



Essential Surgical Skills and Principles for Aspiring Surgeons (ESSPAS)



Feedback - November 2019

Essential Surgical Skills and Principles for Aspiring Surgeons (ESSPAS)

This one-day course was aimed at providing the delegate with an overview of the essential principles, core concepts and fundamental skills relevant for 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 delegate with the essential surgical skills that will be expected of a clinical 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.

Topics Covered:

- o Aseptic precautions
- o Suture materials and needles
- o Safe use of local anaesthesia
- o Surgical instrument handling
- o Secure knot tying
- o Basic suturing techniques (simple interrupted; simple continuous; subcuticular; vertical mattress; and horizontal mattress)
- o Excision of a lesion
- o Drainage of an abscess
- o Wound debridement
- o Role of antibiotics in trauma and surgery
- o Principles of diathermy
- o Wound healing and principles of reconstructive surgery
- o Discussion of cases in trauma and general surgery

Course Information

Course Date:	30th November 2019
Venue:	School of Biosciences, Cardiff University
Attendance:	24 Delegates
Aimed at:	Medical Students; Foundation Year Doctors; Core Surgical Trainees; Junior Surgeons; Advanced Nurse Practitioners; Surgical Nurse Practitioners; Theatre Assistants
Course Fee:	£48.00



Course Programme

0840 - 0850	Registration
0850 - 0900	Introduction to the Course and Learning Objectives
0900 - 0910	Aseptic Precautions in the Operating Theatre
0910 - 0925	Suture Materials and Needles
0925 - 0935	Safe Use of Local Anaesthesia
0935 - 0945	Safe Handling of Surgical Instruments and Sharps
0945 - 1015	Surgical Knot Tying (Reef; Surgeon's; Tying at Depth)
1015 - 1115	Suturing a Linear Wound (Simple Interrupted and Simple Continuous)

1115 - 1130 Break for Refreshments

1130 - 1200	Excision of a Lesion and Suturing (Instrument Tie)
1200 - 1245	Other Suturing Techniques (Subcuticular; Mattress)

1245 - 1330 Lunch

1330 - 1340	Essential Principles in the Management of an Abscess and a Contaminated Wound
1340 - 1355	Drainage of an Abscess
1355 - 1415	Essential Principles in the Management of Trauma
1415 - 1435	Debridement of a Contaminated Wound
1435 - 1455	Wound Healing and the Principles of Reconstructive Surgery
1455 - 1515	Safe Use of Diathermy

1515 - 1530 Break for Refreshments

1530 - 1700	Discussion of Cases <ul style="list-style-type: none">o A. Trauma Management (1)o B. Trauma Management (2)o C. Emergency Surgical Conditions and Surgery (1)o D. Emergency Surgical Conditions and Surgery (2)
1700 - 1715	Summary, Feedback and Close

Faculty

Ms Clare Carpenter, MD, FRCS (Tr&Orth)

Course Convenor

Consultant Orthopaedic Surgeon

University Hospital of Wales, Cardiff

Miss Amanda King, FRCS (Tr&Orth)

Upper Limb Fellow

University Hospitals Bristol NHS Foundation Trust

Dr Eshan Mazumdar, MBChB (Hons), MMedSci

Speciality Trainee

University Hospital of Wales, Cardiff

Dr Hamid Daud, BMBS, BMedSci

Speciality Trainee in Trauma and Orthopaedics

University Hospital of Wales, Cardiff

Mr Kunal Dwijen Roy, MBBS, MS (Orthopaedics), DNB (Orthopaedics), MRCS(Eng)

Speciality Registrar in Trauma and Orthopaedics

Royal Gwent Hospital, Newport

Dr Lara E McMillan, MBBCh, BSc (Hons)

