

DOCTORS ACADEMY



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**COLLEGE OF PHYSICIANS AND
SURGEONS OF CARDIFF**



ERUDITIO. NOVATIO.
EXCELLENTIA. MISERICORDIA.

Essential Surgical Skills and Principles for Aspiring Surgeons [ESSPAS]



Feedback - May 2022

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:	14th May 2022 15th May 2022
Attendance:	49 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 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

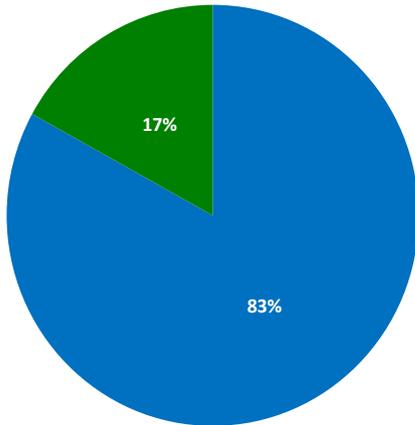
- 1345 - 1430 Advanced Suturing Techniques (II): Continuous Sutures, Subcuticular Sutures and Aberdeen Knot (Demonstration and Practice)
- 1430 - 1440 Haemostatic Figure of '8' Stitch (Demonstration and Practice)
- 1440 - 1455 Excision of a Subcutaneous Cyst (Demonstration and Practice)
- 1455 - 1505 Principles of Draining an Abscess (Demonstration).

Programme

- 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 - 1715 Rotating Workshops: Surgical Diathermy (Demonstration and Practice); Laparoscopic Skills (Demonstration and Practice)
- 1715 - 1740 Debrief, Summary, Questions and Close
- 1740 End of Course

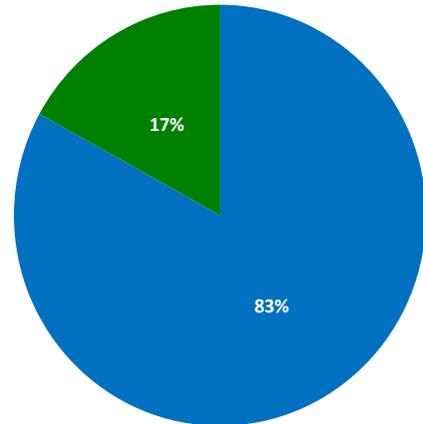
Overall Feedback

How was the content of the course?



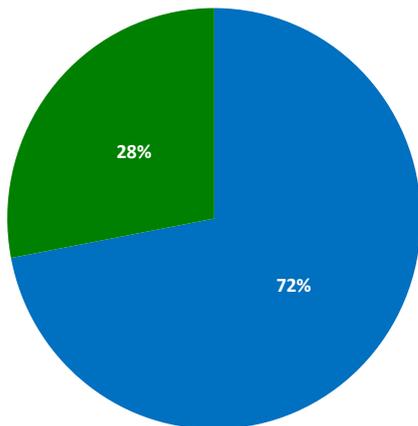
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

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



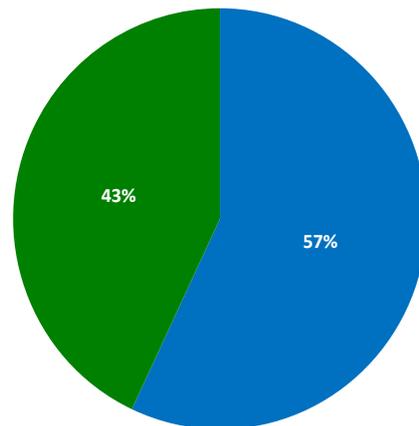
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the clarity of the demonstrations?



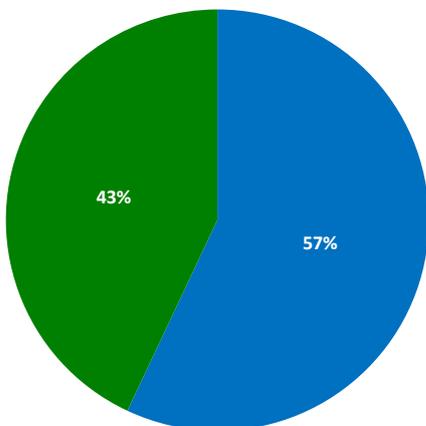
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Did the course meet your learning objectives?



