

**DOCTORS ACADEMY**



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**COLLEGE OF PHYSICIANS AND  
SURGEONS OF CARDIFF**



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## Essential Surgical Skills and Principles for Aspiring Surgeons [ESSPAS]



Feedback - October 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:** 29<sup>th</sup> October 2022  
30<sup>th</sup> October 2022

**Attendance:** 50 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

**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.**

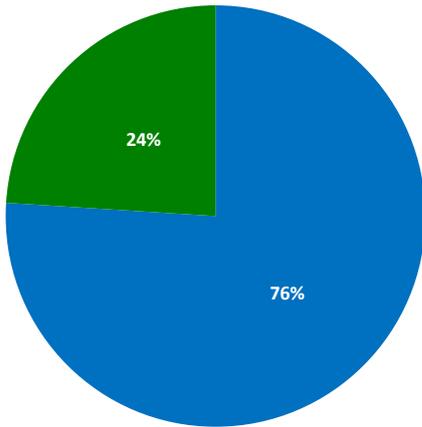
PhD Research Fellow  
Speciality Registrar in General Surgery  
Oxford Deanery

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

Consultant Orthopaedic Surgeon  
Nevill Hall Hospital, Abergavenny

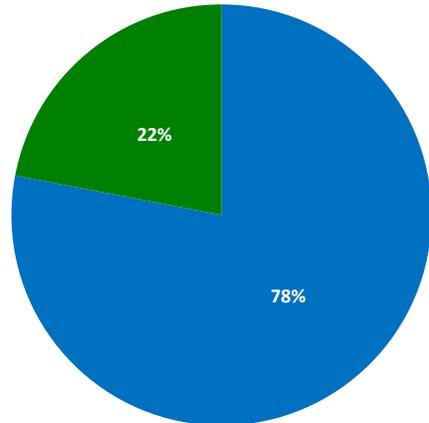
# Overall Feedback

How was the content of the course?



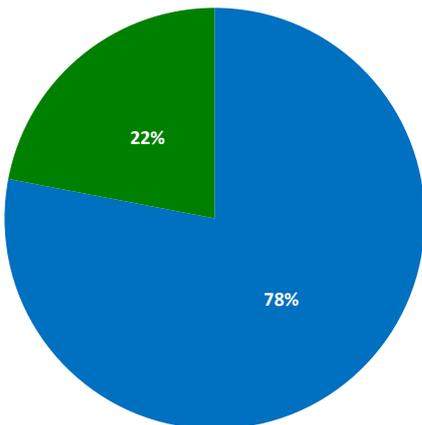
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the clarity of the demonstrations?



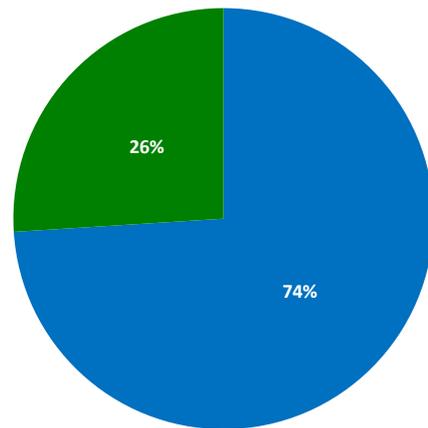
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Did the course meet your learning objectives?



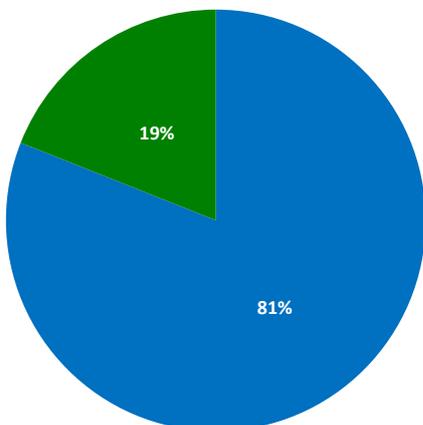
■ Most certainly ■ Certainly ■ Just about ■ Limited ■ Not at all

Basics of Suture Materials and Needles



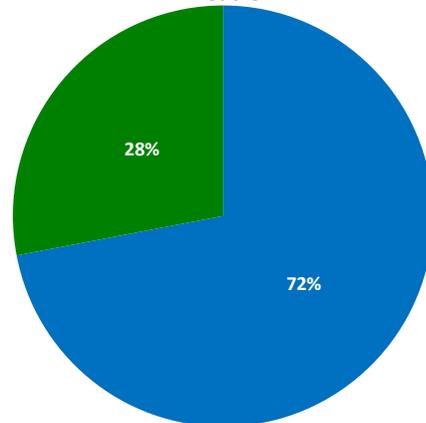
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

