





## The Royal College of Surgeons of Edinburgh Future Surgeons: Key Skills

This one-day course was led by consultants and aimed at junior doctors who wish to pursue a career in surgery. Through the introduction of safe, basic surgical techniques which are common to all surgical practices, the course intended to provide the delegates with a structured programme in order to help them learn basic surgical skills and techniques.

#### **Features and Highlights:**

The course was tutored and supervised by consultant surgeons from various disciplines.

It was a practical course with a high tutor-to-participant ratio.

It was delivered using a series of tutor demonstrations and hands-on sessions where participants were able to work on animal tissue.

This was an official course of The Royal College of Surgeons of Edinburgh which was specifically aimed at junior doctors who intend to pursue a career in surgery.

The delegates received a certificate from The Royal College of Surgeons of Edinburgh and from Doctors Academy.



Course Information			
12 <sup>th</sup> May 2018			
Christie Hospital, Manchester			
20 Delegates			
Junior doctors interested in pursing a career in surgery.			
Senior Medical Students also welcome.			
£75.00			
Run in partnership with:			
<b>DOCTORS</b> <b>ACADEMY</b> BETTER EDUCATION. BETTER HEALTH.			

#### Learning Outcomes:

- o To demonstrate safe practice when gowning and gloving.
- o To handle commonly used surgical instruments in a safe and effective manner.
- o To create secure 'Reef' and 'Surgeons' knots.
- o To pick up and safely drive a needle through tissue with accurate bite placement.
- o To perform an interrupted suture close to a wound.
- o To demonstrate the steps for excising a skin lesion under local anaesthesia.
- o To excise a subcutaneous cyst.
- o To drain a superficial abscess.
- o To be able to debride a traumatic wound.
- o To perform basic techniques used for endoscopy.
- o To explain the principles of using safe diathermy.

# Course Programme

0830	Registration	
0850	Introduction	Mr Tandon
0900	Gowning and Gloving	Mr Tandon
0940	Handling Instruments	Mr Hooper
1015	Knot-Tying (1) • Reef knot • Instrument tie	Mr Tandon
1100 - 1115	Refreshment Break	
1115	<ul><li>Knot-Tying (2)</li><li>Surgeon knot</li><li>Tie at Depth</li></ul>	Mr Tandon
1200	<ul> <li>Suturing</li> <li>Needle manipulation</li> <li>Interrupted sutures</li> <li>Sub-cuticular absorbable sutures</li> <li>Assisting</li> <li>Continuous suture</li> </ul>	Mr Wallace
1300 - 1340	Lunch Break	
1300 - 1340 1340	Lunch Break LA Techniques, Skin Lesions & Wound Management Skin lesions Cyst removal Abscess drainage & excision Debridement	Mr Hooper
	LA Techniques, Skin Lesions & Wound Management • Skin lesions • Cyst removal • Abscess drainage & excision	Mr Hooper
1340	LA Techniques, Skin Lesions & Wound Management • Skin lesions • Cyst removal • Abscess drainage & excision • Debridement	
1340 1440	LA Techniques, Skin Lesions & Wound Management • Skin lesions • Cyst removal • Abscess drainage & excision • Debridement Diathermy Laparoscopy Skills • Hand-eye co-ordination • Polo mints exercise	Mr Hooper

# Faculty

#### Mr Roop Tandon, MBBS, FRCS

Retired Consultant Orthopaedic Surgeon Wolverhampton Hospital Surgical Tutor – Royal College of Surgeons of Edinburgh

Mr Geoffrey Hooper, MMSc, MD, FRCS, FRCS Ed (Orth) Retired Consultant Orthopaedic Surgeon

St John's Hospital, Livingston, West Lothian Surgical Tutor – Royal College of Surgeons of Edinburgh

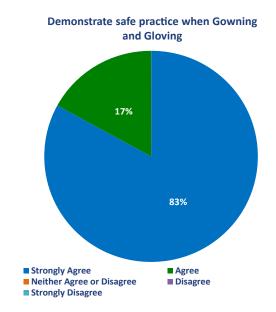
**Mr Ian Wallace, FRCS** Retd Consultant General Surgeon Tutor Royal College of Surgeons of Edinburgh

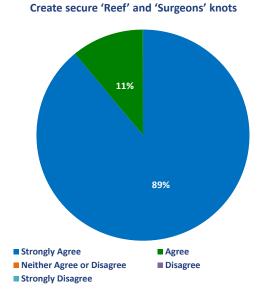
#### Assisting

**Dr Joanna Craven** Foundation Year Doctor Warrington and Halton Hospitals NHS Foundation Trust

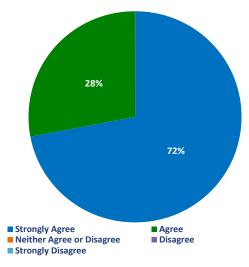
#### **Dr Mohammad Sarwar**

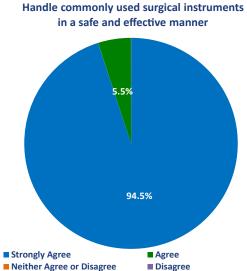
Speciality Trainee in ENT Surgery Queen Victoria Hospital, East Grinstead





