



**Cardiff MRCS Course:
Basic Sciences and Clinical
Application for MRCS A**



Feedback - December 2018

Cardiff MRCS Course: Basic Sciences and Clinical Application for MRCS A

Basic science subjects such as anatomy, physiology, pathology and microbiology are the principal components for developing a strong foundation for surgical training and for the understanding of its clinically applied aspects such as surgical anatomy and critical care physiology. As such, these subjects form an integral part in the MRCS A exam.

This two-day course provided the attendee with an overview of basic physiological principles, consolidated the candidate's core and applied surgical knowledge in anatomy and relevant pathology, and provided a focused revision of pertinent topics as tested in the exam.

The course was structured into two distinct but related days. During the first day the emphasis was on basic and applied pathology, basic physiology and critical care, principles of surgery and clinical topics. The second day predominately featured topics on basic and surgically applied anatomy, and its related pathology. Microbiology pertinent to MRCS A was also covered during day two. It was advised that candidates attend both days of the course to obtain full benefit but if they were particularly strong in the topics on day one or day two they had the option of attending just one day of the course.

Candidates who attended this course received full access to MRCS Part A online educational resources from www.doctorexams.co.uk for a 4 month period. This resource contains 100s of SBA and EMQ questions for practice. In addition, they also received full access to all presentations via a secure, online link. All these benefits and privileges were included within the course fee.



Course Information

Course date:	30th November, 1st and 2nd December 2018
Venue:	School of Biosciences, Cardiff University, Cardiff
Attendance:	48 Delegates
Aimed at:	Trainees preparing for MRCS Part A Examination
Faculty:	Surgeons
Course fee:	£ 375.00



Course Programme

Day 1

SURGICAL AND APPLIED ANATOMY, AND SYSTEM SPECIFIC PATHOLOGY

0830 - 0840	Registration
0840 - 0850	Introduction and format of the Exam
0850 - 1030	Brachial plexus, arm, shoulder, scapula, back and rotator cuff (includes upper limb nerve injuries, palsies and shoulder pathologies)
1030 - 1110	Cubital fossa, forearm, flexor retinaculum and hand (includes carpal tunnel syndrome, ulnar nerve palsies, hand pathologies)

1110 - 1130 Break for refreshments

1130 - 1230	Thoracic wall; Mediastinum; Heart; Lungs; Oesophagus; Diaphragm
1230 - 1300	Vascular anatomy of thorax, head and neck and thorax (includes vascular access and chest drain insertion); Vascular Pathologies of Neck and Thorax

1300 - 1340 Lunch

1340 - 1420	Transpyloric plane, anterior abdominal wall and inguinal region (includes hernia and scrotal swellings)
1420 - 1440	Abdominal anatomy; Hollow and Solid Organs (includes bowel pathologies, colon cancer and segmental bowel resections)
1440 - 1530	Pelvis and Perineum

1530 - 1550 Break for refreshments

1550 - 1630	Lumbar and lumbosacral plexus
1630 - 1715	Femoral triangle, thigh, popliteal fossa; Lower leg, ankle and foot (includes lower limb nerve injuries, palsies, compartment syndrome and ankle injuries)
1715 - 1830	Revision of Day 1 and Sample Questions

1830 End of Day 1

Course Programme

Day 2

HEAD AND NECK ANATOMY, AUTONOMOUS NERVOUS SYSTEM, MICROBIOLOGY, CANCER PATHOLOGY, GENETICS AND STATISTICS

0830 - 1040 Skull base, Head, Scalp and Face; Surgical Pathologies of the Head and Face (includes parotid tumours)

1040 - 1100 Break for refreshments

1100 - 1230 Neck, Thyroid, Larynx, Pharynx, Tongue; Surgical Pathologies of the Neck

1230 - 1300 Autonomous Nervous System

1300 - 1345 Lunch

1345 - 1445 Essential topics in Microbiology, Tuberculosis and Necrotising Fasciitis

1445 - 1530 Statistics and its Surgical Application

1530 - 1550 Break for refreshments

1550 - 1630 Cancer pathology (Brain, Oesophagus and Lung)

1630 - 1700 Genetics and Inheritance Patterns

1700 - 1800 Revision of Days 1 and 2, and Sample Questions

1800 End of Day 2

Course Programme

Day 3

GENERAL PATHOLOGY, BENIGN AND MALIGNANT TUMOURS, PRINCIPLES OF SURGERY, AND APPLIED SURGICAL SCIENCES

0830 - 0930 Management of Trauma; ATLS Principles; Head Injury; Neurophysiology

0930 - 1000 Basic and General Pathology

1000 - 1025 Cardiorespiratory physiology

1025 - 1055 Pre-operative Assessment

1055 - 1115 Post-operative Complications and Management

1115 - 1135 Break for refreshments

1140 - 1210 Fundamentals of Wound Healing; Reconstructive and Plastic Surgery

1210 - 1245 Principles of Local Anaesthetics; Tourniquets; Diathermy; Laparoscopic Surgery

1245 - 1300 Sutures, Suture Materials and Needles

1300 - 1340 Lunch

1345 - 1415 Management of Burns

1415 - 1500 Lumps and Benign Lesions; Ulcers; Vascular Pathologies and Vascular Surgery

