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



Feedback - May 2025

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: 24th May 2025

Attendance: 19 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 Swati Bhasin, MBBS, MRCS

Registrar in General Surgery
Royal Wolverhampton Hospitals NHS Foundation Trust

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.

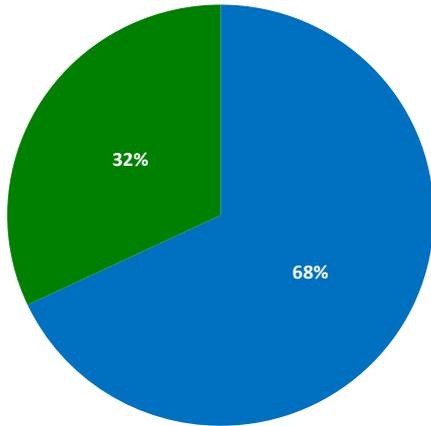
PhD Research Fellow
Speciality Registrar in General Surgery
Oxford Deanery

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

Consultant Orthopaedic Surgeon
Nevill Hall Hospital, Abergavenny

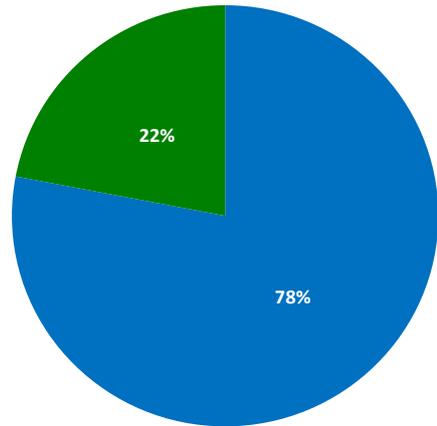
Overall Feedback

How was the content of the course?



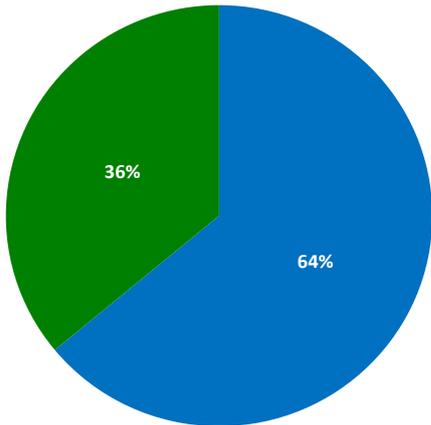
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the clarity of the demonstrations?



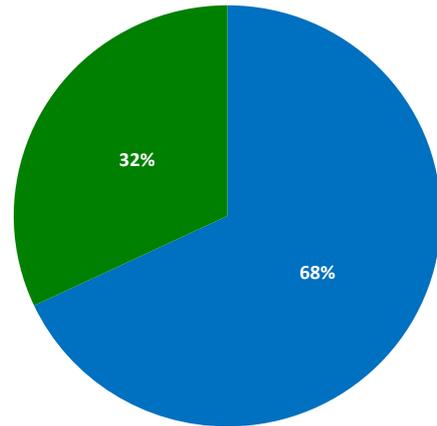
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Did the course meet your learning objectives?



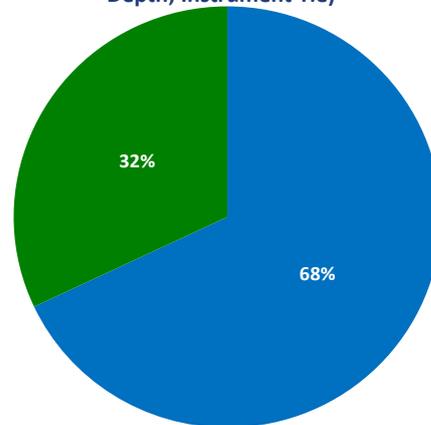
■ Most certainly ■ Certainly ■ Just about ■ Limited ■ Not at all

Basics of Suture Materials and Needles



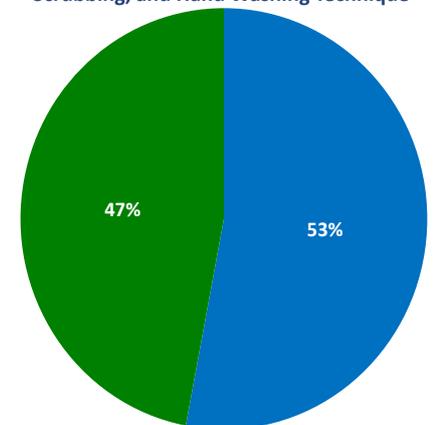
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

