

Essential Surgical Skills

(and Principles for Aspiring Surgeons [ESSPAS])



Feedback - December 2020

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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 and 6th December 2020
Attendance:	41 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, MD, FRCS (Tr&Orth)

Course Convenor

Consultant Orthopaedic Surgeon

University Hospital of Wales, Cardiff

Miss Amanda King, FRCS (Tr&Orth)

Upper Limb Fellow

University Hospitals Bristol NHS Foundation Trust

Dr Eshan Mazumdar, MBChB (Hons), MMedSci

Speciality Trainee

University Hospital of Wales, Cardiff

Dr Hamid Daud, BMBS, BMedSci

Speciality Trainee in Trauma and Orthopaedics

University Hospital of Wales, Cardiff

Mr Kunal Dwijen Roy, MBBS, MS (Orthopaedics), DNB (Orthopaedics), MRCS(Eng)

Speciality Registrar in Trauma and Orthopaedics

Royal Gwent Hospital, Newport

Dr Lara E McMillan, MBBCh, BSc (Hons)

Clinical Teaching Fellow in Trauma and Orthopaedics

University Hospital of Wales, Cardiff

Mr Prashanth D'sa, MBBS, MS(Ortho), MRCSEd, PG Cert Med Ed, FHEA

Speciality Registrar in Trauma and Orthopaedics

University Hospital of Wales, Cardiff

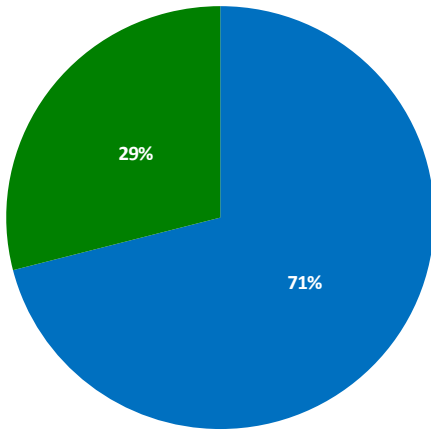
Mr Ravishanker Tangirala, MBBS, MRCS, M.S(Ortho), PG Cert Med Ed

Speciality Registrar in Trauma and Orthopaedics

Ysbyty Gwynedd, Bangor

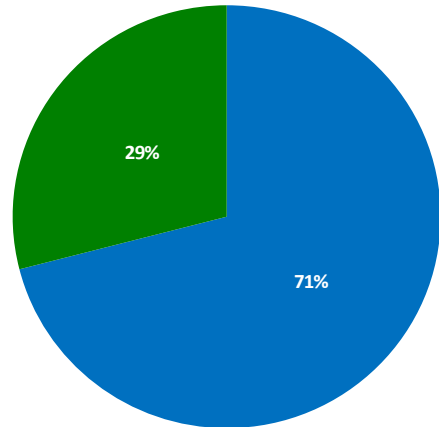
Overall Feedback

How was the content of the course?



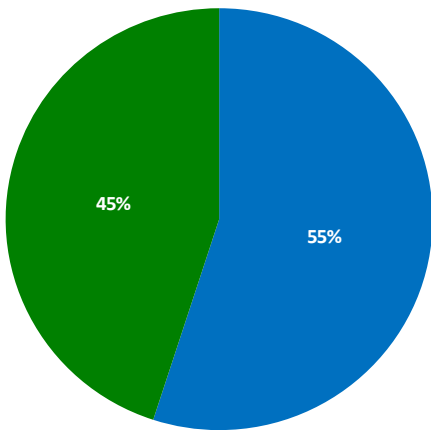
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

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



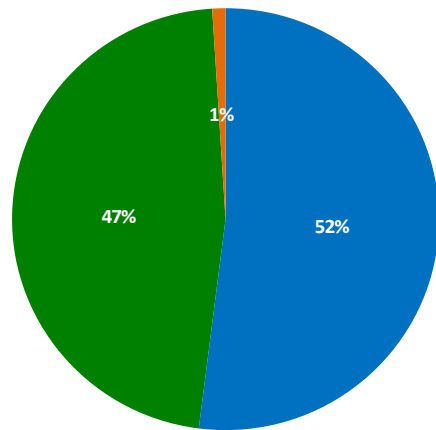
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the clarity of the demonstrations?