1500 - 1530 Cancers of Thyroid and Breast

1530 - 1550 Break for refreshments

1550 - 1620 Melanoma and Testicular Cancers

1620 - 1650 Endocrine and Renal Physiology; Calcium Metabolism

1650 - 1815 Revision of all 3 days and Sample Questions

1815 End of Course

Faculty

Dr Alan Watson, BSc, PhD

Reader in Anatomy and Neuroanatomist

University of Cardiff

Ms Clare Carpenter, BSc (Anat), MB BCh, MRCS (Eng), MD, FRCS (T&O) Consultant Paediatric Orthopaedic Surgeon

University Hospital of Wales, Cardiff

Mr Edmund Leung, DMedSci, MRCS, FRCS

Consultant General Surgeon

Hereford County Hospital

Mr Kevin Conway, MB BCh, MD, FRCS (Gen Surg)

Consultant Vascular Surgeon

Royal Glamorgan Hospital

Dr Paul Morgan, FRCA

Consultant Intensivist

University Hospital of Wales, Cardiff

Professor Stuart Enoch, MBBS, MRCSEd, MRCS (Eng), PGCert (Med Sci), PhD

Professor, Higher Surgical Education

Doctors Academy

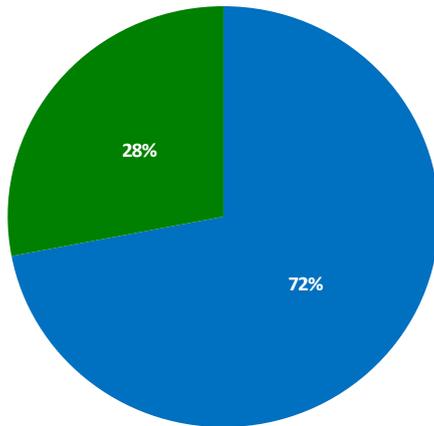
Miss Yan Mei Goh, MBChB, MRCS, PGDip Clin Ed.

PhD Research Fellow - Imperial College London

Specialist Registrar in General Surgery - Oxford Deanery

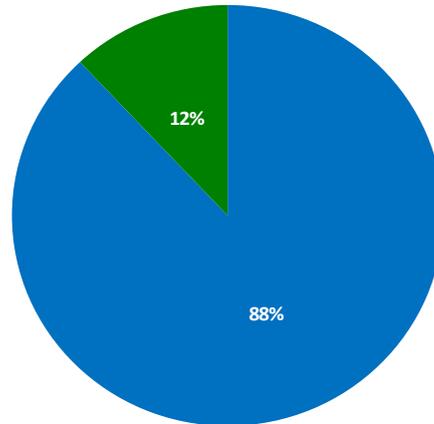
Overall Teaching Feedback

How was the content of the course?



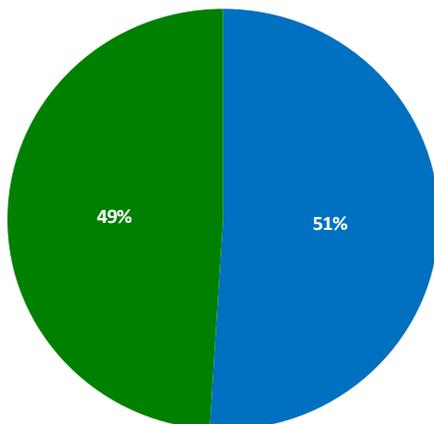
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How would you rate the general academic standard of the main lecturer?



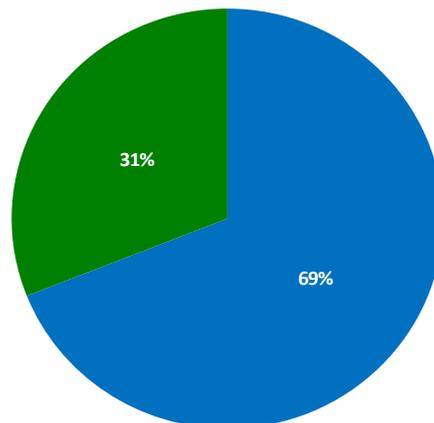
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How would you rate the general academic standard of the invited lecturers?



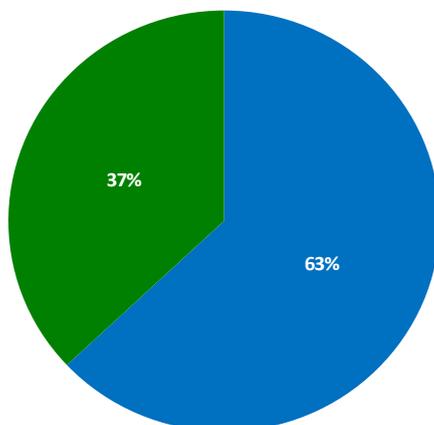
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How was the clarity of the lectures?



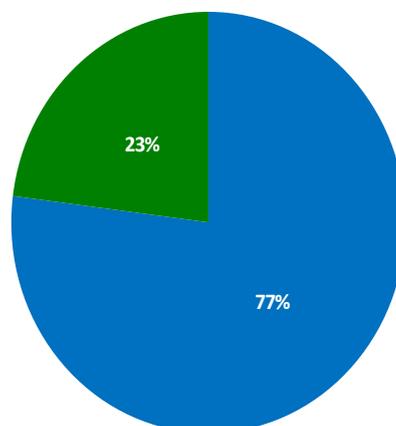
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Did the course cover the main topics you consider are important for the exam?



