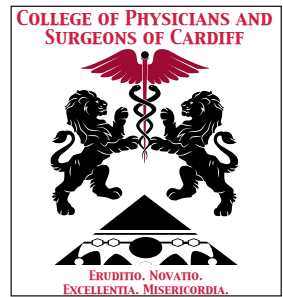


**DOCTORS ACADEMY**

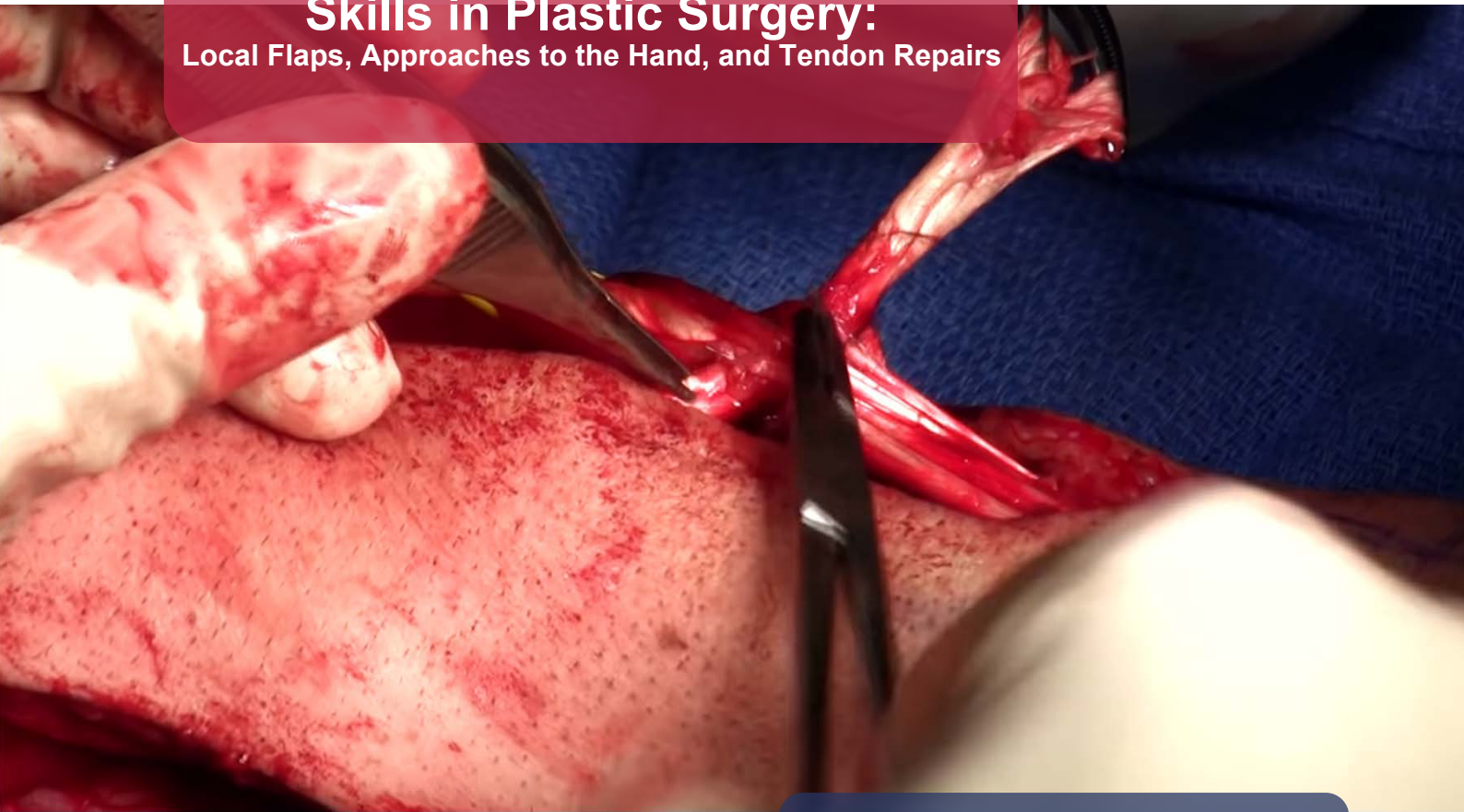


BETTER EDUCATION. BETTER HEALTH.