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



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

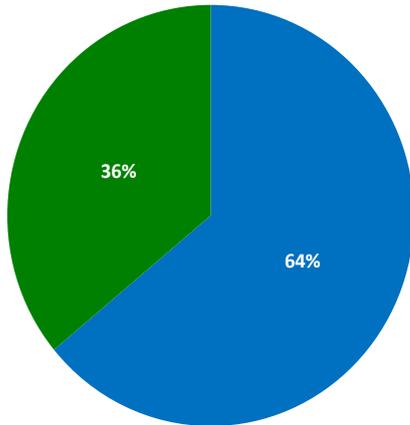
Aseptic Precautions in the Operating Theatre, Scrubbing, and Hand Washing Technique



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

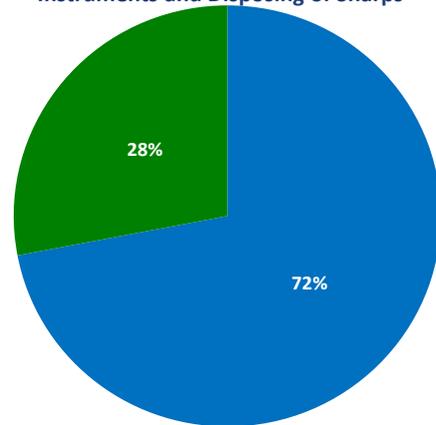
Overall Feedback

Closed Method of Gowning and Gloving



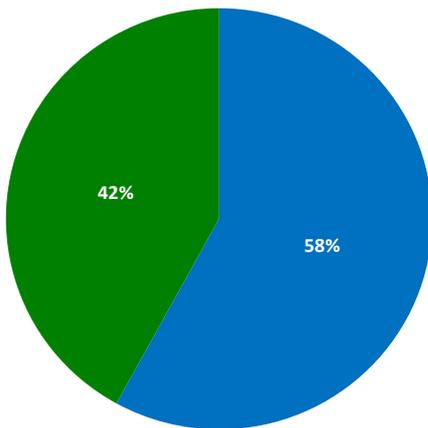
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Correct Handling of Common Surgical Instruments and Disposing of Sharps



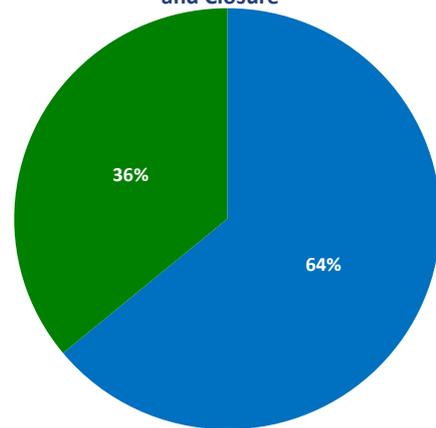
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Safe Infiltration of Local Anaesthesia



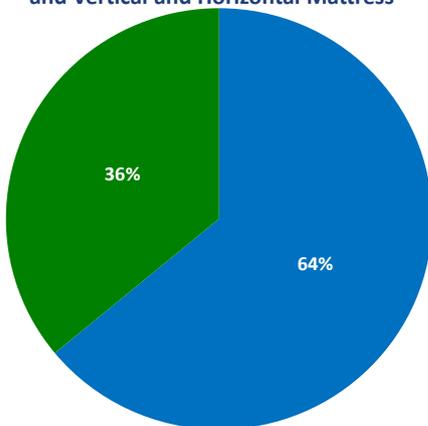
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Excision of a Simulated Cutaneous Lesion and Closure



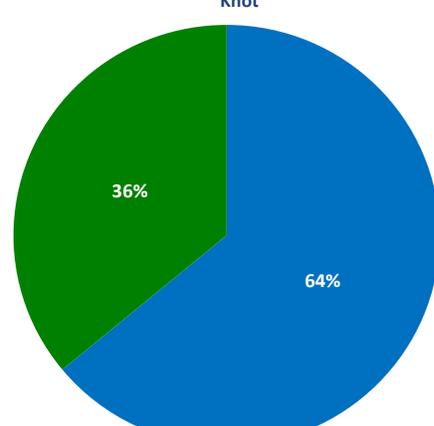
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