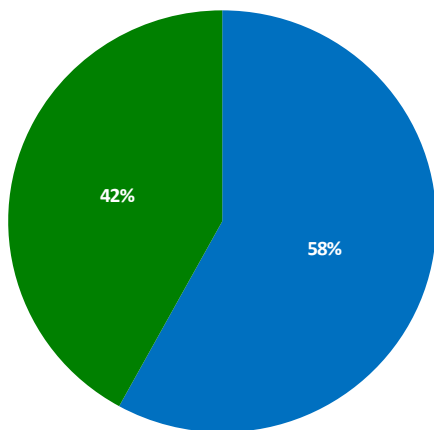
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Did the course meet your learning objectives?



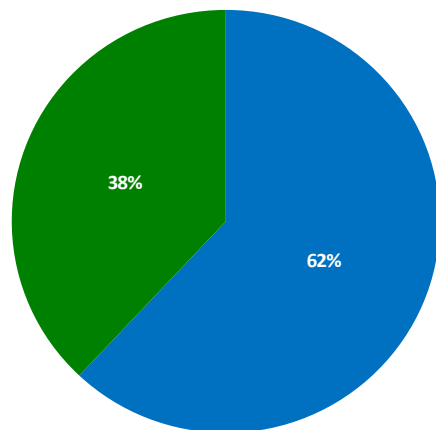
■ Most certainly ■ Certainly ■ Just about ■ Limited ■ Not at all

Knot tying



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

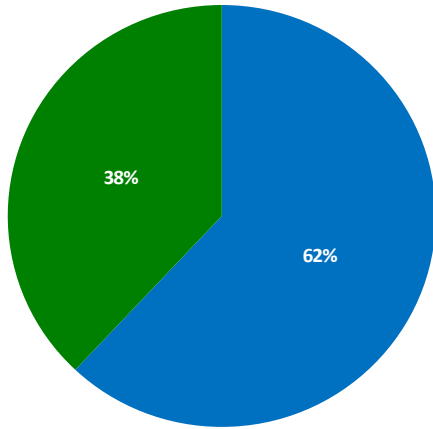
Gowning and gloving



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

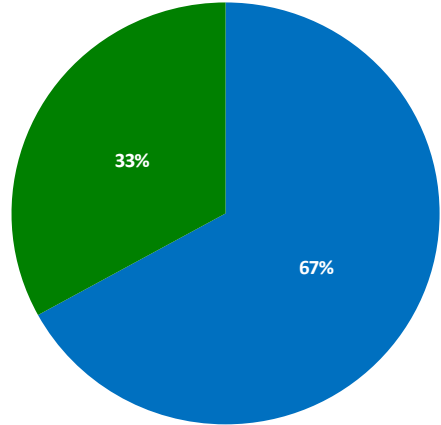
Overall Feedback

Instrument handling, sutures and needles



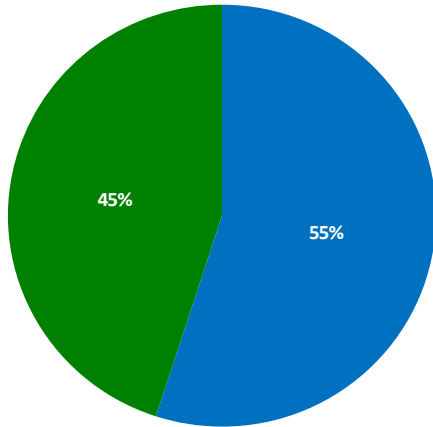
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Suturing techniques (simple; mattress; continuous; subcuticular)



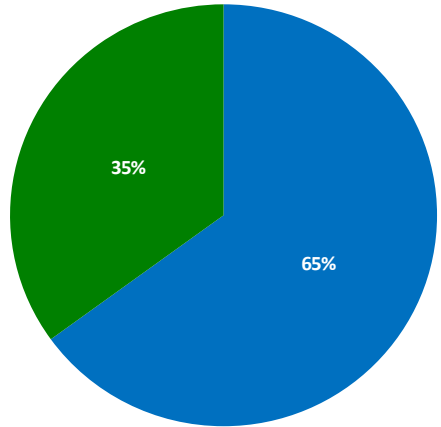
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Safe use of local anaesthesia