# Essential Principles and Practical Skills in Plastic Surgery:

Local Flaps, Approaches to the Hand, and Tendon Repairs



Feedback - July 2021

## Essential Principles and Practical Skills in Plastic Surgery:

Local Flaps, Approaches to the Hand, and Tendon Repairs

This course was aimed at providing surgical trainees interested in plastic surgery or junior surgeons in plastic surgery with a sound foundation of the surgical principles pertinent at this level. The day predominantly consisted of hands-on practical skills workshops on animal tissue and simulated models, which provided the attendee with the opportunity to design various local flaps, practice various surgical approaches to the hand, and gain a thorough understanding of the various methods of flexor and extensor tendon repairs. The day, with a high delegate-to-tutor ratio, covered the principles and designs of local flaps, the execution of various types of Z-plasties, and the assessment of hand, wrist and forearm injuries. It also discussed surgical approaches to different hand conditions and the principles of flexor and extensor tendon repair techniques and their rehabilitation.

### Course Information

<b>Date:</b>	<b>17<sup>th</sup> July 2021</b>
<b>Venue:</b>	<b>Doctors Academy Centre, Apollo Buckingham Health Science Campus, Crewe</b>
<b>Attendance:</b>	<b>14 Delegates</b>
<b>Aimed at:</b>	<b>FY2, CT1 and CT2 in Surgery with an interest in Plastic Surgery; Themed CT1 and CT2 in Plastic Surgery; ST3 trainees in Plastic Surgery; Non-Trainees in Plastic Surgery at an SHO/Early Registrar Level.</b>
<b>Course Fee:</b>	<b>£185.00</b>



## Programme

0830 - 0845	Registration
0845 - 0855	Introduction and Objectives
0855 - 0915	Practical Application of Reconstructive Ladder
0915 - 0930	Classification of Flaps
0930 - 0945	Types of Z-Plasty and Designs
0945 - 1015	Designing Z-Plasties on Simulated Models
1015 - 1045	Types and Designs of Local Flaps

<b>1045 - 1100</b>	<b>Refreshment Break</b>
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1100 - 1130	Designing Local Flaps on Simulated Models
1130 - 1215	Designing Z-Plasties and Local Flaps on Animal Models
1215 - 1245	Discussion of Clinical Cases - Choosing Local flaps for Various Defects
1245 - 1305	Clinical Assessment of Hand, Wrist and Forearm Injuries
1305 - 1335	Surgical Approaches to Various Hand Conditions

<b>1335 - 1420</b>	<b>Lunch</b>
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1420 - 1440	Principles of Extensor Tendon Repair
1440 - 1500	Principles of Flexor Tendon Repair
1500 - 1630	Extensor and Flexor Tendon Repairs on Animal Models
1645 - 1705	Rehabilitative Regimes for Tendon Repairs
1705 - 1730	Recognising and Managing Complications of Flexor and Extensor Tendon Repairs
1730 - 1745	Summary and Feedback
1745	End of Course

## Faculty

**Mr Rajive Jose, MBBS, MS, DNB (Plast), MCh, FRCSEd, FRCS (Plast), DiplHandSurg**

*Course Convenor*

Consultant in Plastic, Reconstructive and Hand Surgery

Queen Elizabeth Hospital, Birmingham and the Birmingham Royal Orthopaedic Hospital, Birmingham

**Mr Jagajeevan Jagadeesan, MBBS, MSc, M.Adv.Surg. (Craniofacial), FRCS (Plast)**

Consultant in Plastic and Craniofacial Surgery

University Hospitals of Birmingham and Birmingham Women's and Children's NHS Foundation Trust

**Mr Karthik Srinivasan, MBBS, MS, FRCS (Plast)**

Consultant in Plastic Surgery

Queen Elizabeth Hospital, Birmingham and the Birmingham Royal Orthopaedic Hospital, Birmingham

