

DOCTORS ACADEMY



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**COLLEGE OF PHYSICIANS AND
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ERUDITIO. NOVATIO.
EXCELLENTIA. MISERICORDIA.

Essential Surgical Skills and Principles for Aspiring Surgeons [ESSPAS]



Feedback - October 2021

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:	30th October 2021 31st October 2021
Attendance:	42 Delegates
Aimed at:	Medical Students; Foundation Year Doctors; Core Surgical Trainees; Junior Surgeons; Advanced Nurse Practitioners; Surgical Nurse Practitioners; Theatre Assistants.
Course Fee:	£88.00



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); Case Discussions in Emergency Surgery and Trauma (Interactive Discussion)
- 1715 - 1740 Debrief, Summary, Questions and Close
- 1740 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.

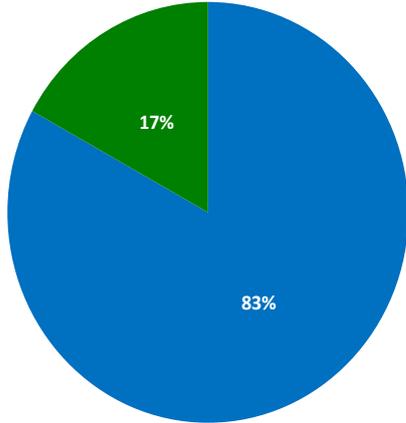
PhD Research Fellow
Speciality Registrar in General Surgery
Oxford Deanery

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

Consultant Orthopaedic Surgeon
Nevill Hall Hospital, Abergavenny

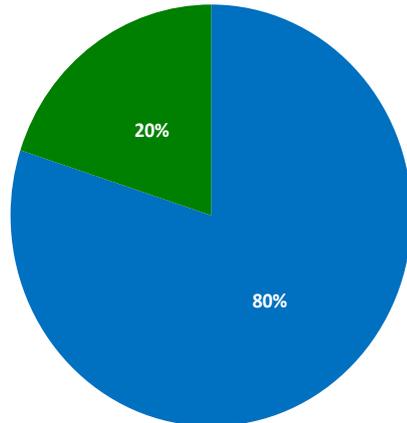
Overall Feedback

How was the content of the course?



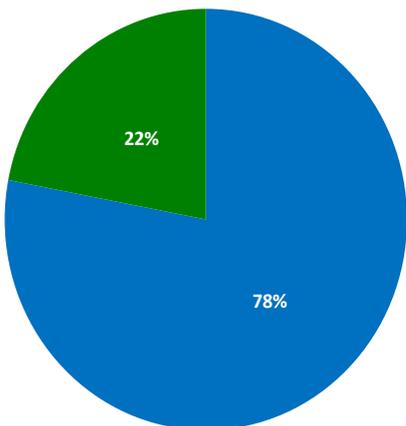
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

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



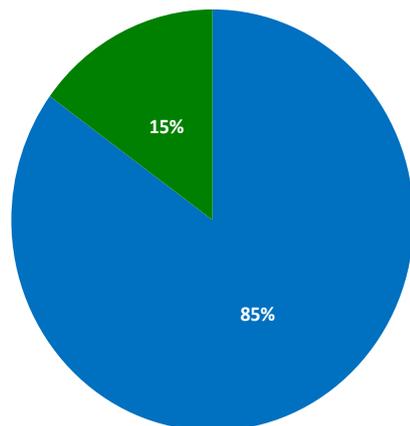
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the clarity of the demonstrations?



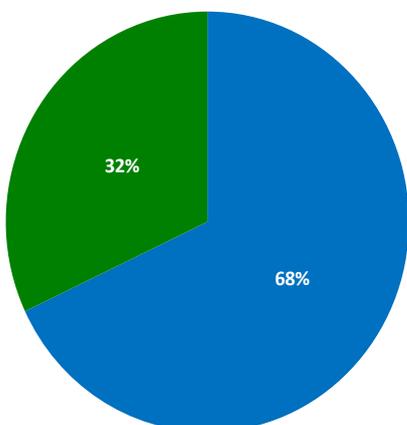
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Did the course meet your learning objectives?



