Essential Surgical Skills and Principles for Aspiring Surgeons (ESSPAS)

Saturday 31st October 2026
0830 - 1810 hours

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

---

Programme

0830 - 0840	Welcome, Introduction and Learning Objectives
0840 - 0900	Basics of Sutures and Needles (Interactive Discussion)
0900 - 0940	Knot Tying - Reef Knots (Demonstration and Practice)
0940 - 1030	Knot Tying - Surgeon's Knot and Tying at Depth (Demonstration)
1030 - 1050	**Break and Refreshments**
1050 - 1100	Pre-Scrubbing and Entering the Operating Theatre (Interactive Discussion)
1100 - 1130	Gowning and Gloving (Demonstration and Practice)
1130 - 1145	Handling Surgical Instruments, Art of Assisting, and Disposing Sharps Safely (Demonstration)
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 - 1450	Principles of Assessing and Managing a Hand Injury in A&E (Interactive Discussion)

1450 - 1500	Anatomy and Technique of Performing Digital Nerve Blocks in the Hand (Demonstration and Practice)
1500 - 1525	Repairing an Extensor Tendon in the Hand (Demonstration and Practice)
1525 - 1600	Repairing a Flexor Tendon in the Hand (Demonstration and Practice)
1600 - 1615	**Break and Refreshments**
1615 - 1625	Concepts and Principles of Reconstructive Ladder in Plastic Surgery (Interactive Discussion)
1625 - 1655	Principles of Designing Local Flaps in Plastic Surgery (Demonstration and Practice)
1655 - 1710	Excision of a Subcutaneous Cyst (Demonstration and Practice)
1710 - 1715	**Comfort Break**
1715 - 1725	Principles of Managing Patients with Trauma and Long Bone Fractures (Interactive Discussion)
1725 - 1745	Principles of Managing a Traumatic and Contaminated Wound (Demonstration and Practice)
1745 - 1755	Principles of Draining an Abscess (Demonstration and Practice)
1755 - 1800	Degowning and Degloving
1800 - 1810	Debrief, Summary and Close
1810	End of Course

This is an International Curriculum for Standardised Surgical Practice Course affiliated to the College of Physicians and Surgeons of Cardiff. A total of 7 CPD points are awarded for completing this course.