

Essential Surgical Skills and Principles for Aspiring Surgeons (ESSPAS)

5th December 2020

College of Physicians and Surgeons of Cardiff, Frazer Building, 126 Bute Street, Cardiff Bay, Cardiff

Programme

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| 0840 - 0850 | Registration |
| 0850 - 0900 | Introduction to the Course and Learning Objectives |
| 0900 - 0910 | Aseptic Precautions in the Operating Theatre |
| 0910 - 0925 | Suture Materials and Needles |
| 0925 - 0935 | Safe Use of Local Anaesthesia |
| 0935 - 0945 | Safe Handling of Surgical Instruments and Sharps |
| 0945 - 1015 | Surgical Knot Tying (Reef; Surgeon's; Tying at Depth) |
| 1015 - 1115 | Suturing a Linear Wound (Simple Interrupted and Simple Continuous) |

1115 - 1130

Break for Refreshments

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| 1130 - 1200 | Excision of a Lesion and Suturing (Instrument Tie) |
| 1200 - 1245 | Other Suturing Techniques (Subcuticular; Mattress) |

1245 - 1330

Lunch

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| 1330 - 1340 | Essential Principles in the Management of an Abscess and a Contaminated Wound |
| 1340 - 1355 | Drainage of an Abscess |
| 1355 - 1415 | Essential Principles in the Management of Trauma |
| 1415 - 1435 | Debridement of a Contaminated Wound |
| 1435 - 1455 | Wound Healing and the Principles of Reconstructive Surgery |
| 1455 - 1515 | Safe Use of Diathermy |

1515 - 1530

Break for Refreshments

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| 1530 - 1700 | Discussion of Cases <ul style="list-style-type: none">o A. Trauma Management (1)o B. Trauma Management (2)o C. Emergency Surgical Conditions and Surgery (1)o D. Emergency Surgical Conditions and Surgery (2) |
| 1700 - 1715 | Summary, Feedback and Close |