

**DOCTORS ACADEMY**



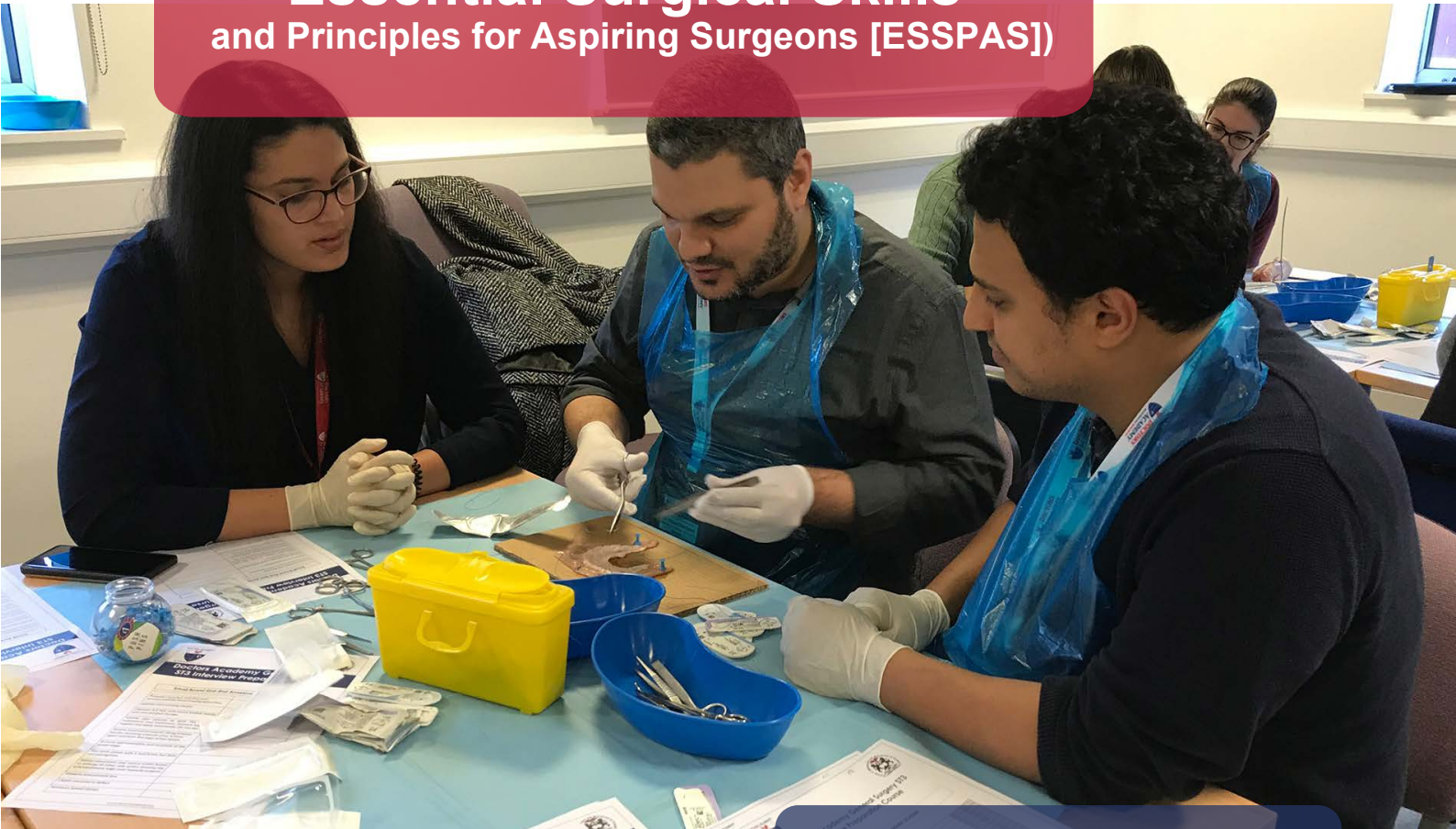
BETTER EDUCATION. BETTER HEALTH.

