

# ESSENTIAL SURGICAL SKILLS AND PRINCIPLES FOR ASPIRING SURGEONS (ESSPAS) COURSE

6<sup>th</sup> March 2021 (Saturday)

College of Physicians and Surgeons of Cardiff, Frazer Building, Cardiff Bay, Cardiff

## REPORTING INFORMATION

**THIS DOCUMENT CONTAINS IMPORTANT INFORMATION. PLEASE TAKE A FEW MINUTES TO READ IT IN ITS ENTIRETY.**

Dear Colleague,

Thank you for choosing to attend this course. May we take this opportunity to welcome you to the course and to Doctors Academy.

This mail is to inform you of the directions to the venue, the reporting procedures, and the format for the day.

### **I. GENERAL AND REPORTING**

**Date:**

6<sup>th</sup> March 2021 (Saturday)

**Registration:**

Registration will take place from **0820 hours**. Kindly wait in the foyer of the building and a member of the team will show you to the appropriate room.

**Start of Course:**

The course will start promptly at **0830 hours**.

**End of Course:**

The course will finish at **1745 hours**.

**Venue:**

College of Physicians and Surgeons of Cardiff  
Frazer Building  
126 Bute Street  
Cardiff Bay  
Cardiff  
CF10 5LE

**Where to Report:**

When you arrive at Frazer Building, please enter the foyer through the main door. A member of our team will direct you to the appropriate room.

## II. ADDRESS, DIRECTIONS AND PARKING

Address:

**College of Physicians and Surgeons of Cardiff  
Frazer Building  
126 Bute Street  
Cardiff Bay  
Cardiff  
CF10 5LE**

**Directions:**

### Driving

*From the East*

- Exit the M4 at Junction 29 onto the A48(M). Continue for 2.5 miles.
- Continue onto Eastern Avenue/A48 for 2.4 miles.
- Take the exit A4232 towards Cardiff (E)/Docks.
- When you reach the roundabout, take the first exit onto Southern Way/A4161/A4232. Continue for 0.4 miles.
- Take the A4161 ramp to the City Centre and continue for 0.2 miles.
- When you reach the roundabout, take the second exit onto A4161. Continue for 0.8 miles.
- Turn left onto Beresford Road and continue for 0.2 miles.
- Continue onto Moorland Road for 0.4 miles.
- Continue onto Courtenay Road for 0.1 miles.
- Continue onto Walker Road for 0.2 miles.
- Continue onto E Tyndall Street.
- Go through two roundabouts (0.8 miles).
- Continue onto Herbert Street for 0.1 miles.
- Turn left onto Bute Street and continue for approximately 0.5 miles.
- Turn right onto West Close and continue. After a few seconds, you will see a metal gate on your left; this is the entrance to the car park. (Photo directions are available here: <https://doctorsacademy.org.uk/coursenw/esst/Driving-%20from-%20the-%20East.pdf>)

**Please note that very limited car parking is available at the venue. We would therefore suggest that, if it is at all possible, you take public transport. Cardiff Bay Train Station is located directly opposite the venue (kindly see detailed information below). We would not want you to arrive at the course and not be able to park.**

*From the West*

- Exit the M4 at Junction 33.
- Take the exit towards Cardiff West.
- When you reach the roundabout, take the third exit onto the A4232. Continue for 9.1 miles.
- Take the exit towards Techniquet/Museum and continue for 0.1 miles.
- When you reach the roundabout, take the first exit onto Stuart Street. Continue for 0.2 miles.
- Continue onto New George Street for 0.1 miles.
- Continue onto Bute Street for 0.1 miles.
- The venue will be on your left.
- To reach the car park, continue past the building and take the next left onto West Close. After a few seconds, you will see a metal gate on your left; this is the entrance to the car park. (Photo directions are available here: <https://doctorsacademy.org.uk/coursenw/esst/Driving%20from-the-%20West.pdf>)

**Please note that very limited car parking is available at the venue. We would therefore suggest that, if it is at all possible, you take public transport. Cardiff Bay Train Station is located directly opposite the venue (kindly see detailed information below). We would not want you to arrive at the course and not be able to park.**

### By Train

The closest station to the venue is **Cardiff Bay Railway Station**. You will need to change trains at Cardiff Central.

*From Cardiff Central Train Station*

- On arriving at Cardiff Central, head to Platform 6. Take the train to Cardiff Queen Street (trains run from Cardiff Central to Cardiff Queen Street every 5 minutes). The journey time is approximately 3 minutes.

- On arriving at Cardiff Queen Street, head to Platform 3. Take the train to Cardiff Bay (trains run from Cardiff Queen Street to Cardiff Bay every 12 minutes). The journey time is approximately 4 minutes.
- When you arrive at Cardiff Bay Train Station, exit to the right (sign-posted Mermaid Quay and Mount Stuart Square).
- Turn left onto Bute Street and walk towards the first set of traffic lights.
- Cross the road. You will see Frazer Building in front of you (there is a clock at the top of the building).

Alternatively, you can take a taxi from Cardiff Central Train Station to the venue. This will take approximately 7 minutes.

**Visual directions to the venue can be found by following this link:**

<https://doctorsacademy.org.uk/coursenw/esst/cardiff-Train.pdf>

### III. COURSE FORMAT AND CONTENTS

This one-day course is aimed at providing 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 comprises 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 is designed to equip the attendee with the essential surgical skills that will be expected of a clinical year medical student or a junior surgical trainee in the operating theatre.

#### Course Programme:

Kindly follow this link to view the programme for the day:

<https://doctorsacademy.org.uk/CourseNW/ESST/PGM6M.pdf>

### IV. DRESS CODE

The dress code for this course is professional/semi-formal/smart-casual. Kindly refrain from wearing shorts of any kind, hoodies, and flip-flops.

### V. BREAKS FOR REFRESHMENTS AND LUNCH

There will be a 15-minute refreshment break in the morning and a 35-minute lunch break. During the refreshment break, you will be provided with coffee/tea and biscuits/cakes. A sandwich lunch will also be provided. Both vegetarian and non-vegetarian food will be available.

#### Special Dietary Requirements

*The food provided for delegates attending this course will be sourced externally. Therefore, we are unfortunately unable to guarantee that special food requests can be catered to. During the course, a selection of vegetarian and non-vegetarian options will be available. However, the provision of specific food requests might be limited. If you wish to discuss this with a member of our team before you attend the course, please do not hesitate to contact us at [courses@doctorsacademy.org.uk](mailto:courses@doctorsacademy.org.uk). Alternatively, you can call us on +44 (0) 2920 616765.*

We look forward to meeting you at the course. Please do not hesitate to contact us at [courses@doctorsacademy.org.uk](mailto:courses@doctorsacademy.org.uk) if you have any queries in the interim.

**Please ring +44 (0) 29 2061 6765 or +44 (0) 75 3426 0131 if you need any help on the day of the course with regards to directions to the venue.**

With very best wishes,

Course Faculty  
Surgical Skills Division  
Doctors Academy