

# Essential Surgical Skills and Principles for Aspiring Surgeons (ESSPAS)

30<sup>th</sup> November 2019  
School of Biosciences, Cardiff University

## Programme

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0840 - 0850	Registration
0850 - 0900	Introduction to the Course and Learning Objectives
0900 - 0910	Aseptic Precautions in the Operating Theatre
0910 - 0925	Suture Materials and Needles
0925 - 0935	Safe Use of Local Anaesthesia
0935 - 0945	Safe Handling of Surgical Instruments and Sharps
0945 - 1015	Surgical Knot Tying (Reef; Surgeon's; Tying at Depth)
1015 - 1115	Suturing a Linear Wound (Simple Interrupted and Simple Continuous)

**1115 - 1130**

**Break for Refreshments**

1130 - 1200	Excision of a Lesion and Suturing (Instrument Tie)
1200 - 1245	Other Suturing Techniques (Subcuticular; Mattress)

**1245 - 1330**

**Lunch**

1330 - 1340	Essential Principles in the Management of an Abscess and a Contaminated Wound
1340 - 1355	Drainage of an Abscess
1355 - 1415	Essential Principles in the Management of Trauma
1415 - 1435	Debridement of a Contaminated Wound
1435 - 1455	Wound Healing and the Principles of Reconstructive Surgery
1455 - 1515	Safe Use of Diathermy

## 1515 - 1530

## Break for Refreshments

1530 - 1700	Discussion of Cases <ul style="list-style-type: none"><li>o A. Trauma Management (1)</li><li>o B. Trauma Management (2)</li><li>o C. Emergency Surgical Conditions and Surgery (1)</li><li>o D. Emergency Surgical Conditions and Surgery (2)</li></ul>
1700 - 1715	Summary, Feedback and Close