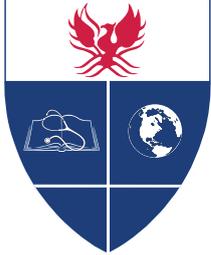


**DOCTORS ACADEMY**



BETTER EDUCATION. BETTER HEALTH.

**COLLEGE OF PHYSICIANS AND  
SURGEONS OF CARDIFF**



ERUDITIO. NOVATIO.  
EXCELLENTIA. MISERICORDIA.

# Essential Surgical Skills

(for Surgeons-in-Training [ESSSiT])



Feedback - December 2021

# Essential Surgical Skills

(for Surgeons-in-Training [ESSSiT])

This two-day course aimed to provide the surgical trainee with an overview of the essential principles, core concepts and fundamental skills relevant for foundation and core surgical training. The course comprised of hands-on training in surgical skills using animal tissue, interspersed with structured and focused teaching on the principles behind undertaking common operative procedures. In addition to teaching the skills required to practice safe operative surgery, the course also emphasised the value of being an effective assisting surgeon.

With a high tutor-to-delegate ratio, this course was designed to equip the surgical trainee with the essential surgical skills that will be expected of a foundation year or core surgical trainee in the operating theatre. The course also included pertinent discussions on the management of patients with trauma and those presenting with surgical emergencies.

A formal assessment was carried out for award of Certification of Completion of the Course.

## Course Information

<b>Venue:</b>	<b>College of Physicians and Surgeons of Cardiff, Frazer Building, Cardiff Bay, Cardiff</b>
<b>Dates:</b>	<b>4<sup>th</sup> and 5<sup>th</sup> December 2021</b>
<b>Attendance:</b>	<b>21 Delegates</b>
<b>Aimed at:</b>	<b>Foundation Year Doctors; Core Surgical Trainees; Junior Surgeons; Specialist Surgical Trainees (up to ST4 level); Junior Surgical Registrars; Surgical Staff Grades.</b>
<b>Course Fee:</b>	<b>£385.00</b>



# Programme

## Day 1

- 0830 - 0840 Welcome to the Course and Introduction to Learning Objectives for Day 1.
- 0840 - 0910 Basics of Sutures and Needles (Interactive Discussion).
- 0910 - 0940 Handling Surgical Instruments, Art of Assisting, and Disposing Sharps Safely (Demonstration).
- 0940 - 1010 Knot-Tying - Reef Knots (Demonstration and Practice).
- 1010 - 1045 Knot-Tying Surgeon's Knot, Tying at Depth and Tying a Vessel (Demonstration and Practice).

### **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, and Suture Removal (Demonstration and Practice).
- 1240 - 1310 Advanced Suturing Techniques (1): Vertical Mattress and Horizontal Mattress Sutures (Demonstration and Practice).

### **1310 - 1345 Lunch**

- 1345 - 1430 Advanced Suturing Techniques (2): Continuous Sutures, Subcuticular Sutures and Aberdeen Knot (Demonstration and Practice).
- 1430 - 1450 Excision of a Subcutaneous Cyst (Demonstration and Practice).
- 1450 - 1500 Assessing a Hand Injury (Interactive Discussion).
- 1500 - 1600 Repair of a Flexor Tendon (Demonstration and Practice).

### **1600 - 1620 Break for Refreshments**

- 1620 - 1630 Classification of Open Fractures (Interactive Discussion).
- 1630 - 1640 Principles of Managing Patients with Shock (Interactive Discussion).
- 1640 - 1650 Methods of Wound Closure and Reconstructive Ladder (Interactive Discussion).
- 1650 - 1720 Debriding a Contaminated Traumatic Wound (Demonstration and Practice).
- 1720 - 1740 Drainage of an Abscess (Demonstration and Practice).
- 1740 - 1745 Summary and Close of Day 1

# Programme

## Day 2

- 0830 - 0840 Welcome and Introduction to Learning Objectives for Day 2.
- 0840 - 0850 Layers for Abdominal Incisions (Interactive Discussion).
- 0850 - 1000 Laparotomy and Closure (Demonstration and Practice).
- 1000 - 1020 Indications and Types of Colectomies (Interactive Discussion).

