

DOCTORS ACADEMY



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**COLLEGE OF PHYSICIANS AND
SURGEONS OF CARDIFF**



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Essential Surgical Skills and Principles for Aspiring Surgeons [ESSPAS]



Feedback - May 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: 22nd May 2021
23rd May 2021

Attendance: 42 Delegates

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

Course Fee: £88.00



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.

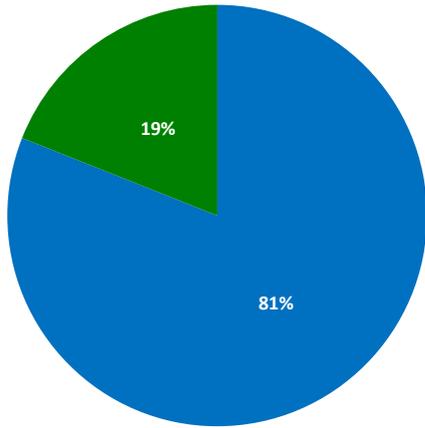
PhD Research Fellow
Speciality Registrar in General Surgery
Oxford Deanery

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

Consultant Orthopaedic Surgeon
Nevill Hall Hospital, Abergavenny

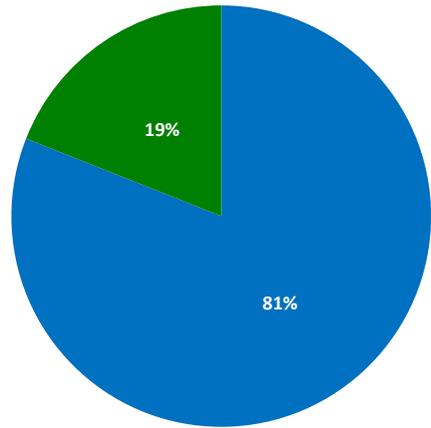
Overall Feedback

How was the content of the course?



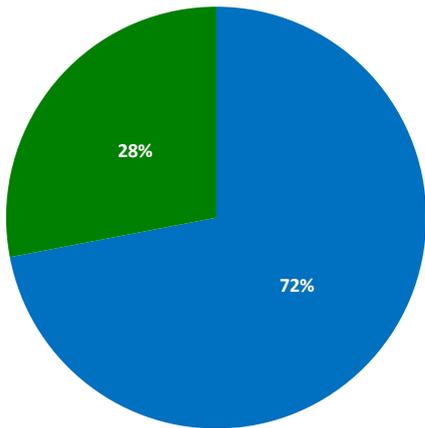
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

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



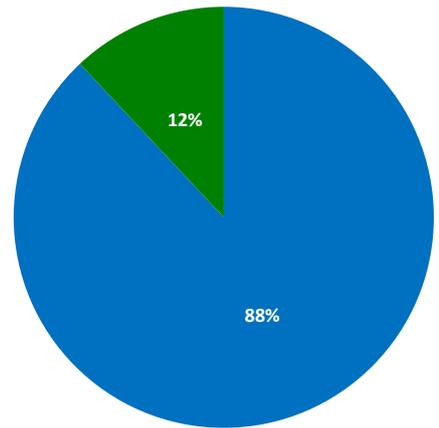
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the clarity of the demonstrations?



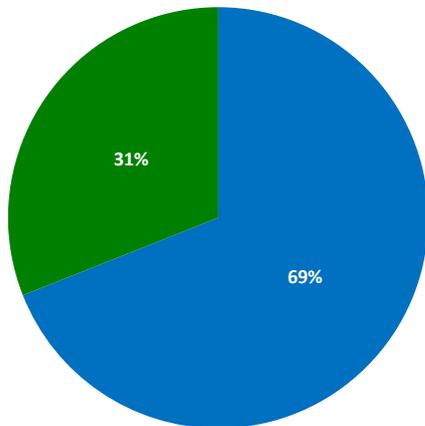
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Did the course meet your learning objectives?



