

Consultant Paediatric Orthopaedic Surgeon
University Hospital Wales, Cardiff

Ms Danielle Lowry, MBChB, MRCS

Senior Registrar in Vascular Surgery
University Hospital of Wales, Cardiff

Mr Sriram Rajagopalan, MBBS, MD, FRCS

Consultant Vascular Surgeon
University Hospital North Midlands NHS Trust

Professor Stuart Enoch, MBBS, MRCS(Ed), MRCS(Eng), PGCert (Med Sci), PhD

Professor, Higher Surgical Education
Doctors Academy Group (Intl)

Miss Swati Bhasin, MBBS, MRCS

Registrar in General Surgery
Royal Wolverhampton Hospitals NHS Foundation Trust

Miss Yan Li Goh, MBChB, MRCS, PGDip Clin Ed., ChM (Gen Surg)

PhD Research Fellow
Speciality Registrar in General Surgery
West Midlands Deanery

Miss Yan Mei Goh, MBChB, MRCS, PGDip Clin Ed.

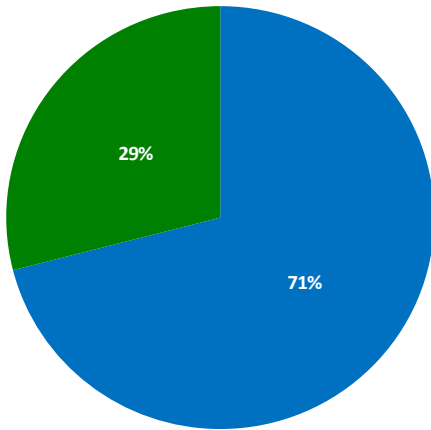
PhD Research Fellow
Speciality Registrar in General Surgery
Oxford Deanery

Mr Yogesh Nathdwarawala, MBBS, MS (Orth), MSc (Orth), FRCS (Orth)

Consultant Orthopaedic Surgeon
Nevill Hall Hospital, Abergavenny

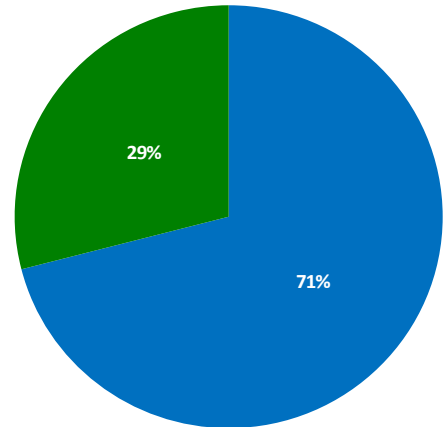
Overall Feedback

How was the content of the course?



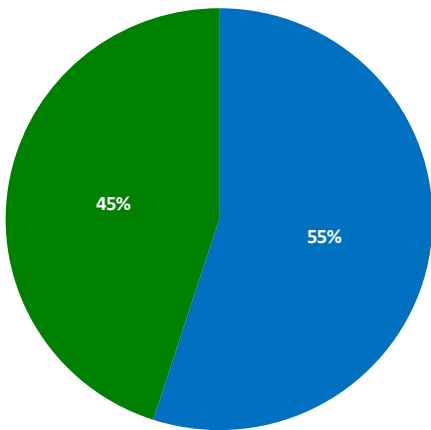
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

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



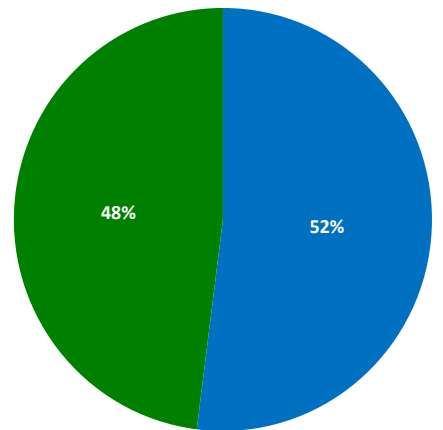
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the clarity of the demonstrations?



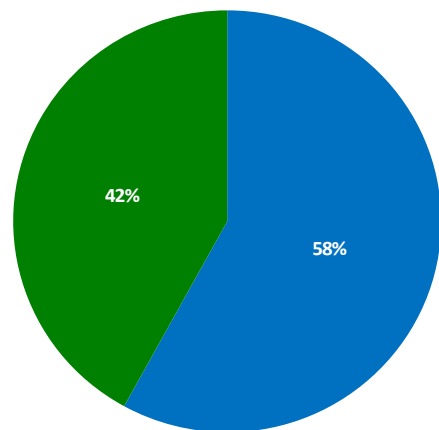
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Did the course meet your learning objectives?



