

Essential Surgical Skills (and Principles for Aspiring Surgeons [ESSPAS])



Feedback - December 2020

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

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| Venue: | College of Physicians and Surgeons of Cardiff, Frazer Building, 126 Bute Street, Cardiff Bay, Cardiff, CF10 5LE |
| Dates: | 19th December 2020 |
| Attendance: | 16 Delegates |
| Aimed at: | Medical Students; Foundation Year Doctors; Core Surgical Trainees; Junior Surgeons; Advanced Nurse Practitioners; Surgical Nurse Practitioners; Theatre Assistants; |
| Course Fee: | £65.00 |



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

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|-------------|--|
| 1505 - 1525 | Principles of Debriding a Contaminated Traumatic Wound (Demonstration) |
| 1525 - 1535 | Principles of Surgical Diathermy (Interactive Discussion) |
| 1535 - 1545 | Principles of Laparoscopic Surgery (Interactive Discussion) |
| 1545 - 1715 | Rotating Workshops: Surgical Diathermy (Demonstration and Practice); Laparoscopic Skills (Demonstration and Practice); Case Discussions in Emergency Surgery and Trauma (Interactive Discussion) |
| 1715 - 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.

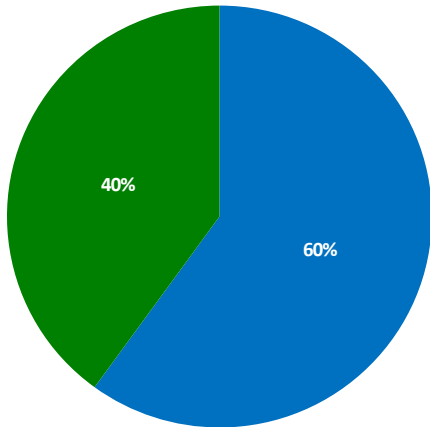
PhD Research Fellow
Speciality Registrar in General Surgery
Oxford Deanery

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

Consultant Orthopaedic Surgeon
Nevill Hall Hospital, Abergavenny

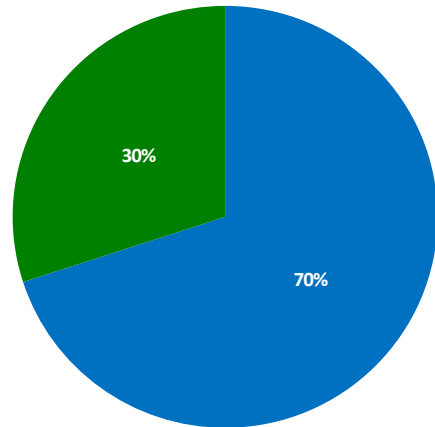
Overall Feedback

Knot tying



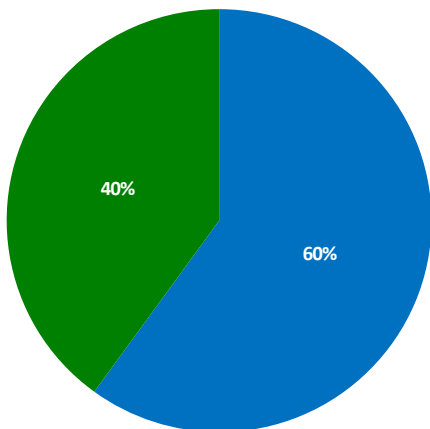
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Gowning and gloving



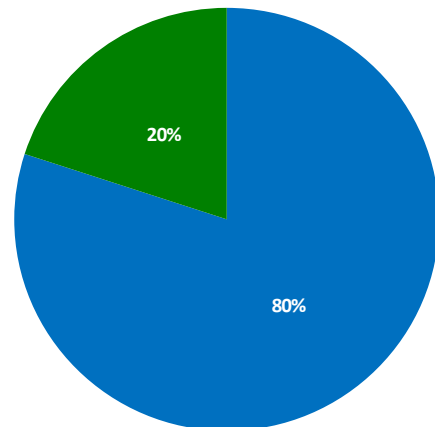
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Instrument handling



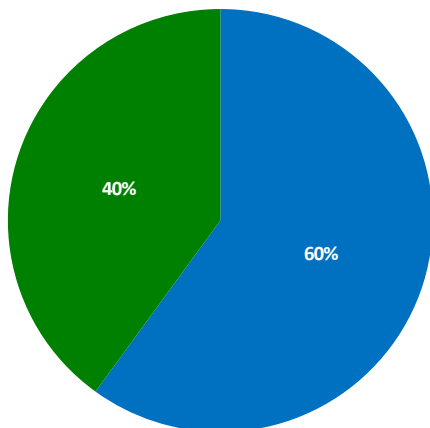
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Sutures, suture materials and needles



