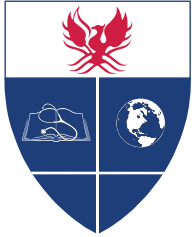


DOCTORS ACADEMY



BETTER EDUCATION. BETTER HEALTH.

COLLEGE OF PHYSICIANS AND
SURGEONS OF CARDIFF



ERUDITIO. NOVATIO.
EXCELLENTIA. MISERICORDIA.

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



Feedback - May 2026

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: 23rd May 2026

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

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

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 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.

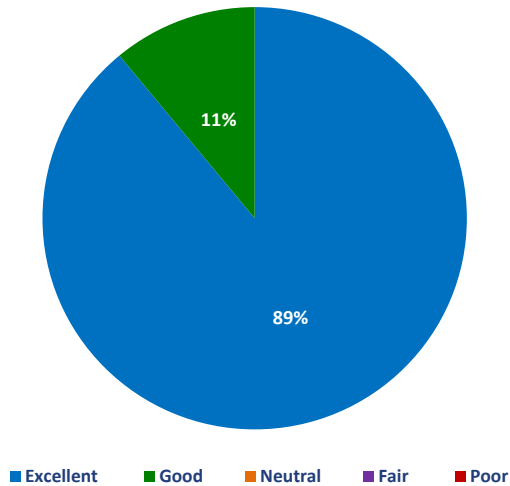
PhD Research Fellow
Speciality Registrar in General Surgery
Oxford Deanery

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

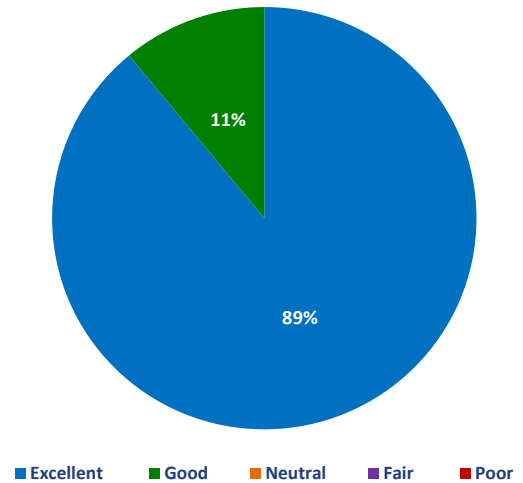
Consultant Orthopaedic Surgeon
Nevill Hall Hospital, Abergavenny

Overall Feedback

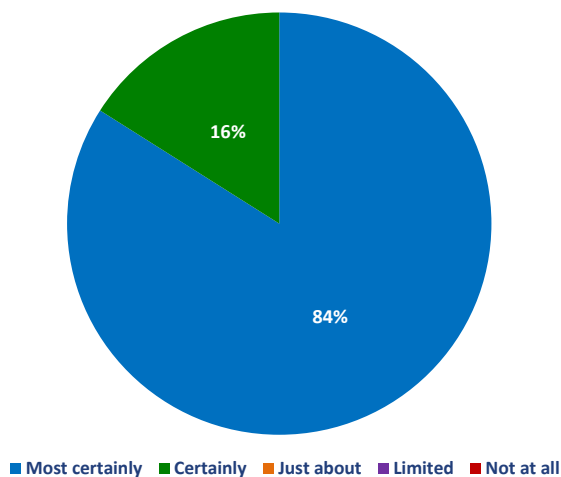
How was the content of the course?



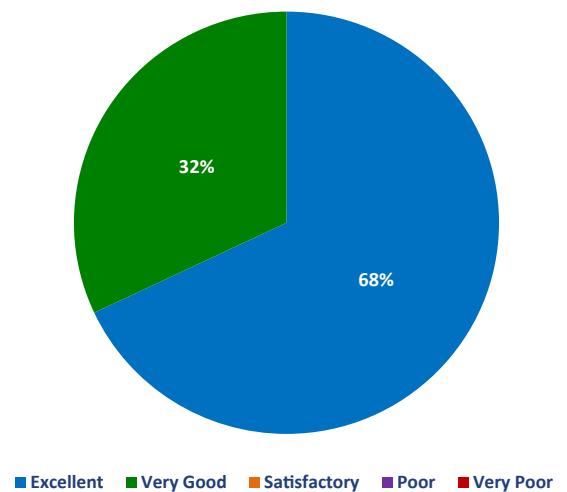
How was the clarity of the demonstrations?