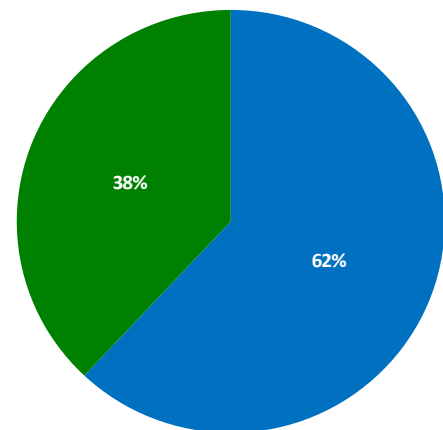
■ Most certainly ■ Certainly ■ Limited ■ Not at all

Knot tying



■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

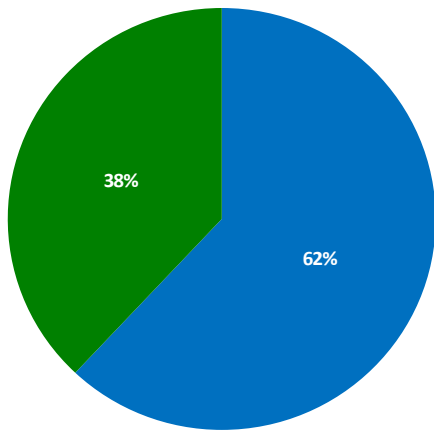
Gowning and gloving



■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

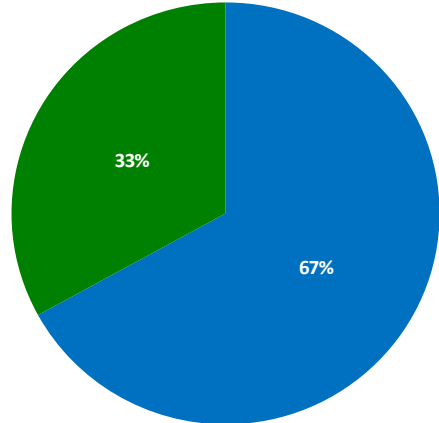
Overall Feedback

Instrument handling, sutures and needles



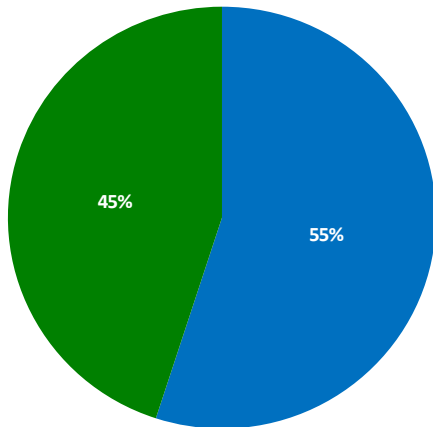
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Suturing techniques (simple; mattress; continuous; subcuticular)



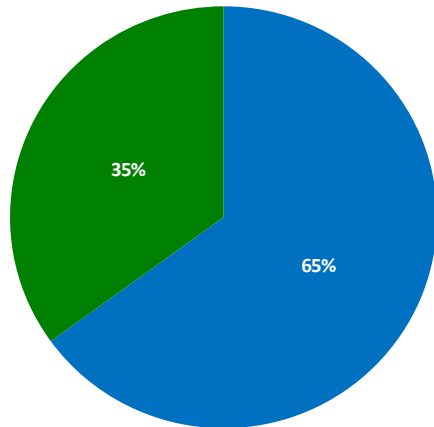
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Safe use of local anaesthesia



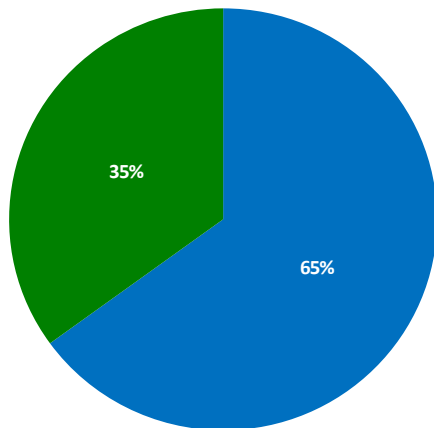
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Excision of a lesion