**COLLEGE OF PHYSICIANS AND  
SURGEONS OF CARDIFF**



ERUDITIO. NOVATIO.  
EXCELLENTIA. MISERICORDIA.

## Essential Surgical Skills and Principles for Aspiring Surgeons [ESSPAS]



Feedback - November 2021

## Essential Surgical Skills and Principles for Aspiring Surgeons [ESSPAS])

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

**Date:** 20<sup>th</sup> November 2021  
21<sup>st</sup> November 2021

**Attendance:** 55 Delegates

**Aimed at:** Medical Students;  
Foundation Year Doctors;  
Core Surgical Trainees;  
Junior Surgeons;  
Advanced Nurse Practitioners;  
Surgical Nurse Practitioners;  
Theatre Assistants.

**Course Fee:** £145.00



## 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 and Practice)
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, MBBCh, 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.**

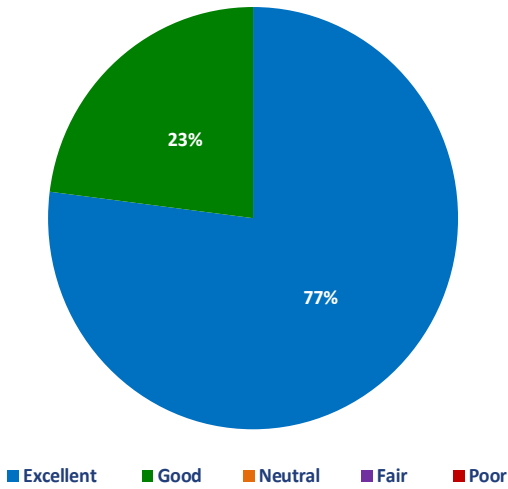
PhD Research Fellow  
Speciality Registrar in General Surgery  
Oxford Deanery

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

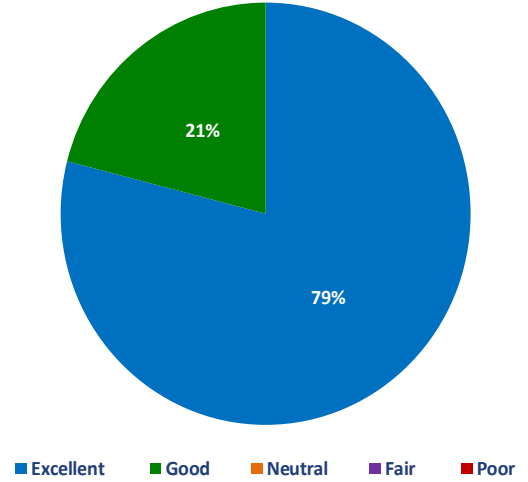
Consultant Orthopaedic Surgeon  
Nevill Hall Hospital, Abergavenny

# Overall Feedback

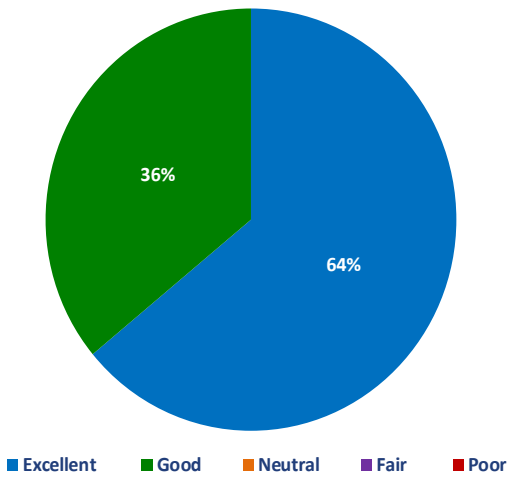
How was the content of the course?