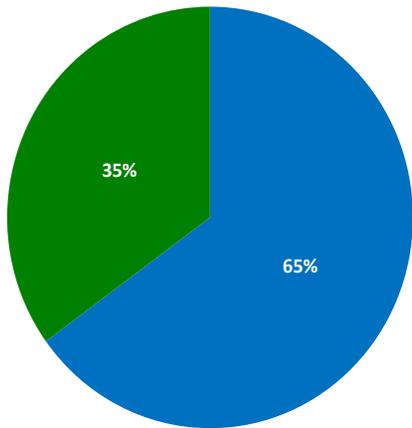
### **1020 - 1040 Break for Refreshments**

- 1040 - 1140 Mesenteric Exercises - Pedicle Ligation, Ligation in Continuity, and Transfixing the Pedicle (Demonstration and Practice).
- 1140 - 1155 Mesenteric Lymph Node Dissection (Demonstration and Practice).
- 1155 - 1310 Small Bowel End-to-End Anastomosis (Demonstration and Practice).
- 1310 - 1420 Assessment of Specific Competencies (along with staggered lunch break).
- 1420 - 1430 Principles of Vascular Surgery - Bypass and Stents (Interactive Discussion).
- 1430 - 1440 Arteriotomy (Demonstration and Practice).
- 1440 - 1530 Vein Patch to Close Arteriotomy Defect (Demonstration and Practice).
- 1530 - 1540 Safe Use of Surgical Diathermy (Interactive Discussion).
- 1540 - 1600 Principles of Laparoscopic Surgery - Camera Technique, Ergonomics and Safety (Interactive Discussion).
- 1600 - 1615 Surgical Diathermy (Demonstration and Practice).
- 1615 - 1715 Laparoscopic Skills - Cutting and Threading (Demonstration and Practice).
- 1715 - 1730 Debrief, Summary, Questions and Close.
- 1730 End of Course.

**The College of Physicians and Surgeons of Cardiff awards 14 CPD points for attendance at this two-day course.**

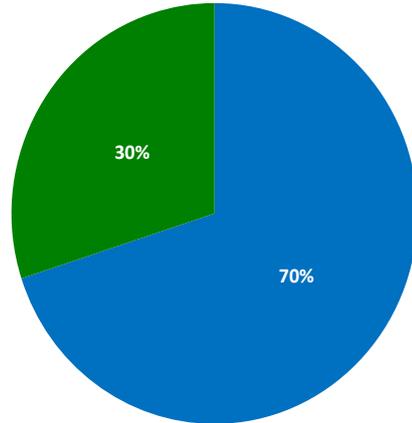
# Overall Feedback

How was the content of the course?



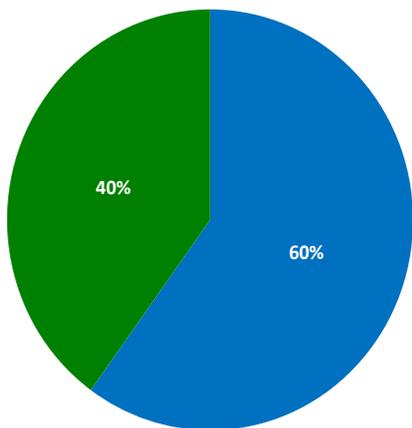
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How would you rate the general academic standard of the tutors?



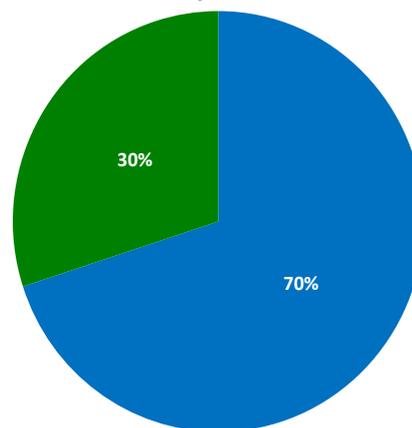
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the clarity of the demonstrations?



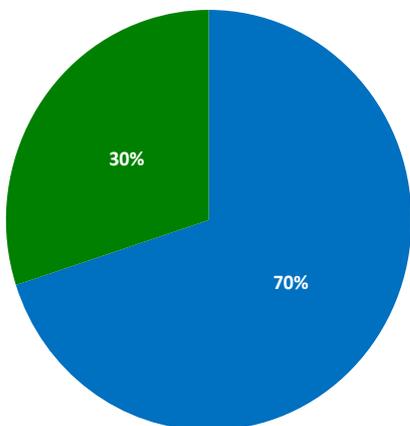
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Did the course meet your learning objectives?