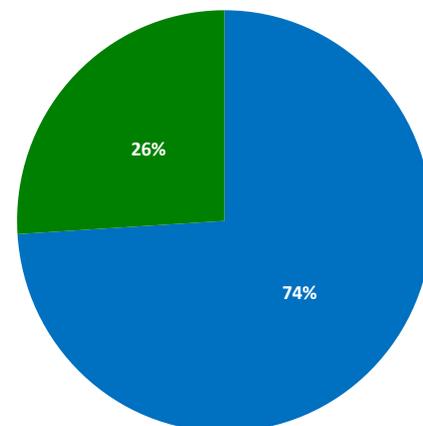
■ Most certainly ■ Certainly ■ Just about ■ Limited ■ Not at all

Basics of Suture Materials and Needles



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

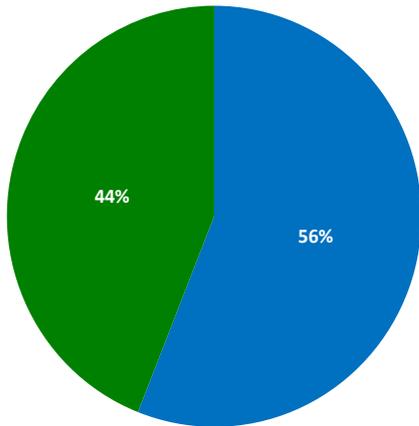
Surgical Knot-Tying (Reef; Surgeon's; Tying at Depth; Instrument Tie)



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

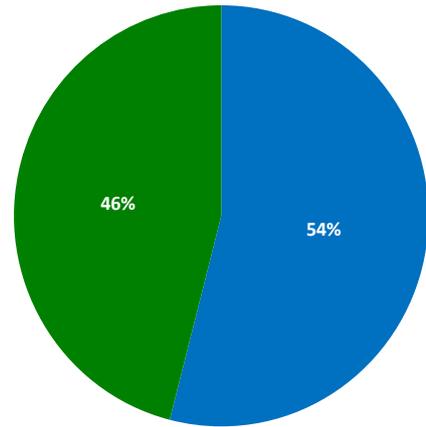
Overall Feedback

Aseptic Precautions in the Operating Theatre



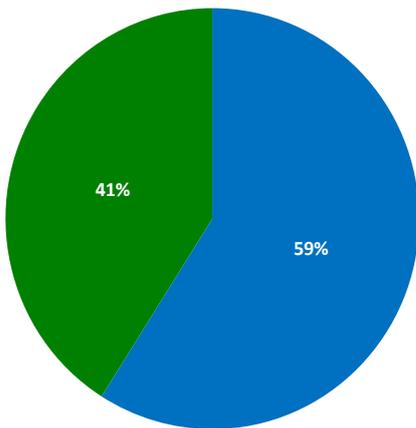
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Scrubbing and Handwashing Technique



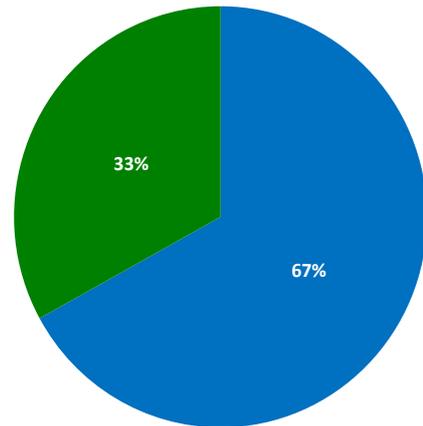
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Closed Method of Gowning and Gloving



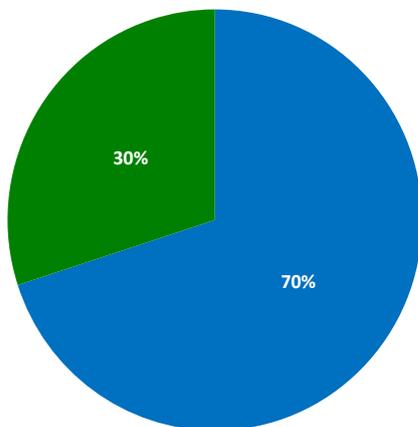
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Correct Handling of Common Surgical Instruments and Disposing of Sharps