■ Most Certainly ■ Certainly ■ Probably ■ A little ■ Not at all

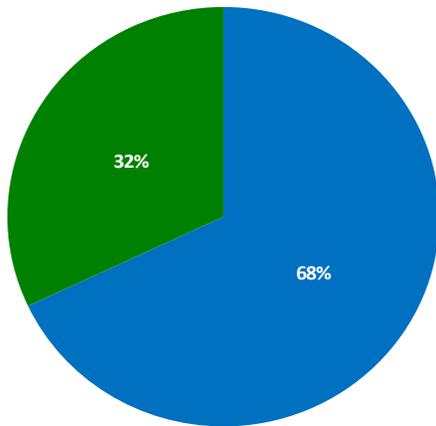
Brachial Plexus - Prof S Enoch



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

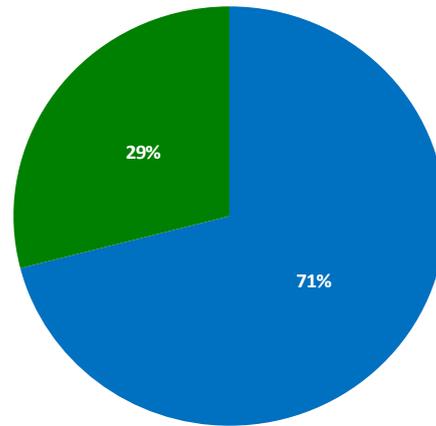
Overall Teaching Feedback

Upper Limb Anatomy - Prof S Enoch



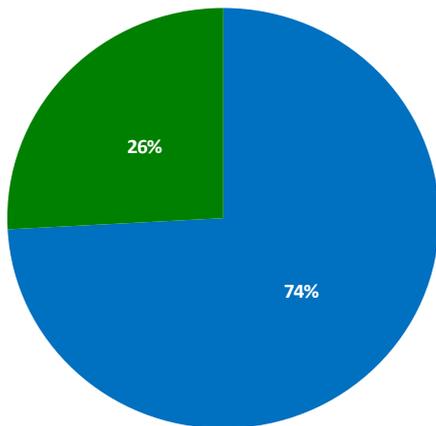
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Upper Limb Nerve Injuries - Prof S Enoch



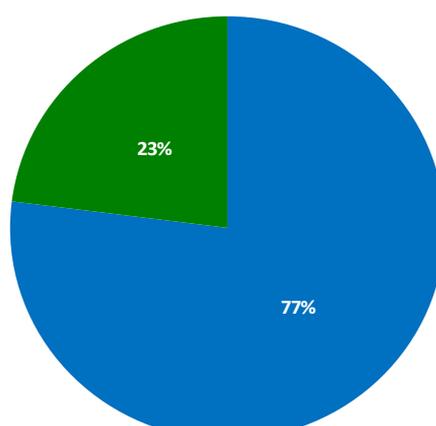
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Thorax and Thoracic Wall - Prof S Enoch



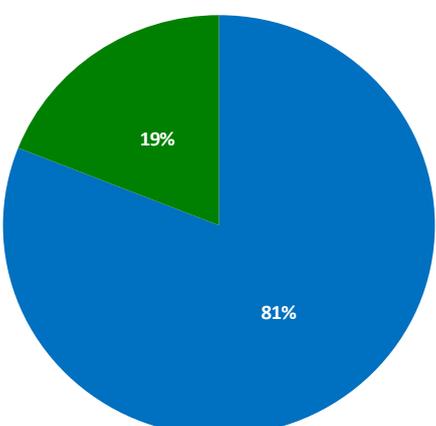
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Mediastinum - Prof S Enoch



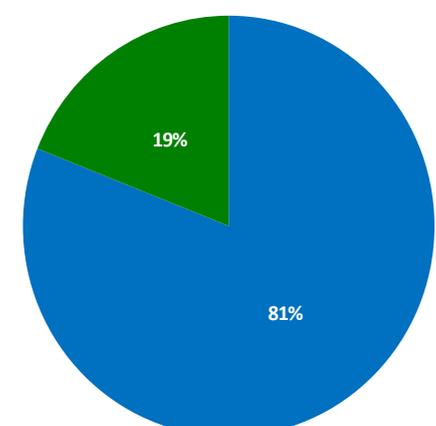
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Anterior Abdominal Wall - Prof S Enoch



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

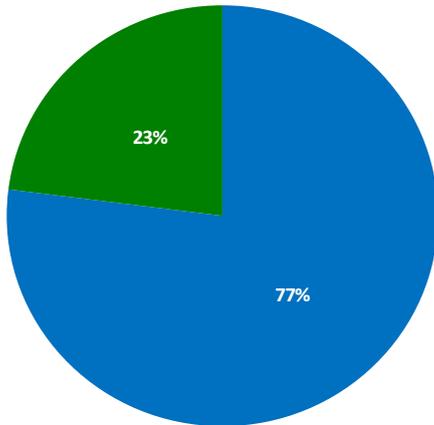
Abdomen - Prof S Enoch



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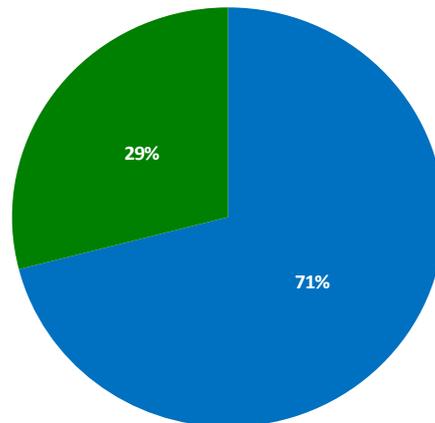
Overall Teaching Feedback