Clinical Teaching Fellow in Trauma and Orthopaedics

University Hospital of Wales, Cardiff

Mr Prashanth D'sa, MBBS, MS(Ortho), MRCSEd, PG Cert Med Ed, FHEA

Speciality Registrar in Trauma and Orthopaedics

University Hospital of Wales, Cardiff

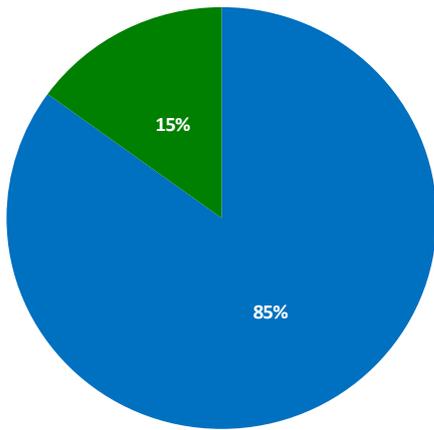
Mr Ravishanker Tangirala, MBBS, MRCS, M.S(Ortho), PG Cert Med Ed

Speciality Registrar in Trauma and Orthopaedics

Ysbyty Gwynedd, Bangor

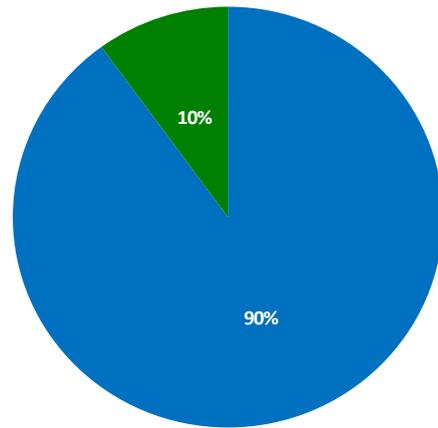
Overall Teaching Feedback

How was the content of the conference?



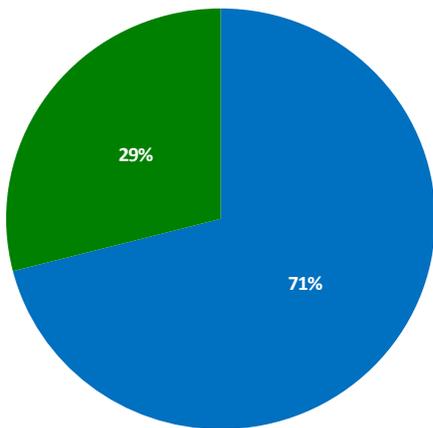
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

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



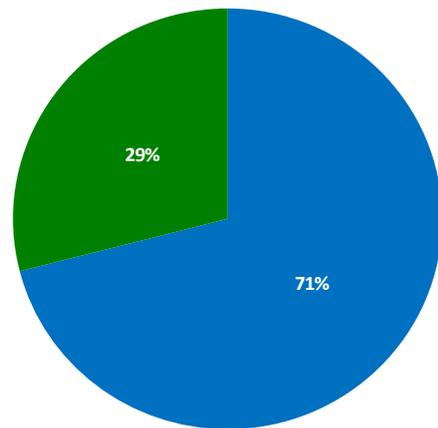
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the clarity of the sessions?



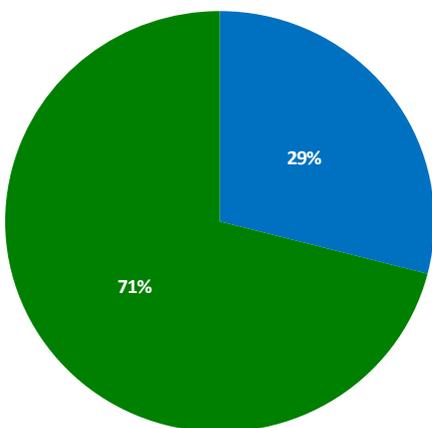
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Did the course meet your objectives?



