

DOCTORS ACADEMY



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Essential Surgical Skills and Principles for Aspiring Surgeons [ESSPAS]



Feedback - October 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:	28th October 2023 29th October 2023
Attendance:	28th October 2023: 20 Delegates 29th October 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, Introduction and Learning Objectives
- 0840 - 0900 Basics of Sutures and Needles (Interactive Discussion)
- 0900 - 0940 Knot Tying - Reef Knots (Demonstration and Practice)
- 0940 - 1030 Knot Tying - Surgeon's Knot and Tying at Depth (Demonstration)

1030 - 1050

Break and Refreshments

- 1050 - 1100 Pre-Scrubbing and Entering the Operating Theatre (Interactive Discussion)
- 1100 - 1130 Gowning and Gloving (Demonstration and Practice)
- 1130 - 1145 Handling Surgical Instruments, Art of Assisting, and Disposing Sharps Safely (Demonstration)
- 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 - 1450 Principles of Assessing and Managing a Hand Injury in A&E (Interactive Discussion)
- 1450 - 1500 Anatomy and Technique of Performing Digital Nerve Blocks in the Hand (Demonstration and Practice)

Programme

1500 - 1525 Repairing an Extensor Tendon in the Hand (Demonstration and Practice)

1525 - 1600 Repairing a Flexor Tendon in the Hand (Demonstration and Practice)

1600 - 1615

Break and Refreshments

1615 - 1625 Concepts and Principles of Reconstructive Ladder in Plastic Surgery (Interactive Discussion)

1625 - 1655 Principles of Designing Local Flaps in Plastic Surgery (Demonstration and Practice)

1655 - 1710 Excision of a Subcutaneous Cyst (Demonstration and Practice)

1710 - 1715

Comfort Break

1715 - 1725 Principles of Managing Patients with Trauma and Long Bone Fractures (Interactive Discussion)

1725 - 1745 Principles of Managing a Traumatic and Contaminated Wound (Demonstration and Practice)

1745 - 1755 Principles of Draining an Abscess (Demonstration and Practice)

1755 - 1800 Degowning and Degloving

1800 - 1810 Debrief, Summary and Close

1810 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.

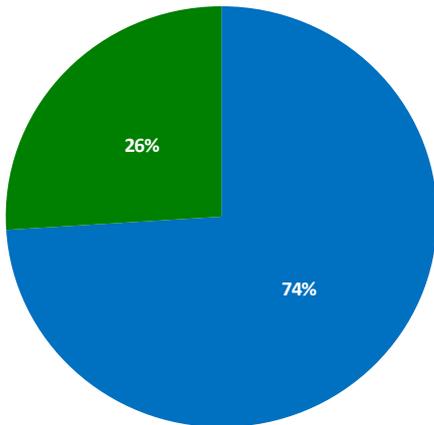
PhD Research Fellow
Speciality Registrar in General Surgery
Oxford Deanery

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

Consultant Orthopaedic Surgeon
Nevill Hall Hospital, Abergavenny

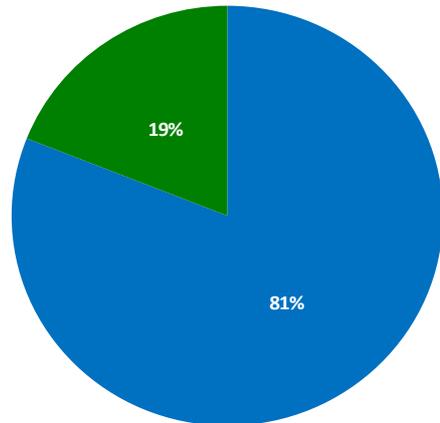
Overall Feedback

How was the content of the course?



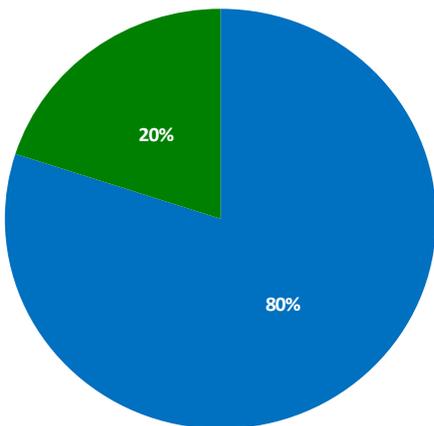
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the clarity of the demonstrations?