Pelvis - Prof S Enoch



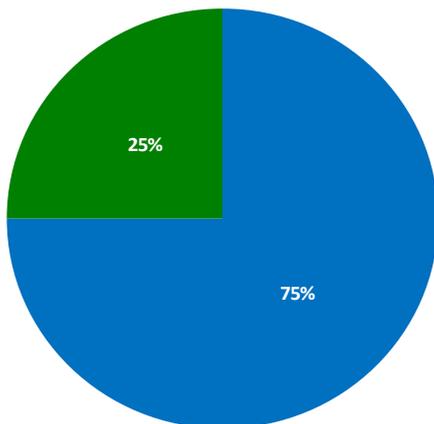
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Lower Limb Anatomy - Prof S Enoch



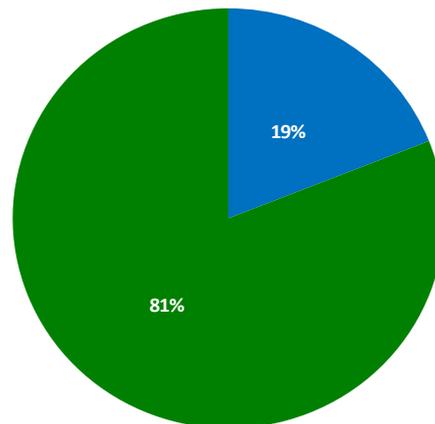
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Lower Limb Nerve Injuries - Prof S Enoch



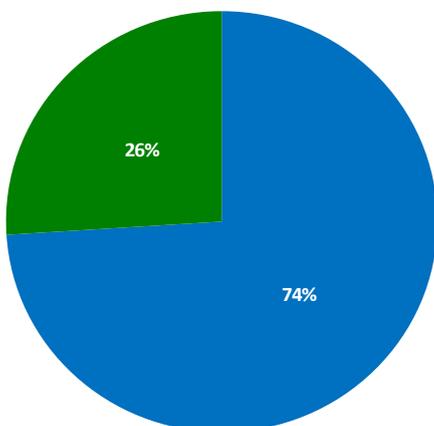
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Overview of Brain and Neuroanatomy - Dr A Watson



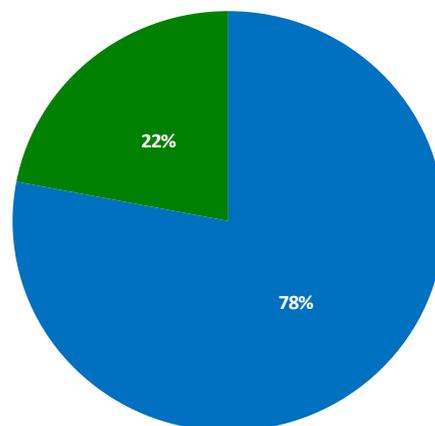
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Lumbosacral Plexus - Prof S Enoch



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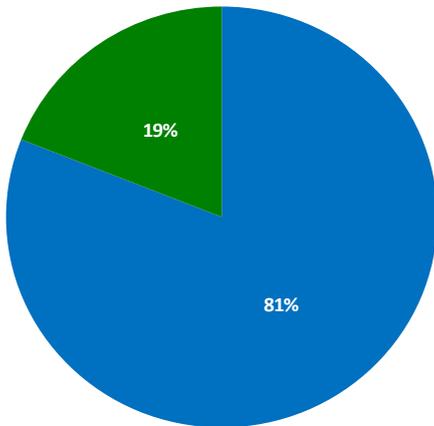
Skull Base - Prof S Enoch



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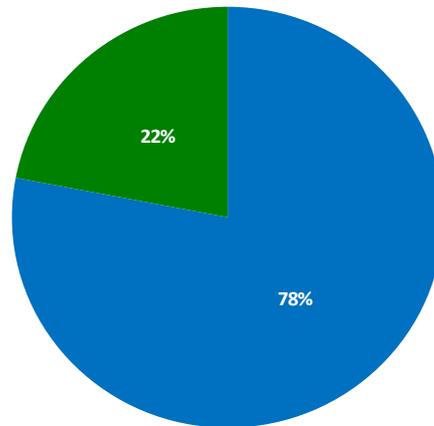
Overall Teaching Feedback

Head and Face - Prof S Enoch



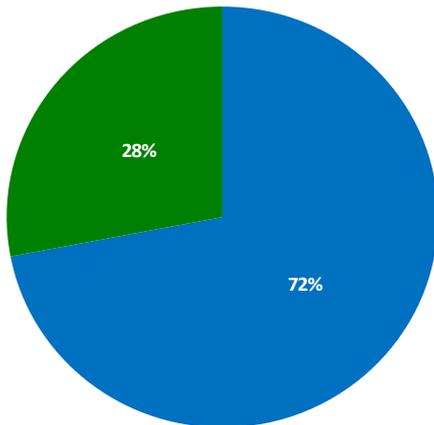
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Neck - Prof S Enoch