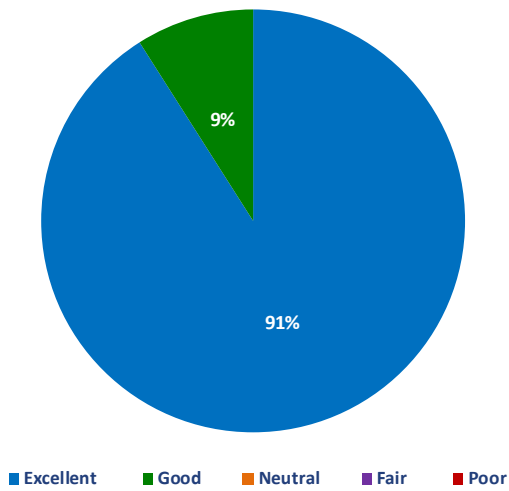
**Mr Samuel George, MBChB, MSc, FRCS (Plast), DiplHandSurg, MFSTEd**

Consultant in Plastic, Reconstructive and Hand Surgery

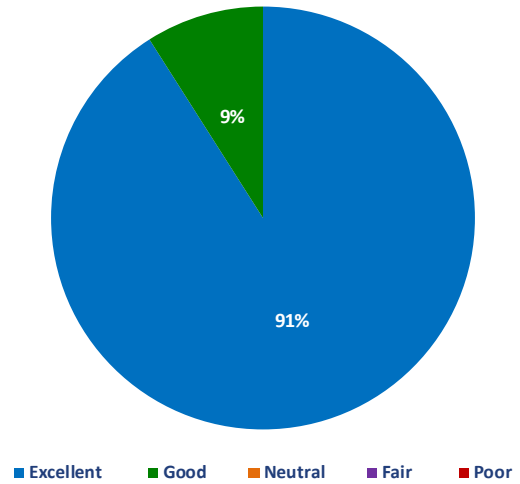
Queen Elizabeth Hospital, Birmingham and the Birmingham Royal Orthopaedic Hospital, Birmingham

## Overall Feedback

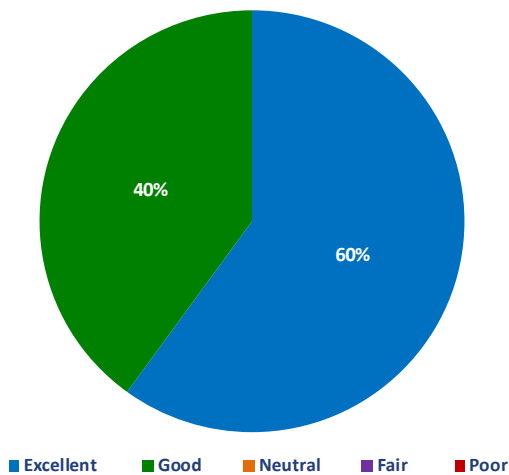
How was the content of the course?



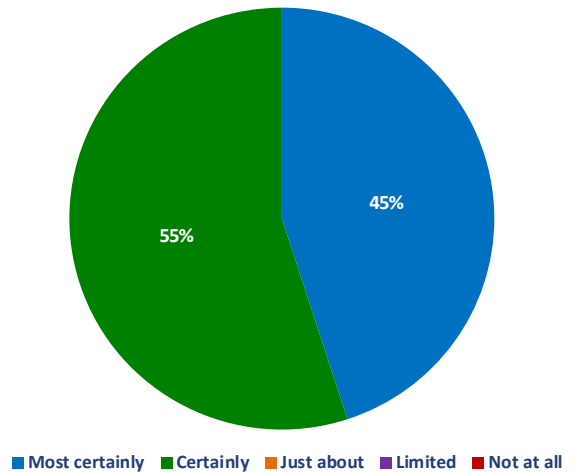
How would you rate the general academic standard of the tutors?



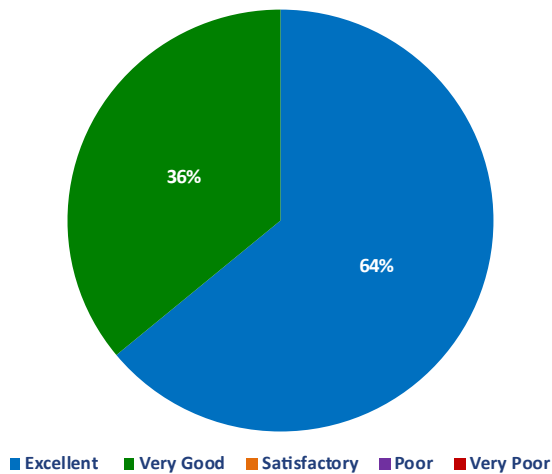
How was the clarity of the demonstrations?