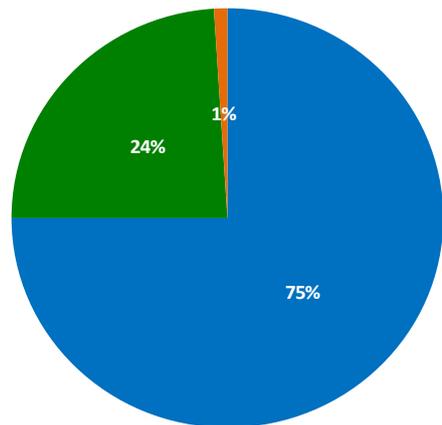
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Did the course meet your learning objectives?



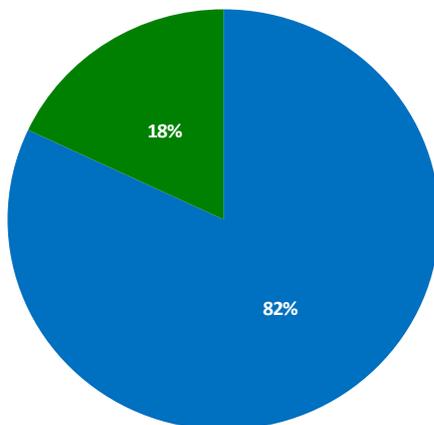
■ Most certainly ■ Certainly ■ Just about ■ Limited ■ Not at all

Basics of Suture Materials and Needles



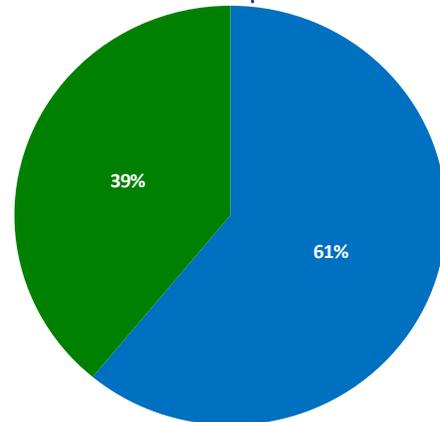
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

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



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

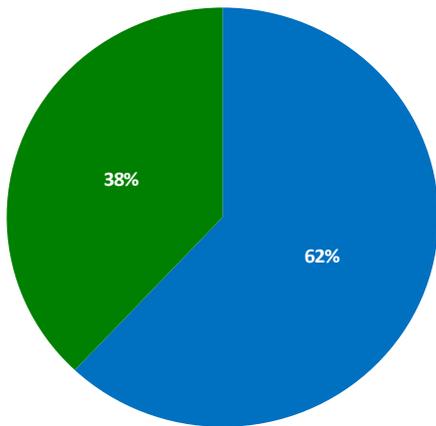
Aseptic Precautions in the Operating Theatre, Scrubbing, and Hand Washing Technique



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

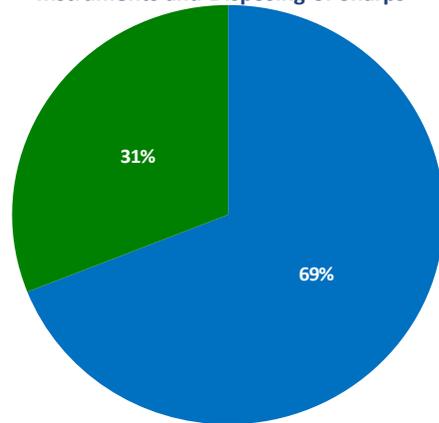
Overall Feedback

Closed Method of Gowning and Gloving



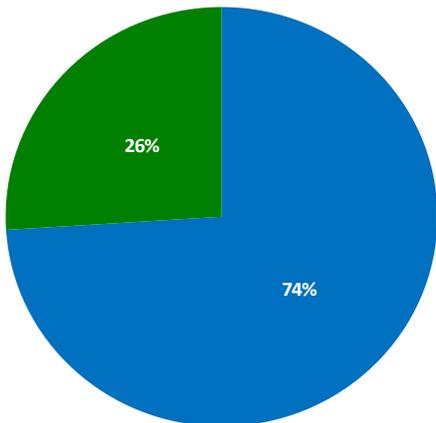
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Correct Handling of Common Surgical Instruments and Disposing of Sharps



