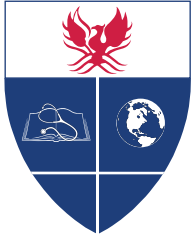


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Essential Surgical Skills (and Principles for Aspiring Surgeons [ESSPAS])



Feedback - October 2025

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:	25th October 2025
Attendance:	20 Delegates
Aimed at:	Medical Students; Foundation Year Doctors; Core Surgical Trainees; Junior Surgeons; Advanced Nurse Practitioners; Surgical Nurse Practitioners; Theatre Assistants.
Course Fee:	£165.00



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
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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
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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)

Programme

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

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.

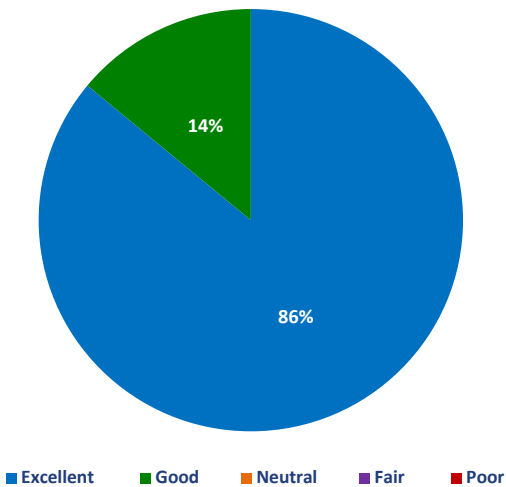
PhD Research Fellow
Speciality Registrar in General Surgery
Oxford Deanery

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

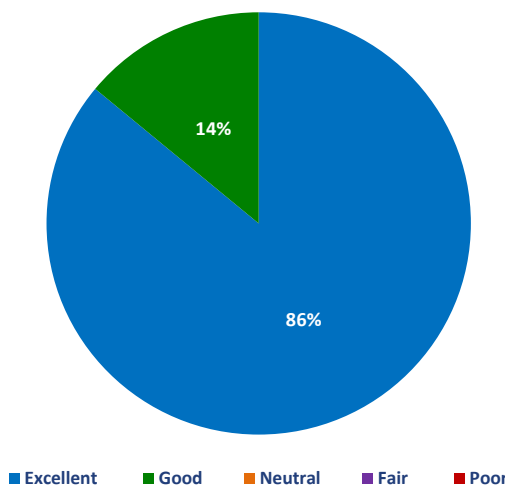
Consultant Orthopaedic Surgeon
Nevill Hall Hospital, Abergavenny

Overall Feedback

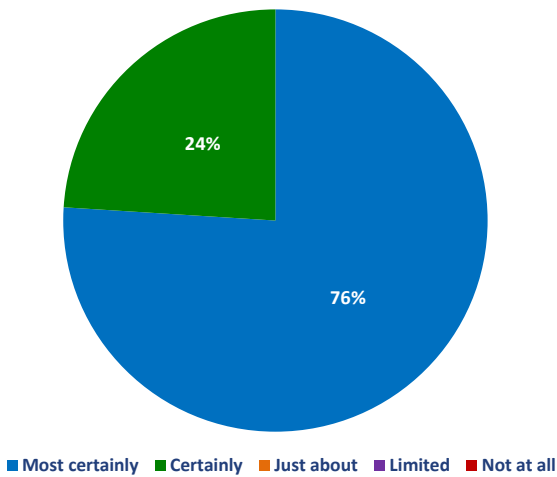
How was the content of the course?