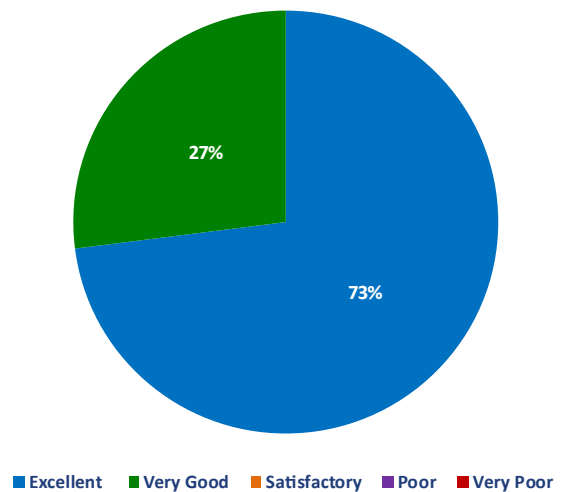
Did the course meet your learning objectives?



Practical Application of Reconstructive Ladder

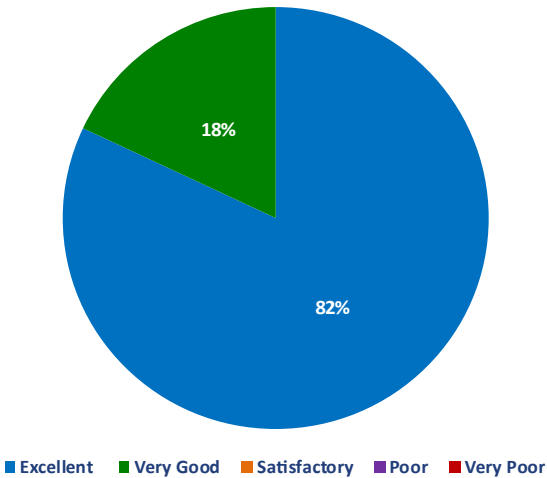


Classification of Flaps

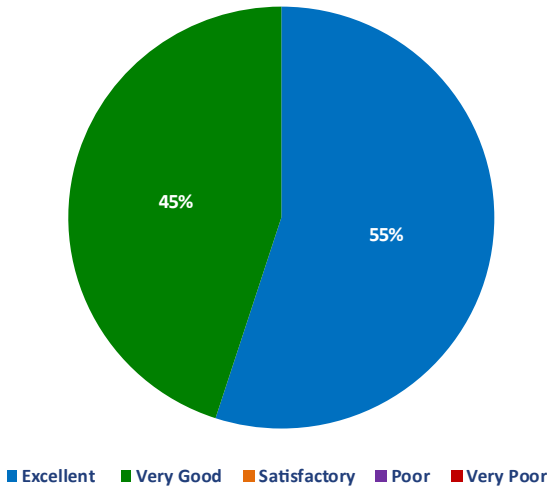


Overall Feedback

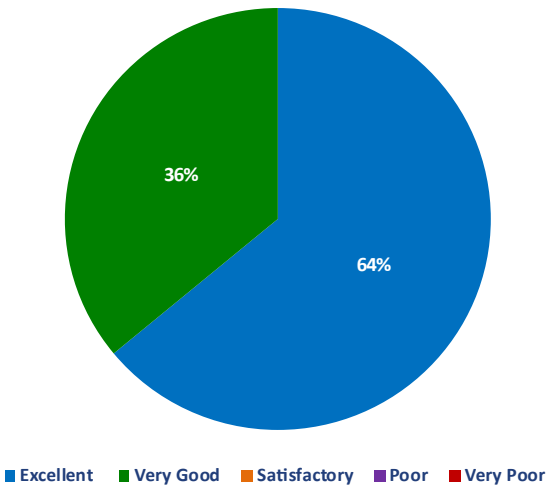
Types of Z-Plasty and Designs



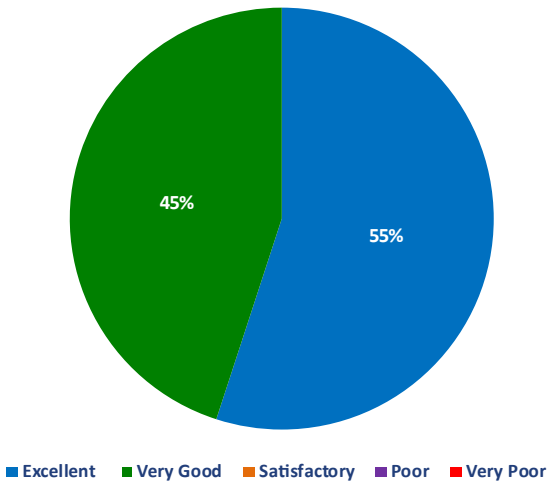
Designing Z-Plasties on Simulated Models