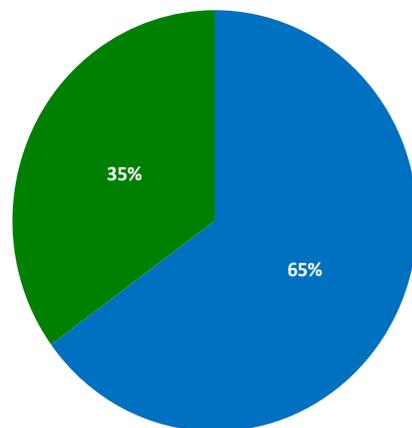
■ Most Certainly ■ Certainly ■ Just about ■ Limited ■ Not at all

Knot Tying (Reef; Surgeon's; Tying around a Vessel; Tying at Depth)



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

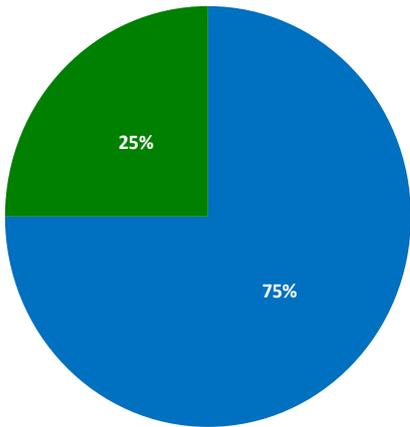
Gowning and Gloving



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

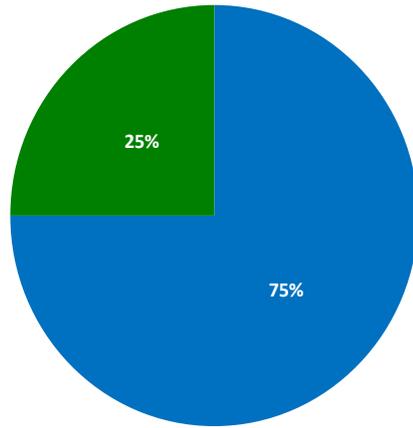
# Overall Feedback

Instrument Handling and Disposing Sharps



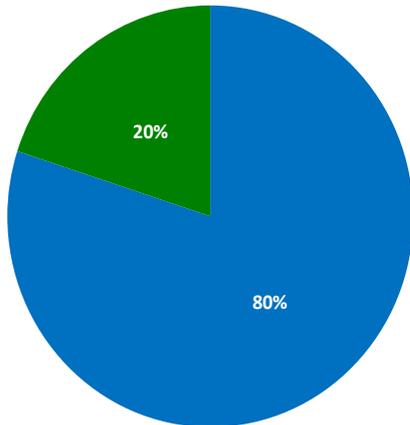
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Sutures, Suture Materials and Needles



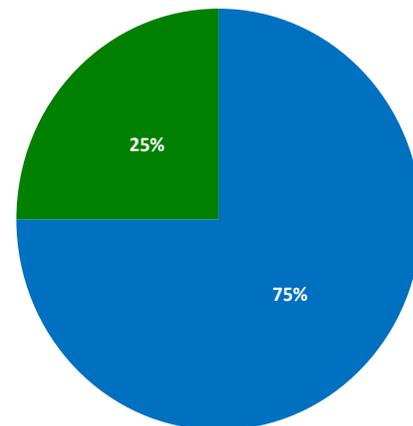
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Suturing Technique – Simple Interrupted



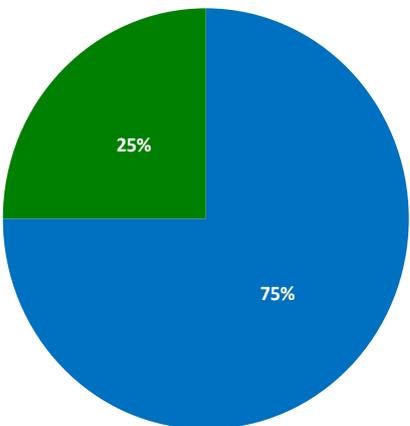
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Suturing Technique – Vertical and Horizontal Mattress



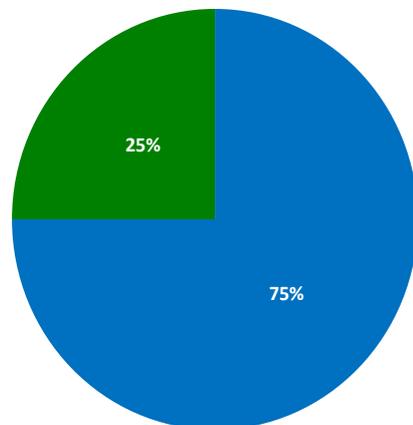
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Suturing Technique – Continuous and Aberdeen Knot