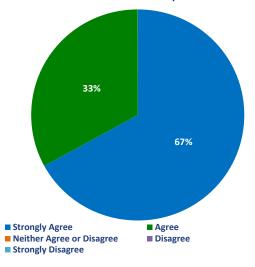




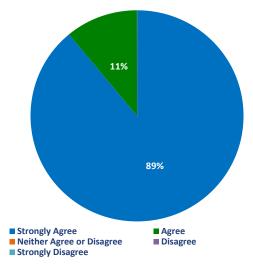


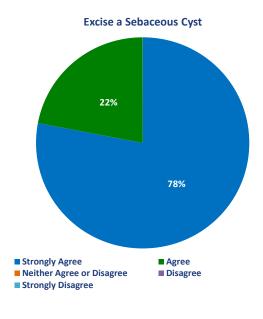


Pick up and safely drive a needle through tissue with accurate bite placement

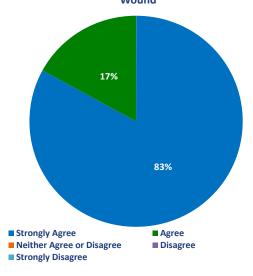


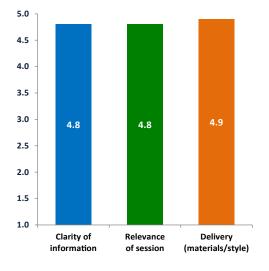
Demonstrate the steps for excising a skin lesion under local anaesthesia



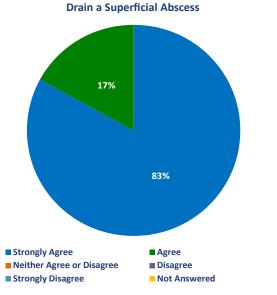




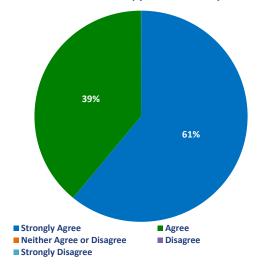


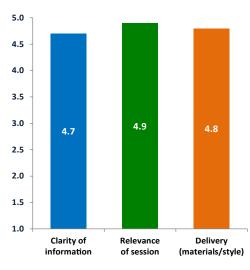


**Growning and Gloving** 

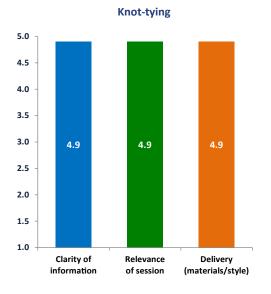




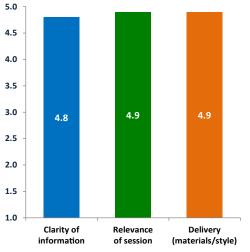


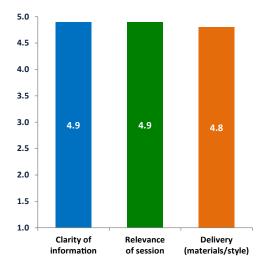


#### Handling instruments



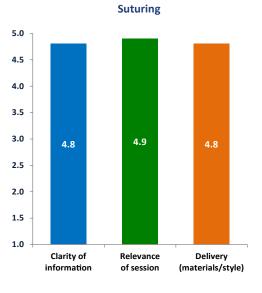




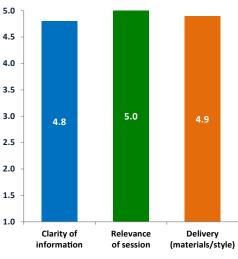


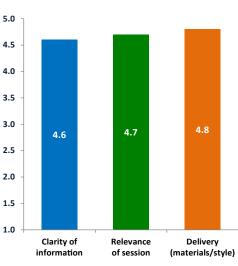
Wound management



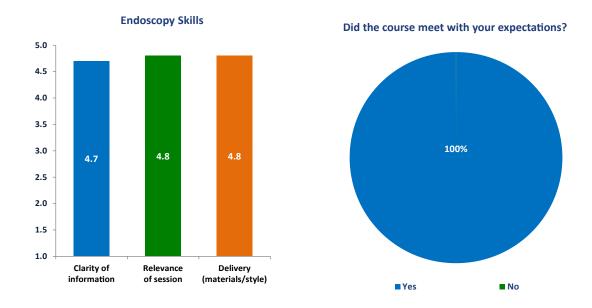




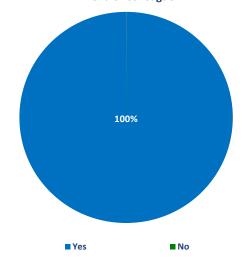




Diathermy



Would you recommend this course to a friend or colleague



# **Individual Comments**

- Amazing course. Thank you.
- Really great day, gave me time to refine skills I had previously been taught. Having the time to ask questions to experienced and clear teachers was great. Thank you!
- Excellent and well structured course.
- Extremely helpful!
- Very well done.
- Thank you, was very helpful.



Doctors Academy is a UK-based International Non-Profit Organisation comprising of doctors, dentists and scientists that undertakes a diverse range of educational activities globally. The aim of the Academy is to disseminate information and exchange medical knowledge between professionals from diverse backgrounds working in a variety of healthcare settings. This is achieved by the provision of a number of attendance courses, publishing house, online resources and international events/ competitions.

#### **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 Manchester, 6<sup>th</sup> to 10<sup>th</sup> August 2018
- International Academic and Research Conference Manchester, 11<sup>th</sup> August 2018
- World University Anatomy Challenge Manchester, 9<sup>th</sup> and 10<sup>th</sup> August 2018

#### **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:**

- General Surgery Exams
- Dental Students

- Medical Students

- Plastic Surgery Exams

- DOHNS Exams

- International Entrance Exams
- MRCS Exams

#### www.doctorexams.co.uk