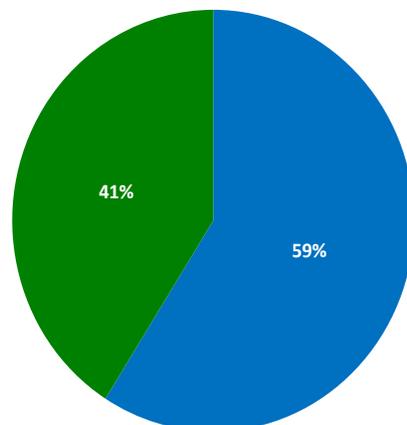
■ Most certainly ■ Certainly ■ Just about ■ Limited ■ Not at all

Aseptic Precautions in the Operating Theatre



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

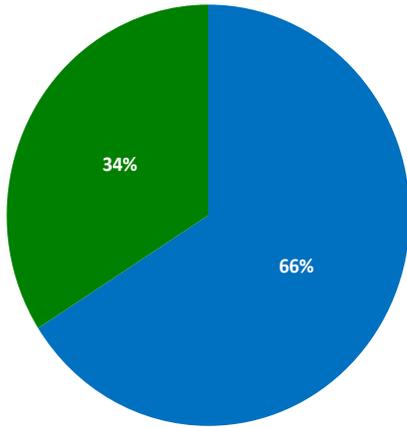
Scrubbing and Handwashing Technique



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

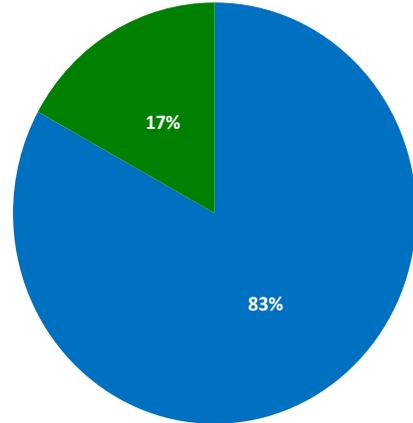
Overall Feedback

Closed Method of Gowning and Gloving



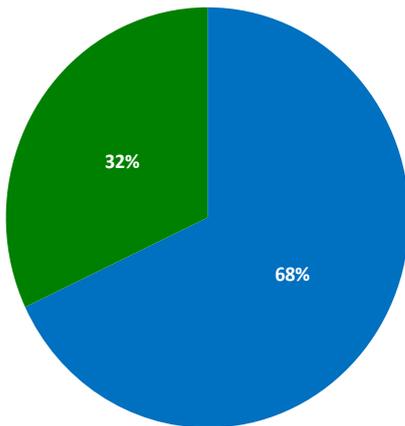
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

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



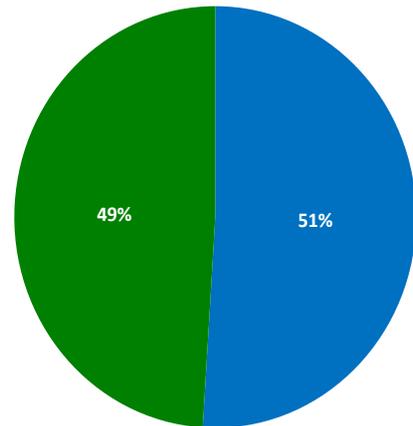
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Basics of Suture Materials and Needles



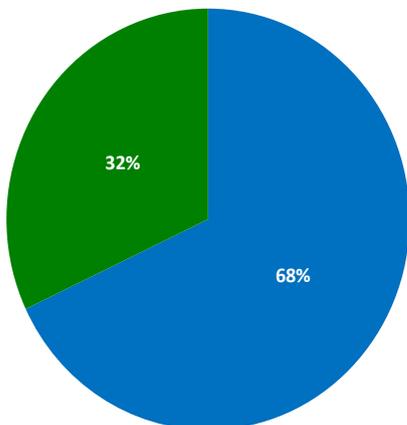
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Safe Infiltration of Local Anaesthesia