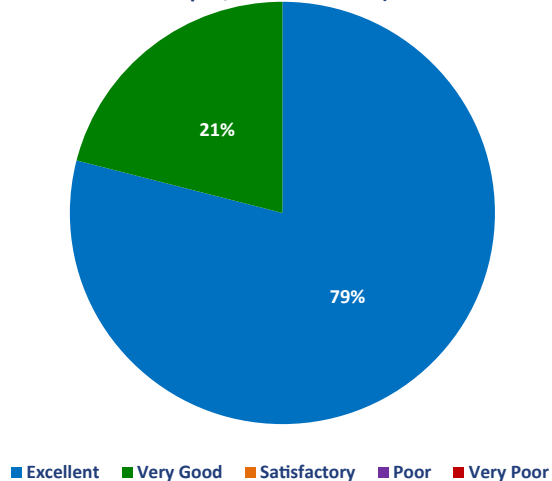
Did the course meet your learning objectives?



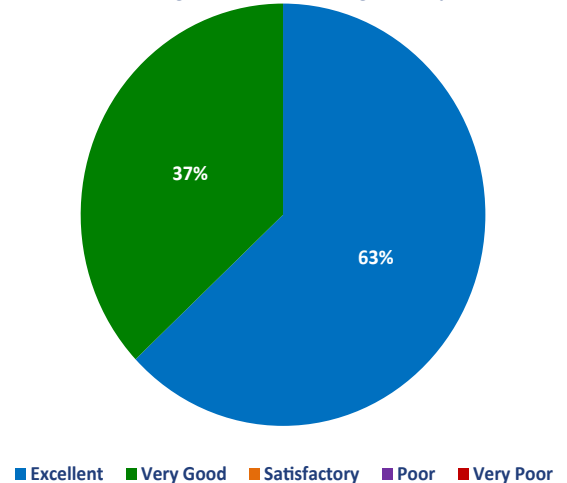
Basics of Suture Materials and Needles



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

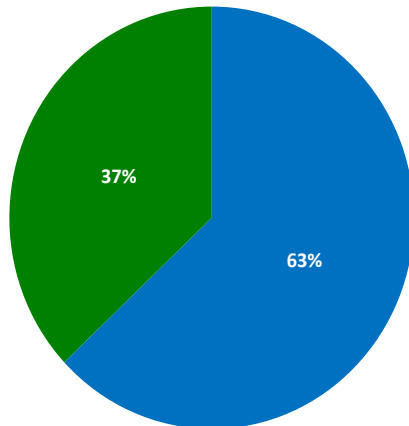


Aseptic Precautions in the Operating Theatre, Scrubbing, and Hand Washing Technique



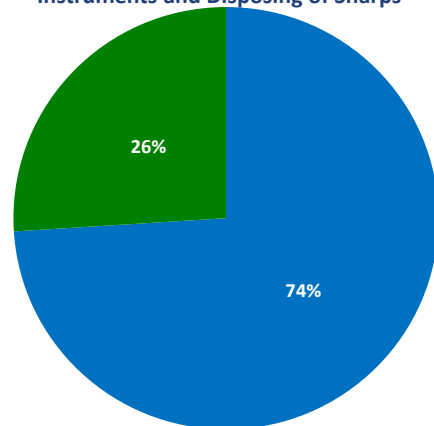
Overall Feedback

Closed Method of Gowning and Gloving



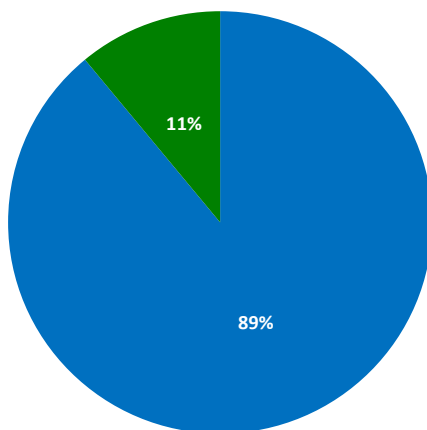
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Correct Handling of Common Surgical Instruments and Disposing of Sharps



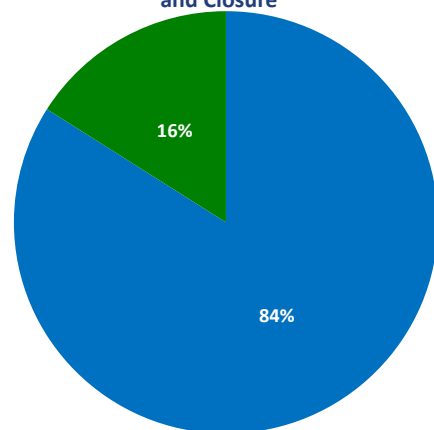
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Safe Infiltration of Local Anaesthesia