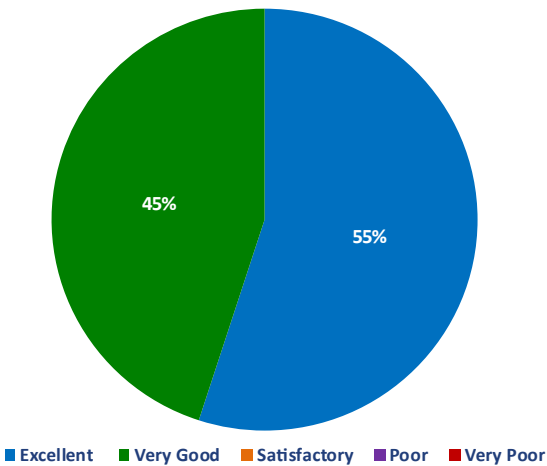
Types and Designs of Local Flaps



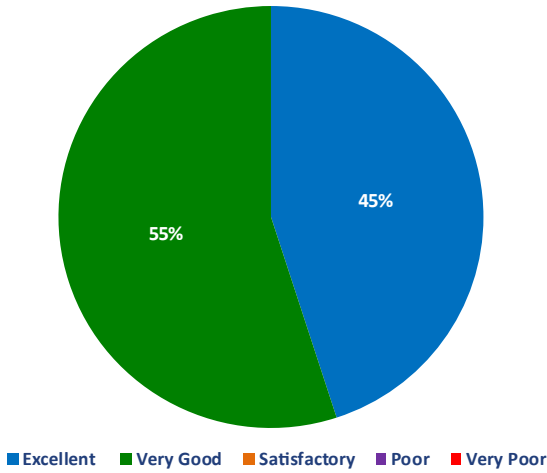
Designing Local Flaps on Simulated Models



Designing Z-Plasties and Local Flaps on Animal Models



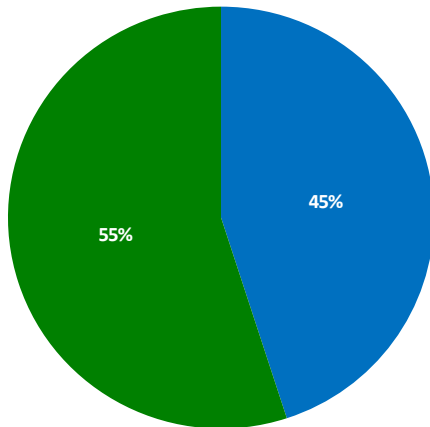
Discussion of Clinical Cases - Choosing Local flaps for Various Defects





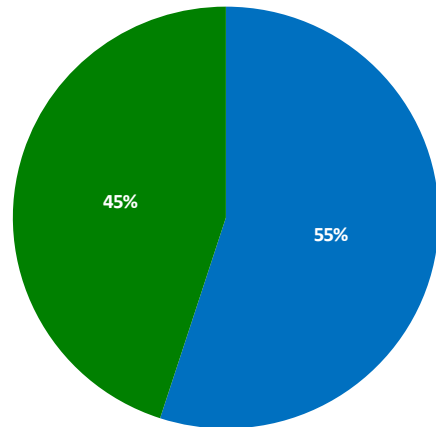
## Overall Feedback

Clinical Assessment of Hand, Wrist and Forearm Injuries



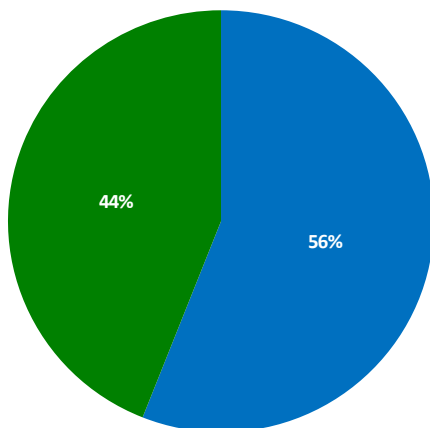
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Surgical Approaches to Various Hand Conditions



