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Essential Surgical Skills and Principles for Aspiring Surgeons [ESSPAS]



Feedback - May 2023

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:	27th May 2023 28th May 2023
Attendance:	27th May 2023: 20 Delegates 28th May 2023: 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 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 - 1730 Rotating Workshops: Surgical Diathermy (Demonstration and Practice); Laparoscopic Skills (Demonstration and Practice)
- 1730 - 1740 Debrief, Summary, Questions and Close
- 1740 End of Course

Faculty List

Miss Amenah Galo, MBChB, MRCS

Registrar in Plastic Surgery

Guy's and St Thomas' NHS Foundation Trust

Ms Clare Carpenter, BSc, MBBCh, MRCS (Eng), FRCS (T&O)

Consultant Paediatric Orthopaedic Surgeon

University Hospital 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)

Dr Surya Khanna, MBBS

Junior Surgical Tutor

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

Speciality Registrar in General Surgery

Oxford Deanery

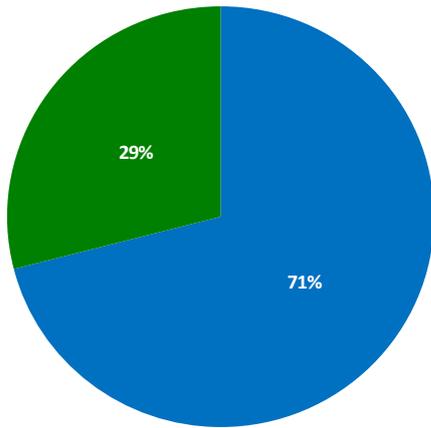
Mr Yogesh Nathdwarawala, MBBS, MS (Orth), MSc (Orth), FRCS (Orth)

Consultant Orthopaedic Surgeon

The Grange University Hospital, Cwmbran

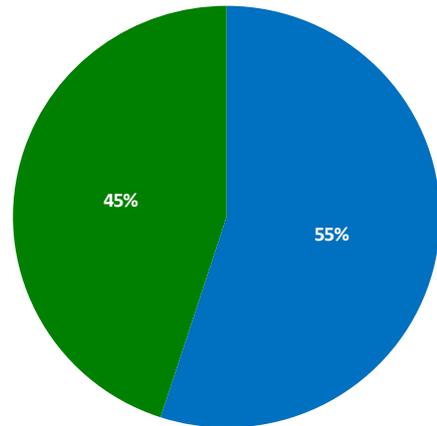
Overall Feedback

How was the content of the course?



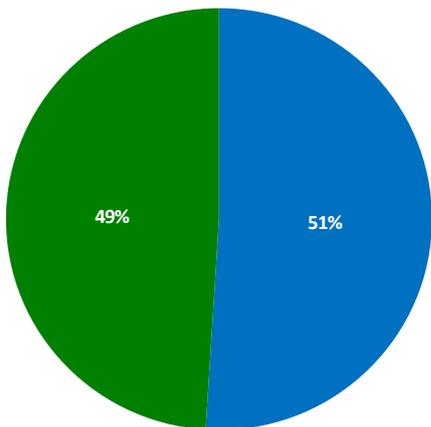
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the clarity of the demonstrations?



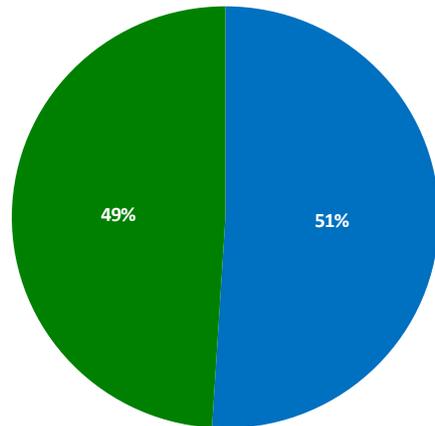
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Did the course meet your learning objectives?