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

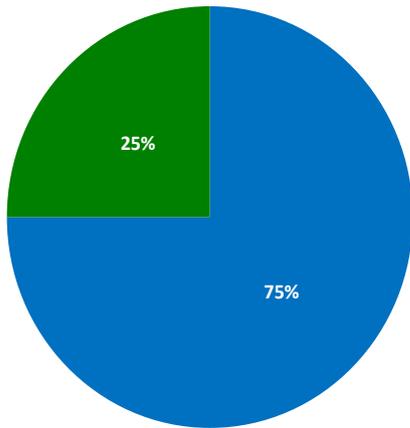
Suturing Technique – Subcuticular



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

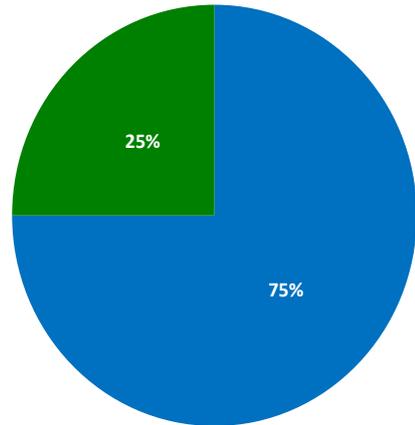
# Overall Feedback

Suturing Technique – Figure of '8'



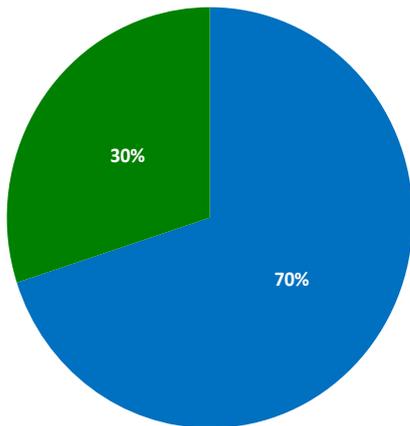
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Suturing Technique – Purse-String



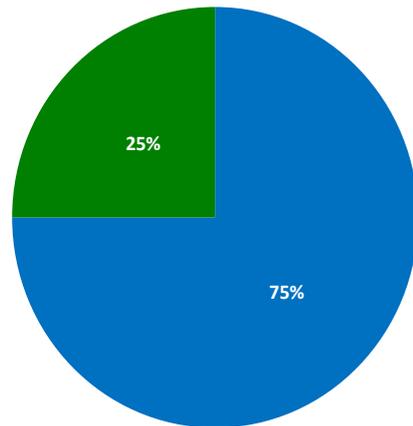
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Safely Securing a Surgical Wound Drain



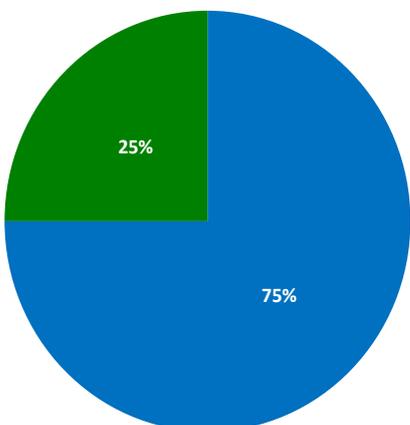
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Safe Infiltration of Local Anaesthesia



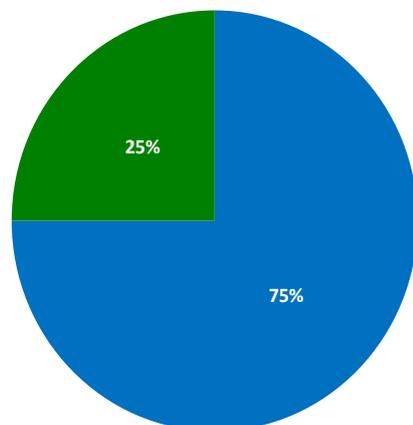
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Excision of a Cutaneous Lesion