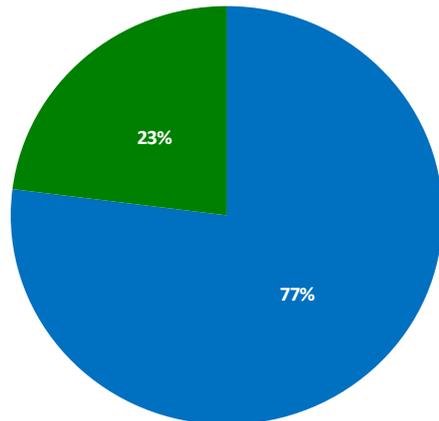
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

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



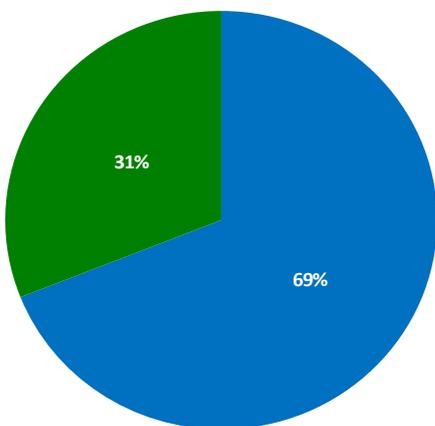
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

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



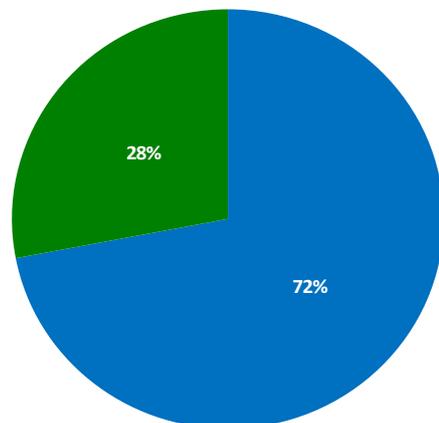
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Safe Infiltration of Local Anaesthesia



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

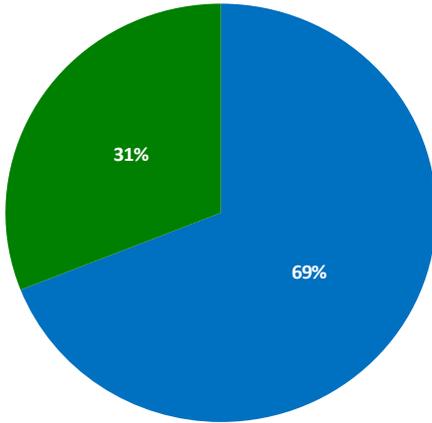
Excision of a Simulated Cutaneous Lesion and Closure



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

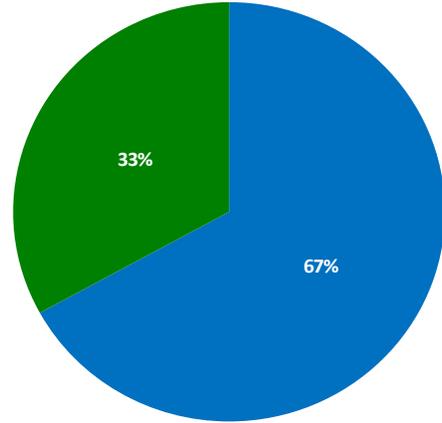
Overall Feedback

Haemostatic Figure of '8' Stitch



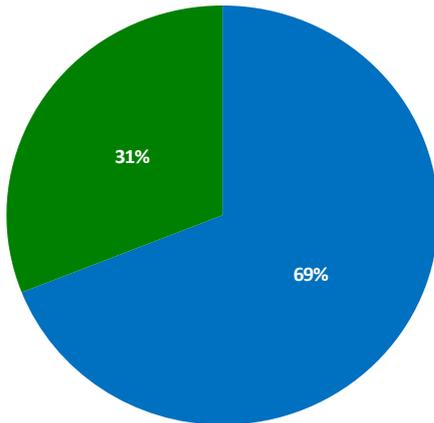
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Principles of Designing Local Flaps