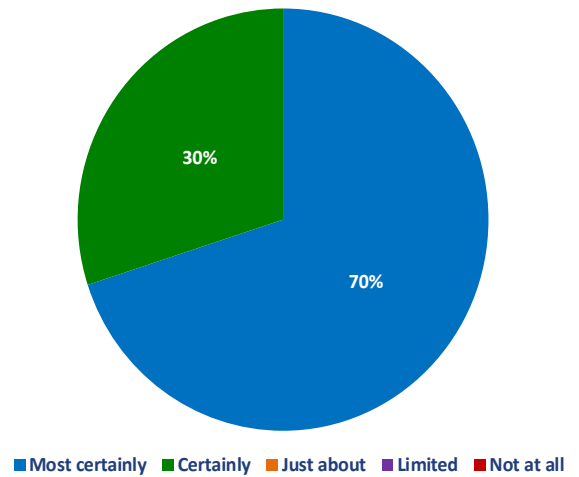
How would you rate the general academic standard of the tutors?



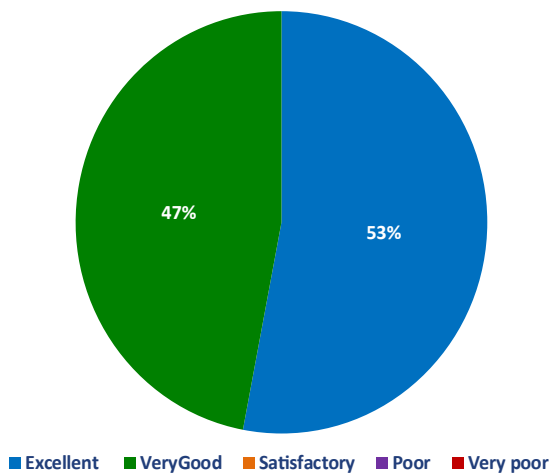
How was the clarity of the demonstrations?



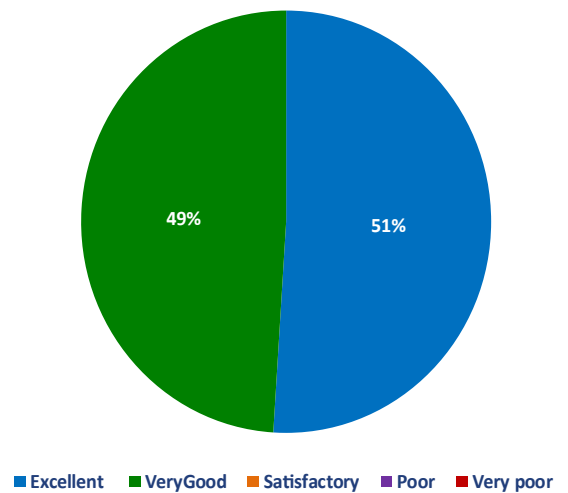
Did the course meet your learning objectives?



Aseptic Precautions in the Operating Theatre

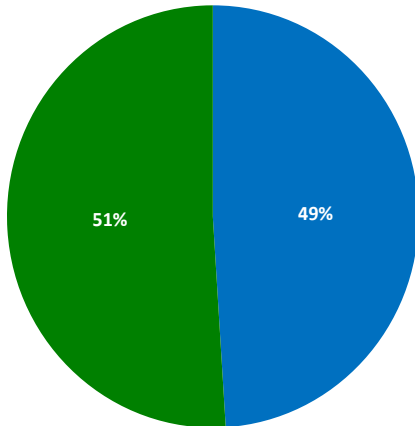


Scrubbing and Handwashing Technique



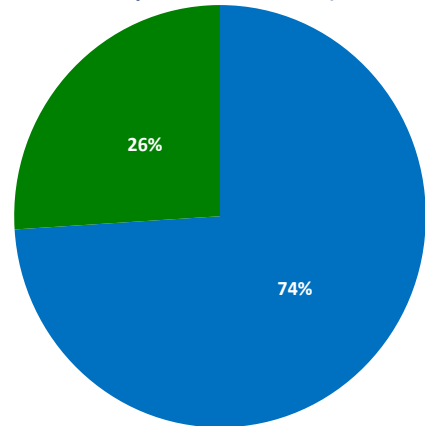
# Overall Feedback

### Closed Method of Gowning and Gloving



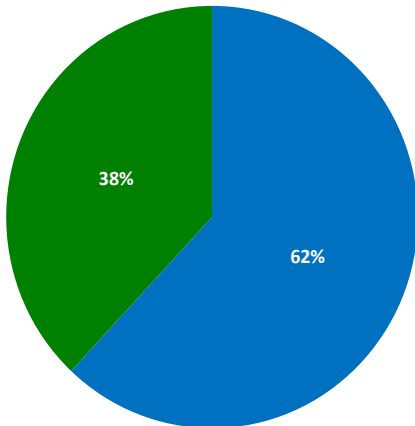
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