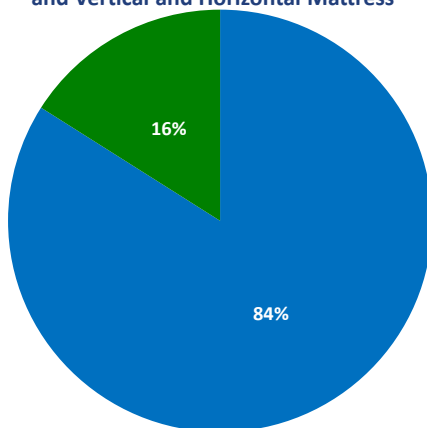
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Excision of a Simulated Cutaneous Lesion and Closure



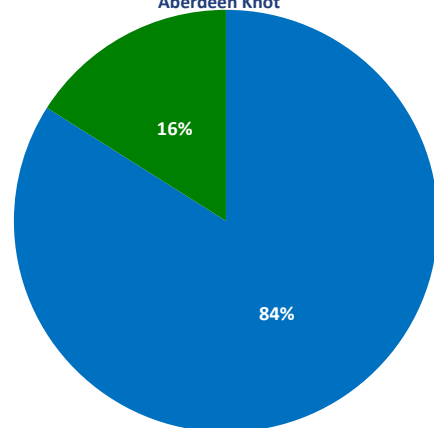
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

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



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

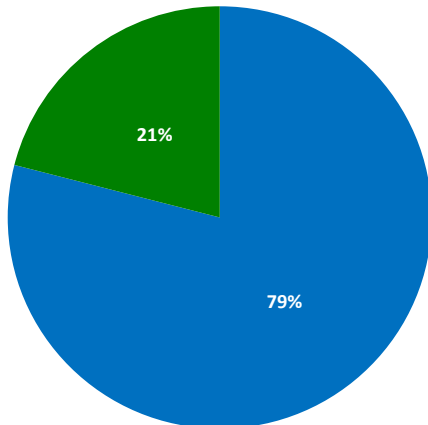
Suturing Techniques II: Intradermal, Deep Dermal, Simple Continuous, Interlocking Continuous, and Aberdeen Knot



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

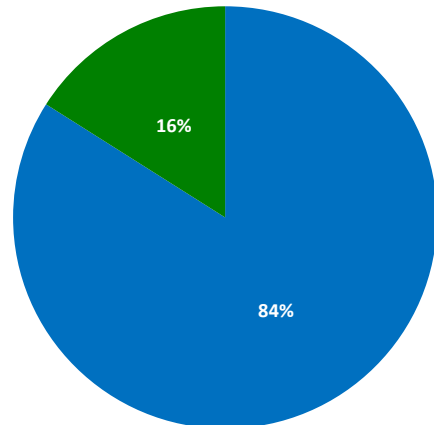
Overall Feedback

Haemostatic Figure of '8' Stitch



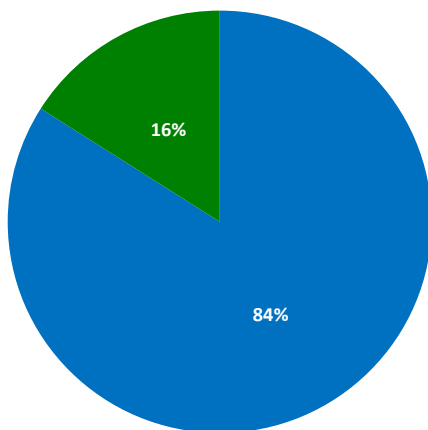
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Repairing a Flexor Tendon



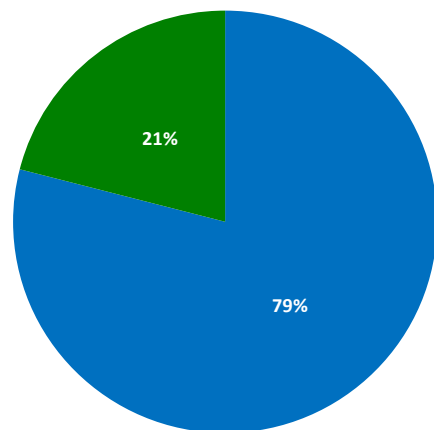
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Repairing an Extensor Tendon



