



# ESSENTIAL SURGICAL SKILLS AND PRINCIPLES FOR ASPIRING SURGEONS (ESSPAS)

## A Hands-On Surgical Skills Training Course

### Overview of the Course

The ESSPAS course is an intensive, hands-on training course designed to introduce participants to the core skills and principles required for safe surgical practice. Delivered by Doctors Academy in association with the College of Physicians and Surgeons of Cardiff, the course provides a structured and supportive environment for early-career clinicians.

### Rationale for the Course

The transition from theoretical learning to clinical practice can be challenging. ESSPAS bridges this gap by providing practical experience, expert supervision, and a safe environment to develop confidence.

### Topics Covered

1. Aseptic technique and infection prevention
2. Surgical scrubbing, gowning, and gloving
3. Knot tying and suturing techniques
4. Minor surgical procedures
5. Trauma and reconstructive principles

### Teaching Methods

- Live demonstrations by expert faculty
- Hands-on practice using realistic models
- Close supervision and guidance
- Immediate structured feedback

### Target Audience

- Medical students (clinical years)
- Foundation doctors
- Early-career clinicians
- Core surgical trainees
- Allied healthcare professionals

**Faculty**

Teaching is delivered by consultant surgeons, senior trainees, and experienced surgical educators, ensuring high-quality instruction and mentorship.

**Training Environment**

The course takes place in a simulated operating theatre setting, replicating real clinical workflows and enhancing practical learning.

**Safety and Professional Conduct**

Safety is a core focus of the course. Participants are trained in infection control, sharps handling, and professional conduct consistent with clinical standards.

**Certification**

Participants receive Continuing Professional Development (CPD) certification upon completion.

ESSPAS provides a strong foundation for safe and effective surgical practice, combining expert teaching with hands-on experience.