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



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

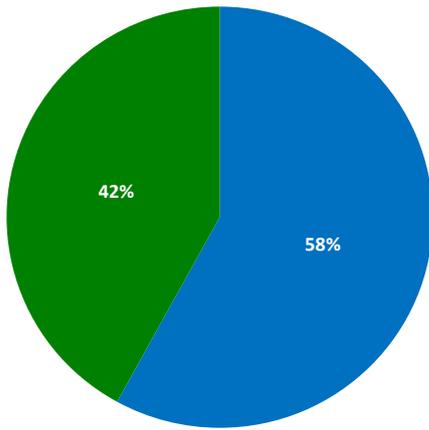
Suturing Techniques II: Subcuticular, Simple Continuous, Interlocking Continuous and Aberdeen Knot



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

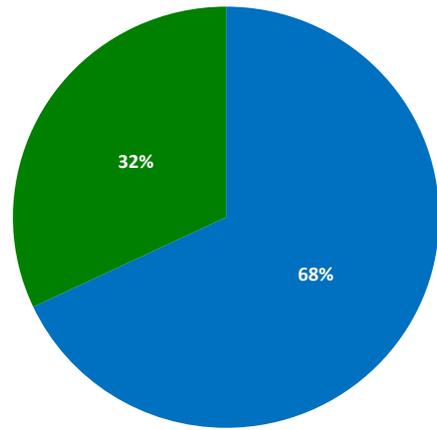
Overall Feedback

Haemostatic Figure of '8' Stitch



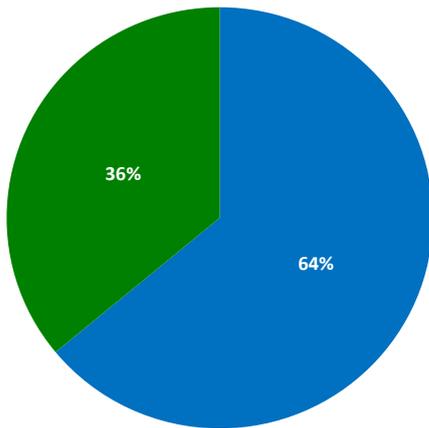
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Repairing a Flexor Tendon



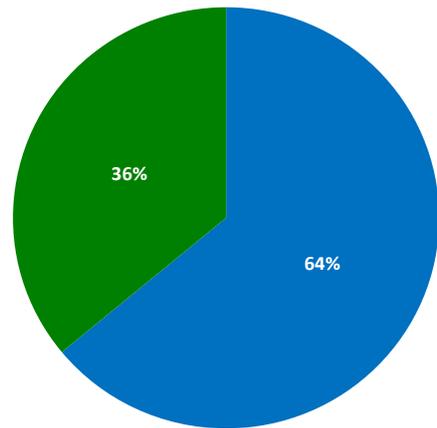
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Repairing an Extensor Tendon



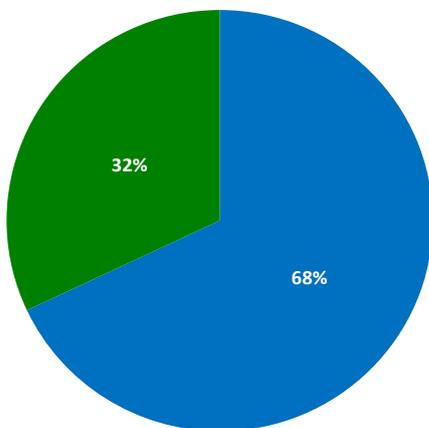
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Removal of a Simulated Epidermoid Cyst



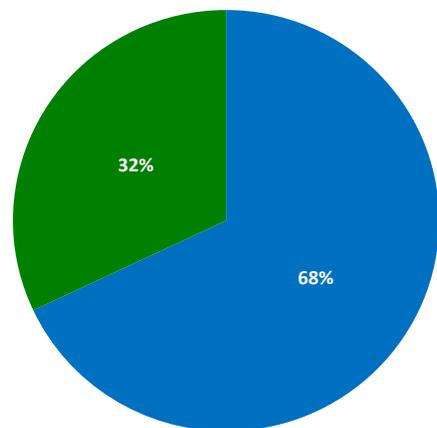
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Principles of Designing Local Flaps