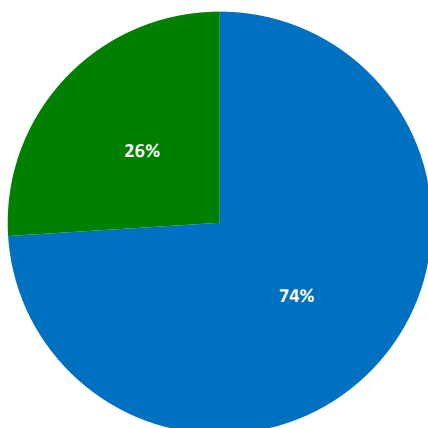
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Removal of a Simulated Epidermoid Cyst



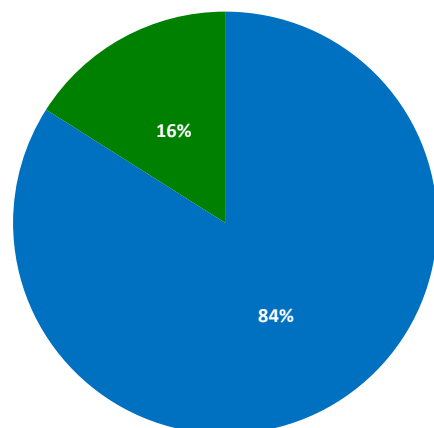
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Principles of Designing Local Flaps



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

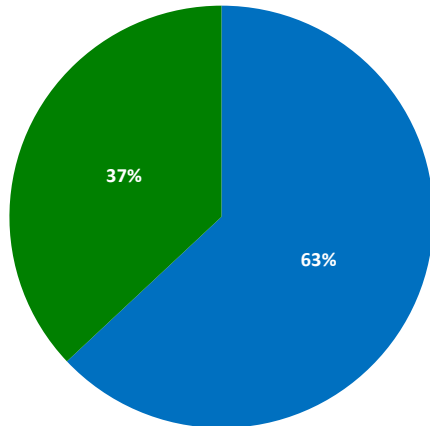
Drainage of an Abscess



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

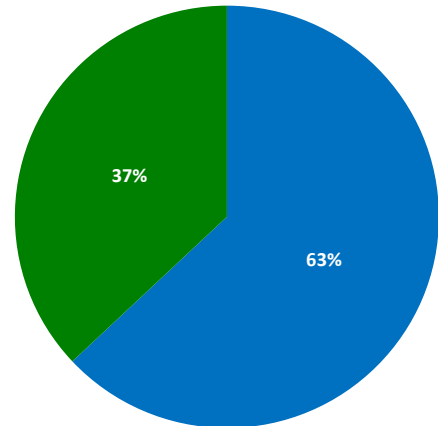
Overall Feedback

Debridement of a Contaminated Wound



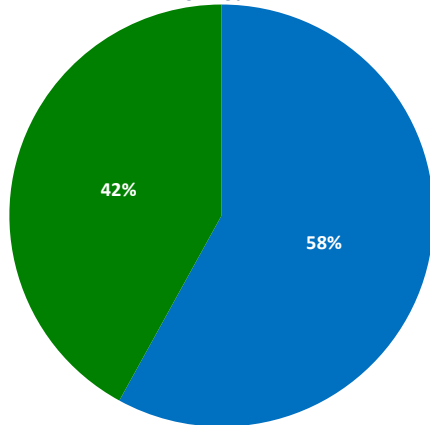
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Overview of Managing Traumatic Wounds



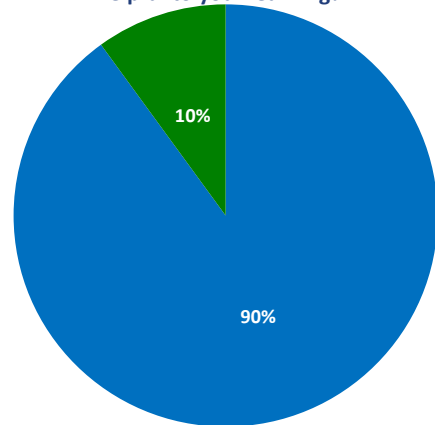
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Did you have sufficient time to practice the skills?