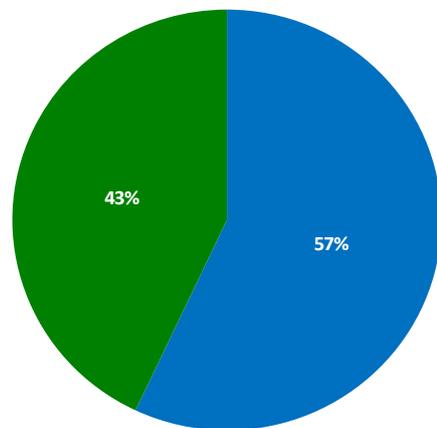
■ Most certainly ■ Certainly ■ Probably ■ Unlikely ■ Not at all

Aseptic Precautions in the Operating Theatre



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

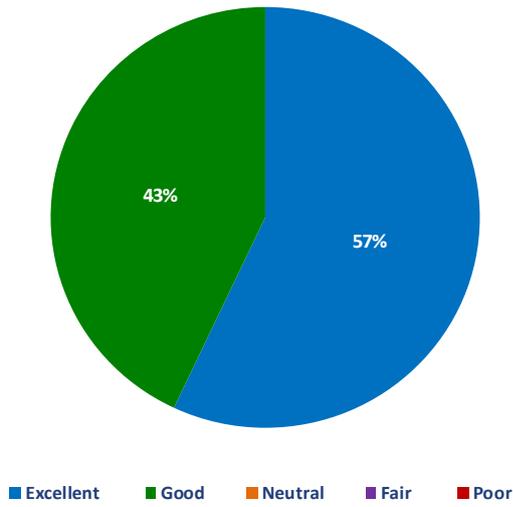
Suture Materials and Needles



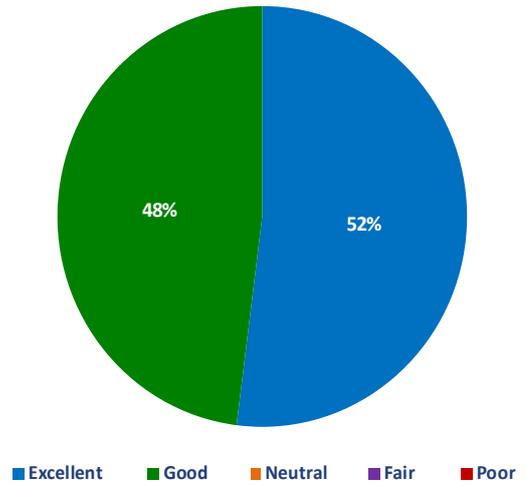
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Overall Teaching Feedback

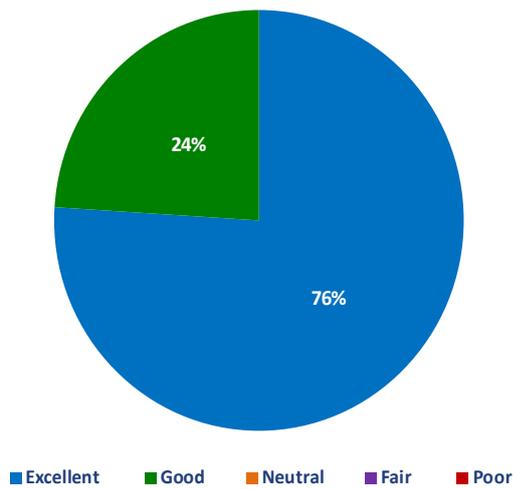
Safe Use of Local Anaesthesia



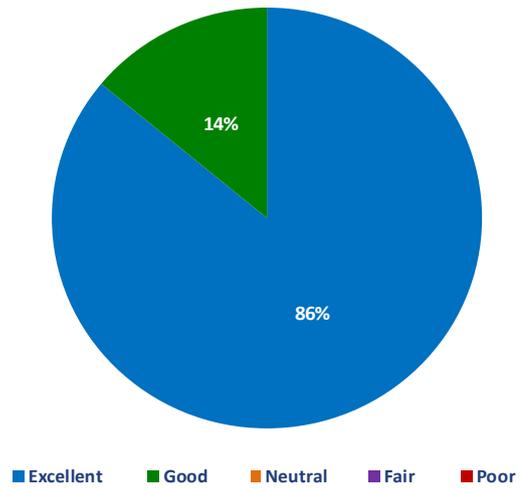
Safe Handling of Surgical Instruments and Sharps