### Surgical Knot-Tying (Reef; Surgeon's; Tying at Depth; Instrument Tie)



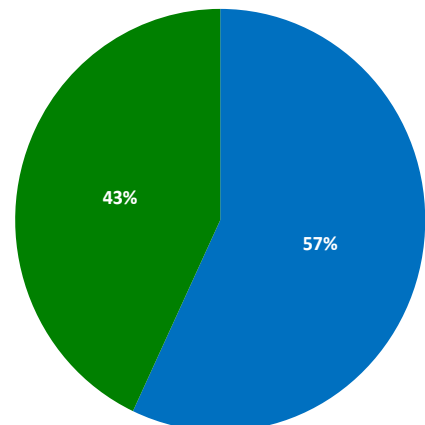
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### Basics of Suture Materials and Needles



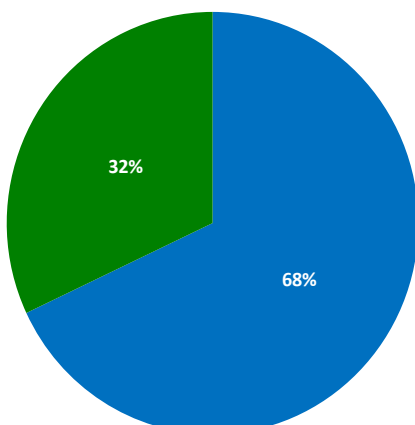
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### Safe Infiltration of Local Anaesthesia



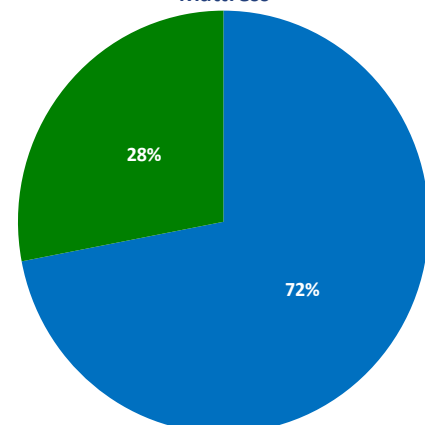
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

### Correct Handling of Common Surgical Instruments and Disposing of Sharps



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

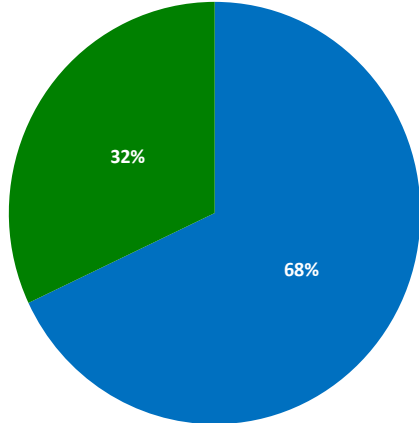
### Suturing Techniques I: Simple Interrupted, Deep Inverted, and Vertical and Horizontal Mattress



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

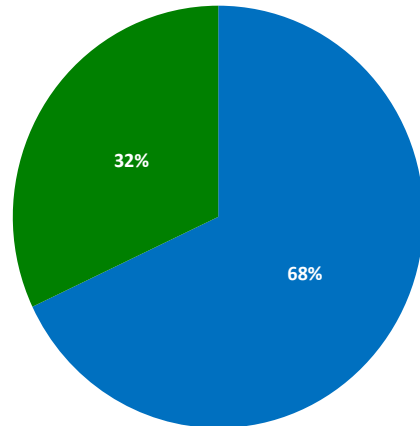
# Overall Feedback

Suturing Techniques II: Subcuticular, Simple Continuous, Interlocking Continuous and Aberdeen Knot