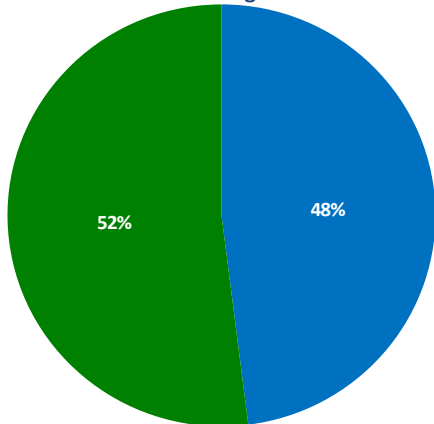
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Excision of a cyst



■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

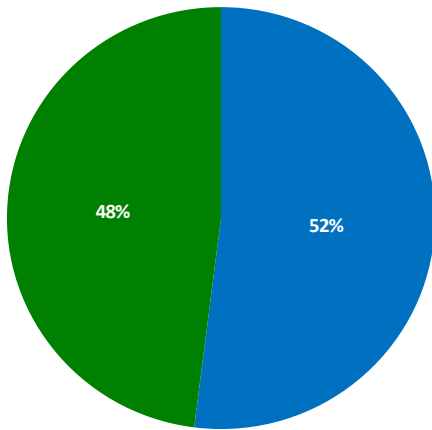
Principles of debriding a contaminated wound and draining an abscess



■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

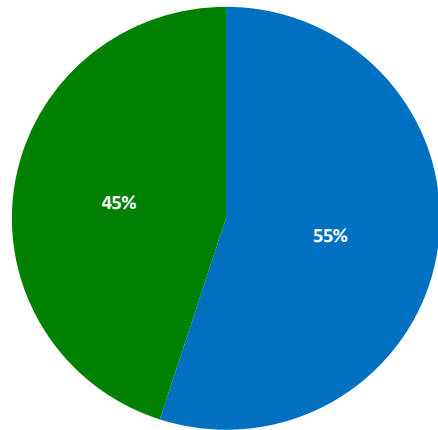
Overall Feedback

Principles of surgical diathermy



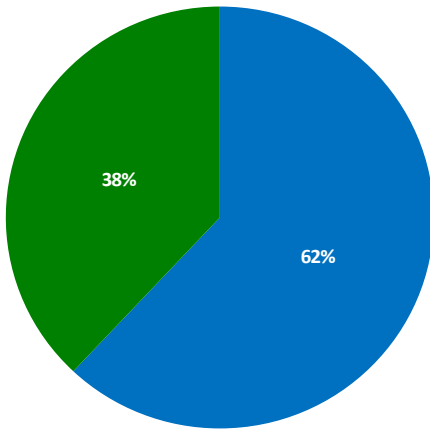
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Fundamentals of laparoscopic surgery



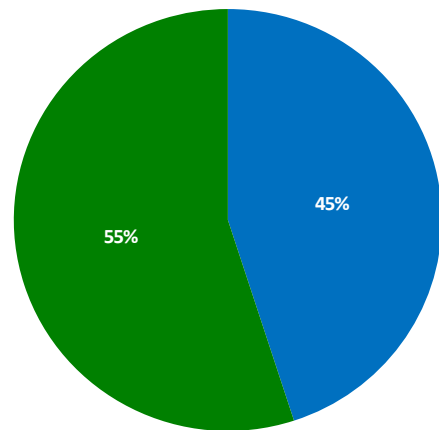
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Case-based discussion 1 – ATLS principles, GCS and shock



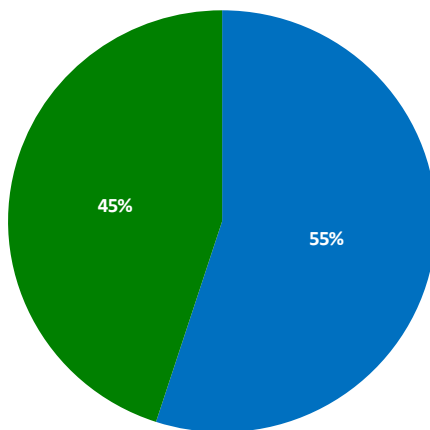
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Case-based discussion 2 – Lower leg compartment syndrome