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

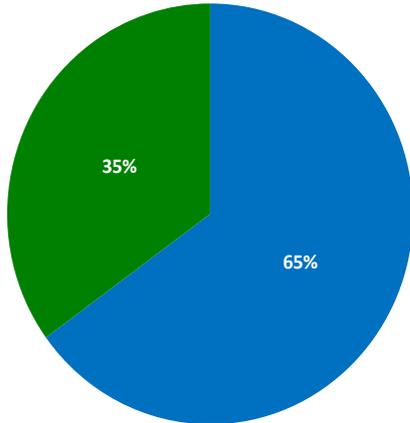
Excision of an Epidermoid Cyst



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

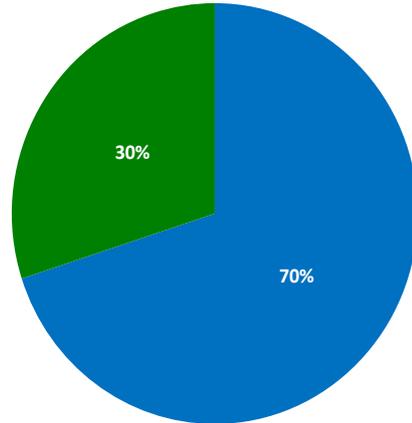
# Overall Feedback

### Principles of Assessing a Hand Injury



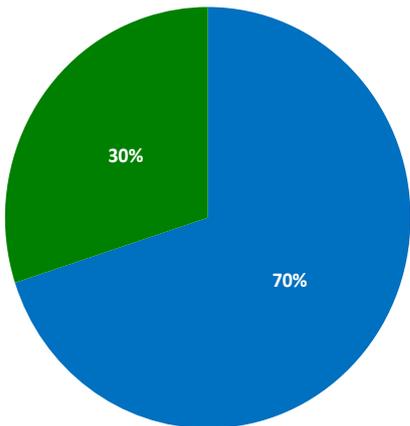
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

### Repair of a Flexor Tendon



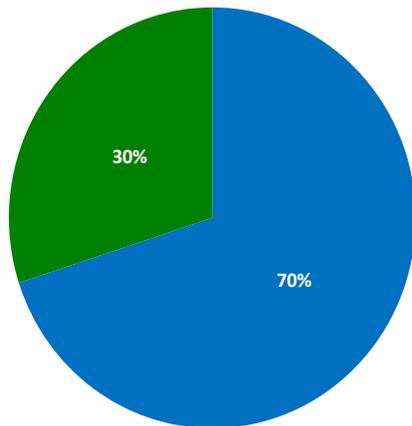
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

### Principles of Reconstructive Surgery



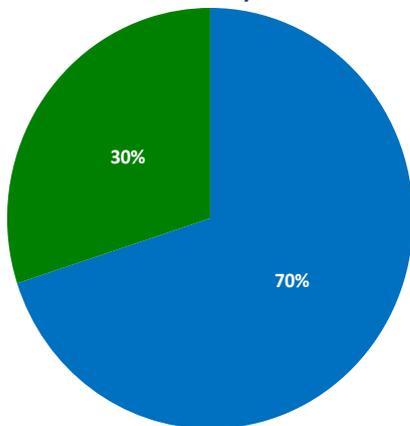
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

### Performing a Local Cutaneous Flap



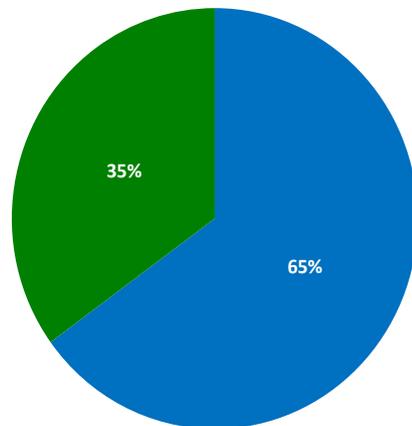
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

### Abdominal Wall Incisions – Technique and Safety



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

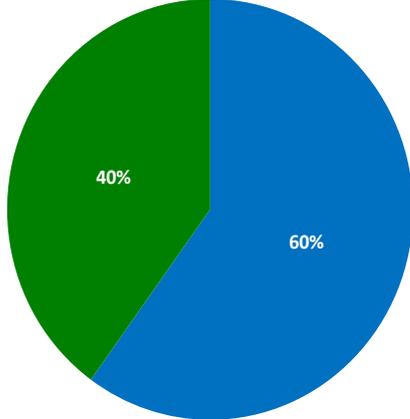
### Laparotomy and Closure



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

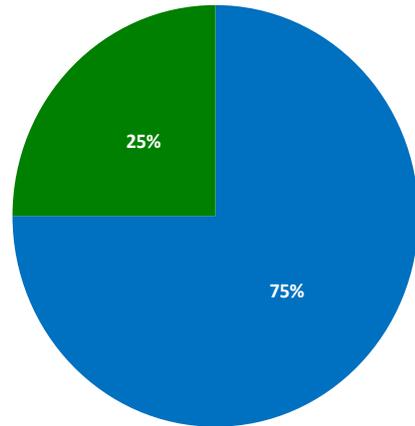
# Overall Feedback

Mesentery Exercises: Pedicle Ligation, Ligation in Continuity and Transfixing a Pedicle