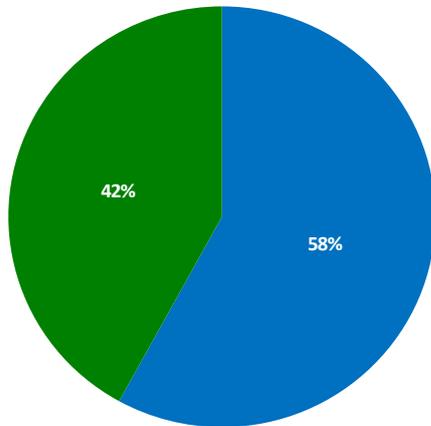
■ Most certainly ■ Certainly ■ Just about ■ Limited ■ Not at all

Basics of Suture Materials and Needles



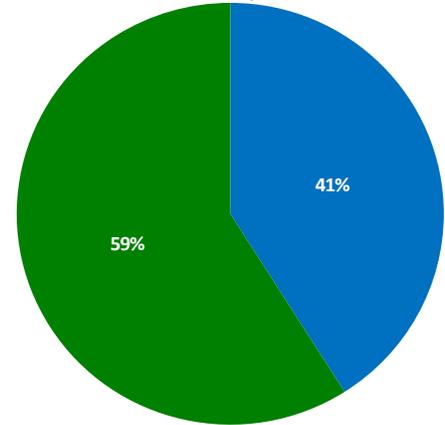
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

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



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

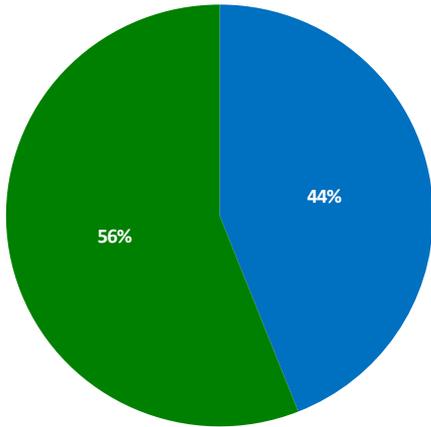
Aseptic Precautions in the Operating Theatre, Scrubbing, and Hand Washing Technique



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

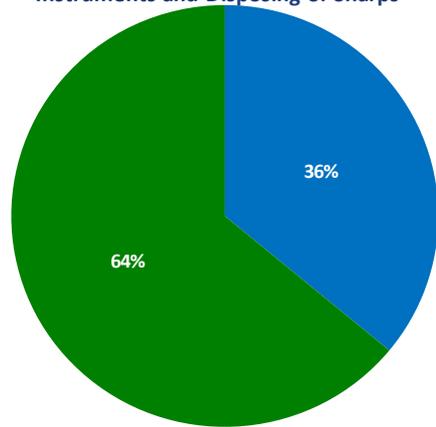
Overall Feedback

Closed Method of Gowning and Gloving



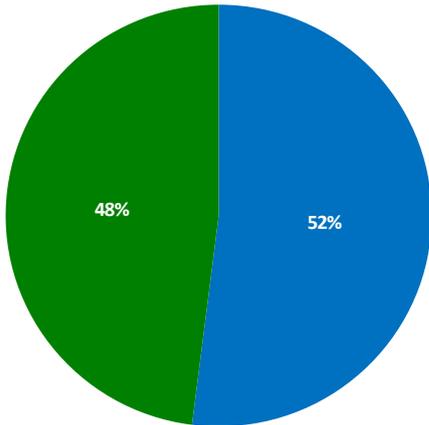
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Correct Handling of Common Surgical Instruments and Disposing of Sharps



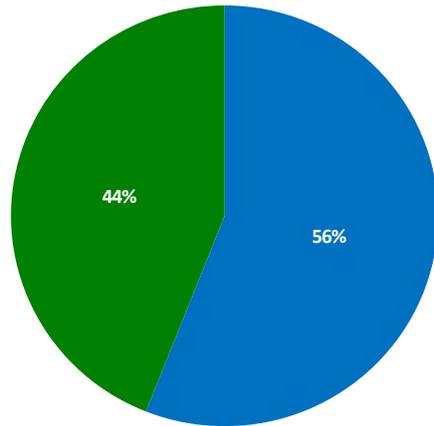
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

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



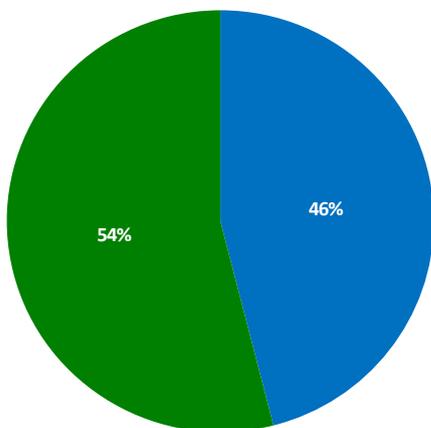
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