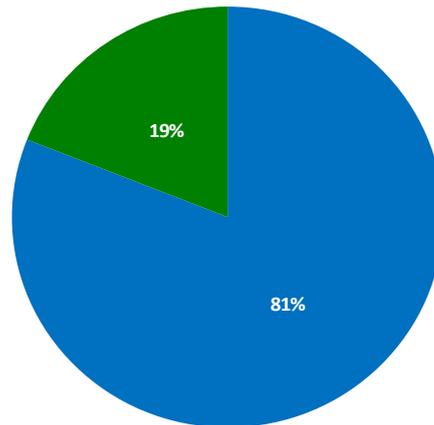
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Cervical Plexus - Prof S Enoch



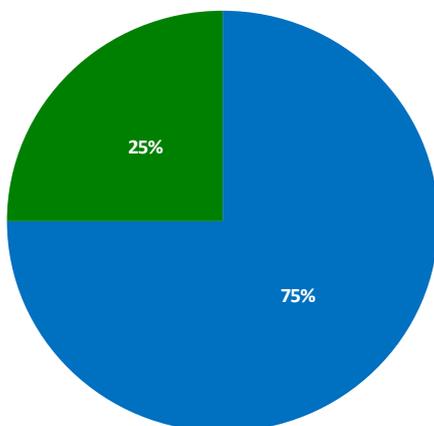
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Spine and Spinal Cord Lesions - Prof S Enoch



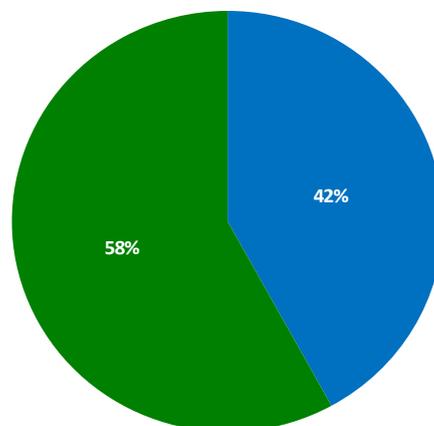
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Autonomic Nervous System - Prof S Enoch



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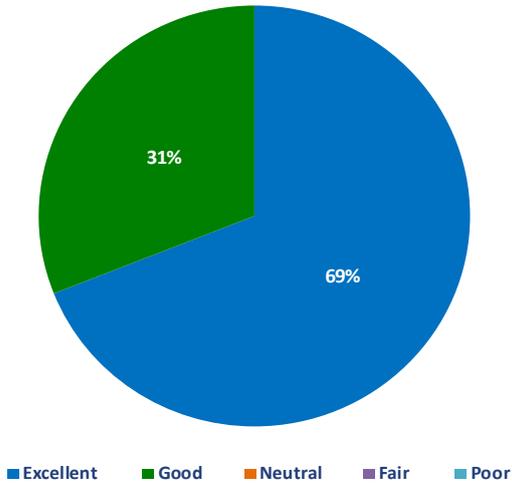
Overview of Vascular Surgery - Mr K Conway



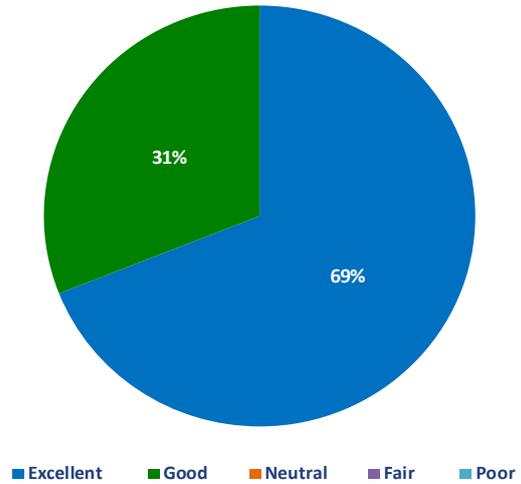
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Overall Teaching Feedback

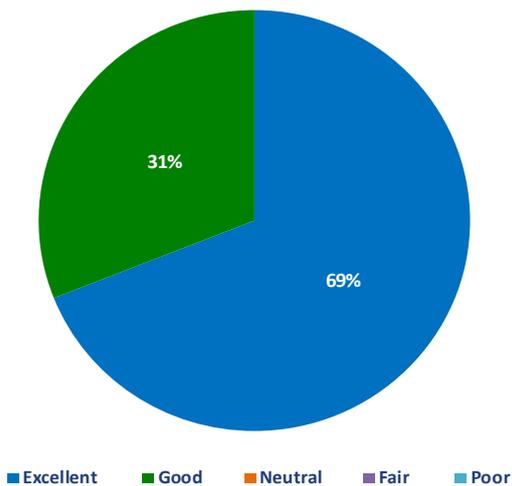
Wound Healing and Reconstruction - Prof S Enoch