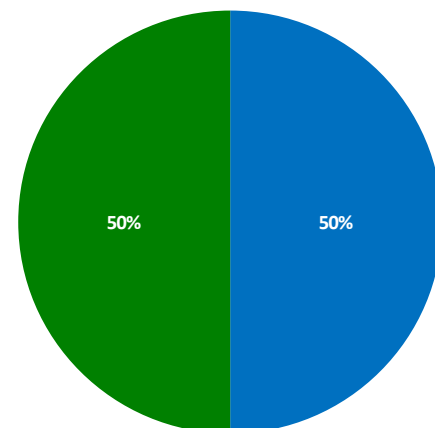
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Suturing technique – simple interrupted



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

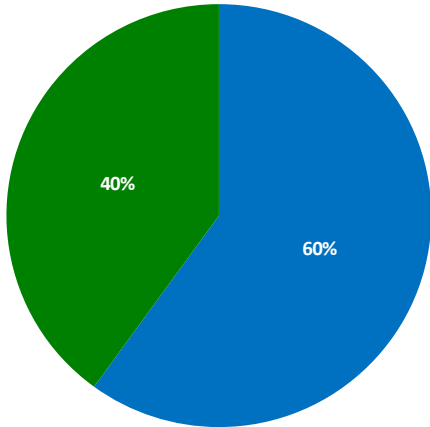
Suturing technique – vertical and horizontal mattress



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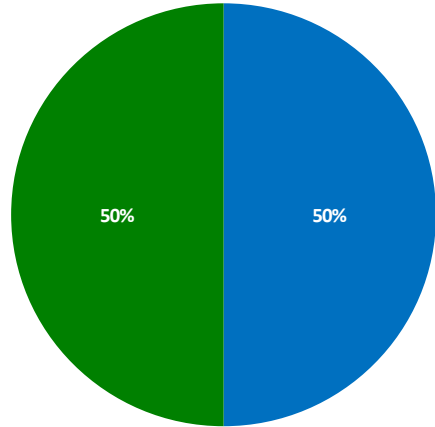
Overall Feedback

Suturing technique – continuous and Aberdeen knot



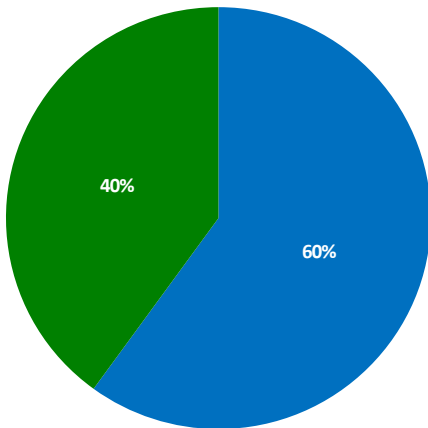
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Suturing technique – subcuticular



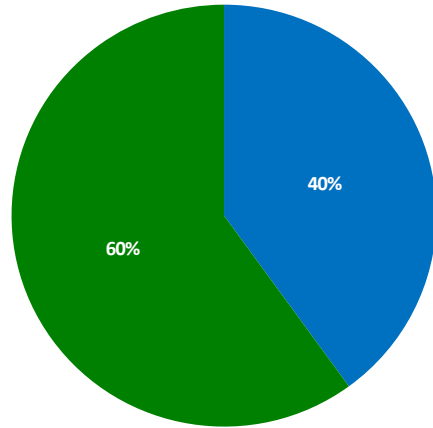
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Suturing technique – figure of '8' haemostatic stitch



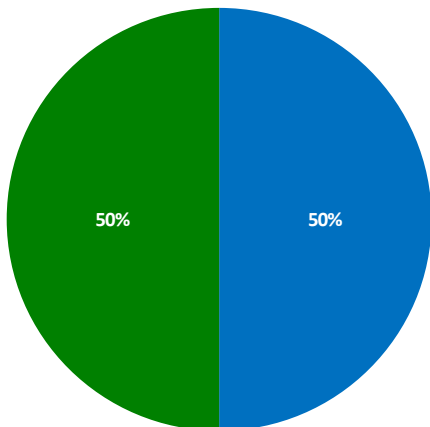
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Safe infiltration of local anaesthesia