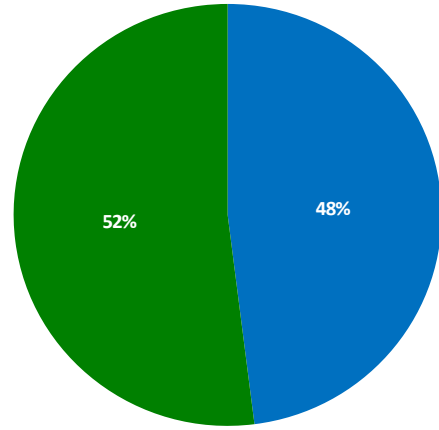
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Case-based discussion 3 – Fracture neck of femur



■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

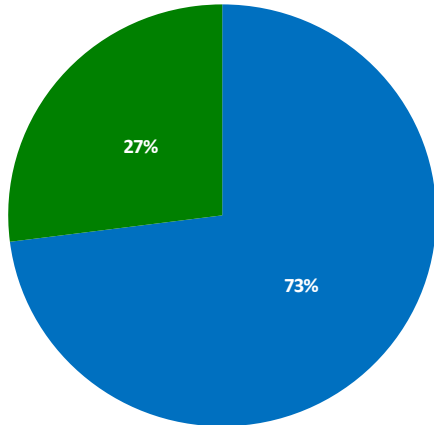
Case-based discussion 4 – Septic arthritis of the knee and knee arthroscopy



■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

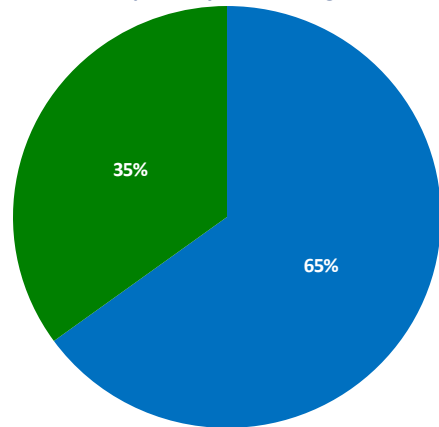
Overall Feedback

Were you given sufficient time to practice the skills?



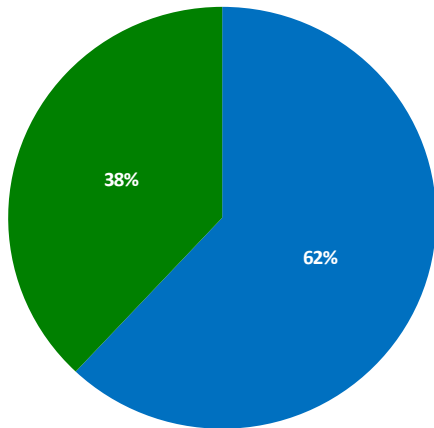
■ Certainly sufficient
 ■ Mostly sufficient
 ■ Neutral
 ■ Just sufficient
 ■ Not sufficient

Was the live demonstration of the skills helpful to your learning?



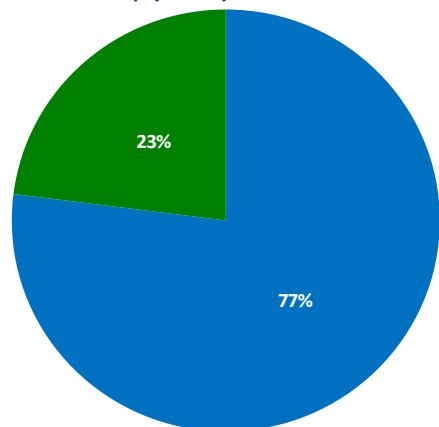
■ Most helpful
 ■ Helpful
 ■ Neutral
 ■ Little helpful
 ■ Not helpful

Did the topics covered in the course meet your objectives?



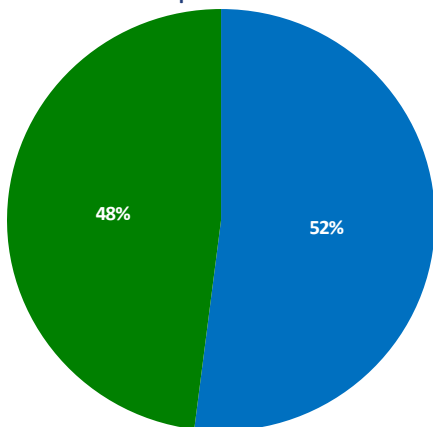
■ Most certainly
 ■ Certainly
 ■ Neutral
 ■ A little bit
 ■ Not at all

Do you feel that the skills you learnt will help you in your career?