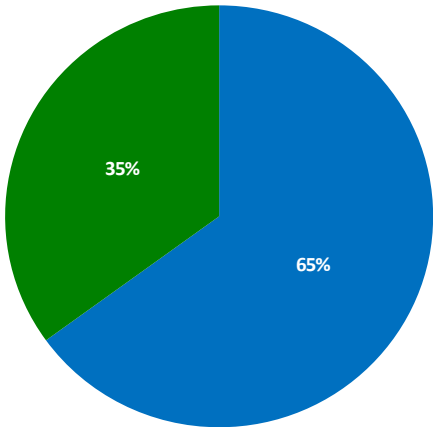
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Excision of a lesion



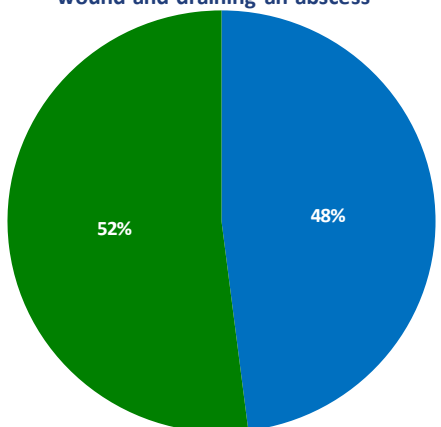
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Excision of a cyst



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

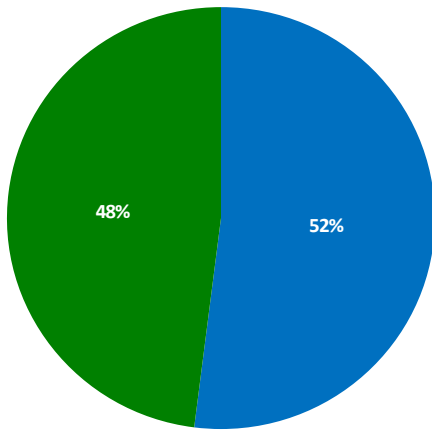
Principles of debriding a contaminated wound and draining an abscess



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

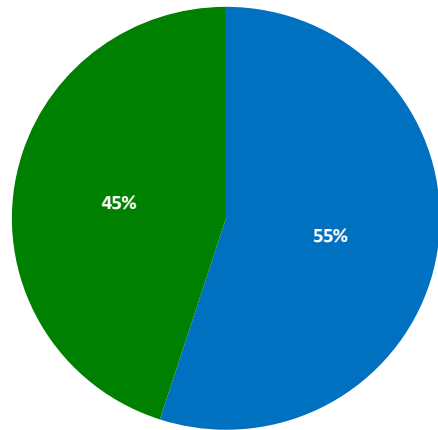
Overall Feedback

Principles of surgical diathermy



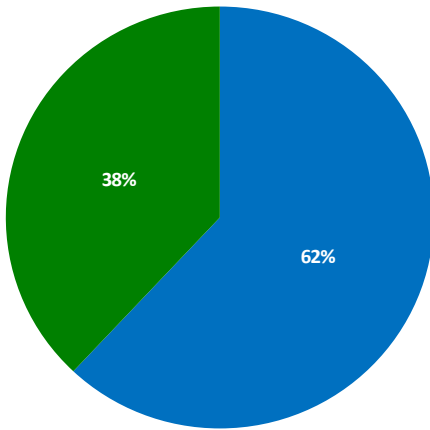
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Fundamentals of laparoscopic surgery



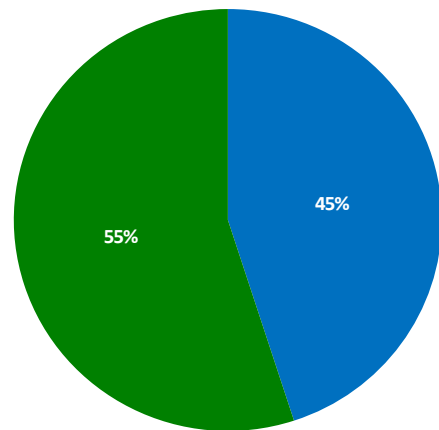
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