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



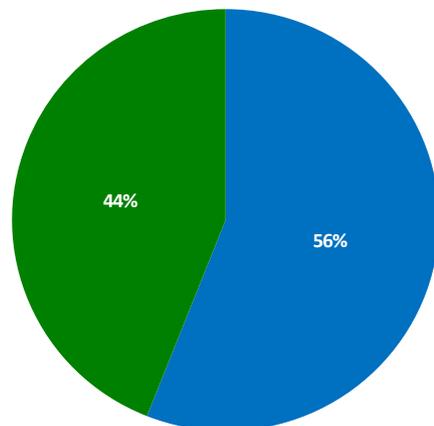
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Safe Infiltration of Local Anaesthesia



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

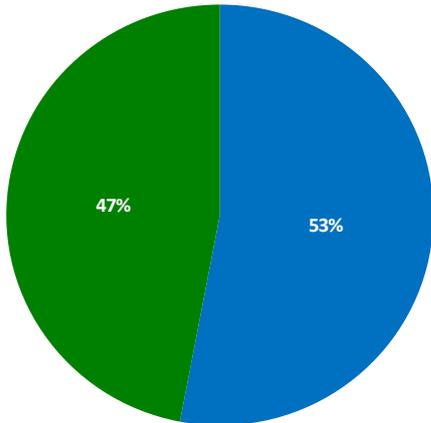
Excision of a Simulated Cutaneous Lesion and Closure



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

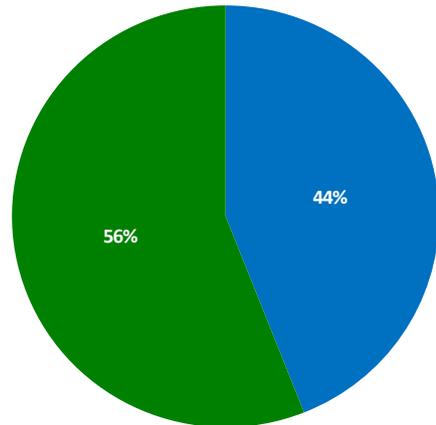
Overall Feedback

Removal of a Simulated Epidermoid Cyst



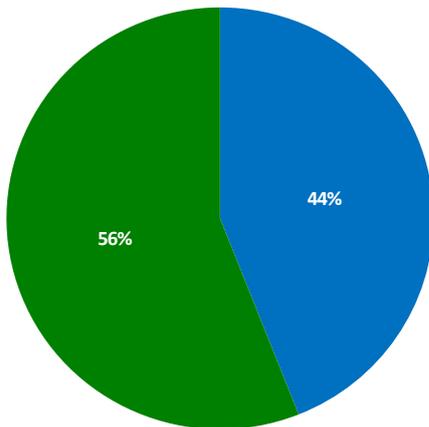
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Drainage of an Abscess



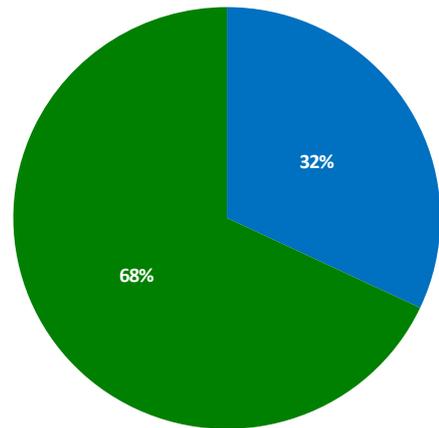
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Debridement of a Contaminated Wound



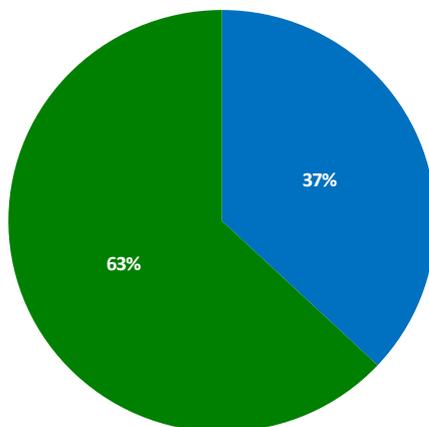
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Overview of Managing Traumatic Wounds