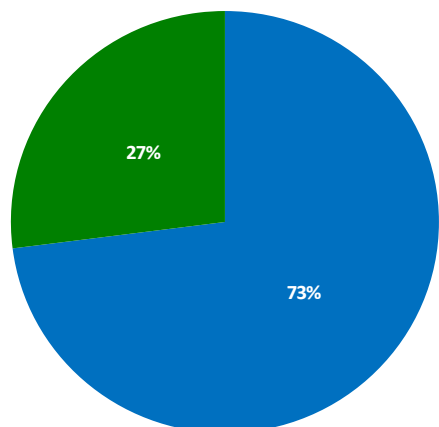
■ Most certainly
 ■ Certainly
 ■ Neutral
 ■ Might help
 ■ Won't help at all

Do you feel more confident in entering a surgical operating theatre and assisting in an operation?



■ Most certainly
 ■ Certainly
 ■ Neutral
 ■ A little bit
 ■ Not at all

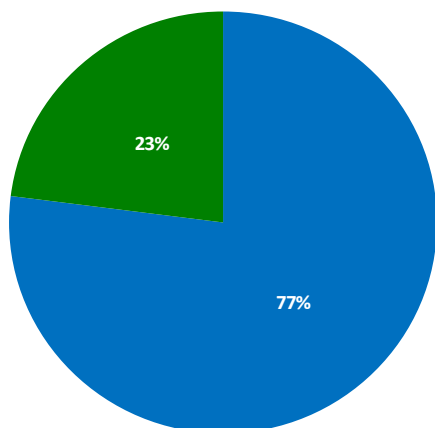
How satisfied were you with the venue, catering and hospitality?



■ Most satisfied
 ■ Satisfied
 ■ Neutral
 ■ A little satisfied
 ■ Unsatisfied

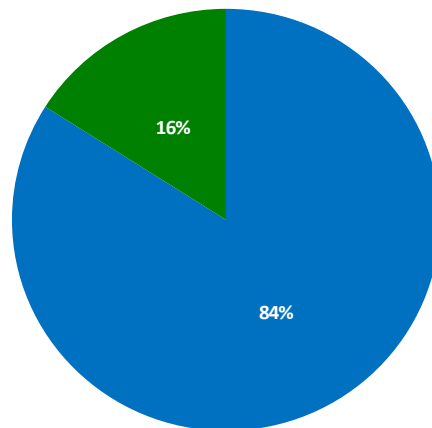
Overall Feedback

Would you recommend this course to a friend?



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

Would you consider this course to be good value for money?



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

Individual Comments

Loved receiving advice from senior surgeons. Very well organised. Very good value for money.

MA

University of Leicester, Leicester, United Kingdom

Great tutor to delegate ratio, excellent demonstration and ample time to practice.

SI

University of Southampton Faculty of Medicine, Southampton, United Kingdom

Topics were covered in depth and I have learnt skills that will certainly help in my future career as a surgeon. I very much appreciate a friendly atmosphere and the dedication of the demonstrator and the tutors. They were most helpful. It was overall an excellent introduction to the world of surgery.

MT

Bristol Royal Infirmary United Kingdom

Much appreciate the tutors and organizers.

AA

Royal Brompton Hospital, London, United Kingdom

I highly recommend this course to all medical students. I am a second year medical student and I enjoyed this course very much. I didn't have sufficient knowledge regarding the case discussion but I still learned a lot. I didn't feel the time passing at all. The tutors were friendly and there was 1 tutor for 2 students, this made it easy to ask questions and learn the techniques.

PA

Cardiff University School of Medicine, Cardiff, United Kingdom

I thought that all the tutors and assisting staff were excellent. Clear explanations, all staff were lovely, plenty of time to practice all skills in question, and great value for money.

NH

Cardiff University School of Medicine, Cardiff, United Kingdom

Very good.

AH

Charing Cross Hospital, London, United Kingdom

An excellent course, which really helped teach the foundations of surgery.

SM

Cardiff University School of Medicine, Cardiff, United Kingdom



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