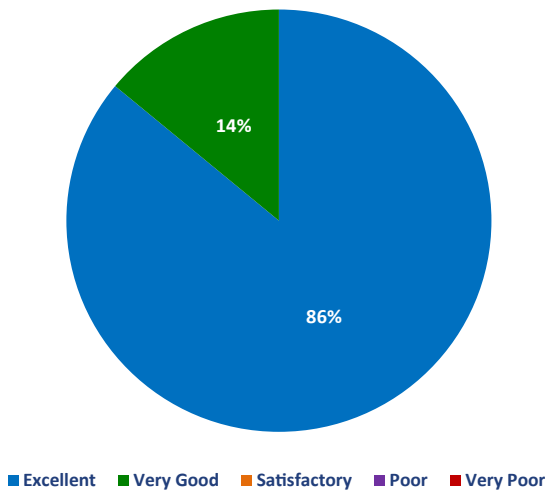
How was the clarity of the demonstrations?



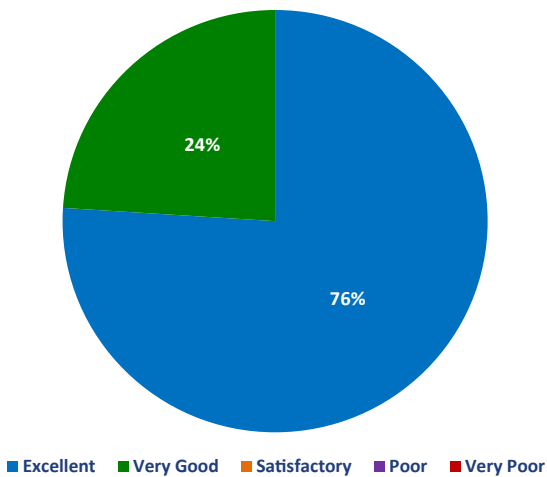
Did the course meet your learning objectives?



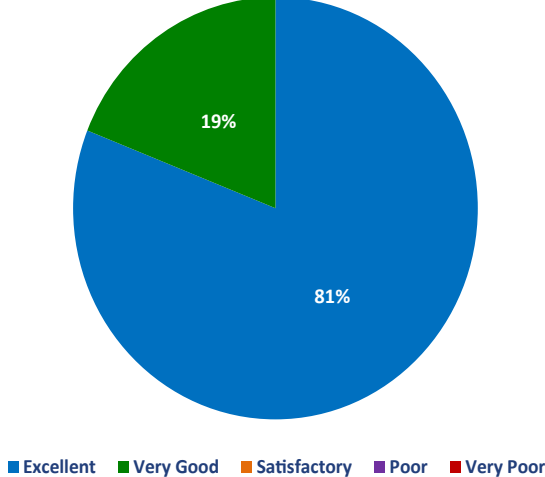
Basics of Suture Materials and Needles



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

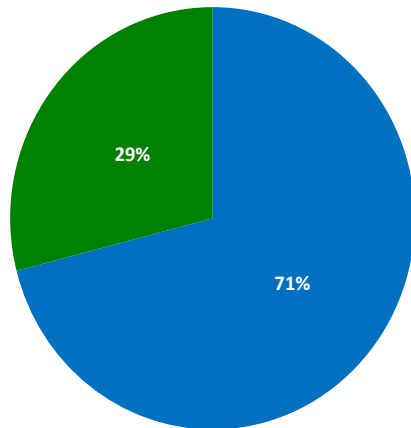


Aseptic Precautions in the Operating Theatre, Scrubbing, and Hand Washing Technique