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



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

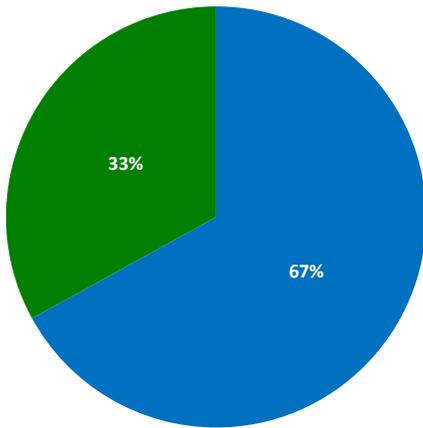
Aseptic Precautions in the Operating Theatre



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

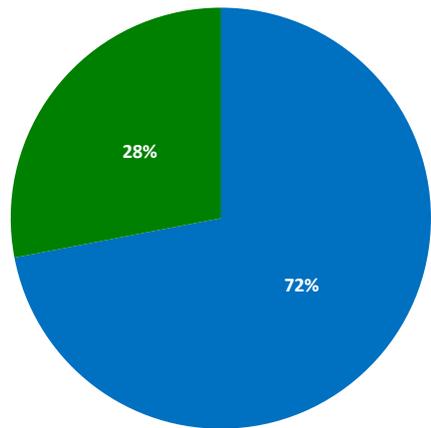
# Overall Feedback

### Scrubbing and Handwashing Technique



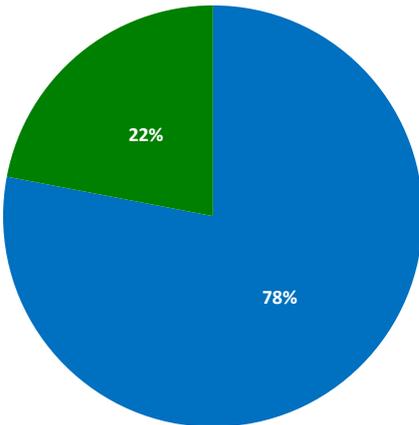
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

### Closed Method of Gowning and Gloving



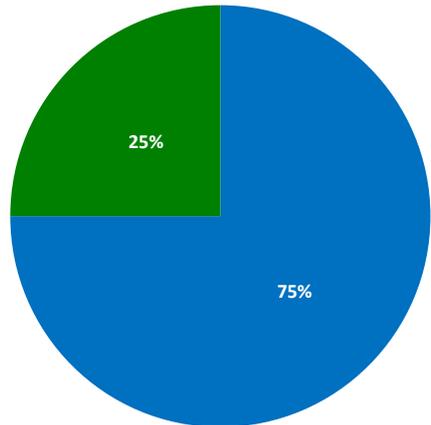
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

### Correct Handling of Common Surgical Instruments and Disposing of Sharps



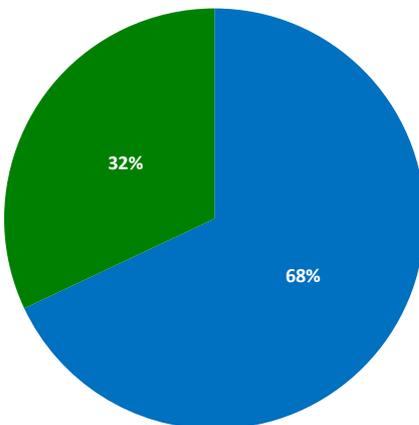
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

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



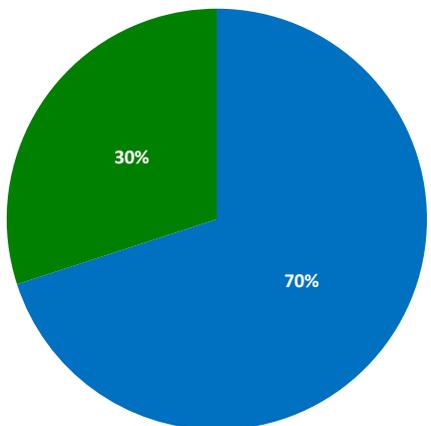
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