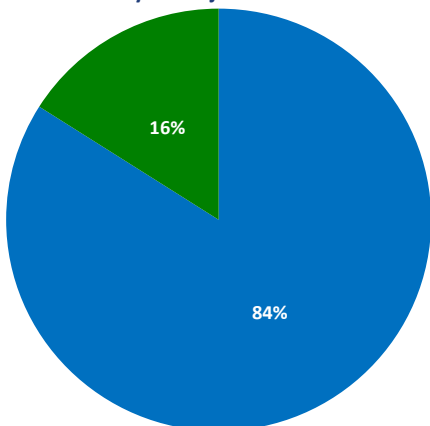
■ Certainly sufficient ■ Mostly sufficient ■ Neutral
■ Just sufficient ■ Not sufficient

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



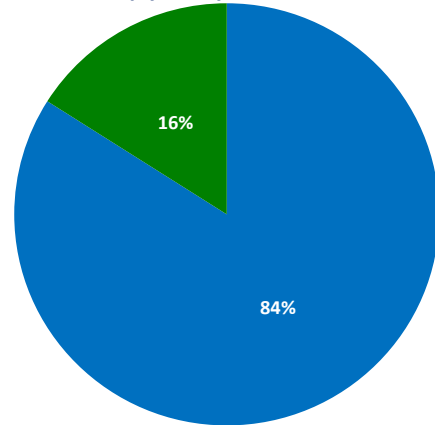
■ Most helpful ■ Helpful ■ Neutral ■ Little helpful ■ Not helpful

Did the topics covered in the course meet your objectives?



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

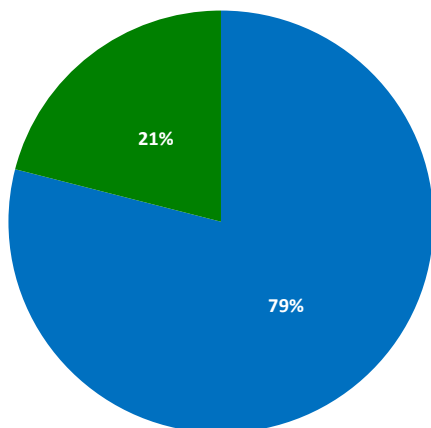
Do you feel that the skills you learnt will help you in your career?



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

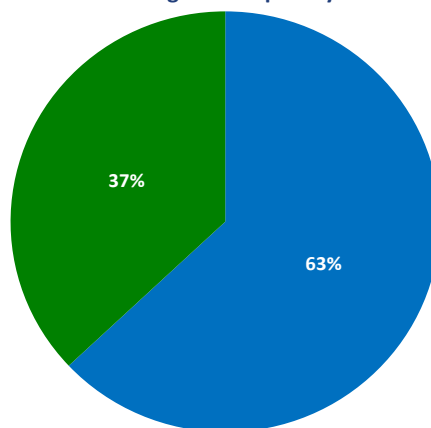
Overall Feedback

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



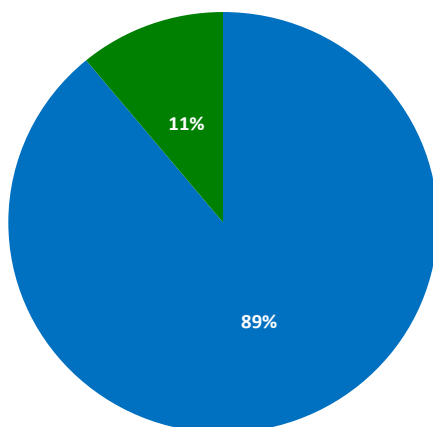
■ Most certainly ■ Certainly ■ Neutral ■ A little bit ■ Not at all

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



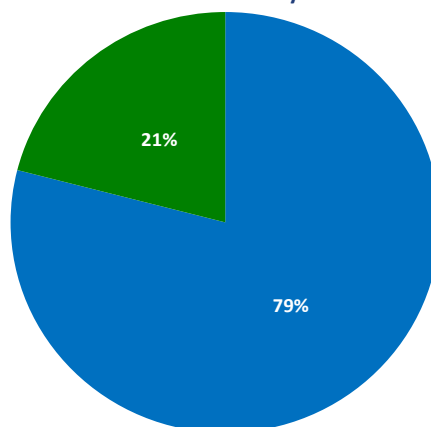
■ Most satisfied ■ Satisfied ■ Neutral ■ A little satisfied ■ Unsatisfied

Would you recommend this course to a friend?



■ Most satisfied ■ Satisfied ■ Neutral ■ Possibly ■ Not at all

Would you consider this course to be good value for money?