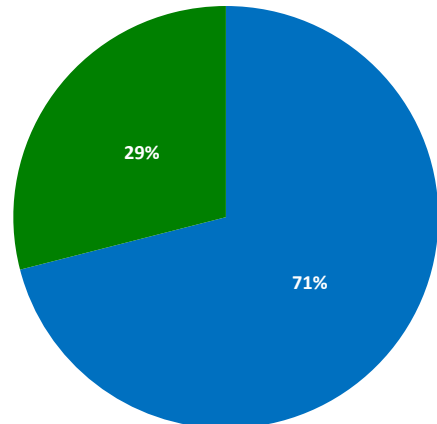
Overall Feedback

Closed Method of Gowning and Gloving



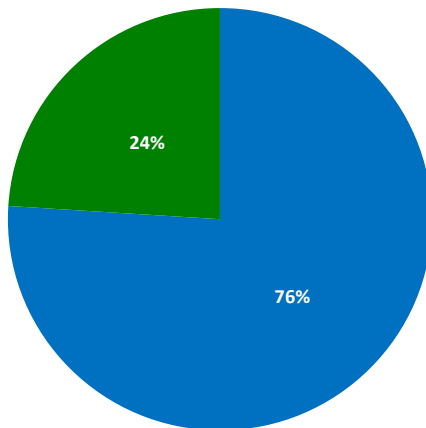
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Correct Handling of Common Surgical Instruments and Disposing of Sharps



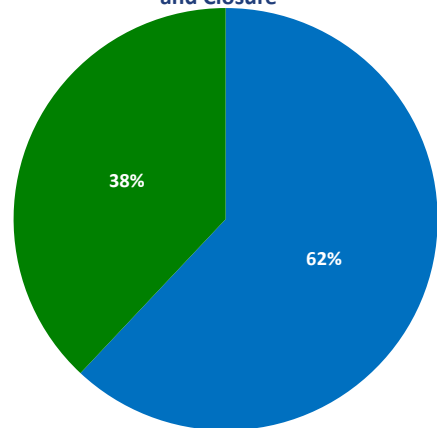
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Safe Infiltration of Local Anaesthesia



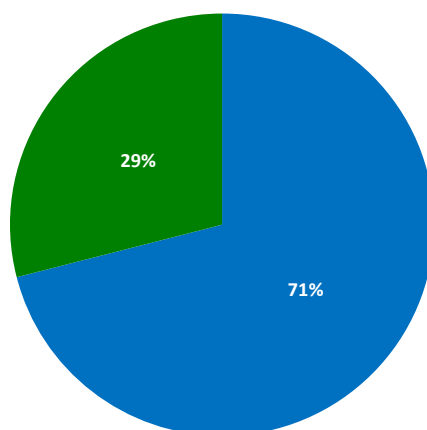
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Excision of a Simulated Cutaneous Lesion and Closure



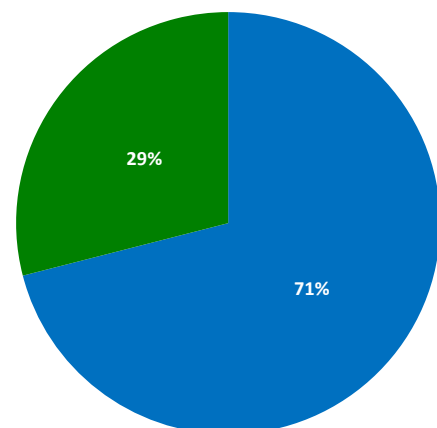
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Suturing Techniques I: Simple Interrupted, and Vertical and Horizontal Mattress



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

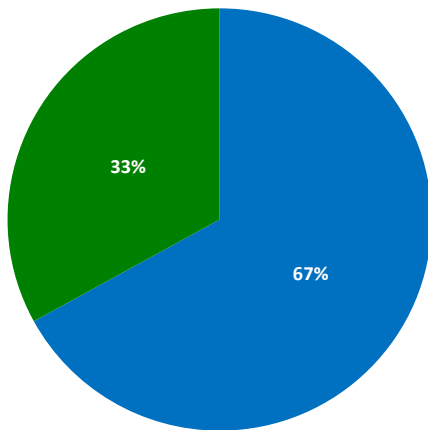
Suturing Techniques II: Intradermal, Deep Dermal, Simple Continuous, Interlocking Continuous, and Aberdeen Knot