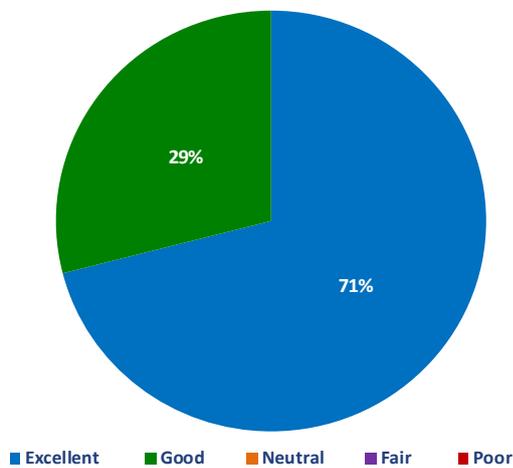
Surgical Knot Tying (Reef; Surgeon's; Tying at Depth)



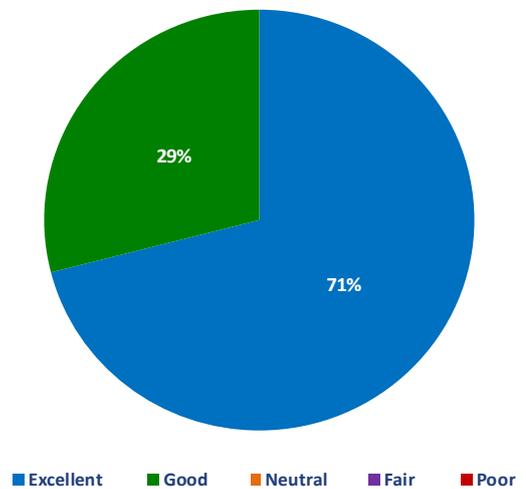
Suturing a Linear Wound (Simple Interrupted and Simple Continuous)



Excision of a Lesion and Suturing (Instrument Tie), Other Suturing Techniques (Subcuticular; Mattress)

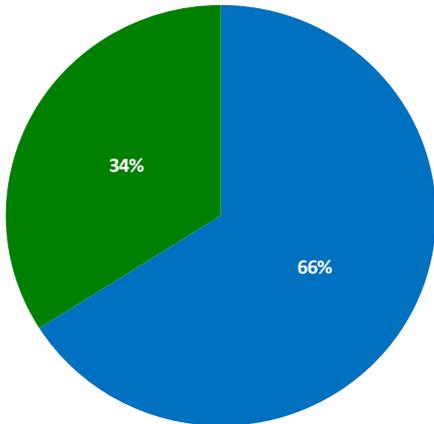


Other Suturing Techniques (Subcuticular; Mattress)



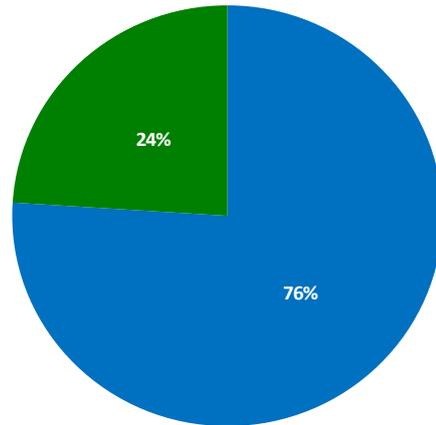
Overall Teaching Feedback

Essential Principles in the Management of an Abscess and a Contaminated Wound



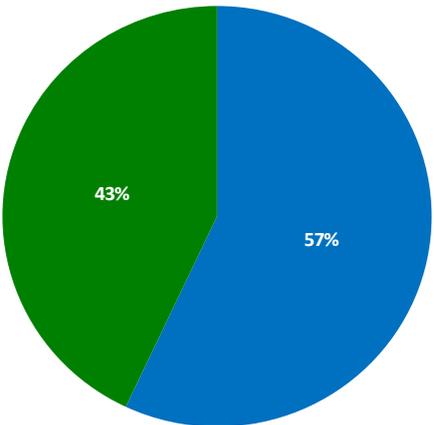
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Drainage of an Abscess