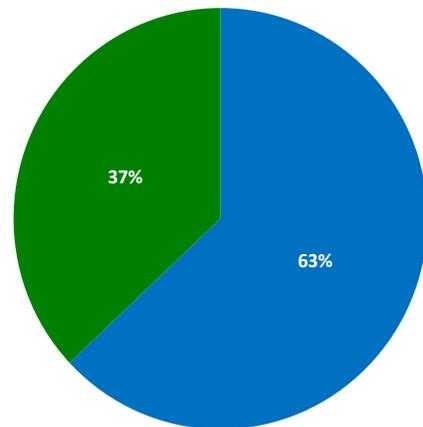
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

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



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

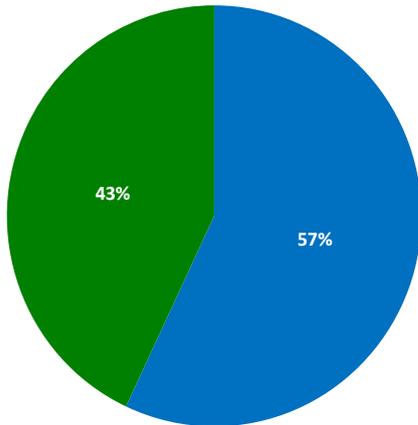
Suturing Techniques II: Subcuticular, Simple Continuous, Interlocking Continuous and Aberdeen Knot



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

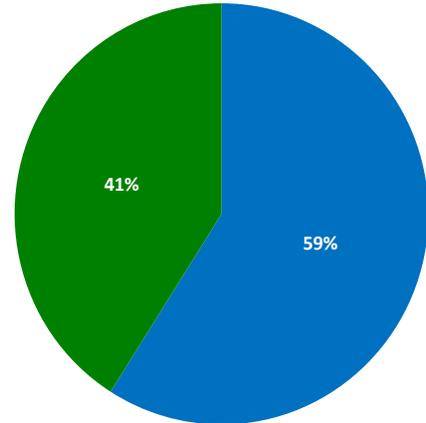
Overall Feedback

Safe Infiltration of Local Anaesthesia



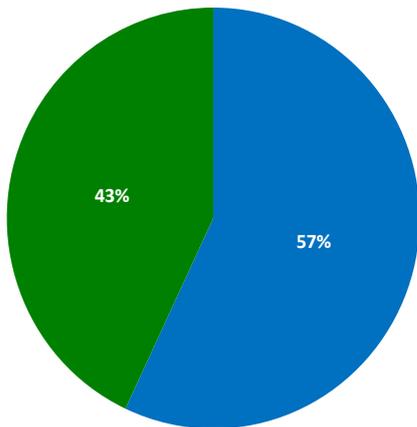
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Excision of a Simulated Cutaneous Lesion and Closure



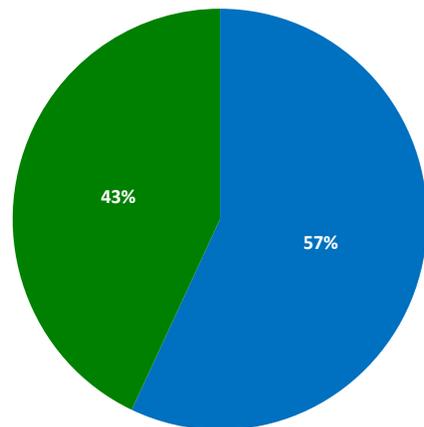
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Removal of a Simulated Epidermoid Cyst



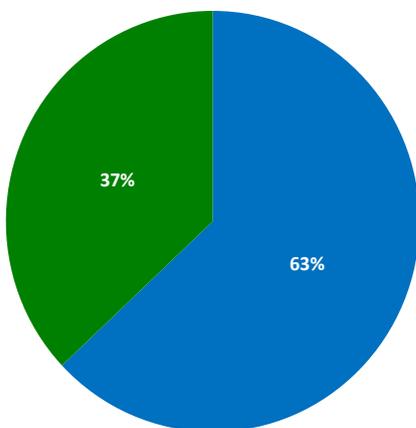
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Drainage of an Abscess