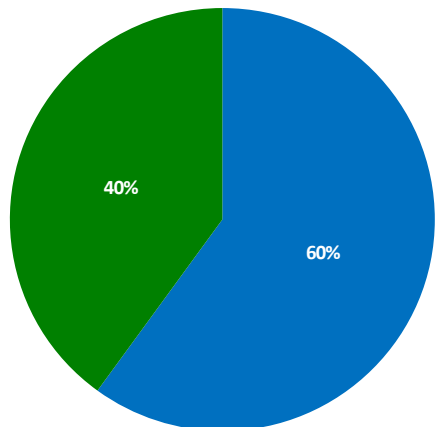
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Excision of a lesion



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

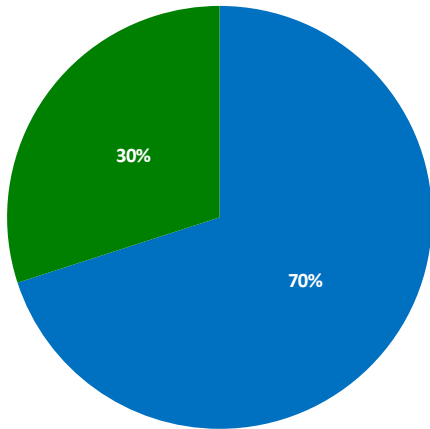
Excision of a cyst



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

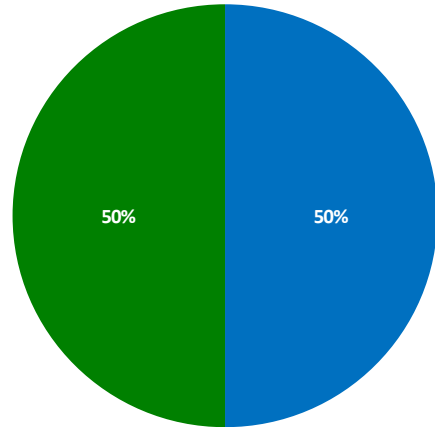
Overall Feedback

Debriding a contaminated wound



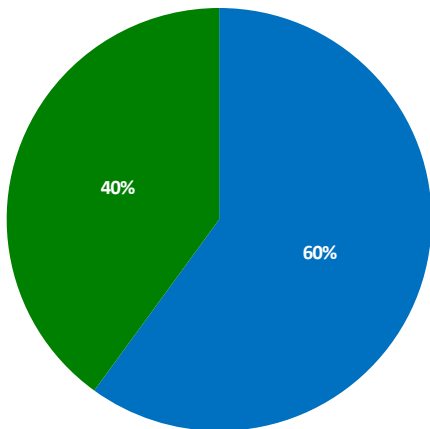
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Draining an abscess



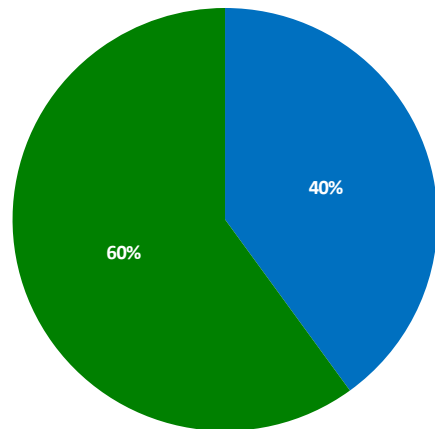
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Principles of surgical diathermy



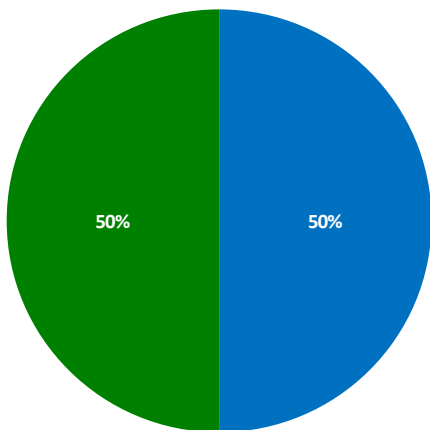
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Laparoscopic surgery (stacking hoops)