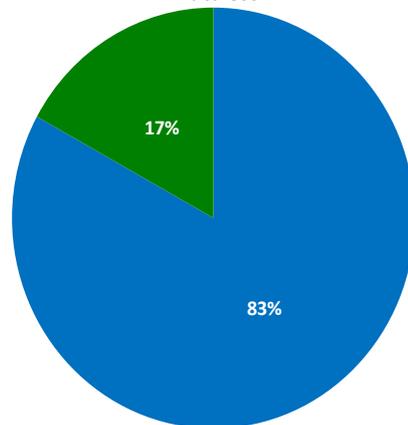
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Correct Handling of Common Surgical Instruments and Disposing of Sharps



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

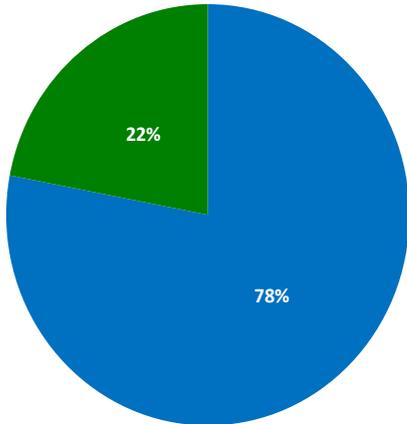
Suturing Techniques I: Simple Interrupted, Deep Inverted, and Vertical and Horizontal Mattress



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

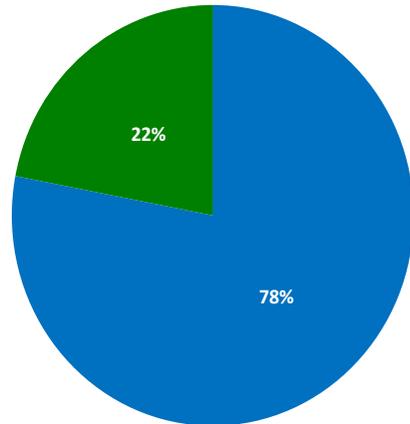
Overall Feedback

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



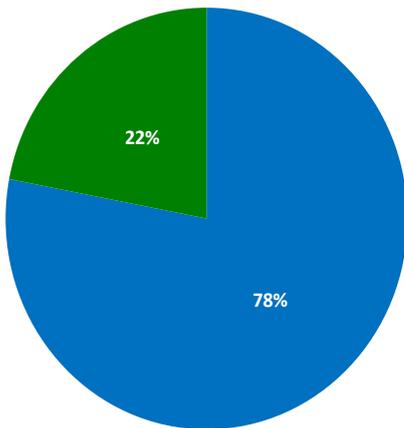
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Excision of a Simulated Cutaneous Lesion and Closure



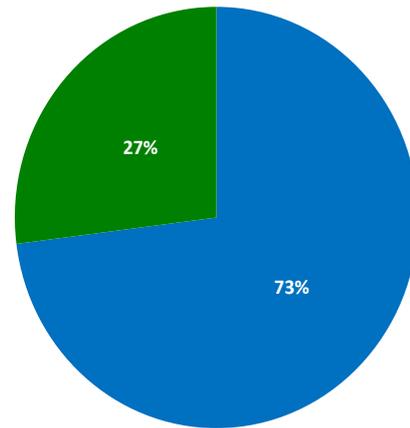
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Removal of a Simulated Epidermoid Cyst



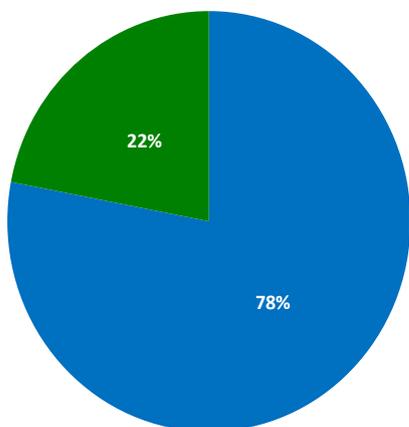
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Drainage of an Abscess