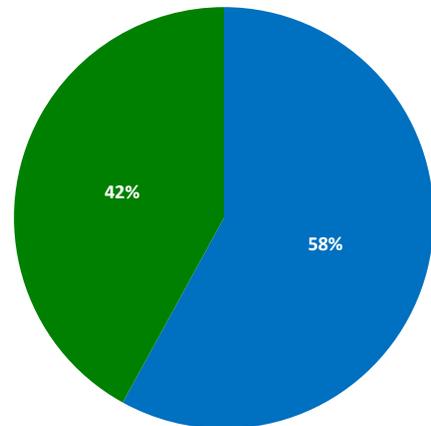
■ Most certainly ■ Certainly ■ Just about ■ Limited ■ Not at all

Knot Tying



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

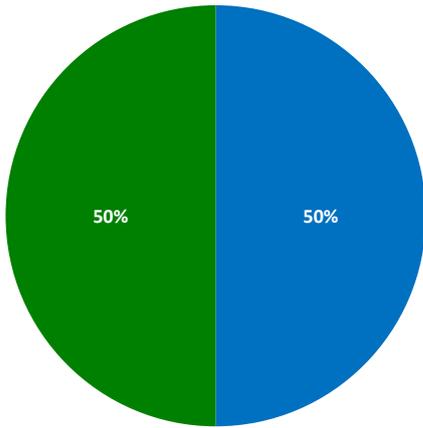
Pre-Theatre Precautions



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

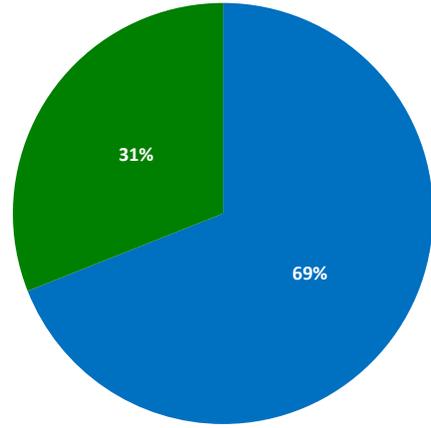
Overall Feedback

Gowning and gloving



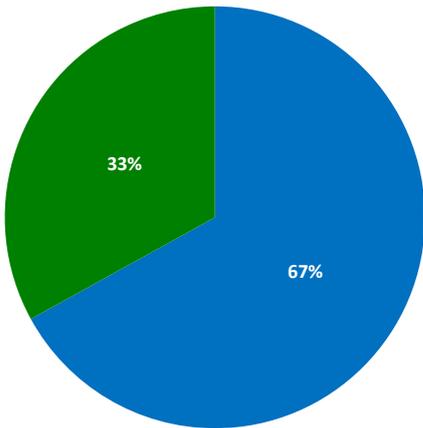
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Instrument handling and managing sharps



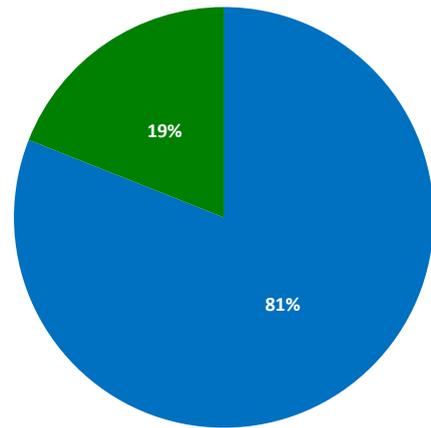
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Sutures, suture materials and needles



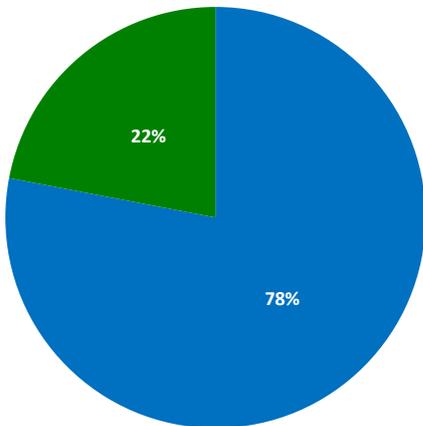
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Suturing technique – simple interrupted



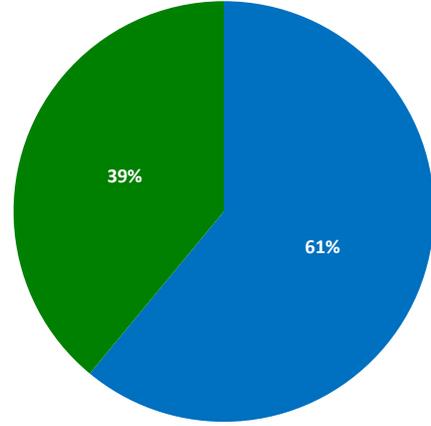
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Suturing technique – vertical and horizontal mattress