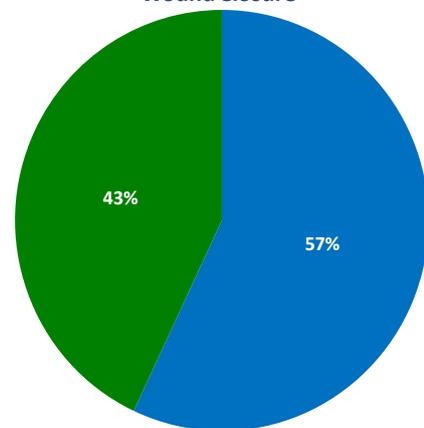
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Debridement of a Contaminated Wound



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

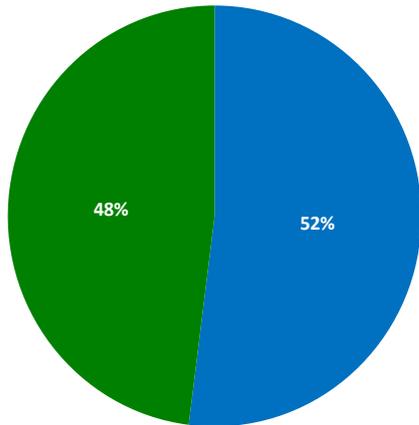
Principles of Trauma Management and Wound Closure



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

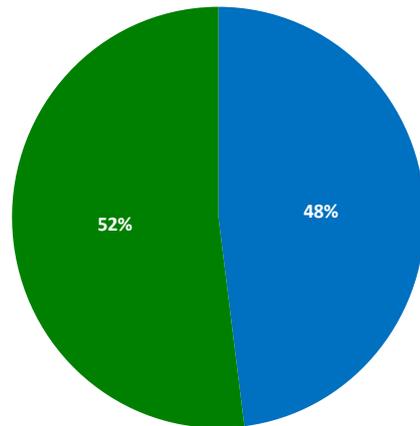
Overall Feedback

Basic Principles of Surgical Diathermy



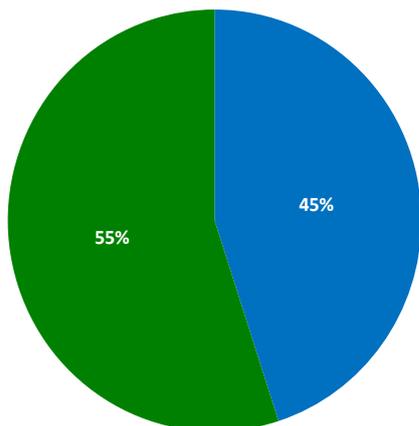
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Laparoscopic Surgery (stacking)



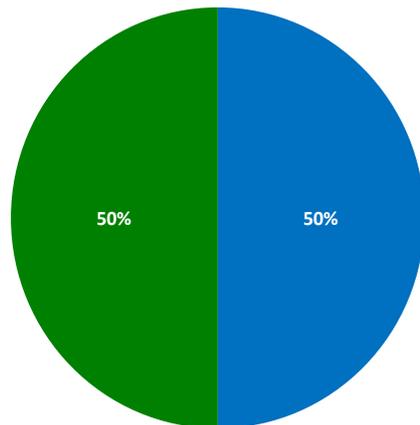
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Laparoscopic Surgery (cutting)



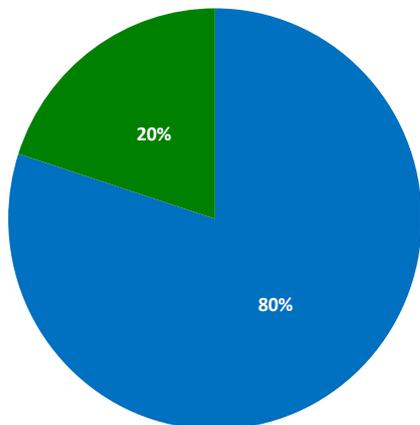
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Laparoscopic Surgery (threading)



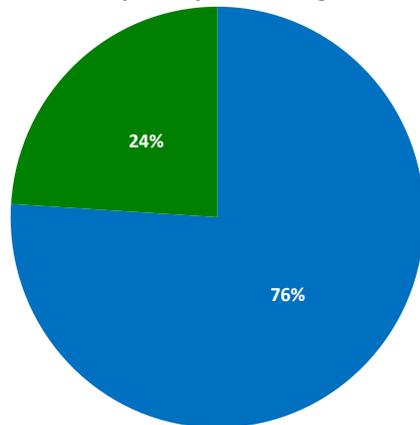
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Did you have sufficient time to practice the skills?