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



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

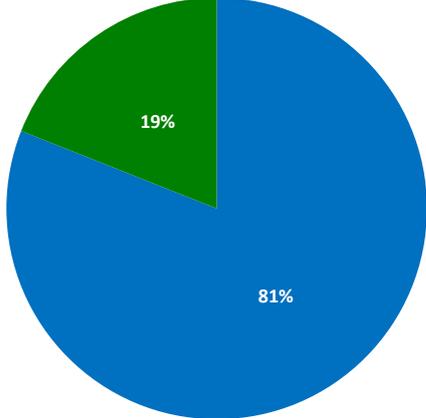
### Safe Infiltration of Local Anaesthesia



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

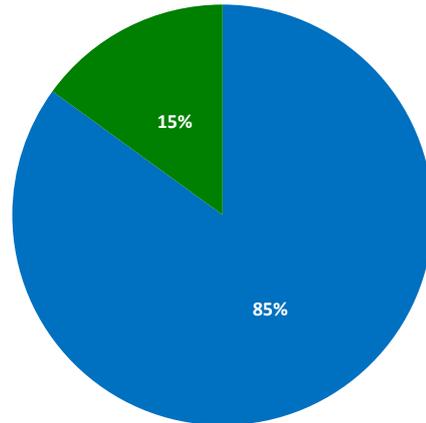
# Overall Feedback

Excision of a Simulated Cutaneous Lesion and Closure



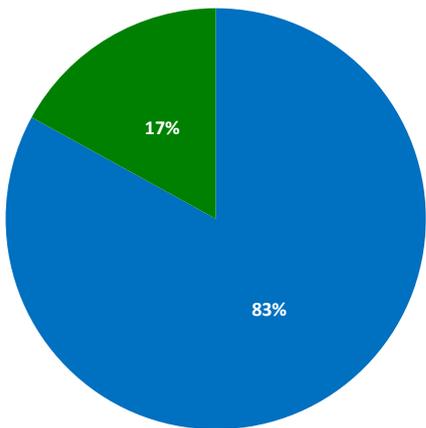
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Removal of a Simulated Epidermoid Cyst



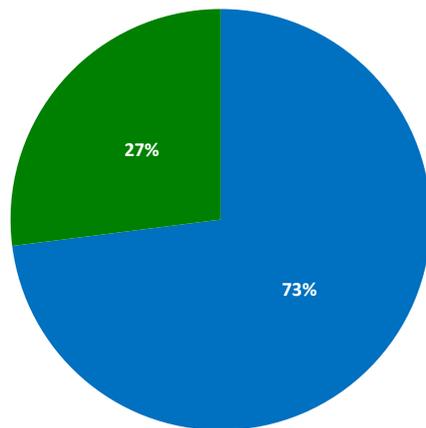
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Drainage of an Abscess



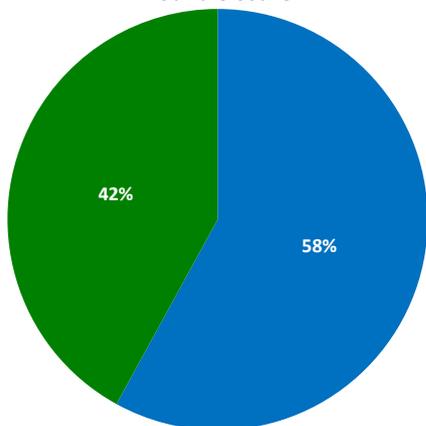
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Debridement of a Contaminated Wound



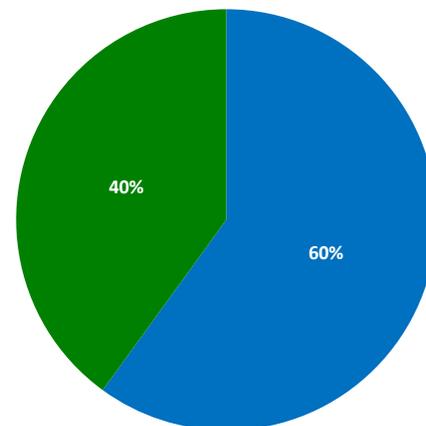
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Principles of Trauma Management and Wound Closure