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

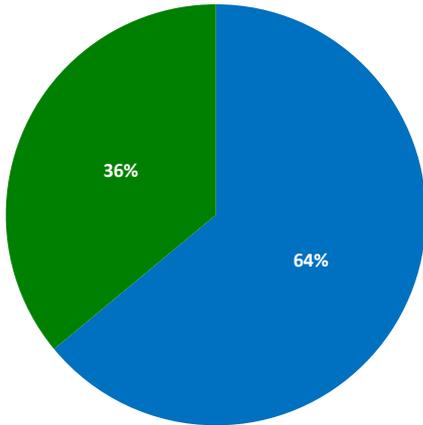
Suturing technique – continuous and Aberdeen knot



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

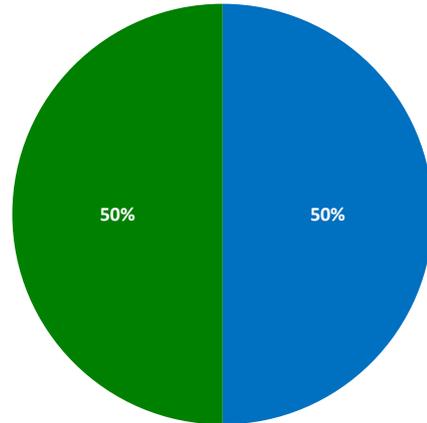
Overall Feedback

Suturing technique – subcuticular



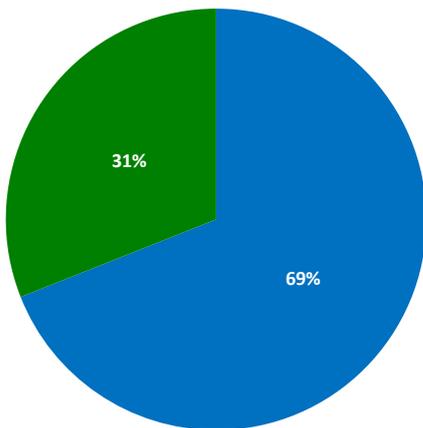
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Safe infiltration of local anaesthesia



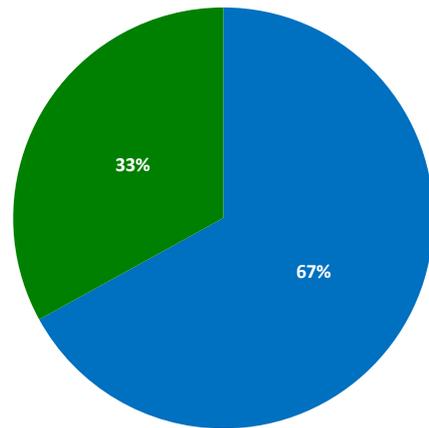
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Excision of a lesion



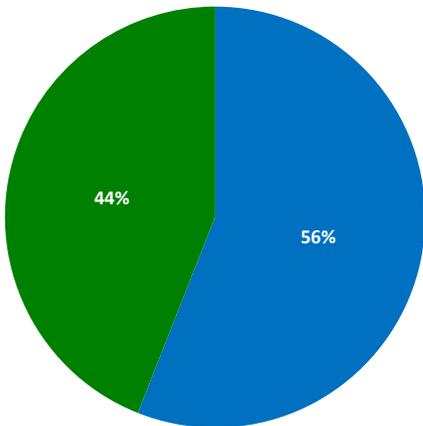
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Excision of a cyst



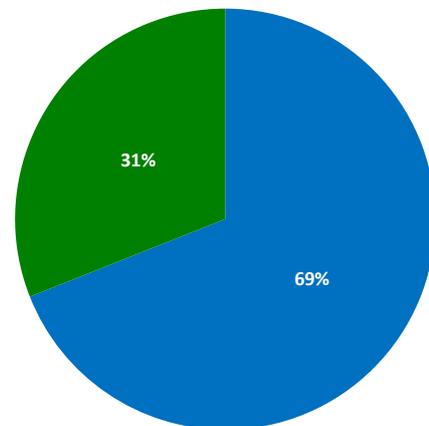
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Debriding a contaminated wound