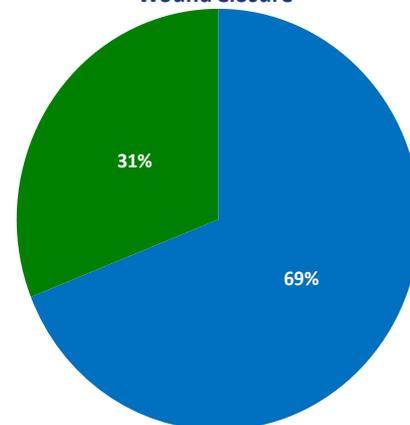
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Debridement of a Contaminated Wound



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

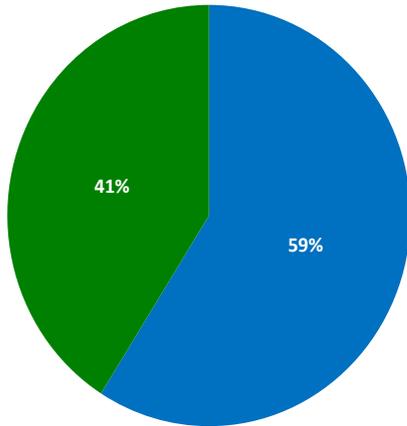
Principles of Trauma Management and Wound Closure



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

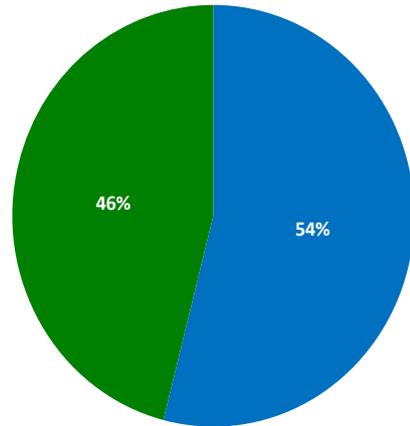
Overall Feedback

Basic Principles of Surgical Diathermy



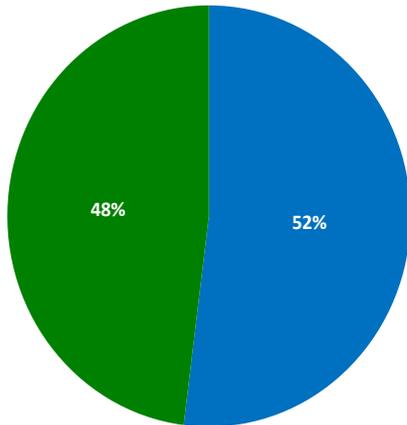
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Laparoscopic Surgery (stacking)



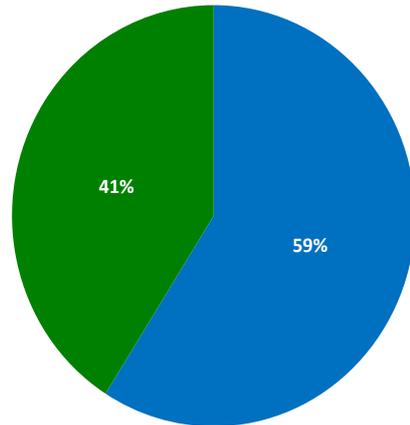
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Laparoscopic Surgery (cutting)



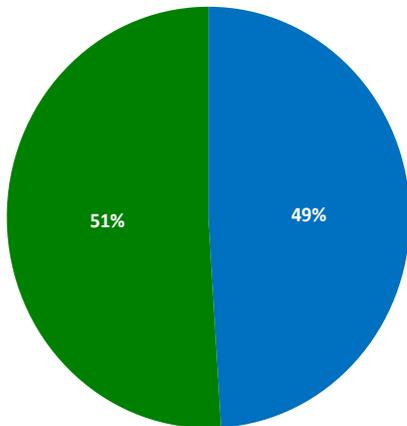
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Laparoscopic Surgery (threading)



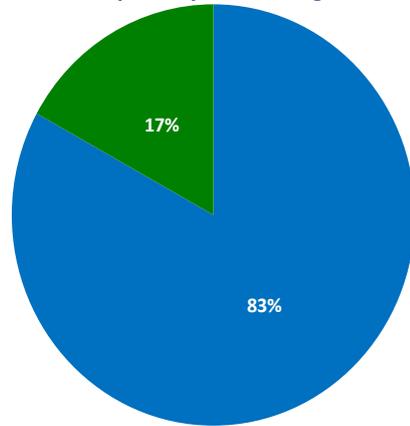
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Were you given sufficient time to practice the skills?