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

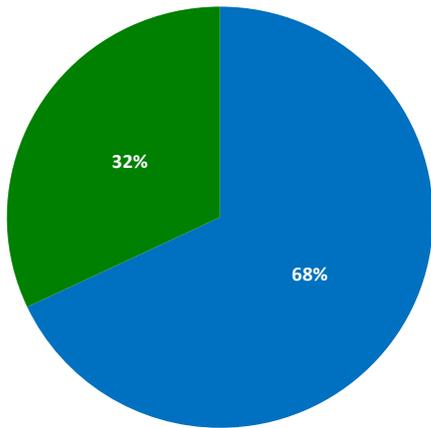
Drainage of an Abscess



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

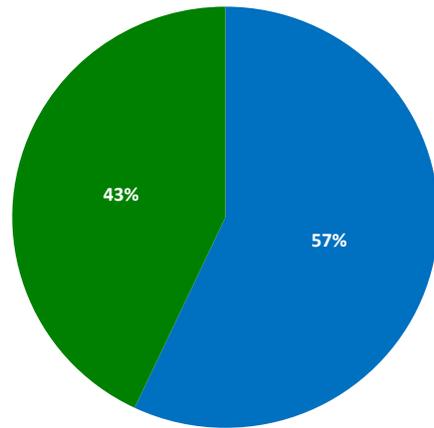
Overall Feedback

Debridement of a Contaminated Wound



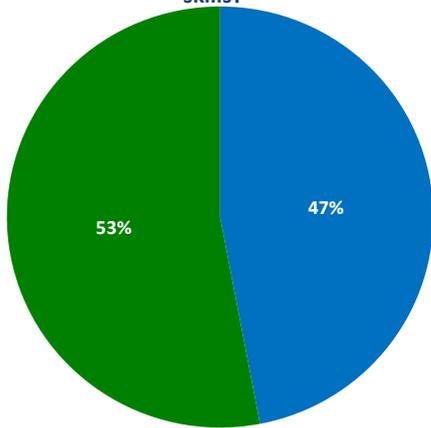
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Overview of Managing Traumatic Wounds



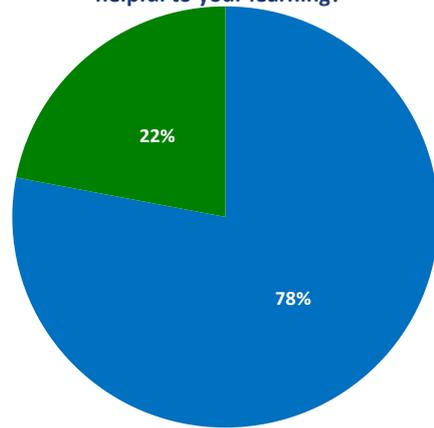
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Did you have sufficient time to practice the skills?



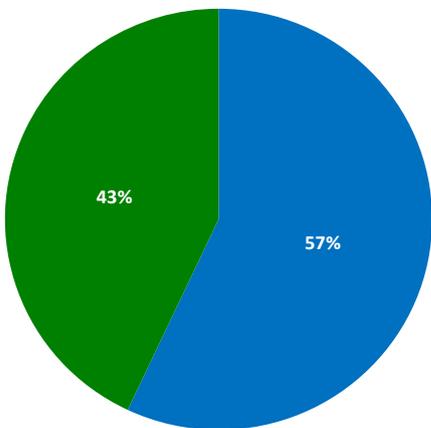
■ Certainly sufficient ■ Mostly sufficient ■ Neutral
■ Just sufficient ■ Not sufficient

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



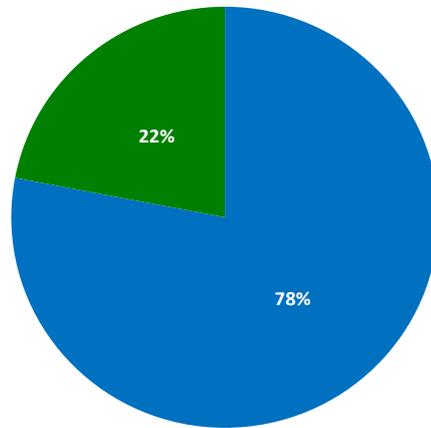
■ Most helpful ■ Helpful ■ Neutral ■ Little helpful ■ Not helpful

Did the topics covered in the course meet your objectives?



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

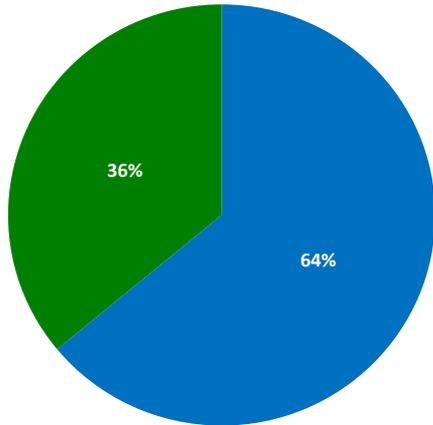
Do you feel that the skills you learnt will help you in your career?



