

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

30<sup>th</sup> October 2022 (Sunday)

Timing: 0830 - 1745 hours

College of Physicians and Surgeons of Cardiff, Frazer Building, 126 Bute Street, Cardiff Bay, Cardiff

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## 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 and Practice)

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 - 1730	Rotating Workshops: Surgical Diathermy (Demonstration and Practice); Laparoscopic Skills (Demonstration and Practice)
1730 - 1740	Debrief, Summary, Questions and Close
1740	End of Course

*This is an International Curriculum for Standardised Surgical Practice Course affiliated to the College of Physicians and Surgeons of Cardiff. A total of 7 CPD points are awarded for completing this course.*