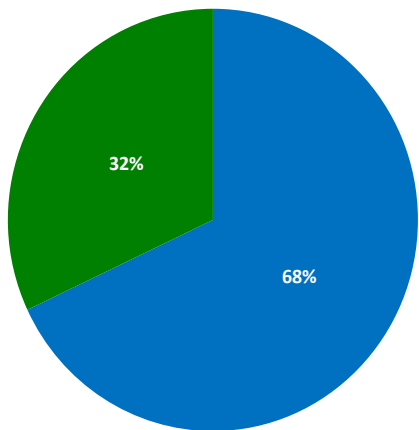
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Excision of a Simulated Cutaneous Lesion and Closure



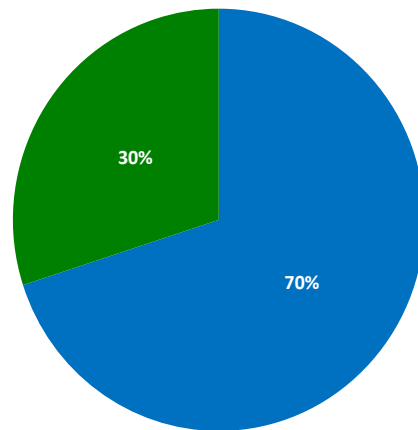
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Removal of a Simulated Epidermoid Cyst



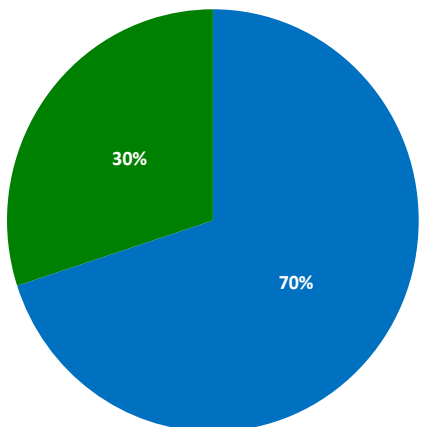
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Drainage of an Abscess



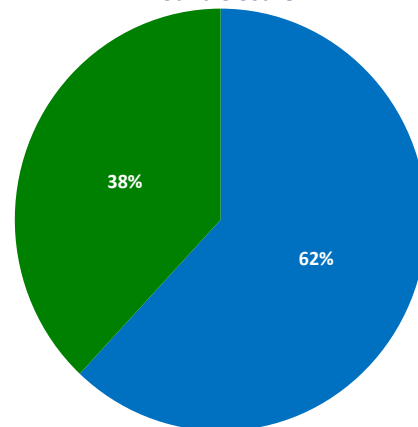
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Debridement of a Contaminated Wound



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

Principles of Trauma Management and Wound Closure

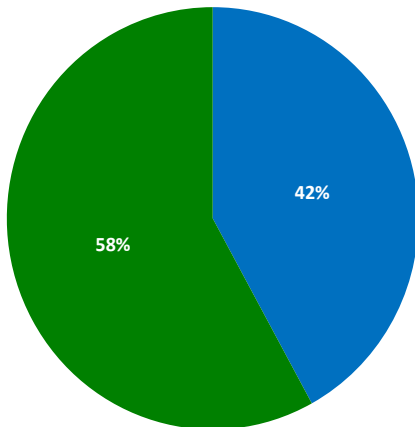


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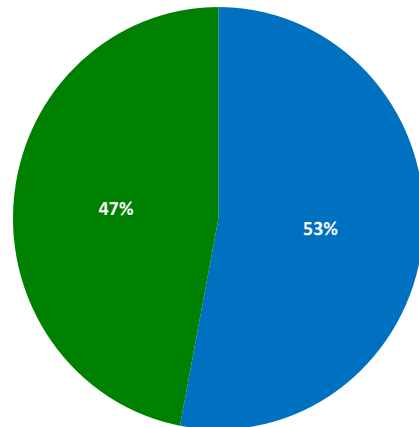
# Overall Feedback