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

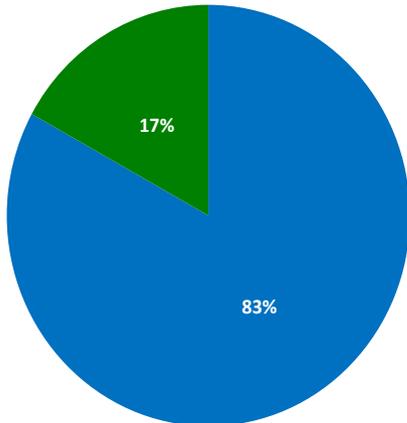
Was the live demonstration of the skills helpful to your learning?



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

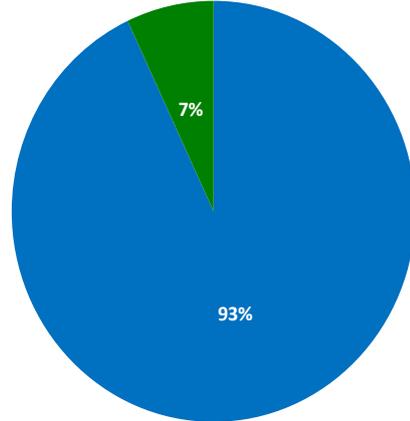
Overall Feedback

Did the topics covered in the course meet your objectives?



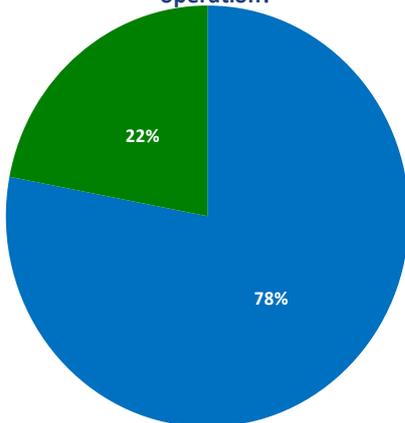
■ Most certainly ■ Certainly ■ Neutral ■ A little bit ■ Not at all

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



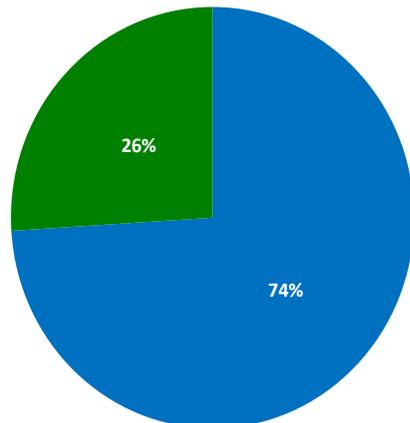
■ Most certainly ■ Might help ■ Certainly ■ Won't help at all ■ Neutral

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



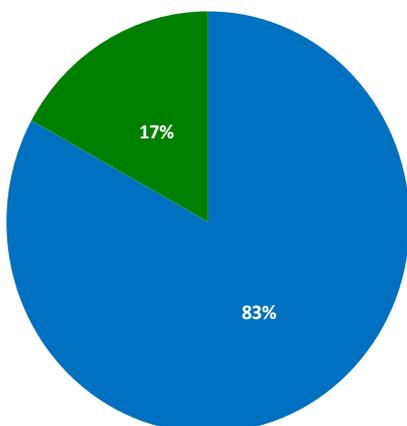
■ Most certainly ■ Certainly ■ Neutral ■ A little bit ■ Not at all

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



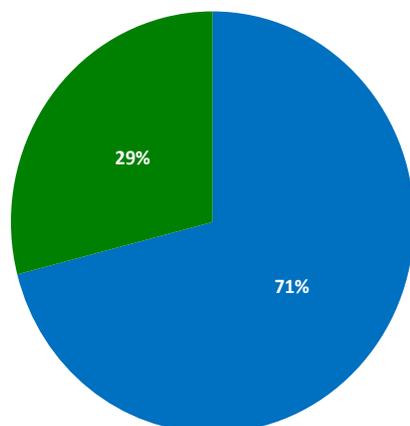
■ Most satisfied ■ Satisfied ■ Neutral ■ A little satisfied ■ Unsatisfied

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

It was great.