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



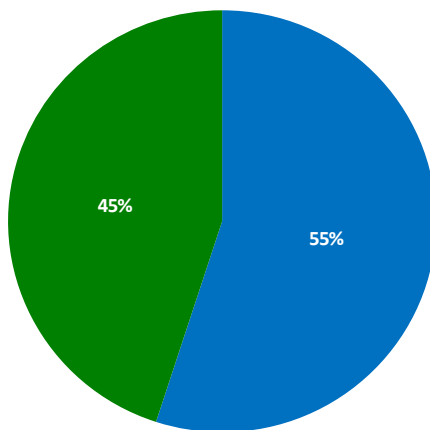
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Case-based discussion 2 – Lower leg compartment syndrome



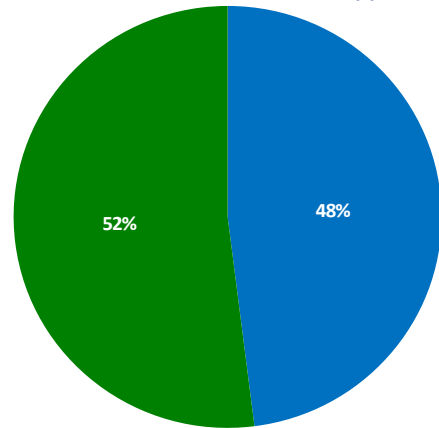
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Case-based discussion 3 – Fracture neck of femur



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

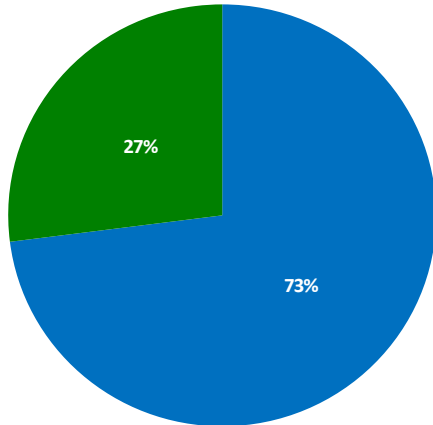
Case-based discussion 4 – Septic arthritis of the knee and knee arthroscopy



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

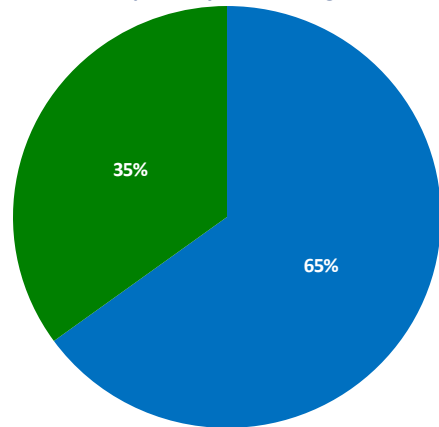
Overall Feedback

Were you given sufficient time to practice the skills?



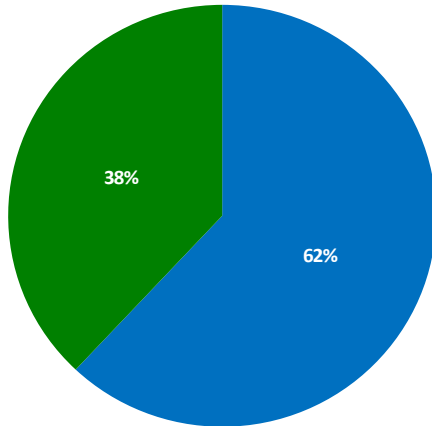
■ Certainly sufficient
 ■ Mostly sufficient
 ■ Neutral
 ■ Just sufficient
 ■ Not sufficient

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



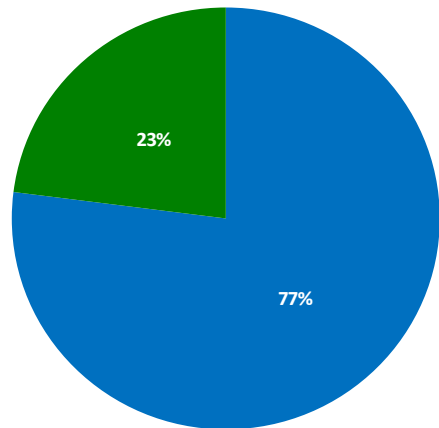
■ Most helpful
 ■ Helpful
 ■ Neutral
 ■ Little helpful
 ■ Not helpful

Did the topics covered in the course meet your objectives?