Basic Principles of Surgical Diathermy



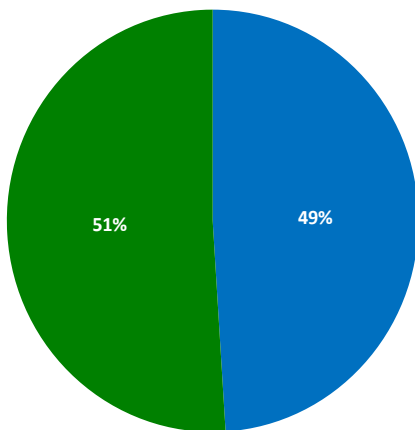
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Laparoscopic Surgery (stacking)



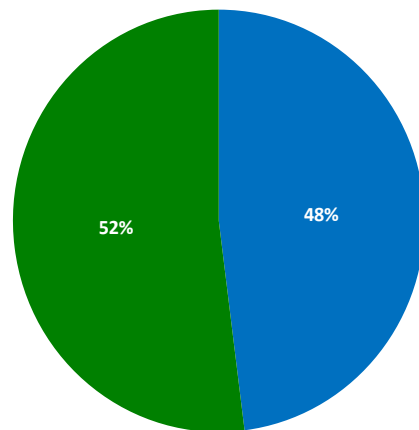
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Laparoscopic Surgery (cutting)



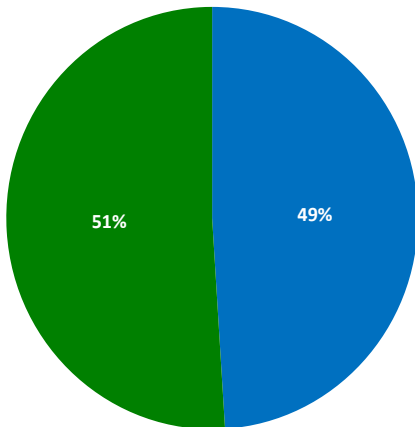
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Laparoscopic Surgery (threading)



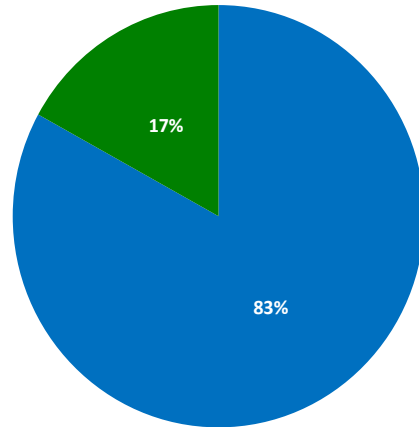
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Did you have sufficient time to practice the skills?



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

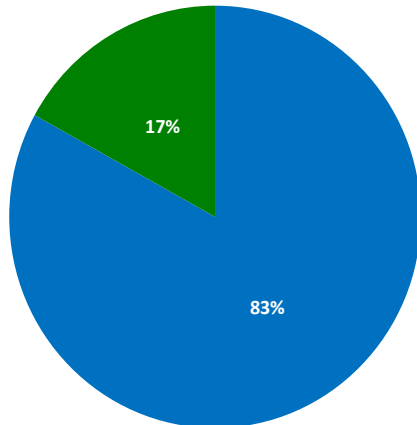
Was the live demonstration of the skills helpful to your learning?



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

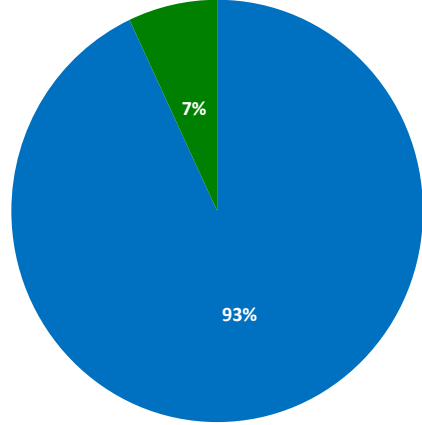
# Overall Feedback

Did the topics covered in the course meet your objectives?