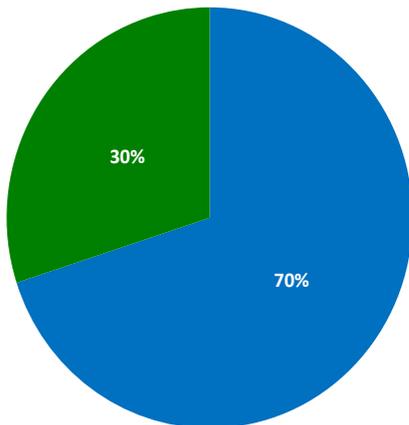
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Lymph Node Biopsy



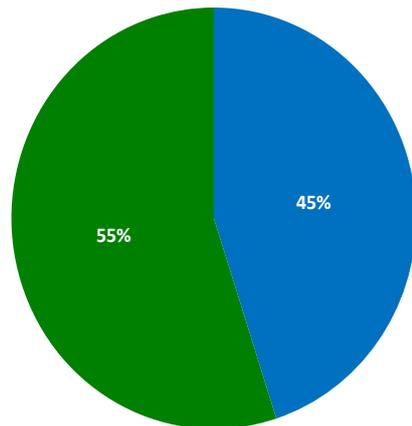
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

End-to-End Bowel Anastomosis



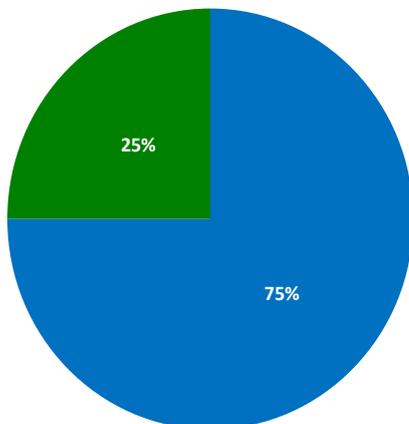
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Indications and Types of Colectomies



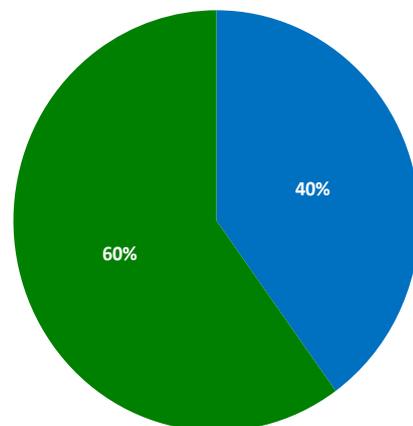
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Principles of Vascular Surgery



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

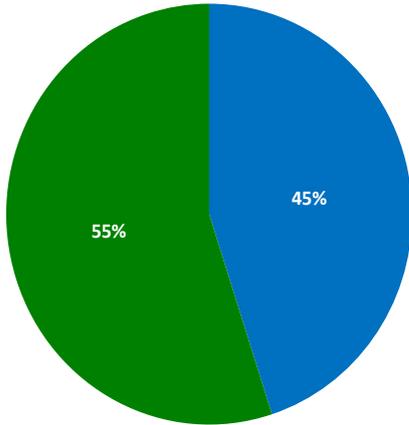
Arteriotomy and Vein Patch



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

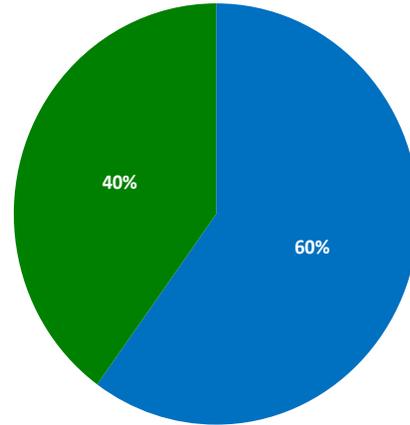
# Overall Feedback

Debriding a Contaminated Wound



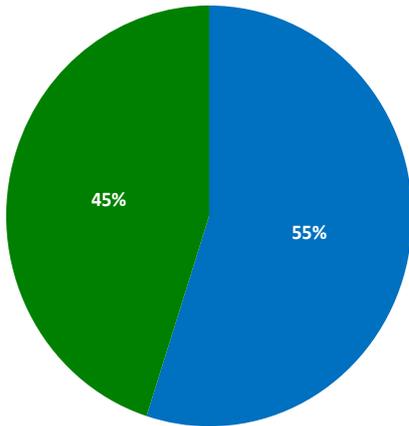
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Draining an Abscess