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

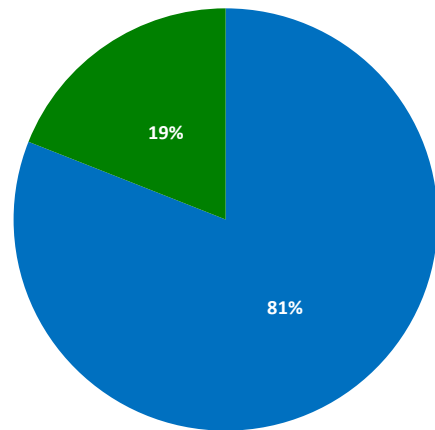
Overall Feedback

Haemostatic Figure of '8' Stitch



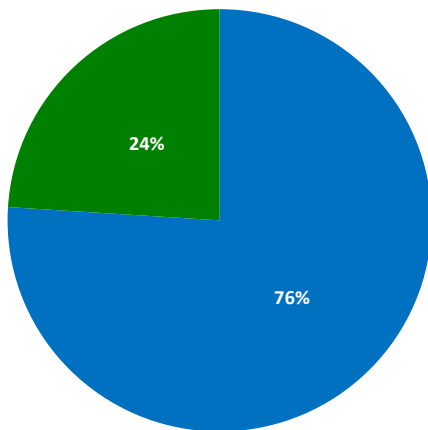
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Repairing a Flexor Tendon



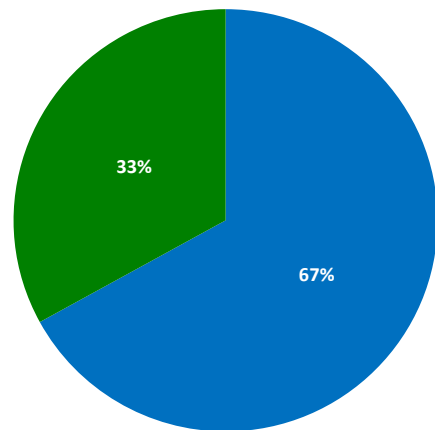
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Repairing an Extensor Tendon



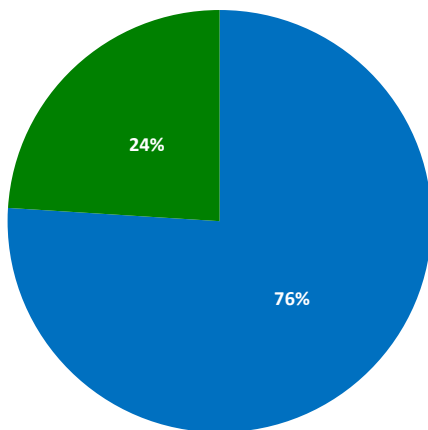
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Removal of a Simulated Epidermoid Cyst



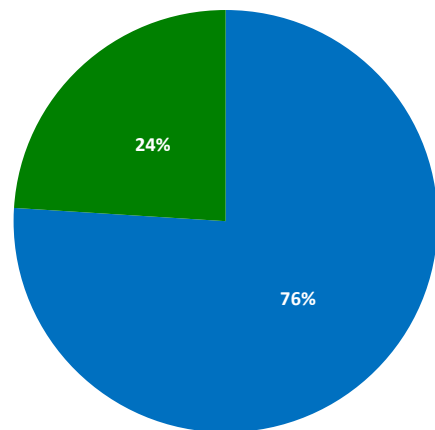
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Principles of Designing Local Flaps