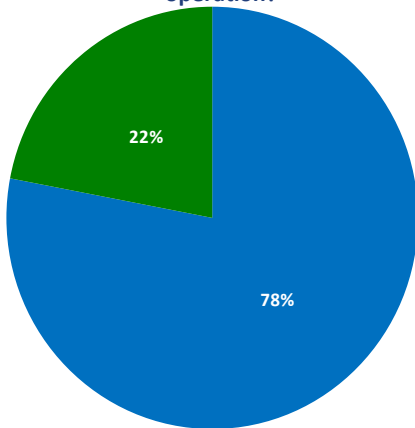
■ Most certainly ■ Certainly ■ Neutral ■ A little bit ■ Not at all

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



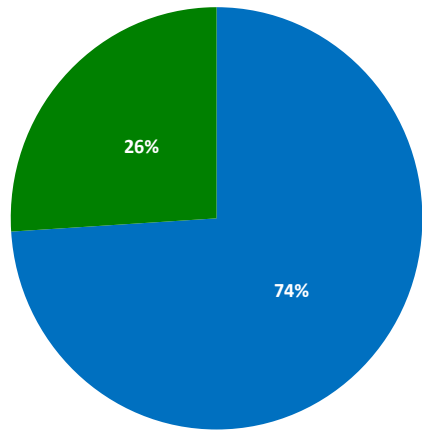
■ Most certainly ■ Might help ■ Certainly ■ Won't help at all ■ Neutral

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



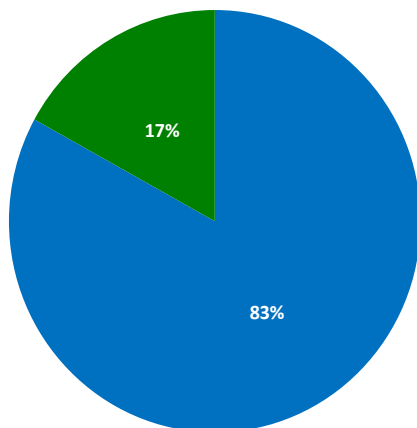
■ Most certainly ■ Certainly ■ Neutral ■ A little bit ■ Not at all

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



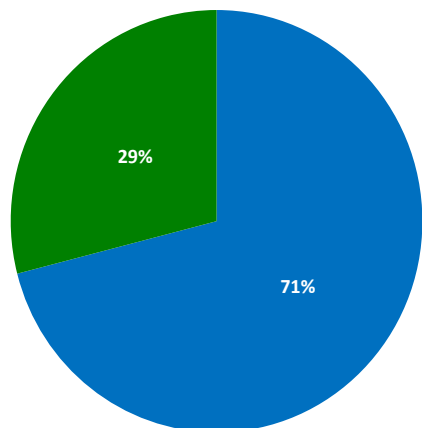
■ Most satisfied ■ Satisfied ■ Neutral ■ A little satisfied ■ Unsatisfied

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

It was perfect.

**PN**

***Barts and the London School of Medicine & Dentistry, London, UK***

The tutor to student ratio was fantastic, it was very useful to get one to one support. The course was very well organised and timed. Prof was very supportive and knowledgeable.

**BW**

***University of Plymouth, Plymouth, UK***

Really helpful and useful course. Great range of content covered.

**LB**

Fantastic course, really enjoyable.

**PC**

***St Richard's Hospital, Chichester, UK***

Very useful good standard, right amount of breaks, useful tutors.

**CJ**

***Plymouth University Peninsula Schools of Medicine and Dentistry, Plymouth, UK***

Very informative course.

**BA**

***Blackpool Victoria Hospital, Blackpool, UK***

Great course! Mr Enoch was a great demonstrator and very helpful.

**TG**

***University of Nicosia, Cyprus***

Great course, very useful.

**XL**

***University Hospital Sussex, Sussex, UK***

Excellent.

**US**

***Huddersfield Royal Infirmary, Huddersfield, UK***

Fantastic day with lots of skills covered and good time to practice.

**RS**

***County Durham and Darlington NHS Foundation Trust, UK***

I enjoyed the course very much. The topics covered in the course will be very useful to me throughout my career. The tutors were very helpful. The general organisation of this course was well done and the delivery was also very good.