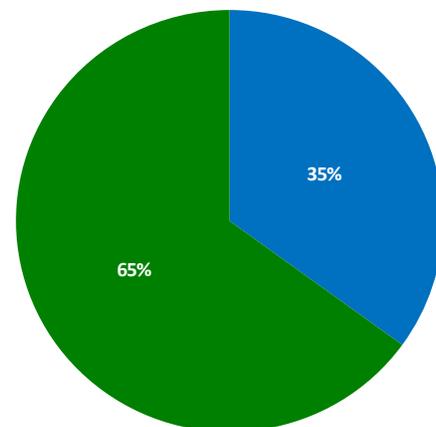
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Basic Principles of Surgical Diathermy



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

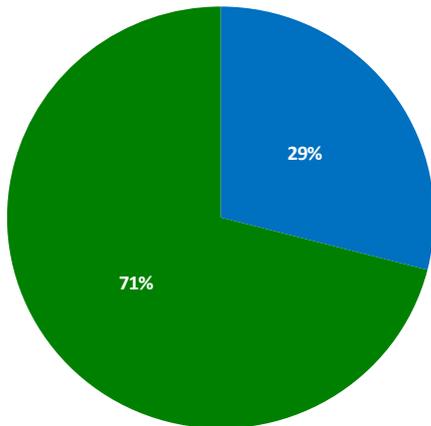
Simulated Laparoscopic Exercises



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

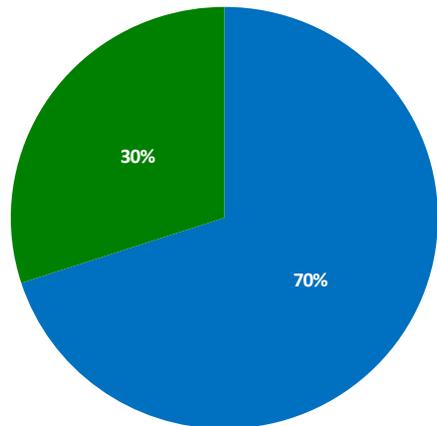
Overall Feedback

Did you have sufficient time to practice the skills?



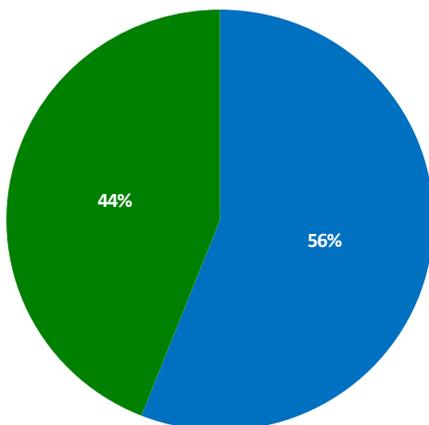
■ Certainly sufficient
 ■ Mostly sufficient
 ■ Neutral
■ Just sufficient
 ■ Not sufficient

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



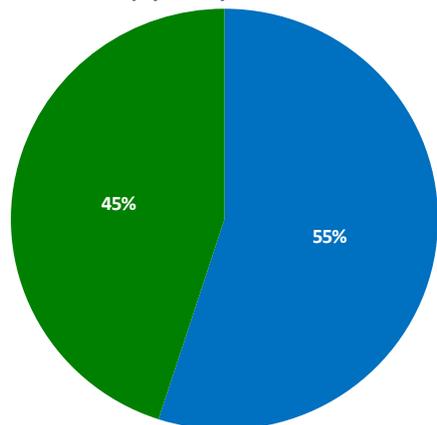
■ Most helpful
 ■ Helpful
 ■ Neutral
 ■ Little helpful
 ■ Not helpful

Did the topics covered in the course meet your objectives?



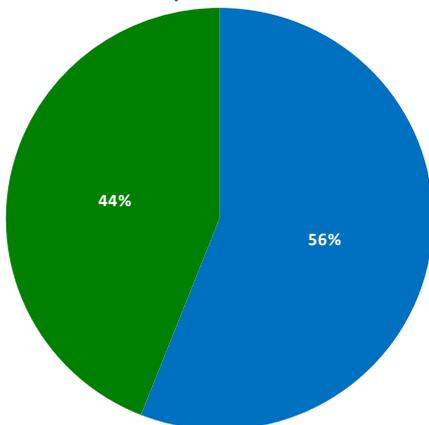
■ Most certainly
 ■ Certainly
 ■ Neutral
 ■ A little bit
 ■ Not at all