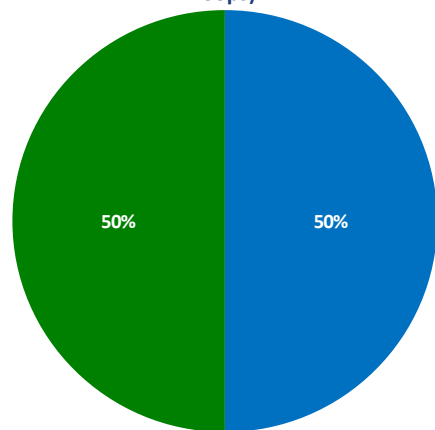
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Laparoscopic surgery (cutting gloves)



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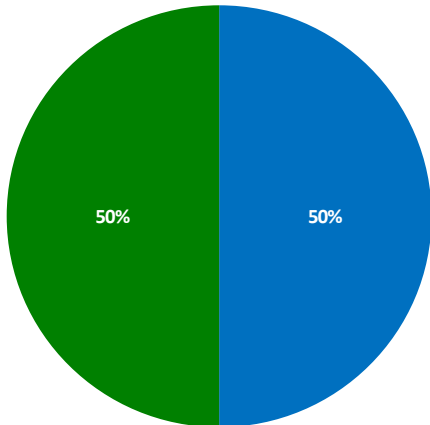
Laparoscopic surgery (threading through hoops)



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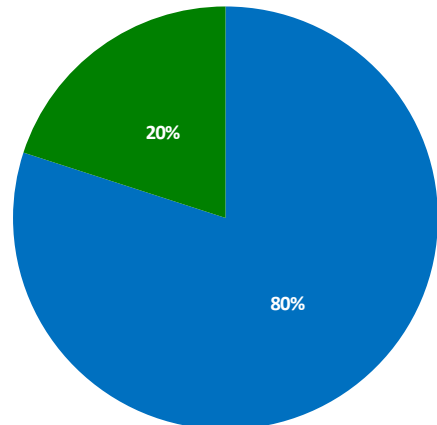
Overall Feedback

Case-based discussion - lower leg compartment syndrome



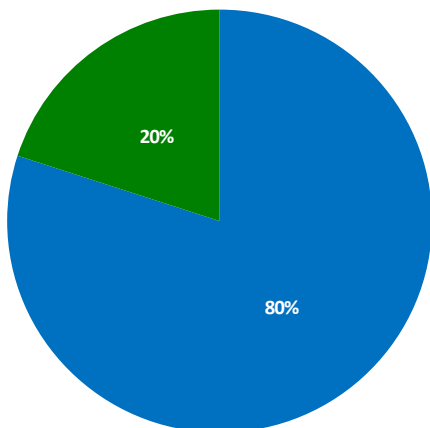
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Were you given sufficient time to practice the skills?



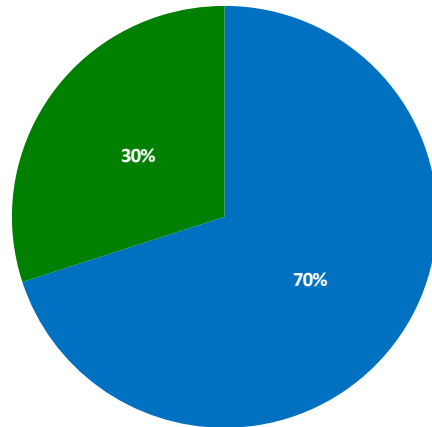
■ Certainly sufficient ■ Mostly sufficient ■ Neutral
■ Just sufficient ■ Not sufficient

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



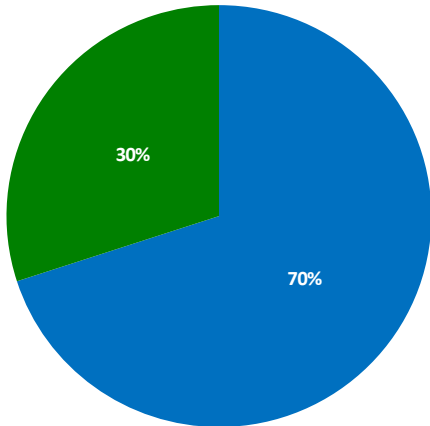
■ Most helpful ■ Helpful ■ Neutral ■ Little helpful ■ Not helpful

Did the topics covered in the course meet your objectives?