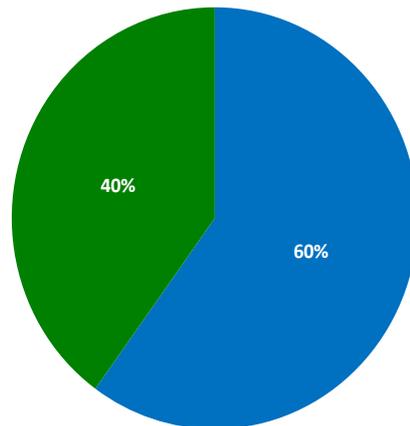
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Principles of Surgical Diathermy



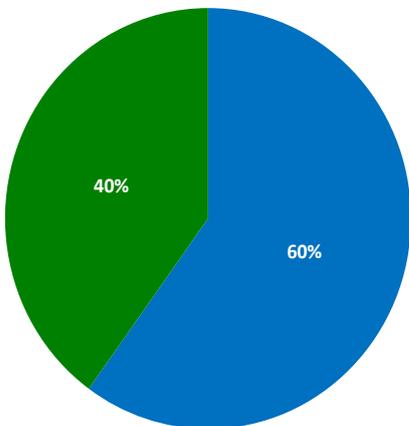
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Laparoscopic Surgery (Stacking)



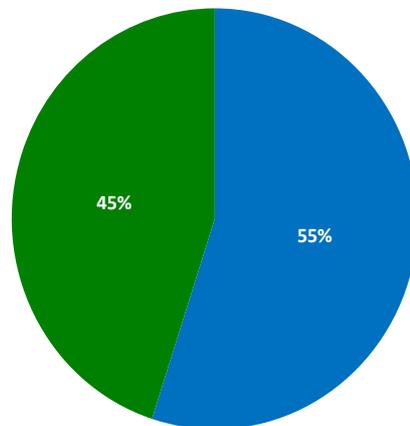
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Laparoscopic Surgery (Cutting Stars and Circles in Gloves)



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

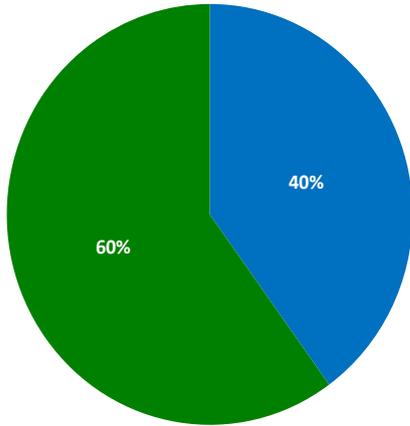
Laparoscopic Surgery (Threading Through Hoops)



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

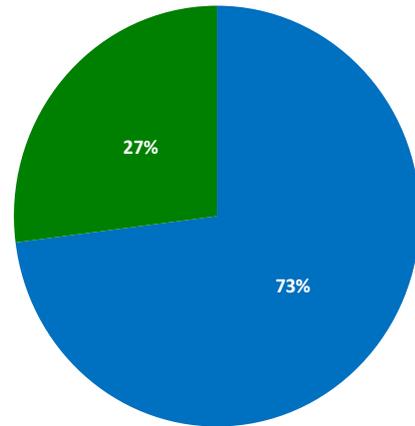
# Overall Feedback

Were you given sufficient time to practice the skills?



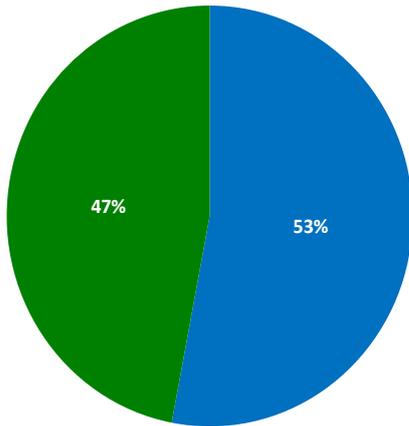
■ Certainly sufficient   
 ■ Mostly sufficient   
 ■ Neutral  
■ Just sufficient   
 ■ Not sufficient

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



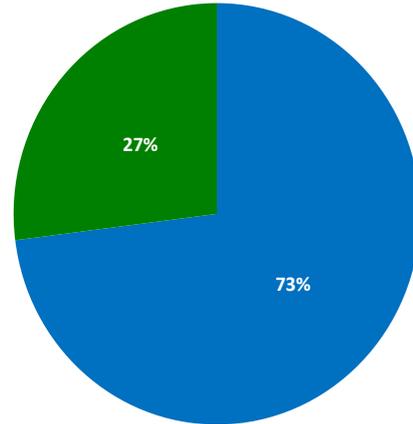
■ Most helpful   
 ■ Helpful   
 ■ Neutral   
 ■ Little helpful   
 ■ Not helpful

Did the topics covered in the course meet your objectives?