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



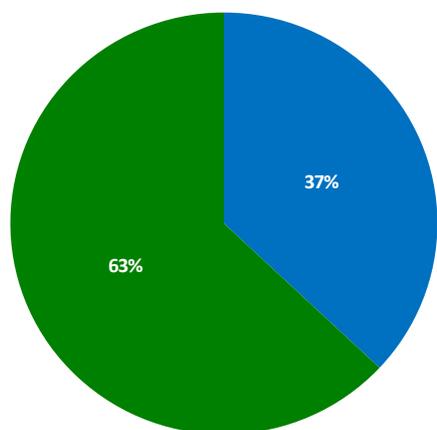
■ Most certainly
 ■ Certainly
 ■ Neutral
 ■ Might help
 ■ Won't help at all

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

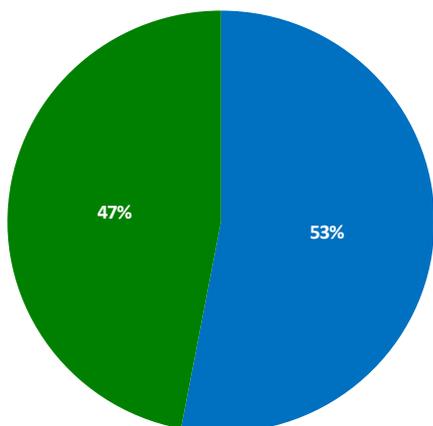
How satisfied were you with the venue, catering and hospitality?



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

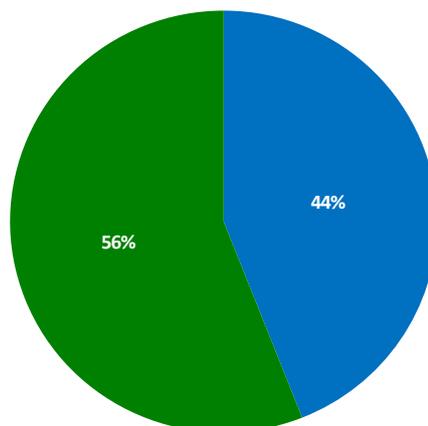
Overall Feedback

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

Overall, it was an excellent experience. It was a real treat to have a day of teaching. I greatly appreciate not being sent pre-reading and links to YouTube videos, unlike other surgical skills courses. The whole point of paying for a course is to be taught during the course. I felt the teaching was excellent.

JY

University of Exeter Medical School, Exeter, UK

Good coverage of basic surgical skills in such a short time. Wonderful experience and I learnt a lot. Thank you.

WH

Bronglais General Hospital, Aberystwyth, UK

Excellent course.

OM

Queen's Medical Centre, Nottingham, UK

Very well organised and the people teaching were very helpful.

FF

King's College London GKT School of Medicine, London, UK

The practical sessions are very useful, especially with the direct supervision of the staff.

JK

Royal Berkshire NHS Foundation Trust, UK

Amazing, was super useful. Especially for medical students as we were never taught such things in details. Acts as a good guide for us to further our skills and knowledge on placement.

YL

Cardiff University School of Medicine, Cardiff, UK

Very good course and covered all objectives in a timely manner. The educators were very knowledgeable and patient about their topics.

CA

University of Buckingham, Buckingham, UK

Excellent range of topics.

PE

University Hospital of Wales, Cardiff, UK

Great course, well-run and excellent live demonstrations.

WC

School of Medicine, Cardiff University, Cardiff, UK

Individual Comments

Overall a fantastic course and great value for money. I feel my confidence in suturing has improved greatly from this course and would recommend it to other fellow junior doctors considering surgery.

SW

The Grange University Hospital, Cwmbran, UK

Excellent course!

FY

Kings Mill Hospital, Sutton-in-Ashfield, UK

As a second year medical student, I find it simple and easy to follow. I wish this course was more well known in medical schools because this is very useful for specialities that are not only surgical but also in the A&E.

BA

University of Buckingham, Buckingham, UK

Very useful course.

MZ

Cardiff University, Cardiff, UK

Impressed.

AM

Medical University of Sofia Faculty of Medicine, Sofia, Bulgaria

Was very efficient and informative. I learned a lot through the practical skills, especially with suturing. There was a lot of help provided from the teachers.

ZJ

Prince Charles Hospital, Merthyr Tydfil, UK

Really grateful, very useful

MD

Manchester Medical School, Manchester, UK



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.

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