PF
St. Mary's Hospital, Isle of Wight, UK

Good demonstrations and enough well trained and friendly staff on the floor to help. Thought it was brilliant!

BC
University of Southampton Faculty of Medicine, Southampton, UK

Was a very helpful course , certainly the tutors were very good and thorough. Well spent money.

DS
Clinical Fellow - F3, UK

Brilliant - thank you.

LC
University of Southampton Faculty of Medicine, Southampton, UK

Good delegate-tutor ratio, very professional, very well organised.

SW
University of Oxford Medical Sciences Division, Oxford, UK

The topics covered are useful as an introduction to operating theatres. I can build on the skills I learnt to participate more in operating theatres. The course was well organized and staff were professional in their delivery. The delegate-to-tutor ratio allowed for personal feedback and constant supervision.

DL
St George's, University of London, UK

Very useful course, helpful and enthusiastic lead tutor.

MB
University Hospitals Birmingham NHS Foundation Trust, UK

Excellent course. very knowledgeable tutors.

CC
John Radcliffe Hospital, Oxford, UK

Loved it! Tutors were so helpful & plenty of breaks to digest it all. Especially loved how hands on it was and the several opportunities to practice sutures etc.

VB

Very relevant topics and the materials helped to get used to the techniques and then going to practice it in the future. the skills learnt are useful for my level and also some sessions were advanced but it was good to get a taster of what to expect. The tutor ratio was good the course was well organised and delivered by the lead surgeon.

HP
Swansea University, Swansea, UK

Individual Comments

The course was very well conducted and packed with information and hands on training. I did not feel rushed at any moment and all the tutor answered the questions with patience and in depth.

GJ
Queen's Hospital, London, UK

Very very well organized I loved it.

TK
Leicester Medical School, Leicester, UK

Great range of topics covered with enough time given to practice each one. Very high standard of professionalism, with an impressive tutor-to-delegate ratio. Organisation of the course was great and the structure of the day was very clear. Felt like it flew past and I now feel much more comfortable with the basics of suturing and the other surgical skills covered!

AT
University of Oxford Medical Sciences Division, Oxford, UK

Very good impression, good tutor ratio and support.

SS
Killay & Sketty Medical Centres, Swansea, UK

Met the course objectives. Good location. Good catering. Welcoming facilitators.

VK
Northern General Hospital, Sheffield, UK

Above expectation.

RA
Northampton General Hospital, Northampton, UK

Excellent! Thoroughly useful day, very interesting.

DA
University of Southampton Faculty of Medicine, Southampton, UK

This was a really good course! great value for what we got. the tutors were very helpful.

DK
Worcestershire Royal Hospital, Worcestershire, UK

It was amazing. I really enjoyed the presentation and practice. It was more than I expected. Thank you to everyone who participated to make this amazing course.

AE
Royal Shrewsbury Hospital, Shrewsbury, UK

As a dentist, I have learnt different surgical skills and it was well taught.

AE
Pilgrim Hospital, Boston, UK

Individual Comments

It was a very helpful course, the tutors were patient and amazing.

DS

It was very very good.

TK

Leicester Medical School, Leicester, UK

This was my first time attending any surgical related workshops and I really enjoyed it. The simulations and use of animal tissue were very helpful and the tutors were very patient with teaching the skills.

CL

Cardiff University, Cardiff, UK

The course was well organised and has the essential content for a foundation year doctor.

GJ

Queen's Hospital, London, UK

Brilliantly run course. Welcoming and approachable facilitators. Great demonstration and plenty of time to practice.

VK

Northern General Hospital, Sheffield, 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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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

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