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

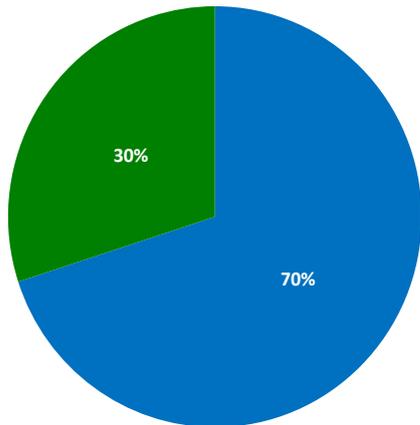
Was the live demonstration of the skills helpful to your learning?



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

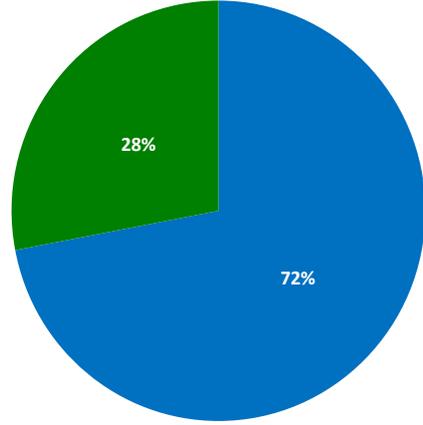
Overall Feedback

Did the topics covered in the course meet your objectives?



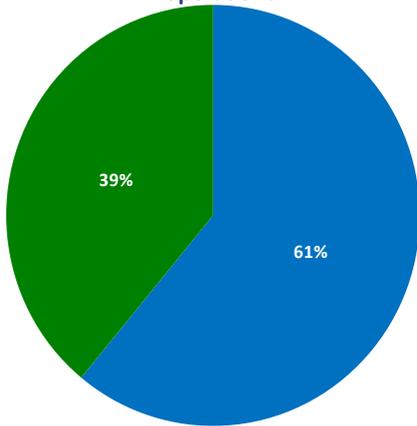
■ Most certainly ■ Certainly ■ Neutral ■ A little bit ■ Not at all

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



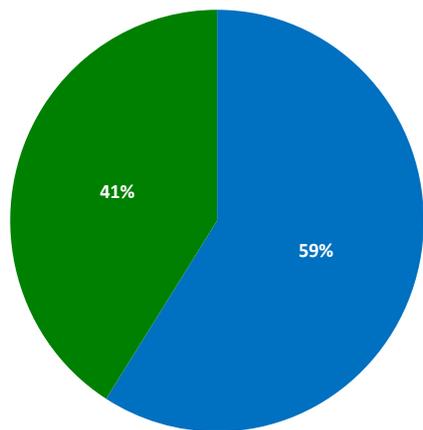
■ Most certainly ■ Certainly ■ Neutral
■ Might help ■ Won't help at all

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



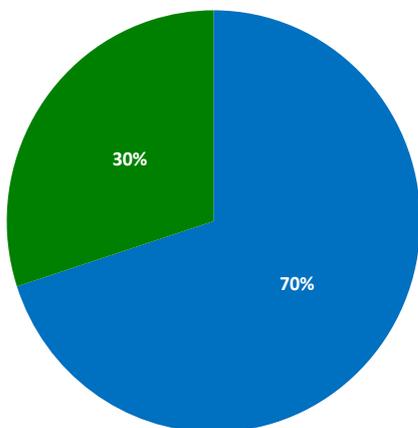
■ Most certainly ■ Certainly ■ Neutral ■ A little bit ■ Not at all

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



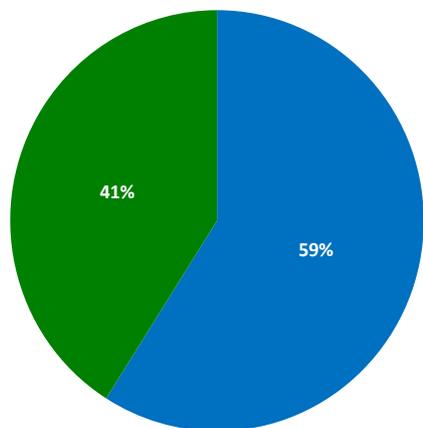
■ Most satisfied ■ Satisfied ■ Neutral ■ A little satisfied ■ Unsatisfied

Would you recommend this course to a friend?