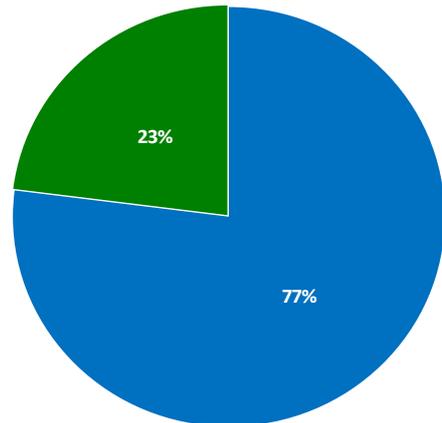
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Repairing an Extensor Tendon and a Flexor Tendon in the Hand



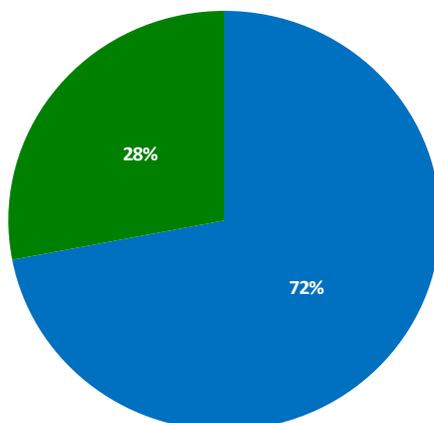
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Removal of a Simulated Epidermoid Cyst



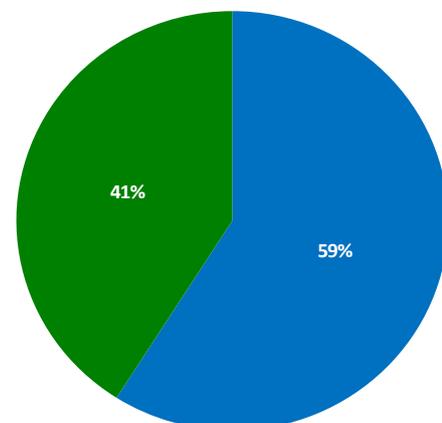
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Drainage of an Abscess



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

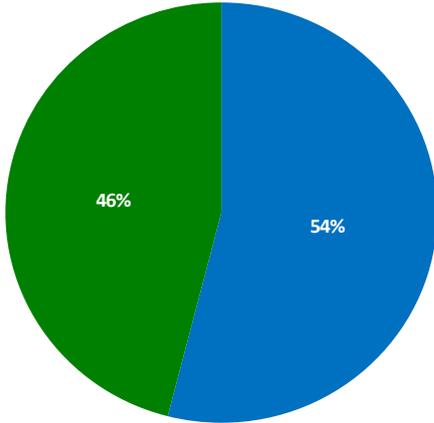
Debridement of a Contaminated Wound



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

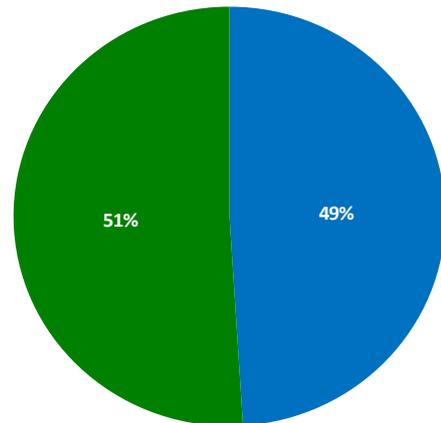
Overall Feedback

Overview of Managing Traumatic Wounds



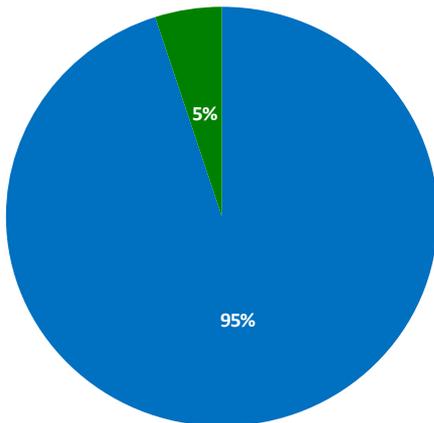
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Did you have sufficient time to practice the skills?