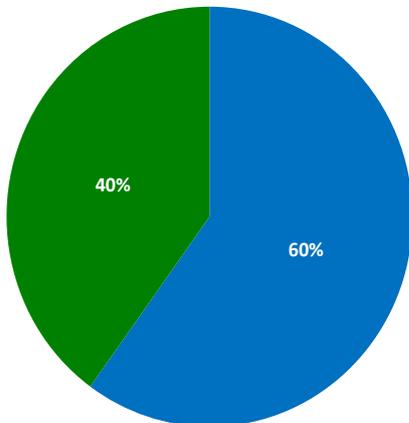
■ Most certainly   
 ■ Certainly   
 ■ Neutral   
 ■ A little bit   
 ■ Not at all

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



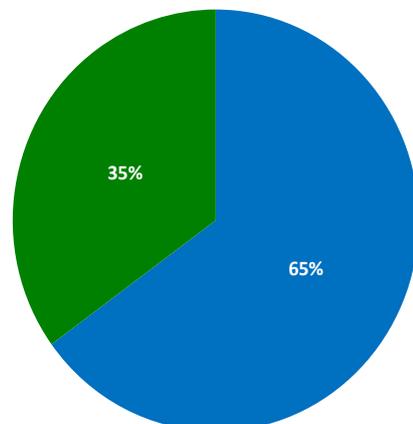
■ Most certainly   
 ■ Certainly   
 ■ Neutral  
■ Might help   
 ■ Won't help at all

Do you feel more confident of suturing wounds and/or assisting in the operating theatre?



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

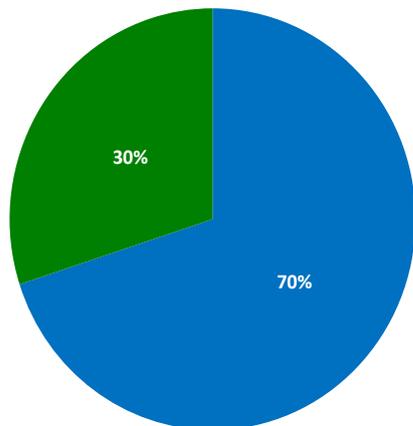
How satisfied were you with the venue, catering and hospitality?



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

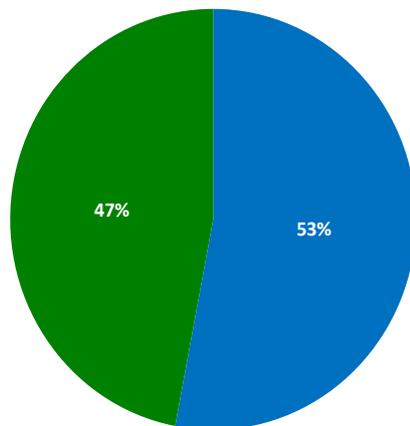
## Overall Feedback

Would you recommend this course to a friend?



■ Most certainly ■ Certainly ■ Neutral ■ Possibly ■ Not at all

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



■ Most certainly ■ Certainly ■ Neutral ■ Possibly ■ Not at all

## Individual Comments

It was so nice and amazing.

**SA**  
*The Grange University Hospital, Cwmbran*

Best course I attended so far, thank you.

**MN**  
*Royal Shrewsbury Hospital, Shrewsbury*

This course is beyond doubt the best course I have attended. The tutors and fellow colleagues were amazing. The course delivery beyond doubt brilliant.

**SC**  
*Queen Elizabeth Hospital, Birmingham*

It was a very good course, I would definitely attend future courses run by Doctors Academy.

**RB**

The course exceeded all my expectations! After every session, I feel more confident with my skills more than ever! I can't thank the Doctors Academy team enough, as it is crystal clear how much efforts they have put in this course. Would definitely be more than happy to attend more surgical courses!

**JG**

I learnt a lot and now feel more confident assisting in theatre.

**JP**  
*The Grange University Hospital, Wales, United Kingdom*

Very organised, clearly very experienced team of clinical teachers, who also seemed to enjoy teaching. Topics were very good and definitely appropriate. The number of teachers allowed it to be easy to ask for help.

**RJ**  
*Barnsley Hospital NHS Foundation Trust, UK*

It was very good.

**MU**  
*Bronglais Hospital, Wales, UK*



# DOCTORS ACADEMY

BETTER EDUCATION. BETTER HEALTH.

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
- International Academic and Research Conference
- World University Anatomy Challenge

## Publications



[publications.doctorsacademy.org](http://publications.doctorsacademy.org)

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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](http://www.doctorexams.co.uk)

# [www.doctorsacademy.org](http://www.doctorsacademy.org)