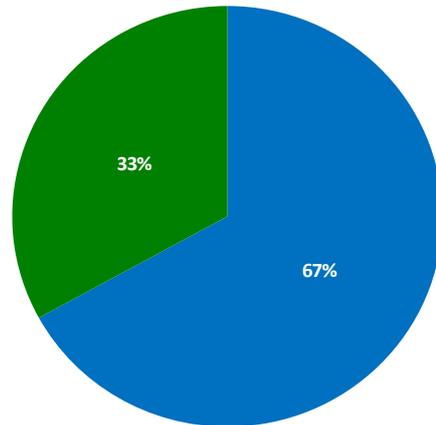
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Essential Principles in the Management of Trauma



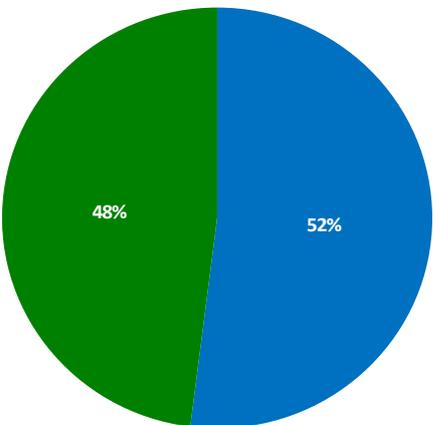
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Debridement of a Contaminated Wound



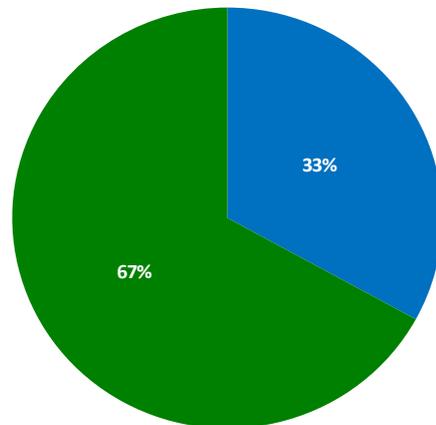
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Wound Healing and the Principles of Reconstructive Surgery



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

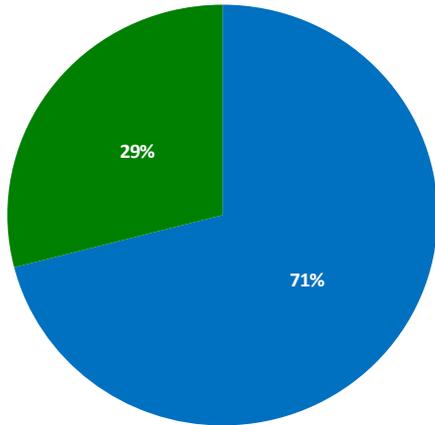
Safe Use of Diathermy



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

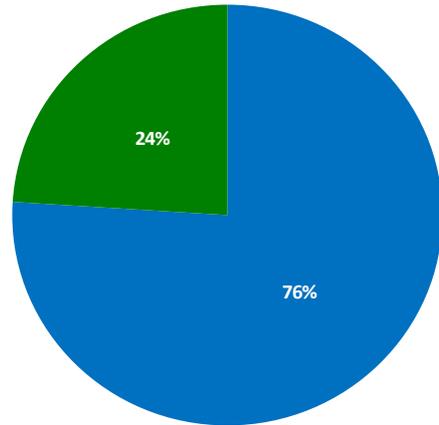
Overall Teaching Feedback

Discussion of Cases - Management of Trauma and Surgical Conditions



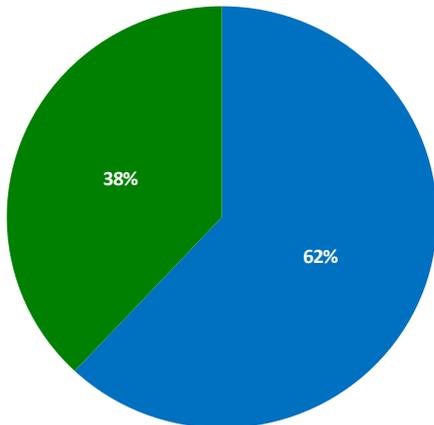
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How were the facilities and venue?