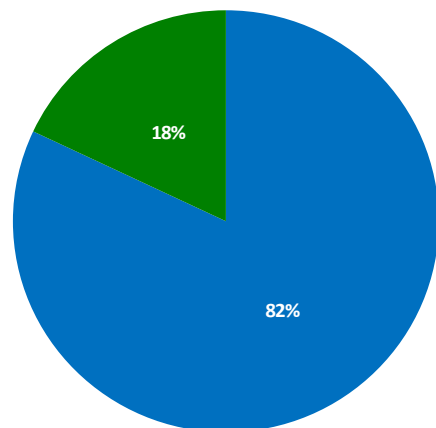
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Principles of Extensor Tendon Repair



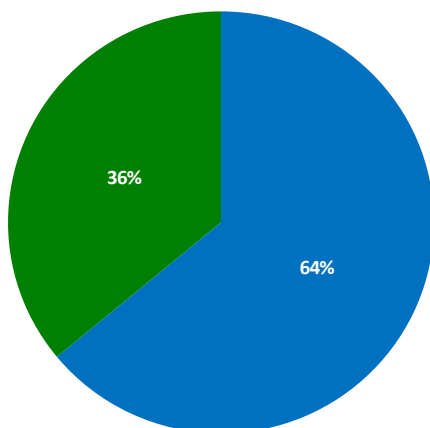
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Principles of Flexor Tendon Repair



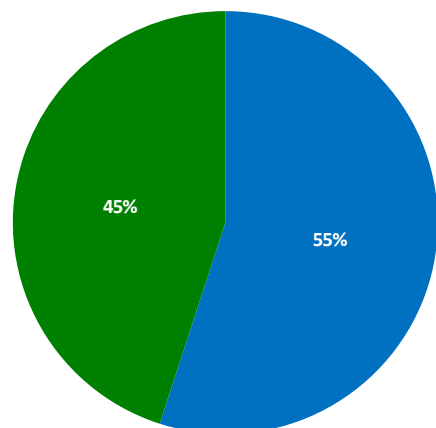
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

Extensor and Flexor Tendon Repairs on Animal Models



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

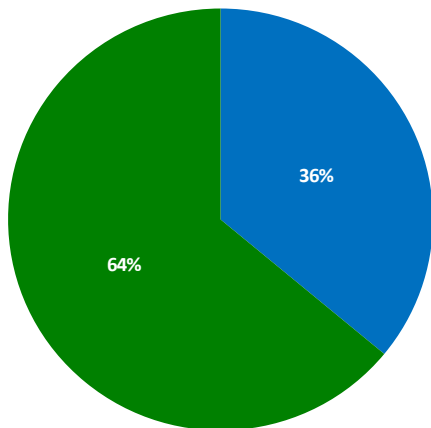
Rehabilitative Regimes for Tendon Repairs



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

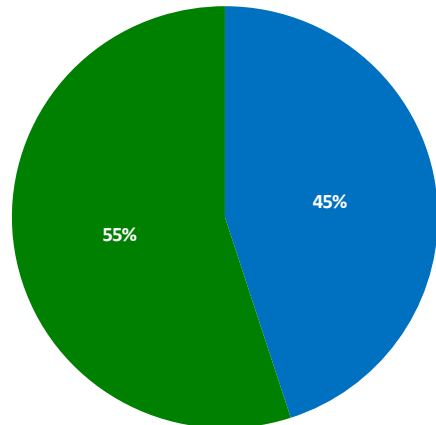
## Overall Feedback

Recognising and Managing Complications of Flexor and Extensor Tendon Repairs



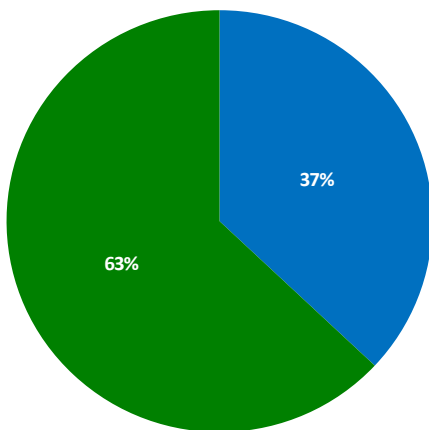
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very Poor

How were the facilities and venue?