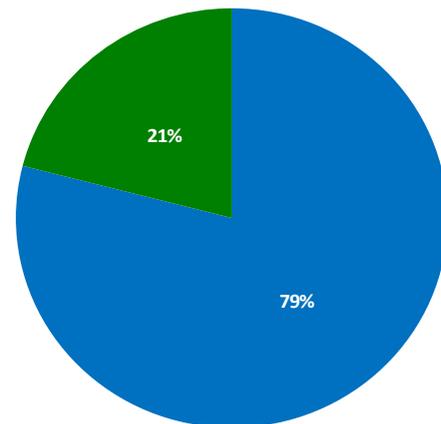
■ Certainly sufficient ■ Mostly sufficient ■ Neutral
■ Just sufficient ■ Not sufficient

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



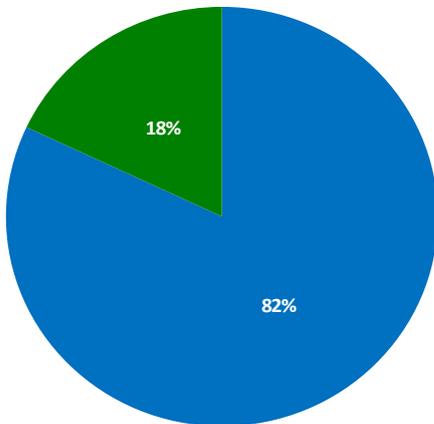
■ Most helpful ■ Helpful ■ Neutral ■ Little helpful ■ Not helpful

Did the topics covered in the course meet your objectives?



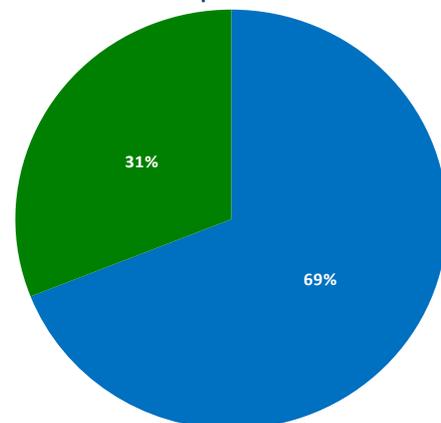
■ Most certainly ■ Certainly ■ Neutral ■ A little bit ■ Not at all

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

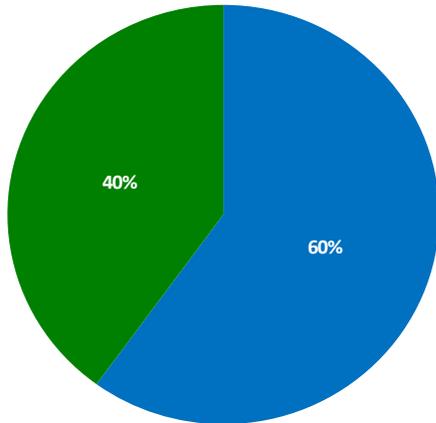
Do you feel more confident in entering a surgical operating theatre and assisting in an operation?



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

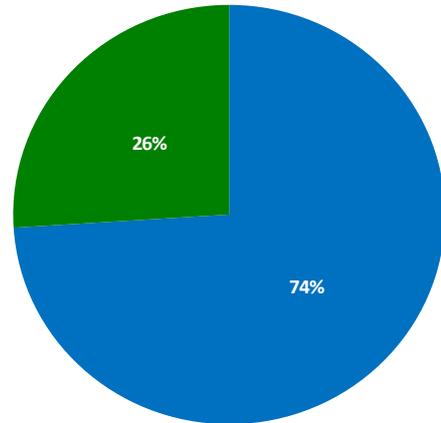
Overall Feedback

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



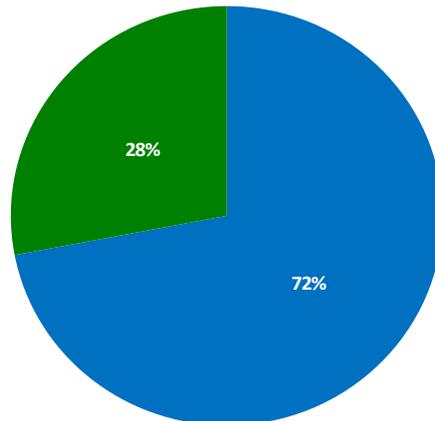
■ Most satisfied ■ Satisfied ■ Neutral
■ A little satisfied ■ Unsatisfied