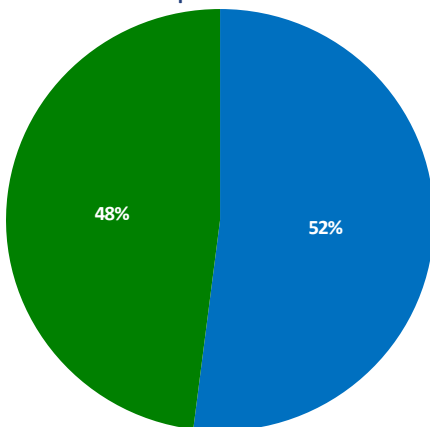
■ Most certainly
 ■ Certainly
 ■ Neutral
 ■ A little bit
 ■ Not at all

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



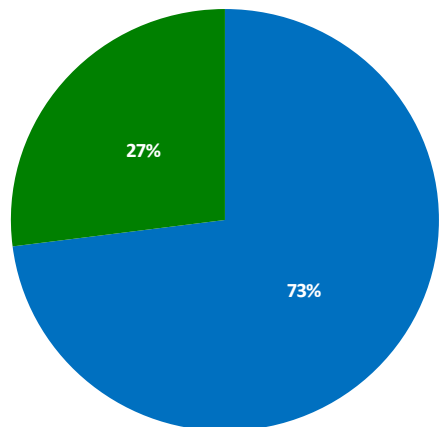
■ Most certainly
 ■ Certainly
 ■ Neutral
 ■ Might help
 ■ Won't help at all

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

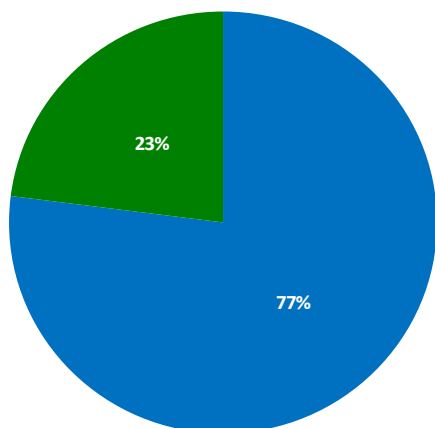
How satisfied were you with the venue, catering and hospitality?



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

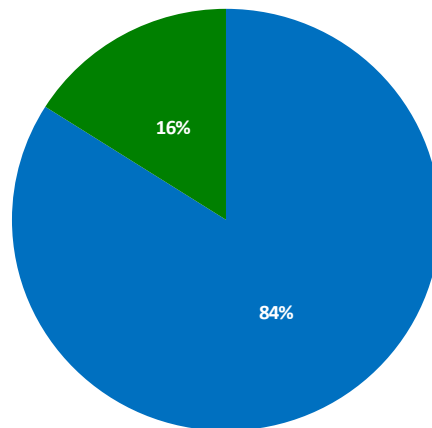
Overall Feedback

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

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

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

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

SM
Cardiff University School of Medicine, Cardiff, United Kingdom

It was excellent.

TA
Alrafiden hospital

It was great! The one to one approach was excellent.

MP
University of Manchester

Individual Comments

Excellent delegate-to-tutor ratio, I felt that queries I had were promptly answered. Lots of good information packed into one day, and the cases were a good way of consolidating surgical knowledge.

MA
Llandough Hospital

Very good, informative and useful course to attend, will recommend to friends and colleagues for future attendance.

AA
Swansea University Medical School, Swansea, United Kingdom

Excellent tutors, very friendly, patient and supportive.

KB
South Warwickshire NHS Foundation Trust, United Kingdom

Excellent course with lots of content which was delivered in such a way that suited both medical students and junior doctors.

JB
Norwich Medical School, University of East Anglia, Norwich, United Kingdom

Overall I found the course excellent! The delegate-to-tutor ratio was very good and the course covered a big part of BSS.

SM
Ysbyty Gwynedd, Bangor LL57 2PW

Very high tutor: student ratio.

TP
Norwich Medical School, University of East Anglia, Norwich, United Kingdom



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- Structured Introduction to Surgical Skills

Postgraduate:

- MRCS Part A
- MRCEM Part A
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- DOHNS: Intensive Revision & OSCE
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