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

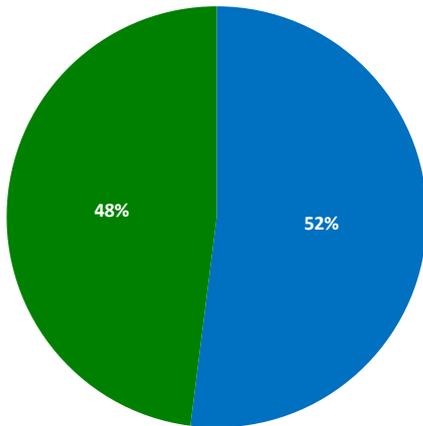
Draining an Abscess



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

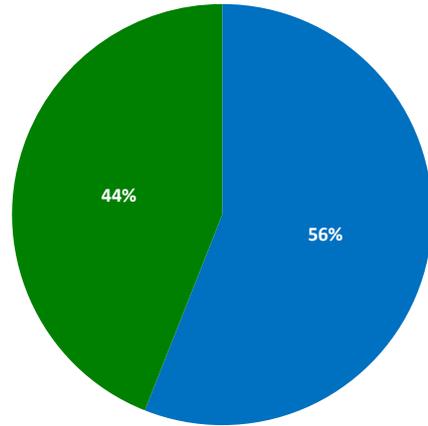
Overall Feedback

Principles of surgical diathermy



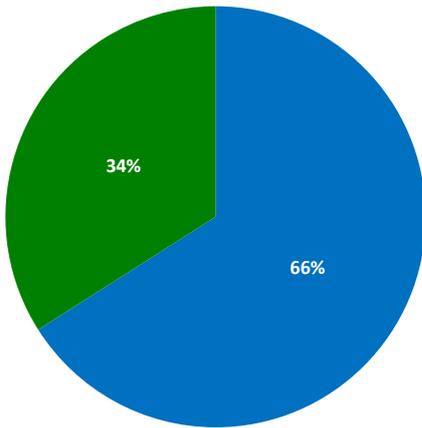
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Laparoscopic surgery



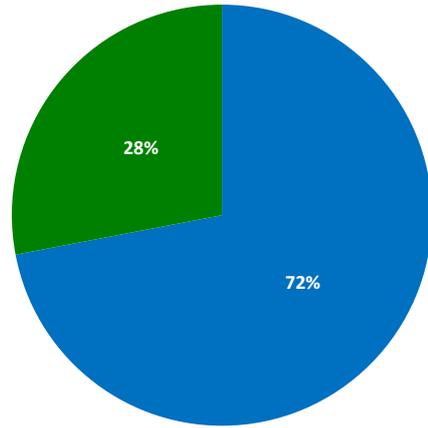
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Were you given sufficient time to practice the skills?



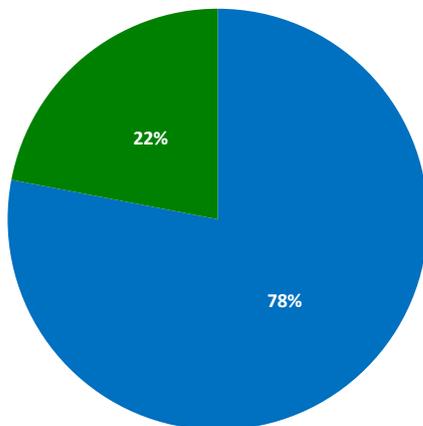
■ Certainly sufficient ■ Mostly sufficient ■ Neutral ■ Just sufficient ■ Not sufficient

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



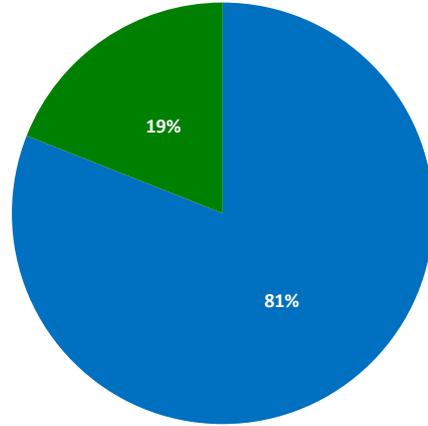
■ Most helpful ■ Helpful ■ Neutral ■ Little helpful ■ Not helpful

Did the topics covered in the course meet your objectives?



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

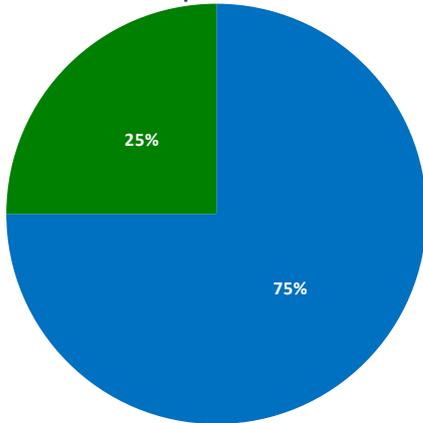
Do you feel that the skills you learnt will help you in your career?