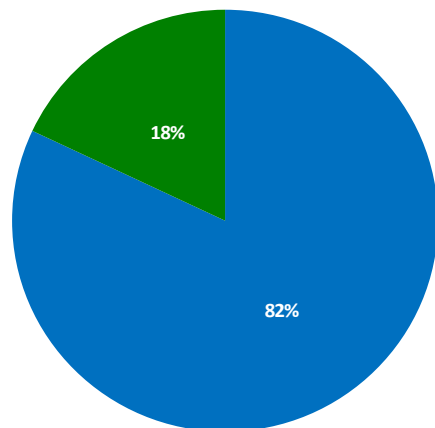
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How were the refreshments and lunch?



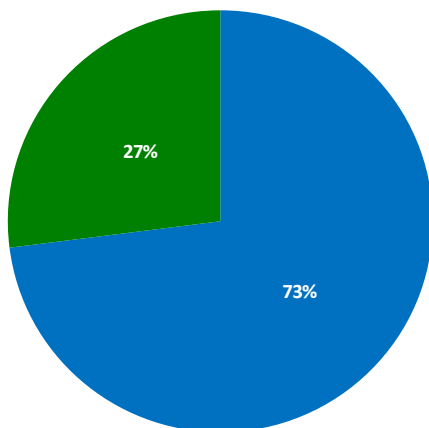
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the general friendliness of the faculty and organisers?



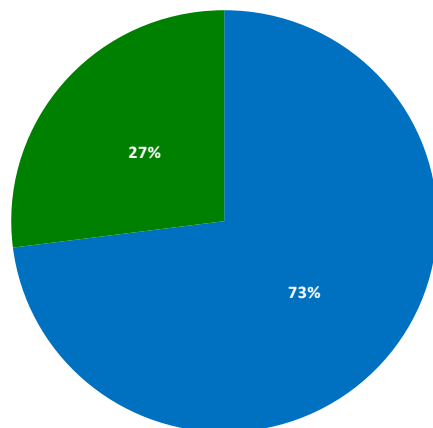
■ Very Friendly ■ Friendly ■ Neutral  
■ Not very Friendly ■ Can't comment

Would you recommend this course to a friend?



■ Most certainly ■ Certainly ■ Probably ■ Unlikely ■ Not at all

Do you think that this course provided good value for money?



■ Most certainly ■ Certainly ■ Probably ■ Unlikely ■ Not at all



## Individual Comments

I think this was by far one of the best Plastics courses I have attended as a junior doctor. It addressed the basic questions and slowly built up to more complex theories. Fun and interactive with a fair bit of history. I particularly found designing flaps on sponge and moving the tissue flaps around useful. Even more when we were given pictures of lesions with laminated sheets to design flaps, very realistic and allows application of what we had just learnt previously. A very knowledgeable and friendly faculty. It was a great course, I wouldn't mind attending one again.

**SN**

***Sandwell and West Birmingham Hospitals NHS trust, United Kingdom***

The course was very informative and tutors were helpful.

**IW**

***Countess of Chester Hospital, Chester, United Kingdom***

Excellent course.

**KT**

***Queen Alexandra Hospital, Portsmouth, United Kingdom***

This was an excellent, action packed day that touched on many important aspects of plastic and reconstructive surgery for Junior Trainees. I would highly recommend it to anyone considering the specialty as a career.

**KB**

***Ulster Hospital, Dundonald, United Kingdom***

Very useful course.

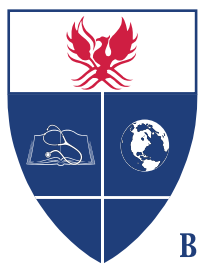
**AG**

***Queen Elizabeth's Hospital, Birmingham, United Kingdom***

Very interesting and useful course especially for junior doctors who wish to enter the Plastics training.

**FG**

***North Bristol NHS Trust, United Kingdom***



# 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)

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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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