■ Most certainly ■ Certainly ■ Neutral ■ 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

I have been on three different courses now as an F1. This is by far the best one - it covers a lot of topics and even has a bit of teaching on laparoscopy at the end. Very thorough and educational. For the price, you can't get better.

SM
Charing Cross Hospital, London, UK

Feel much more confident in all the skills taught.

AJ
University of Sheffield, Sheffield, UK

Very useful and enjoyable course.

FB
University of Cambridge, Cambridge, UK

Excellent course, thank you.

YZ
Princess Royal University Hospital, Orpington, UK

I really enjoyed the course.

MM
Royal Bolton Hospital, Bolton, UK

I think this course is pitched at an appropriate level and all the aspects were covered in appropriate detail.

NM
Swansea University, Swansea, UK

I found the course extremely helpful. Thank you.

SG
Barts and the London School of Medicine and Dentistry, London, UK

The course provided me with a good foundation in surgical skills and etiquette, consolidating my previous knowledge as well as providing me with new insights. The demonstrations by Professor Enoch and accompanying explanations were very clear. The other tutors on the course were also very helpful, welcoming and professional. The lunch was very generous and appreciated also. Thank you for a great day.

IE
University of Cambridge School of Clinical Medicine, Cambridge, UK

Great thank you.

AK
University of Bristol, Bristol, UK

Overall enjoyed the course. Thought the level it targeted was very appropriate as someone starting F1 in July with surgical rotations and a budding surgeon. It was quite a full on day but well organised & run.

EL
University of Leeds, Leeds, UK

Individual Comments

All the topics in the programme were covered within the time limit. I was able to learn various suturing techniques, knots and even practice minor procedures. The tutors were extremely professional yet friendly.

SL

It was a well organised, very productive and an interesting course.

SC

Regional Hospital Vitebsk, Belarus

Excellent demonstrations, those helping out were extremely approachable and spent time clarifying any questions/misunderstandings. They also ensured that you could ask for individual guidance with the skills and spent time ensuring you were managing before moving on to other people.

SH

RVI, Newcastle, UK

Excellent opportunity to practice the practical skills.

NK

University Hospitals Coventry & Warwickshire, Coventry, UK

Very well organized.

HP

Cardiff University, Cardiff, UK

Extremely useful breadth of topics that covered a variety of skills that I can utilise in theatres. Demonstrators were incredibly helpful and the course was extremely well organized.

SA

University of Cambridge, Cambridge, UK

Great course! Learned a lot.

PB

University Hospital Coventry and Warwickshire, UK

All topics covered were done to sufficient depth so as plenty of time could be spent on practicing as well as understanding.

CU

University Hospital Lewisham, London, UK

Everything presented was extremely useful and taught in a manner that was very beneficial to properly performing the tasks.

MM

Bristol Royal Infirmary, Bristol, UK

It was engaging and useful.

LJ

University of Liverpool, Liverpool, UK

Individual Comments

The course was very helpful! As a medical student, we do not get teaching on the different suture materials and different suturing techniques. This course certainly improved my surgical skills!

TY
Cardiff University, Cardiff, UK

Great structure, and organisation of the course, very thorough in information covered, well worth the money spent. Thanks to Prof and his wonderful team.

JA
UHW/UHL

I thoroughly enjoyed the efficient and fast paced nature of this course; a great deal of useful content was covered throughout the day.

KO
UHNM, Stoke on Trent, UK

It was the best course.

NS
Wrexham Maleor Hospital, Wrexham, UK

very good. really enjoyed the course.

AU
The University of Buckingham, Buckingham, 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



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World Journal of Medical Education & Research



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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
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- MRCS Exams
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- Plastic Surgery Exams
- DOHNS Exams

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