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

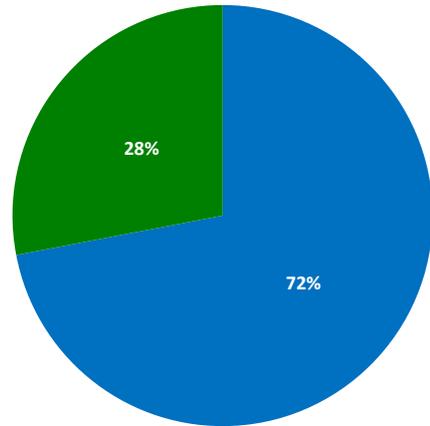
Overall Feedback

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



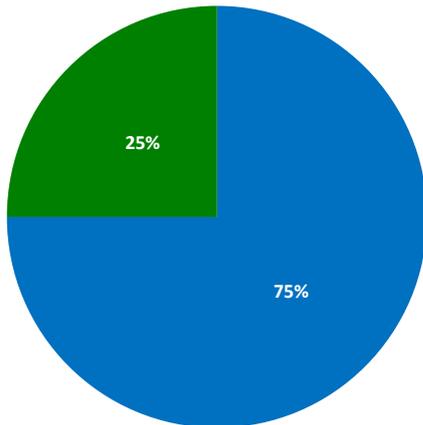
■ Most certainly ■ Certainly ■ Neutral ■ A little bit ■ Not at all

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



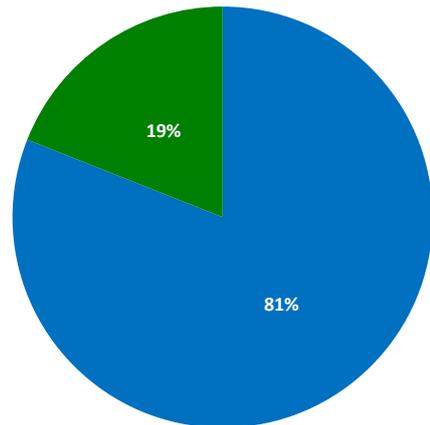
■ Most satisfied ■ Satisfied ■ Neutral ■ A little satisfied ■ Unsatisfied

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

Great range of topics and tutors were very helpful.

NK

University Hospital Coventry & Warwickshire, Coventry, England

Well delivered, friendly tutors and nice lunch.

TH

Leeds Teaching Hospitals NHS Trust, United Kingdom

This was a fantastic course and I will be recommending it to my friends and anyone else who is surgically inclined. I will definitely attend other doctors academy courses in the future based on this experience.

CH

University of Oxford Medical Sciences Division, Oxford, United Kingdom

Thoroughly enjoyed the course, the time and effort that goes in to it is fantastic, especially the preparation of the specimens. The only stations that could have done with more time was the laparoscopy skills station.

RJ

Grange University Hospital

Really excellent. great delegate-to-tutor ratio, great explanations and delivery. I learnt a lot.

TH

University of Oxford Medical Sciences Division, Oxford, United Kingdom

The laparoscopy stations were a particular highlight and easy to pick up and practice. The day was made especially smooth by the high quality of tutors that were all readily available.

SJ

Royal Derby Hospital, Derby, United Kingdom

It was very well organized and well done!

HV

University of Oxford Medical Sciences Division, Oxford, United Kingdom

Excellent course. Excellent tutors and very well run. Food was good and felt I learnt a significant amount of surgical skills. Thanks for a great day.

VG

Sandwell and West Birmingham Hospitals NHS trust, United Kingdom

Well organised, useful topics, very helpful and practical skills were taught well.

JC

Royal United Hospital, Bath, United Kingdom

Very positive, had a very enjoyable time.

DB

University of Oxford Medical Sciences Division, Oxford, United Kingdom

Individual Comments

The course is above expectations. Very useful, practical and organized.

SA

CWM Taf University Health Board, United Kingdom

Outstanding course - fantastic breadth of topics covered in very comprehensive detail by highly competent tutors, and at a great price!

LT

The Heath Hospital in Cardiff (University Hospital of Wales)



DOCTORS ACADEMY

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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



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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.

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- International Entrance Exams
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- General Surgery Exams
- Plastic Surgery Exams
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