

Essential Surgical Skills and Principles for Aspiring Surgeons [ESSPAS]



Feedback - March 2021

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:	Apollo Buckingham Health Science Campus, Crewe
Date:	27th March 2021 28th March 2021
Attendance:	41 Delegates
Aimed at:	Medical Students; Foundation Year Doctors; Core Surgical Trainees; Junior Surgeons; Advanced Nurse Practitioners; Surgical Nurse Practitioners; Theatre Assistants.
Course Fee:	£88.00



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

- 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.

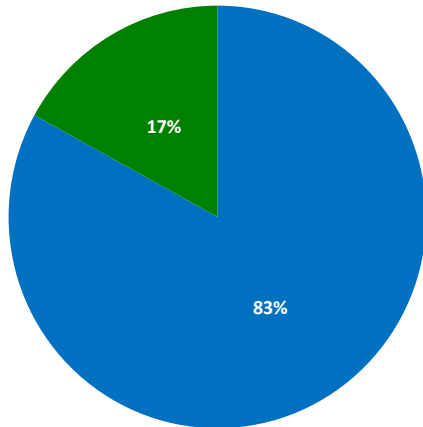
PhD Research Fellow
Speciality Registrar in General Surgery
Oxford Deanery

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

Consultant Orthopaedic Surgeon
Nevill Hall Hospital, Abergavenny

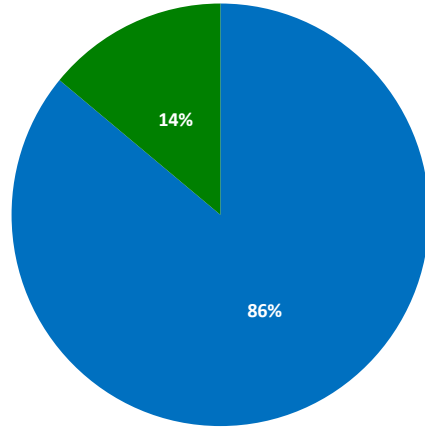
Overall Feedback

How was the content of the course?



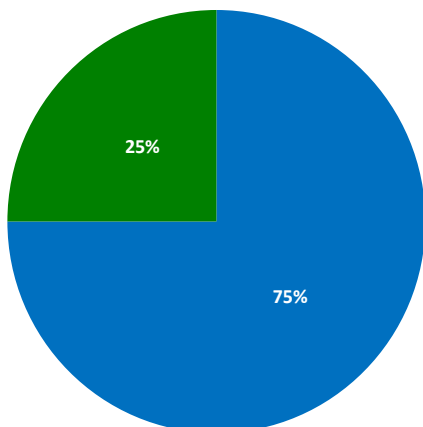
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

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



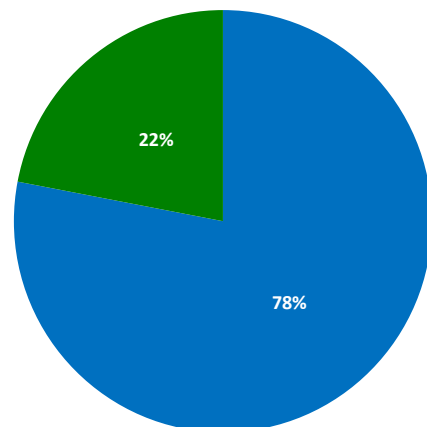
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the clarity of the demonstrations?



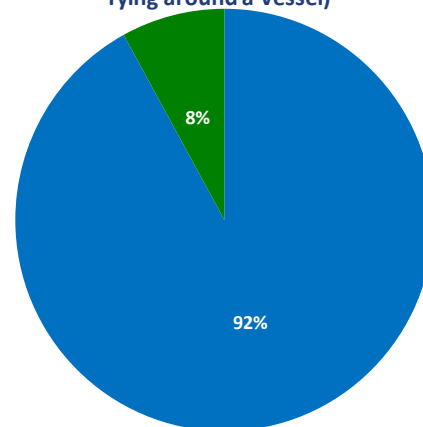
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Did the course meet your learning objectives?