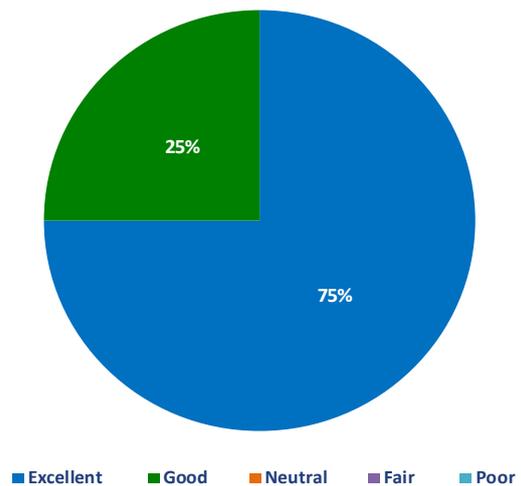
Sutures - Prof S Enoch



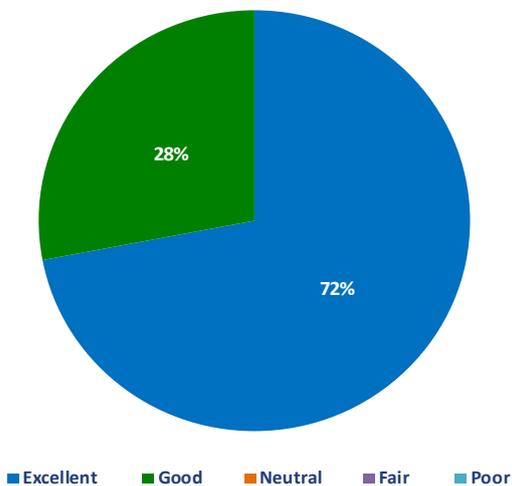
Overview of Burns - Prof S Enoch



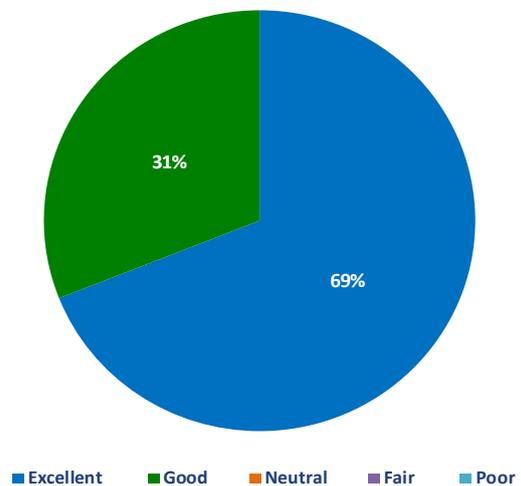
Thyroid Cancer - Prof S Enoch



Cutaneous Malignancies and Melanoma - Prof S Enoch

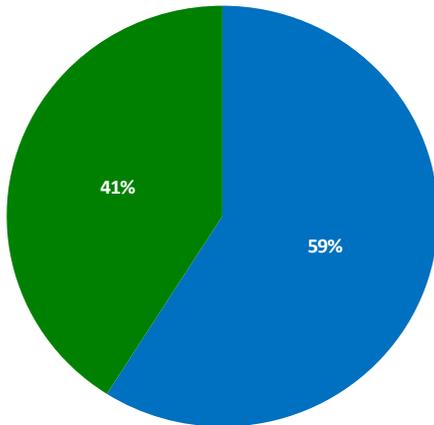


Ulcers - Prof S Enoch



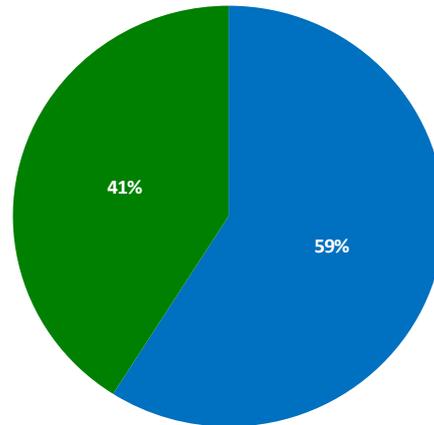
Overall Teaching Feedback

Segmental Colectomies - Prof S Enoch



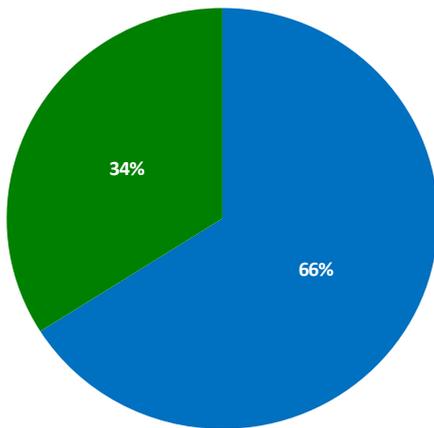
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Scrotal Swellings and Testicular Cancer - Prof S Enoch



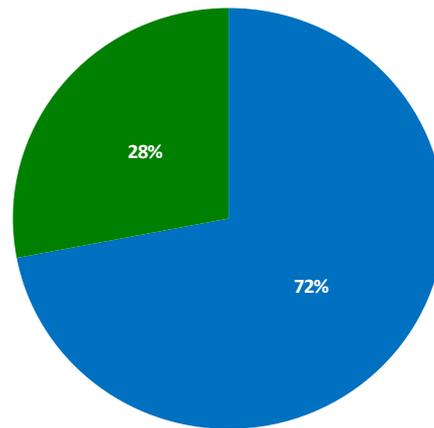
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Calcium Metabolism - Prof S Enoch



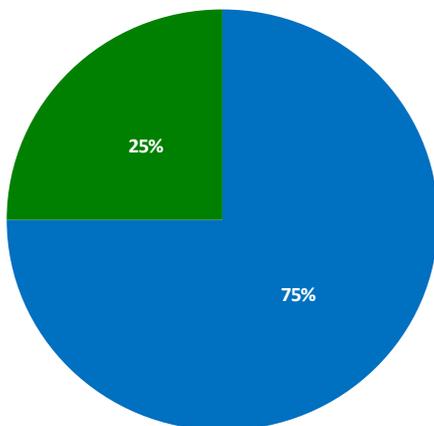
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Management of Fracture Neck of Femur - Prof S Enoch