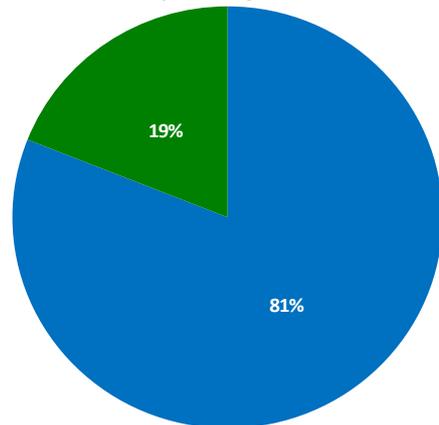
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How were the refreshments and lunch?



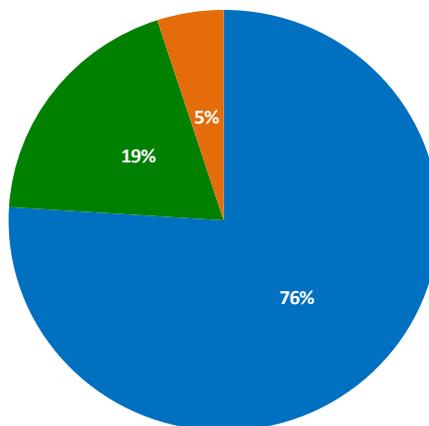
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the general friendliness of the faculty and organisers?



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

Would you recommend this conference to a friend?



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

Individual Comments

I learnt a great deal about basic surgical skills, especially knot tying and suturing techniques. This is something that I can add to my portfolio.

HB

Cardiff University School of Medicine, Cardiff, United Kingdom

This course was a brilliant introduction to basic surgical concepts and skills. I enjoyed it a lot!

ZH

Cardiff University School of Medicine, Cardiff, United Kingdom

It was both relevant and informative.

JJ

Cardiff University School of Medicine, Cardiff, United Kingdom

It was very good.

RC

Cardiff University School of Medicine, Cardiff, United Kingdom

I loved the workshops and having the opportunity to perform suturing on animal tissue.

CC

Cardiff University School of Medicine, Cardiff, United Kingdom

Excellent.

SP

Cardiff University School of Medicine, Cardiff, United Kingdom

It was very good. It was lovely to attend a course that was cheap enough for students but was also of a high level.

EW

Cardiff University School of Medicine, Cardiff, United Kingdom

Overall, I thought this was a fantastic course. I definitely feel that I had sufficient opportunities to practice essential surgical skills and have learnt more about relevant applications. The teaching was amazing, and all the staff were friendly and taught in such a way that wasn't intimidating.

IL

Cardiff University School of Medicine, Cardiff, United Kingdom

The teachers were very good; they were very helpful, friendly and approachable.

AS

Cardiff University School of Medicine, Cardiff, United Kingdom

Individual Comments

The course was very well organised and run at an affordable price. The faculty were keen to teach in a non-judgemental manner and the presentations were clear. This was my first surgical course and it has given me a solid foundation upon which I can build to develop my basic surgical skills and confidently take part in suturing and abscess drainage during my General Surgery rotation.

AM

Cardiff University School of Medicine, Cardiff, United Kingdom

The course was very well organised and informative. I was very grateful for the faculty support, who were extremely patient and kind.

CE

Cardiff University School of Medicine, Cardiff, United Kingdom

Very well done. I would like to attend a similar course replicating basic surgical skills. This was a good start to getting surgical courses under my belt.

GG

University Hospital of Wales, Cardiff, United Kingdom

I thought the use of small group facilitators throughout the main sessions was very useful; it was great to have almost a 1:1 tutorial if you were struggling, as well as continuous feedback on how to improve. I feel much more confident now when being asked to go into theatre to assist.

LL

University Hospital of Wales, Cardiff, United Kingdom

This was a fantastic opportunity for hands on experience; it was thoroughly enjoyable as well as educational. The faculty were all absolutely brilliant, and the price was very reasonable in comparison to other courses.

MC

University Hospital of Wales, Cardiff, United Kingdom

Excellent.

AP

Cardiff University School of Medicine, Cardiff, United Kingdom



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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
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