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

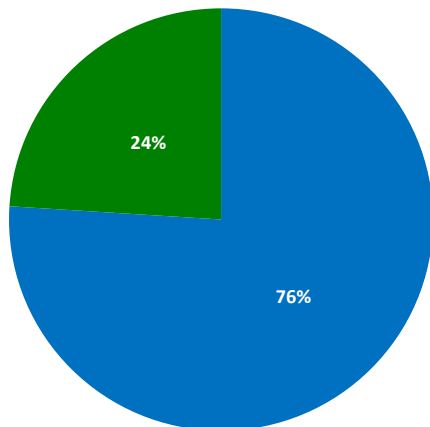
Drainage of an Abscess



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

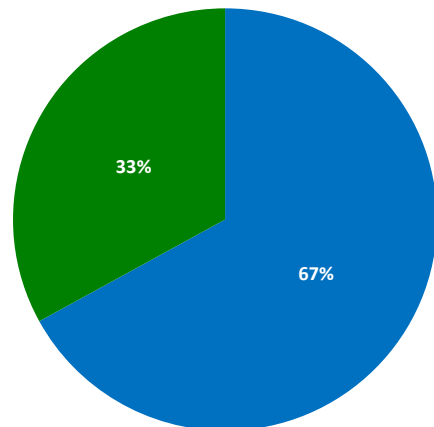
Overall Feedback

Debridement of a Contaminated Wound



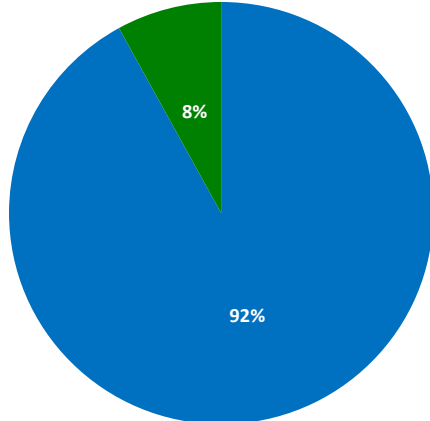
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Overview of Managing Traumatic Wounds



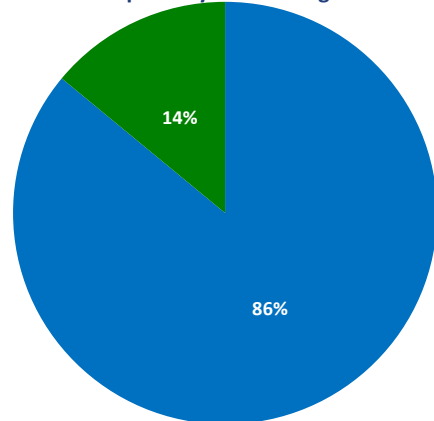
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Did you have sufficient time to practice the skills?



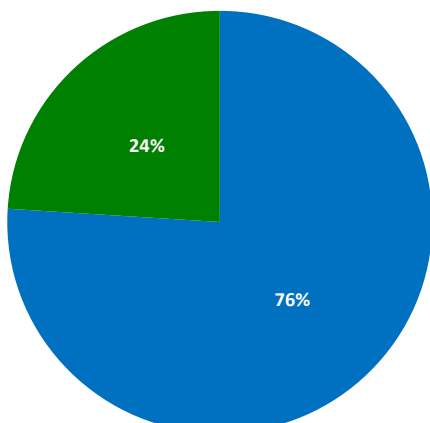
■ Certainly sufficient ■ Mostly sufficient ■ Neutral
■ Just sufficient ■ Not sufficient

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



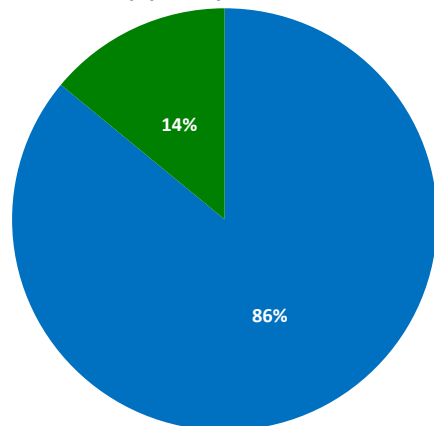
■ Most helpful ■ Helpful ■ Neutral ■ Little helpful ■ Not helpful

Did the topics covered in the course meet your objectives?