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

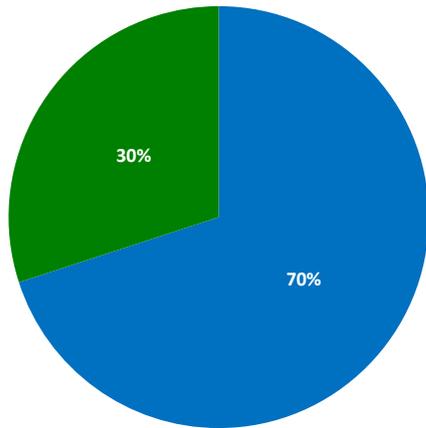
Basic Principles of Surgical Diathermy



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

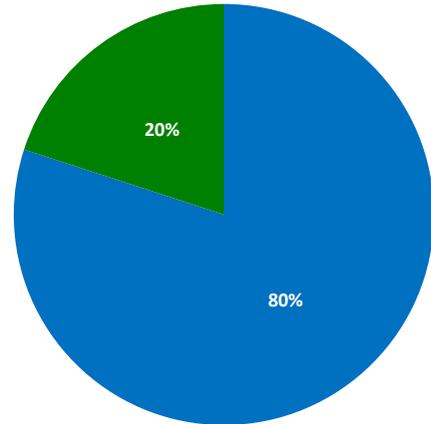
# Overall Feedback

Laparoscopic Surgery (stacking)



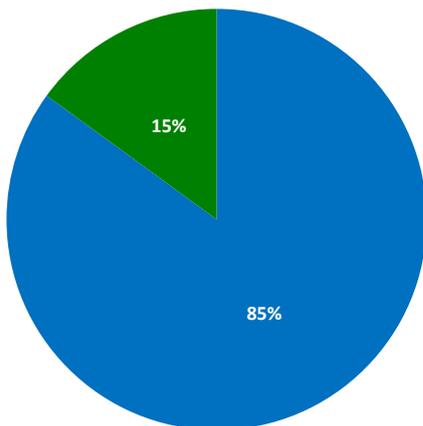
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Were you given sufficient time to practice the skills?



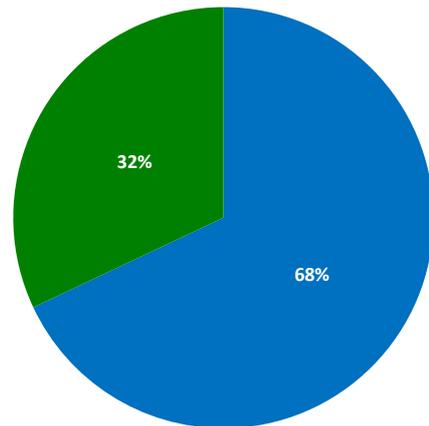
■ Certainly sufficient ■ Mostly sufficient ■ Neutral  
■ Just sufficient ■ Not sufficient

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



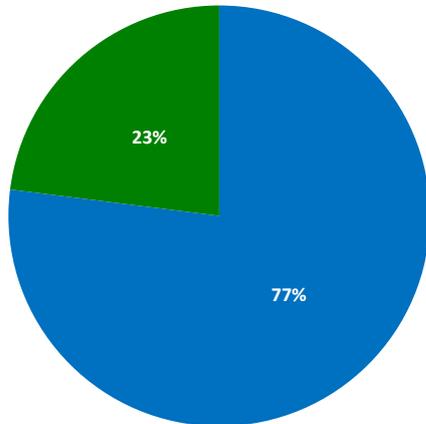
■ Most helpful ■ Helpful ■ Neutral ■ Little helpful ■ Not helpful

Did the topics covered in the course meet your objectives?



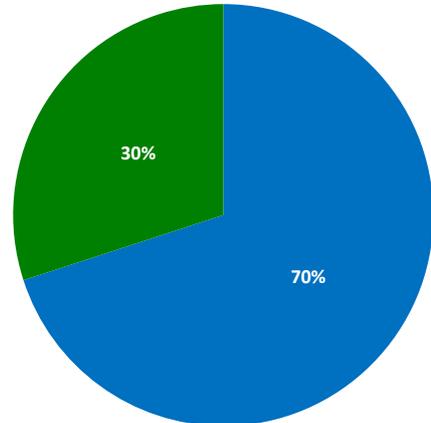
■ Most certainly ■ Certainly ■ Neutral ■ A little bit ■ Not at all

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

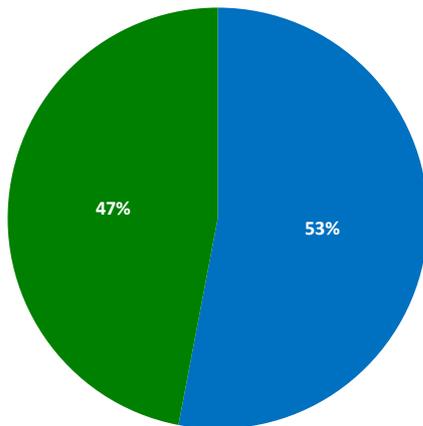
Do you feel more confident in entering a surgical operating theatre and assisting in an operation?