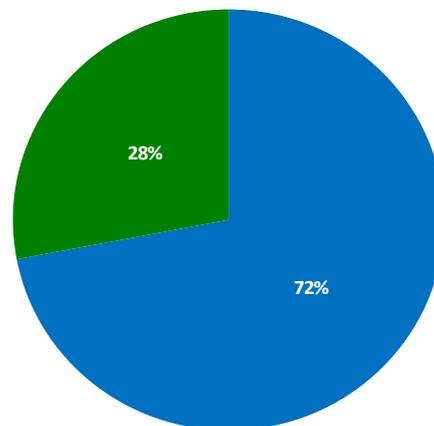
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Head and Neck Embryology - Prof S Enoch



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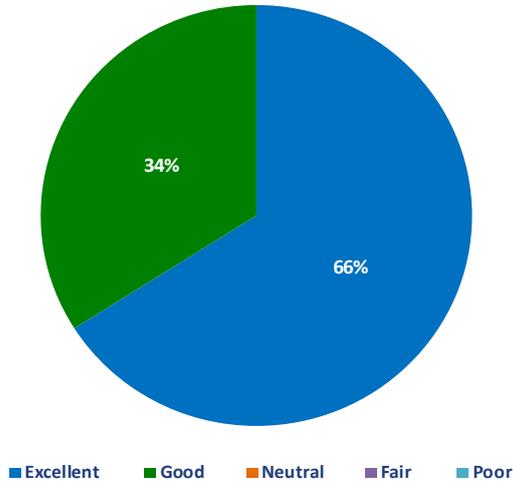
Trauma Management - Prof S Enoch



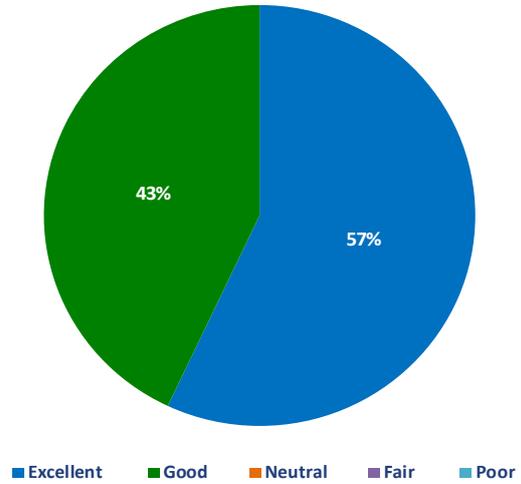
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Overall Teaching Feedback

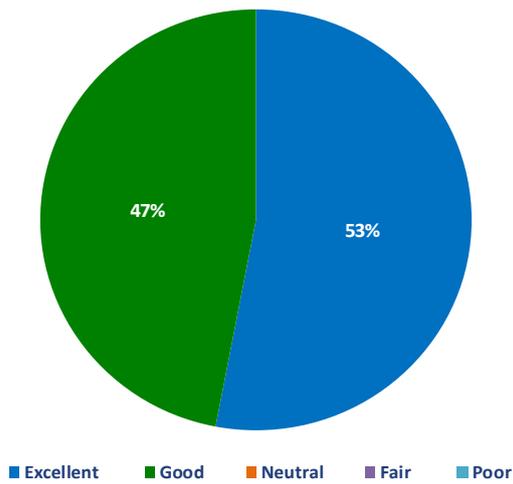
Physiology and Pathology Questions - Prof S Enoch



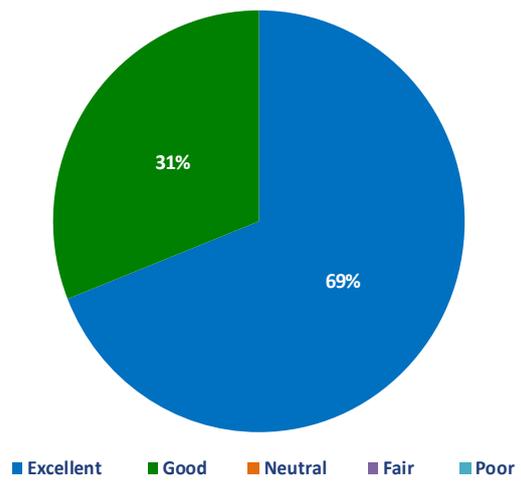
Anatomy Revision with Workbook - Prof S Enoch



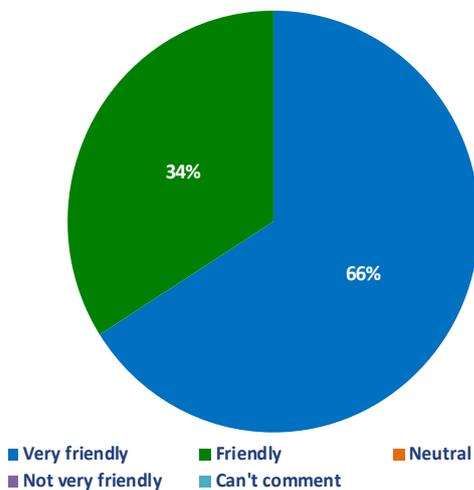
How were the facilities and venue?