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

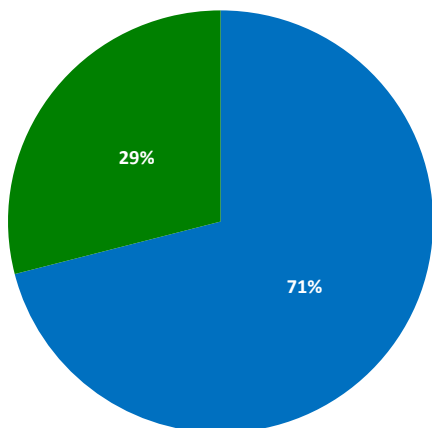
Do you feel that the skills you learnt will help you in your career?



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

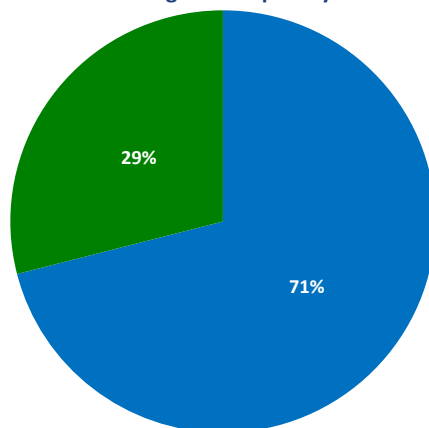
Overall Feedback

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



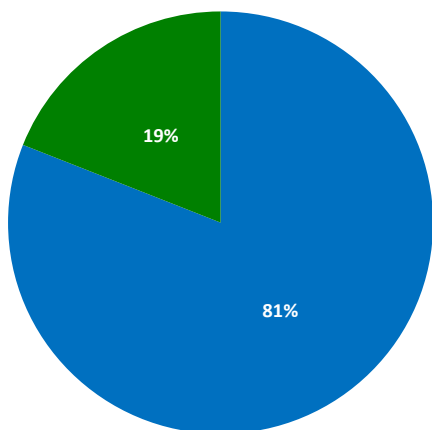
■ Most certainly ■ Certainly ■ Neutral ■ A little bit ■ Not at all

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



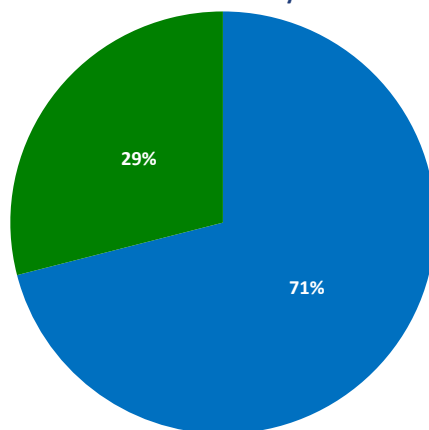
■ Most satisfied ■ Satisfied ■ Neutral ■ A little satisfied ■ Unsatisfied

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

Excellent course, really enjoyed it.

KA

University of Lancashire, Lancashire, UK

Great tutors.

JS

Walsall Healthcare NHS Trust, UK

Thank you, great value for money. Fantastic hands on demonstrations, and really lovely supportive tutors too. Would recommend!

KW

Heartlands hospital, Birmingham, UK

Amazing course, even better than I expected. Made me more confident ahead of applying to start core surgical training.

EG

Royal Glamorgan Hospital, Llantrisant, UK

It is useful, will help me day to day practice.

AB

Imperial College Healthcare NHS Trust, UK

Great value for money, very well thought. Would do again.

CC

Royal United Hospital, Bath, UK

Very good course, relevant and educational.

AA

Barts Health NHS Trust, UK

Very good basic overview of basic surgical skills, had some very relevant topics and provided some great tips for aspiring surgeons!

JC

Cardiff University, Cardiff, UK

Individual Comments

Thorough basic principles with explanations that makes sense.

RG

Oxford University Hospitals NHS Trust, UK

Really good course!

NO

Royal Gwent Hospital, Newport, UK

Overall, I thoroughly enjoyed the course! It was well-structured with ample time to practice each skill. The demonstrations were clear and the tutors were excellent at providing extra guidance. As a medical student, I now feel more confident performing surgical skills.

SP

Cardiff University, Cardiff, UK



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- 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



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