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

I thoroughly enjoyed the course, and the breadth of it! As a medical student, prior to the course, my knowledge of surgical skills was scarce, this course taught me a lot, and has given me the confidence to get involved during my surgical placements. The live demonstrations were particularly useful and having several members of staff circling to help out was really beneficial to my learning. The level of creativity that went into simulating scenarios was phenomenal, the cyst and debridement stations were amazing! Finally, the staff were excellent! Professor Enoch was an amazing teacher, his teaching and demonstrations were easy to follow and very insightful. Dr Williams was also fantastic, she took care to explain things, and was always close by to give a helping hand! Thank you!

HA

Anglia Ruskin University, Cambridge

Course was very well organised. Tutors were very good. Enough time was provided for practice. I feel confident in surgical skills after course.

FM

Withybush General Hospital, Haverfordwest

Content covered was all very useful and knowing it is also covered in BSS is useful. The skills learnt are all useful and are applicable to CST. Everyone was professional. The course was organised well and also delivered well.

SI

Black Country Partnership NHS Foundation Trust, United Kingdom

The course was very well organised, and the tutors were very helpful. A fantastic experience overall.

GV

University of Exeter, Exeter

It was an amazing experience as a fifth year medical student. I've learnt a whole variety of essential surgical skills. Amazing demonstration and teaching by the professor and great help from the staff. Will definitely be attending more similar courses in the future.

HJ

Medical University of Varna, Bulgaria

Overall, this course has been excellent. It covered a huge range of topics that we would never otherwise cover in medical school curriculum, and provides a great opportunity to learn and practice vital skills required to assist in surgeries. The course was very well organised and all content was covered adequately within schedule.

GM

University of Leeds, Leeds

I have managed to get hands on learning with suturing skills other than simple interrupted sutures which was great. Professor Enoch was amazing in being able to demonstrate clearly the steps so we could follow easily.

CN

University of Leeds, Leeds

Individual Comments

The course was very well organised, the content was appropriate, the teacher and helpers were all very knowledgeable and good at teaching.

HQ
Queen's Medical Centre, Nottingham

Impressive quality for the price.

BA
Walsall Manor Hospital, Walsall

I attended the course to warm up my muscle memory with the suturing and knot tying. But I also got to learn new skills like tendon repair and removal of cyst. The tutors were also very attentive and helpful. Thank you for this amazing course. I enjoyed it from the start to finish. Would definitely be recommending this to my friends.

SP
Glan Clwyd Hospital, Rhyl

Really lovely tutors on the day and great teaching!

AA
Keele University School of Medicine, Keele

Very well organised course, provided in-depth overview of skills. Good opportunities to practice. Demonstration was excellent.

RD
University of Leeds, Leeds

Enjoyed being able to spend lots of time practicing new skills. Course was well organised and well paced.

RL
Bristol Royal Infirmary, Bristol

I'm aiming to apply for core training and this course has enabled me to help in theatre confidently to work on my portfolio.

SZ
Hywel Dda Local Health Board, United Kingdom

I think the structure of the day was very nicely set out. The pacing was fantastic, the staff were very friendly and at hand when we needed help. Really really happy and definitely took so much from the day!

HM
Anglia Ruskin University, Cambridge

Im a fifth year medical student, and this was excellent course to learn the basic and essential surgical skills. Amazing demonstration and really helpful staff along the way. I would definitely be joining similar courses in the future.

HJ
Medical University of Varna, Bulgaria

Individual Comments

I really enjoyed this course, very useful and lots of different elements covered!

AS
Cardiff University School of Medicine, Cardiff

This course was absolutely fantastic. I learned so much and the structure and teaching provided by this course was at such a high standard. Thank you.

BB
University of Exeter, Exeter

Staff and colleagues very knowledgeable and keen to help.

RJ
University Hospital of Wales, Cardiff

really useful packed course that has made me more confident to go into a surgical setting.

EH
Prince Charles Hospital, Merthyr Tydfil

The organise was very well organised and the demonstrators were friendly and helpful.

MA
University of Cambridge, Cambridge



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
- 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:

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