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

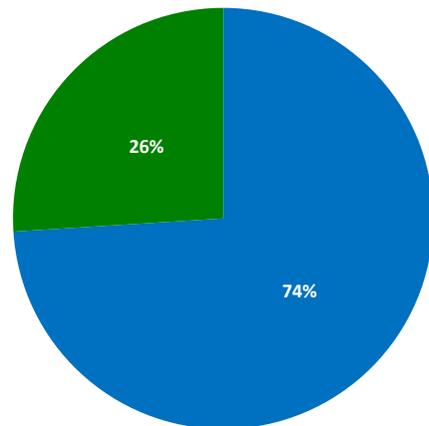
## Overall Feedback

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



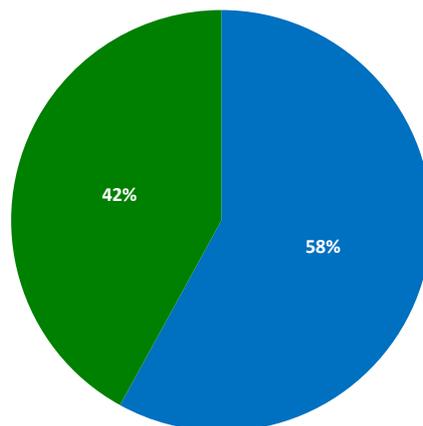
■ Most satisfied ■ Satisfied ■ Neutral ■ A little satisfied ■ Unsatisfied

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

Great topics taught at appropriate level.

**DF**  
*Royal Cornwall Hospital, Truro*

Clear and relevant.

**HS**  
*University of Birmingham, Birmingham, UK*

A very helpful and useful course. Excellently ran and organized.

**AB**  
*Leeds General Infirmary, Leeds, UK*

The course was well organised to maximize teaching.

**YT**  
*Aston Medical School, Birmingham, UK*

Fantastic standard course, plenty of tutors around to help if you were struggling!

**AN**  
*Airedale General Hospital, Keighley, UK*

Really enjoyed the content of the course. I'm confident that I've met my LOs and the skills I've learnt will help me in theatre on placement. Really enjoyed Professor Enoch's teaching, very clear, concise and his focus on not just how to do things but why, and what makes it correct from incorrect.

**SB**  
*Hull York Medical School, Hull, UK*

Very good.

**RB**  
*Southampton General Hospital, Southampton, UK*

Very knowledgeable tutor and inclusion of very relevant/practicable skills.

**PR**  
*Southampton General Hospital, Southampton, UK*

Thoroughly enjoyed the course. Teachers were clear and enthusiastic and provided useful advice. Feel like I learnt a lot of applicable skills, which increases my confidence in going to theatre and prior to my surgical SHO job. Really impressed.

**AH**  
*Aintree University Hospital, Liverpool, UK*

Amazing experience for learning basics of surgery. The demonstrations and teaching were excellent and the help provided by the doctors was much appreciated.

**NU**  
*Anglia Ruskin Medical University, Cambridge, UK*

## Individual Comments

The tutors were very helpful and professional. Taught in a very friendly manner and open to answering our questions.

**AD**  
*Royal Cornwall Hospital, Truro, UK*

It was a well organised course and I learnt a lot about the basics, which was very useful to me.

**HC**  
*University of Buckingham, Buckingham, UK*

Amazing course 10/10.

**AK**  
*University Hospital of Wales, Cardiff, UK*

Very good, similar skills obtained compared to BSS but much better price.

**OG**  
*Poole General Hospital, Poole, UK*

It was a very informative course delivered with a very compassionate way.

**UT**  
*Southmead Hospital, Bristol, UK*

I thought the teaching was a very high standard and clear and precise, I felt very supported by the helpers, they made sure everything was understood before moving on. It was really fun as well!

**AB**  
*Newcastle University, Newcastle Upon Tyne, UK*

It was well organised and the teaching was amazing.

**PR**  
*Southampton General Hospital, Southampton, UK*

Well organised course, tutors were great, gave great helpful tips. Overall a really good day course.

**AN**  
*University Hospital of Wales, Cardiff, 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)

## 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
- International Entrance Exams
- MRCS Exams
- General Surgery Exams
- Plastic Surgery Exams
- DOHNS Exams

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