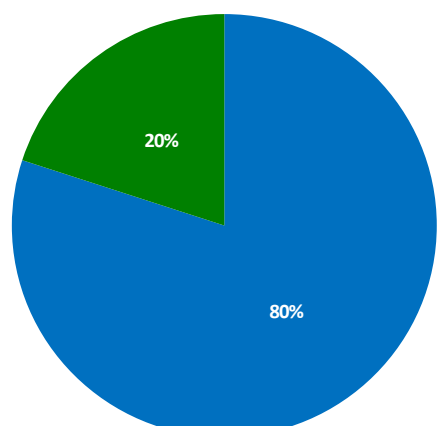
■ Most certainly ■ Certainly ■ Neutral ■ A little bit ■ Not at all

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

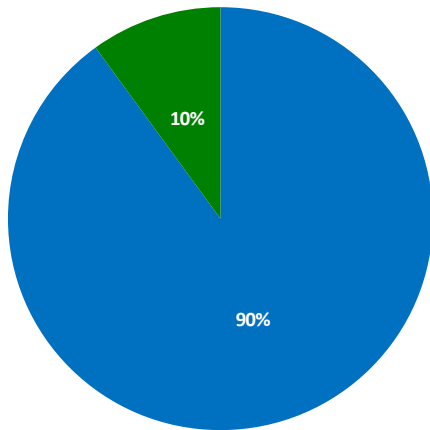
Do you feel more confident in entering a surgical operating theatre and assisting in an operation?



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

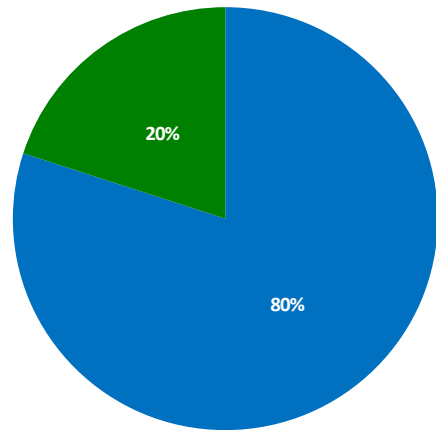
Overall Feedback

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



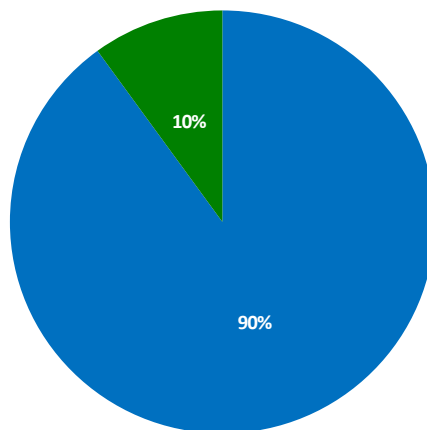
■ Most satisfied ■ Satisfied ■ Neutral ■ A little satisfied ■ Unsatisfied

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

Generally it was a good course and I'm glad that I signed up for it.

BH

University of Nicosia Medical School, Nicosia, Cyprus

This was one of the best surgical skill courses I have been to, definitely worth the money, incredibly well organised, kind tutors and excellent teaching from the professor! Plenty of time to practice and gain skills!!

AM

Frimley Park Hospital NHS Foundation Trust

Great course - I wish I had done this before my student placements in surgery as it would have really helped me to make the most out of them!

CF

University of Cambridge School of Clinical Medicine

This course was very well organised and run. The tutors were very friendly and approachable. Great range of topics covered and I learnt a lot.

CT

CWM Taf University Health Board

It was very well executed course. Good value for money. Tight schedule but a lot covered.

JL

Oxford University Hospitals NHS Trust

Overall fantastic course. So much of relevant topics were covered on the day. I had a long travel to do this Cardiff but well worth it. Thank you tutors and organisers!

MG

Leeds Teaching Hospitals NHS Trust

A comprehensive range of essential topics were covered with a good tutor-delegate ratio so that any struggles could be quickly attended to and fixed. The delivery was highly professional and of a high standard.

MM

Blackpool Fylde and Wyre Hospitals NHS Foundation Trust

Animal specimens were amazing to practice on. Excellent range of topics covered. Very relevant for assisting in theatre.

MF

NHS Greater Glasgow and Clyde

Had a great day, excellent teaching from the professor. Thank you!

RM

Leeds Teaching Hospitals NHS Trust

The course was generally well organised, tutors were very friendly.

DC

Cardiff University School of Medicine

Excellent course with plenty of tutors. Well organised!

NB

Birmingham Women's NHS Foundation Trust



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