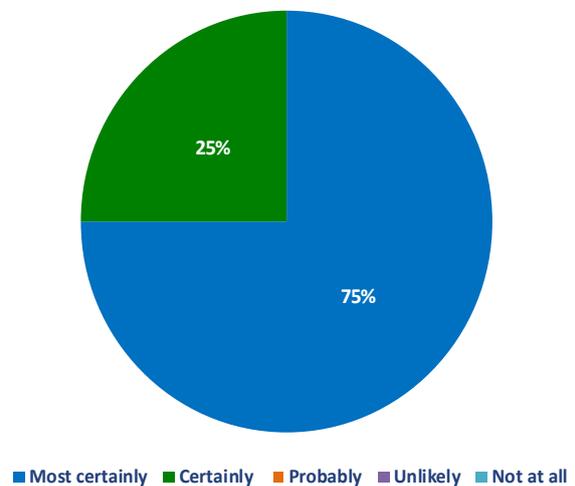
How were the refreshments and lunch?



How was the general friendliness of the faculty and organisers?

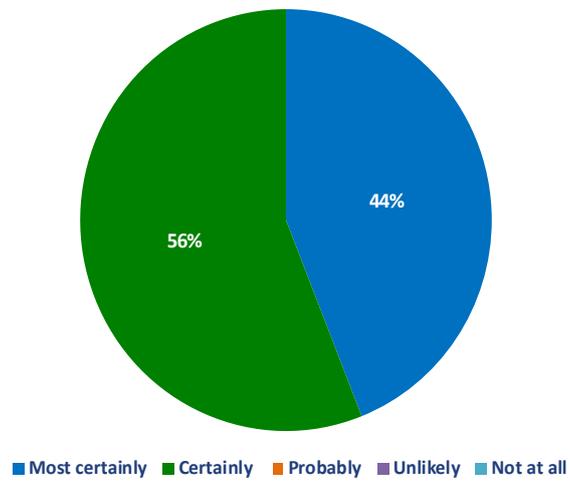


Would you recommend this course to a friend?



Overall Teaching Feedback

Do you think that this course provided good value for money?



Individual Comments

The course was good and hopefully it will pay off well for my exam.

MK
Scunthorpe General Hospital

Excellent.

RJ
South Warwickshire NHS Foundation Trust, United Kingdom, Europe

Intense revision : which is what was needed!

RA
Blackpool Fylde and Wyre Hospitals NHS, United Kingdom, Europe

Useful, worth doing.

WZ
Doncaster and Bassetlaw Hospitals, United Kingdom, Europe

Excellent course , good teaching by Mr Enoch and excellent management , refreshments and organisation by Rebecca.

JA
Manchester Royal Infirmary, Manchester

It was very helpful.

TE
Norfolk and Norwich University Hospital, Norwich

Excellent course.

AL
Morrison Hospital, Swansea

Very good.

FD
Great Ormond Street Hospital, United Kingdom, Europe

Professor Enoch worked tirelessly to ensure we were all learning. Although it was a fast pace - I picked up lots of hints and tips. Thank you for your very hard work and dedication to teaching!

ZA
QEUEH, Glasgow

Individual Comments

It was very good.

UN

Countess of Chester Hospital NHS Foundation Trust , United Kingdom , Europe

Very good.

RS

EDGH

Great experience! Highly recommended.

MM

Royal Victoria Infirmary, Newcastle Upon Tyne

The course was immensely useful I wish I had known about it previously. The refreshments and breaks were excellent, considering the colleges do not offer lunch on exam days this was a bonus, not to worry about lunch and the overall environment was friendly and easy going.

SA

Wrexham Maelor Hospital, Wrexham

Great weekend, ambient environment, adequate breaks and the catering was good. Plenty of tea and coffee and good company.

SA

Wrexham Maelor Hospital, Wrexham

Great.

SI

County Durham & Darlington Acute Hospitals NHS, United Kingdom, Europe

Very good, intense but hopefully very useful.

MF

Nottingham City Hospital, Nottingham

Useful course contents.

AM

Barts NHS trust

Excellent.

MA

Sandwell and West Birmingham Hospital Swbh NHS, United Kingdom, Europe

Individual Comments

Excellent.

FN
New cross

This course was excellent, really well organised. Prior to the course information and study material provided was really good and the admin team replied to emails and helped resolve any issues promptly. Prof Enoch was a really good lecturer focusing on the key topics that would come up in the MRCS examination. The food provided was excellent and varied and I thoroughly enjoyed the course and would recommend it to other colleagues taking Part A.

SK
Chesterfield Royal Hospital, Chesterfield

Great relevant course.

AH
Royal London Hospital, London

Very good and well structured.

JH
Queen Elizabeth Medical Centre, Birmingham



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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



publications.doctorsacademy.org

World Journal of Medical Education & Research



Peer-reviewed academic journal
with ISSN.

- No fee to view, read and download articles
- No subscription charges
- No submission fees
- No manuscript processing fee
- No publishing fee
- No cost to read, write or publish!

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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.

Resources for:

- Medical Students
- Dental Students
- International Entrance Exams
- MRCS Exams
- General Surgery Exams
- Plastic Surgery Exams
- DOHNS Exams

www.doctorexams.co.uk

www.doctorsacademy.org