**CB**

***St George's University, London, UK***

## Individual Comments

Really enjoyed the whole day, all skills covered will be useful in my career and training moving forwards.

**TL**  
***University of Nottingham, Nottingham, UK***

Well organised and all required materials available. Good demonstrations and clear explanation of tasks to be completed at hand.

**KA**  
***Royal Shrewsbury Hospital, Shrewsbury, UK***

Much better than anticipated. Tutors were approachable and helpful, very knowledgeable. Very good value for money compared to other surgical courses which is certainly very helpful for junior doctors. Would definitely recommend this course to my other colleagues looking to improve on their surgical skills.

**ML**  
***United Lincolnshire Hospital NHS Trusts, UK***

Excellent course and unbelievable value for money. I learned so much in such a short period of time that will definitely be useful for me going forward.

**CC**  
***Wythenshawe Hospital, Wythenshawe, UK***

Very useful course, good value for money, will recommend.

**EO**  
***Royal Liverpool University Hospital, Liverpool, UK***

Really enjoyed the course. Great value for money.

**MA**  
***University Hospital of Wales, Wales, UK***

The topics were all essential and well-taught.

**EB**  
***Birmingham Children's Hospital, Birmingham, UK***

It was a well designed course.

**AL**  
***University of Central Lancashire, Lancashire, UK***

Well demonstrated skills. Good organisation and provision of appropriate materials to complete tasks at hand.

**KA**  
***Royal Shrewsbury Hospital, Shrewsbury, UK***

Wide range of topics covered, all very useful. Very supportive tutors.

**HW**  
***Univeristy of Plymouth, Plymouth, UK***

## Individual Comments

The course definitely met the objectives set out at the start. Professional and well-informed staff who were more than happy to help at any time.

**ME**  
*Wexham Park Hospital, Slough, UK*

It is organised easy to follow and a very important thing that you have time and corrected. That is why I prefer to have face-to-face courses.

**RE**  
*Aintree Hospital, Liverpool, UK*

It was great, all faculty were helpful and it was professionally delivered.

**SS**  
*The Princess Alexandra Hospital NHS Trust, Harlow, UK*

Very well delivered course by an experienced consultant and registrar's. Useful skills learnt that will be applicable during future surgical posts. Very good tutor to delegate ratio. Ample opportunity to practice suturing skills on actual tissue, allowing for more realistic hands on experience.

**ML**  
*North Bristol NHS Trust, UK*

Excellent and well organised, met the expected standard for level.

**JJ**  
*Ahmadu Bello University Teaching Hospital, Zaria Nigeria*

It was all superb.

**GM**  
*Swansea University, Swansea, UK*

Everything was good!

**AI**  
*St George's University School of Medicine, London, UK*



# DOCTORS ACADEMY

BETTER EDUCATION. BETTER HEALTH.

Doctors Academy is a UK-based International Non-Profit Organisation comprising of doctors, dentists and scientists that undertakes a diverse range of educational activities globally. The aim of the Academy is to disseminate information and exchange medical knowledge between professionals from diverse backgrounds working in a variety of healthcare settings. This is achieved by the provision of a number of attendance courses, publishing house, online resources and international events / competitions.

## 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
- International Academic and Research Conference
- World University Anatomy Challenge

## Publications



[publications.doctorsacademy.org](http://publications.doctorsacademy.org)

## World Journal of Medical Education & Research



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## Online Revision Resources

DoctorExams consists of 1000s of questions with detailed explanations in MCQ, EMQ, SBA and SAQ formats. Questions are written by the Doctors Academy group of experienced clinicians and clinical academics, with mock exams and feedback on performance included to aid a candidate's focused revision of topics. Based on past exams, these questions are carefully crafted to suit the requirements of undergraduate students & postgraduate trainees undertaking relevant speciality exams.

### Resources for:

- Medical Students
- Dental Students
- International Entrance Exams
- MRCS Exams
- General Surgery Exams
- Plastic Surgery Exams
- DOHNS Exams

[www.doctorexams.co.uk](http://www.doctorexams.co.uk)

# [www.doctorsacademy.org](http://www.doctorsacademy.org)