■ Most satisfied ■ Satisfied ■ Neutral ■ Possibly ■ Not at all

Individual Comments

Excellent breadth, supportive and interactive faculty. The use of live demonstrations is much better than some courses which use pre-recorded videos. The value for money is excellent considering all of the skills taught during this day. I will actively be recommending doctors academy to my colleagues. I have had some mixed experiences with the English RCS and my experience with Doctors Academy and RCS Edinburgh has been far, far better.

PJ

Amazing course, I have learnt so much knowledge about a surgical career and the skills that come with it. I feel more confident in assisting in theatre now.

SA

I have gained much more confidence with surgical skills following this course.

AS

Had an amazing time on the course! Everyone was so friendly and helpful when practicing the skills. Would definitely recommend.

JB

I was extremely impressed with the overall quality, professionalism, and delivery of the course. I travelled from Ireland specifically to prepare for my upcoming orthopaedic surgical rotation in Madrid, and I genuinely feel far more confident entering a surgical environment following this training. The course exceeded all of my expectations. The teaching was highly practical, hands-on, and very bespoke in its delivery. One of the standout aspects was how accessible and engaged all of the tutors were throughout the sessions. Every few minutes there was individual feedback, guidance, and support available, which created a very one-on-one learning environment despite the range of skills being taught. I have attended previous surgical workshops elsewhere, and often due to large student numbers you do not receive the same level of individual attention or detailed feedback. This course was different. Every tutor was extremely knowledgeable, approachable, professional, and genuinely invested in helping students improve their skills and confidence. I was also extremely impressed with the value provided for the price of the course.

SO

The organisation was very good. The skills delivered were excellent.

KN

Individual Comments

The lecturer and assistant were really helpful. I had ample of time to practice.

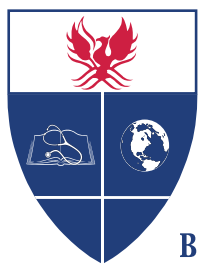
AI

Really good level of depth. Covered all basic skills and more intermediate concepts. As a medical student interested in surgery this course covered all requirements and more. Really good starting block to develop more skills and confidence. I can't find an option for the star rating but 5/5.

NJ

Very well organised and thorough course.

AN



DOCTORS ACADEMY

BETTER EDUCATION. BETTER HEALTH.

Doctors Academy is an international non-profit organisation which comprises of doctors, dentists and scientists. The aim of the Academy is to disseminate information and facilitate the exchange of medical knowledge between professionals from diverse backgrounds who work in various healthcare settings. In order to achieve this, a diverse range of educational activities are undertaken globally which are further complemented by our publishing house, online resources, and international events and competitions.

Courses (a selection):

Undergraduate:

- Final Year Medicine and Surgical Revision Courses
- Training the Clinical Anatomy Trainer
- Essential Surgical Skills and Principles for Aspiring Surgeons
- Clinical Anatomy as Applied to Trauma and Emergency Medicine
- Surgical Anatomy of Important Operative Procedures

Postgraduate:

Exam Preparation Courses

- MRCS Part A
- MRCS Part B OSCE
- MRCS (ENT) OSCE
- FRCS (General Surgery) Section I
- FRCS (General Surgery) Section II
- FRCS (T&O) Section II
- MRCP PACES
- ST3 Interview Preparation (General Surgery, Orthopaedic Surgery, Plastic Surgery)

Skills Development Courses

- Fresh Frozen Cadaveric Courses
- Intercollegiate Basic Surgical Skills (RCSEd)
- Essential Surgical Skills and Principles for Aspiring Surgeons
- Infant Hip Ultrasound (Graf Method) for Diagnosis and Management of Developmental Dysplasia of the Hip
- Crash Course for Orthopaedic On-Calls
- Management of Hand Fractures and Principles of Fracture Fixation
- Vascular Ultrasound Skills



Postgraduate Programmes in Surgery:

Postgraduate Certificate (PGCert) in Surgical Education

Postgraduate Diploma (PGDip) in Surgical Education

Postgraduate Certificate (PGCert) in Surgical Anatomy

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!

wjmer.co.uk

Online Revision Resources

DoctorExams consists of thousands of questions with detailed explanations in MCQ, EMQ, SBA and SAQ formats. The questions have been 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 the given topics. Based on past exams, these questions have been carefully designed to meet the needs of undergraduate students and postgraduate trainees undertaking relevant speciality exams.

Resources for:

- | | |
|--------------------------------|--------------------|
| - Medical Students | - MRCS Part A |
| - Dental Students | - MRCS Part B OSCE |
| - International Entrance Exams | - MRCS (ENT) OSCE |

doctorexams.co.uk

www.doctorsacademy.org