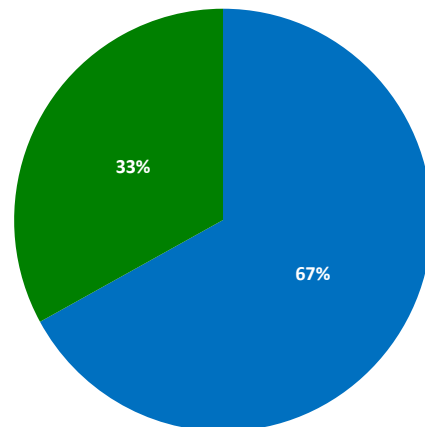
■ Most certainly ■ Certainly ■ Just about ■ Limited ■ Not at all

Knot Tying (Reef; Surgeon's; Tying at Depth; Tying around a Vessel)



■ Excellent ■ VeryGood ■ Satisfactory ■ Poor ■ Very poor

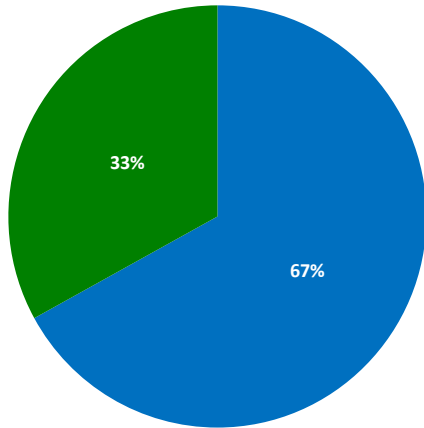
Pre-Theatre Preparation and Precautions



■ Excellent ■ VeryGood ■ Satisfactory ■ Poor ■ Very poor

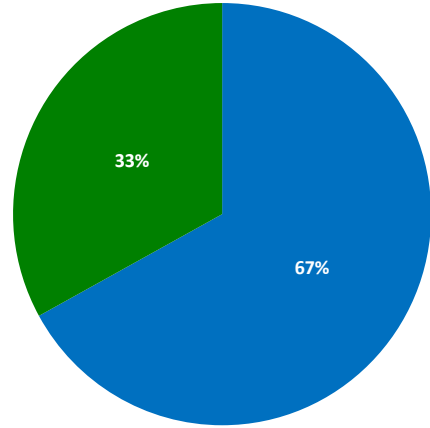
Overall Feedback

Gowning and gloving



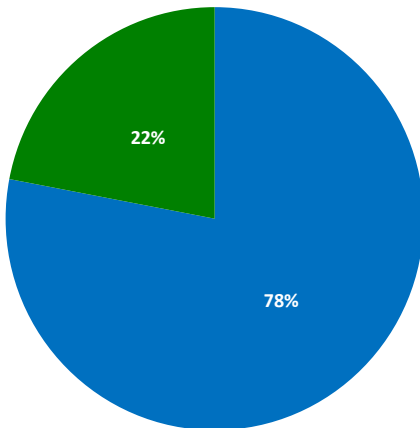
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Instrument handling and managing sharps



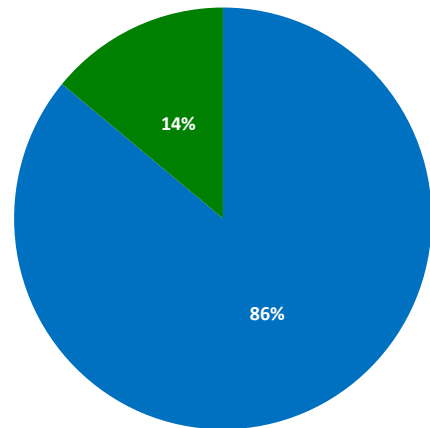
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Sutures, suture materials and needles