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

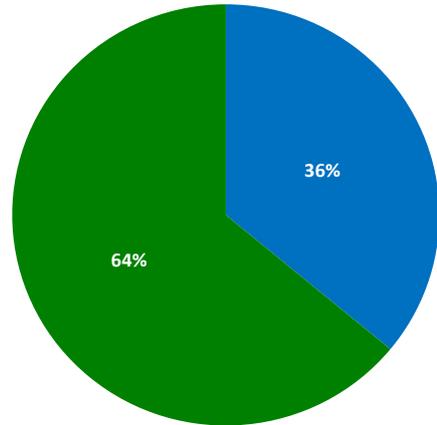
Overall Feedback

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



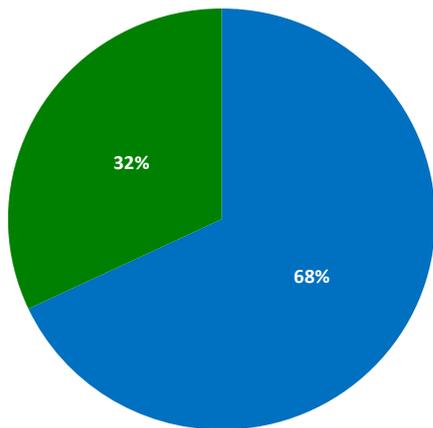
■ Most certainly ■ Certainly ■ Neutral ■ A little bit ■ Not at all

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



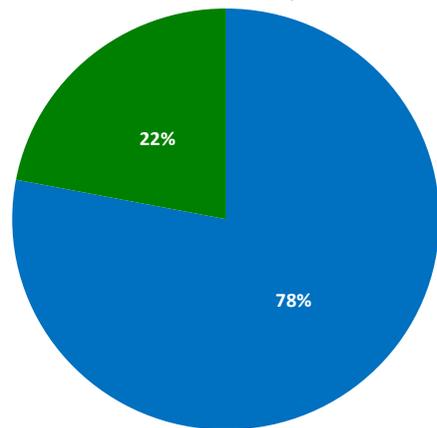
■ Most satisfied ■ Satisfied ■ Neutral ■ A little satisfied ■ Unsatisfied

Would you recommend this course to a friend?



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

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



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

Individual Comments

This course surpassed my expectations.

MB

Royal Free Hospital NHS, United Kingdom

The Prof who delivered the teaching is such a great teacher. He was patient and came around to see how we were getting on. Overall, very hands on learning and relaxing environment. The tutors were also very supportive.

TO

North Middlesex University Hospital, London

Well organised, kept to timings, succinct.

AA

Bedford Hospital NHS Trust, United Kingdom

Excellent.

EE

Chelsea and Westminster Hospital, United Kingdom

Very well organised and taught.

RP

Swansea University, Swansea

Well organised and packed with useful information and demonstrations. Practice on animal tissues is vastly superior to using foam/plastic models for practicing surgical skills and this was a key highlight of the course and apart from good tutoring is the main reason I would recommend it to others.

AM

The course was a fantastic experience which surpassed my expectations. We covered such a wide range of techniques in a single day meaning I learnt a lot. Despite being in my first year at medical school and the most inexperienced in the group, I felt able to keep up with everyone else, which was incredibly motivating and a credit to the excellent live demonstrations. All of the instructors were patient and taught well and there was a good number of tutors present. Thank you to everyone involved in organising an incredible day and I look forward to attending future courses!

SB

University of Bristol, Bristol

Individual Comments

The course was well arranged and the price was very good considering the amount of content that was covered.

MM
Royal Oldham Hospital, Oldham

All the essential skills taught by the tutors were excellent. 4:1 ratio was helpful and had sufficient time to practice all the skills under guidance.

LK
Royal Liverpool University Hospital, United Kingdom

The topics covered were extremely useful in equipping me with the essential surgical skills for my foundation year training. The course was professional, timely & engaging. Thank you to all the tutors & Professor Enoch for providing a fantastic course, with great demonstrations and one on one support when required.

AC
Frimley Park Hospital NHS Foundation Trust, United Kingdom

Amazing content thank you!

KS
Sandwell and West Birmingham Hospital SWBH NHS, United Kingdom

Very good, skills learnt will enhance my surgical competence.

EE
Chelsea and Westminster Hospital, United Kingdom

It was very comprehensive, and was worked through at a good speed. The topics covered are very relevant to everyone going into the surgical field, and provide the basis for management of wound closures and wound debridement.

JJ
Swansea University, Swansea

Good delivery, enjoyed the live demonstration and use of animal tissue to practice sutures.

OH
Princess of Wales Hospital, Bridgend



DOCTORS ACADEMY

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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
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Publications



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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:

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