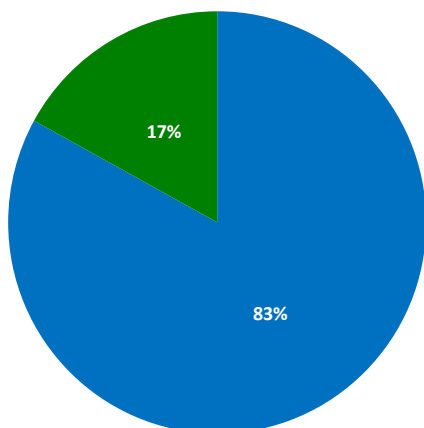
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Suturing technique – simple interrupted



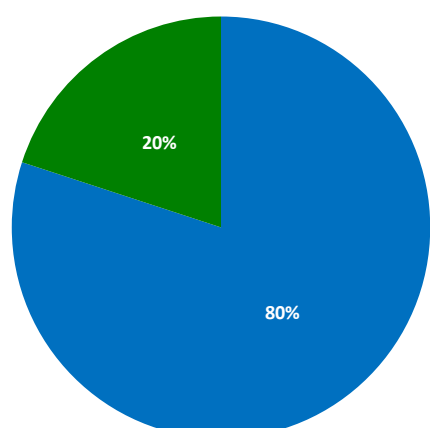
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Suturing technique – vertical and horizontal mattress



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

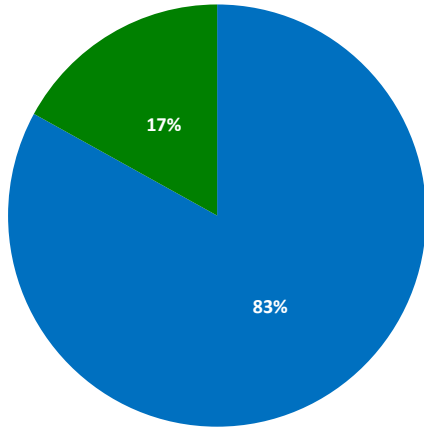
Suturing technique – continuous and Aberdeen knot



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

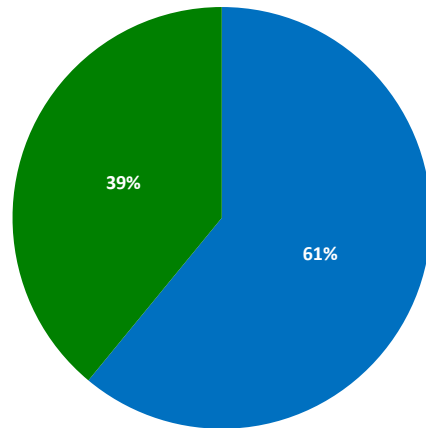
Overall Feedback

Suturing technique – subcuticular



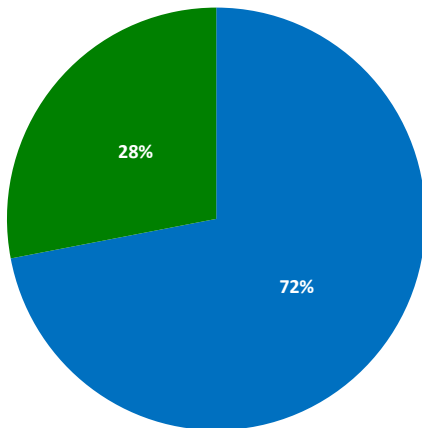
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Suturing Technique – Figure of '8'



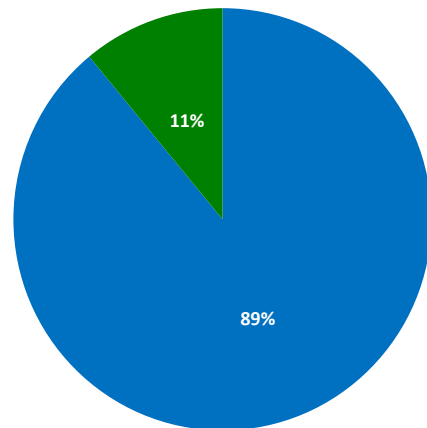
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Safe Infiltration of Local Anaesthesia



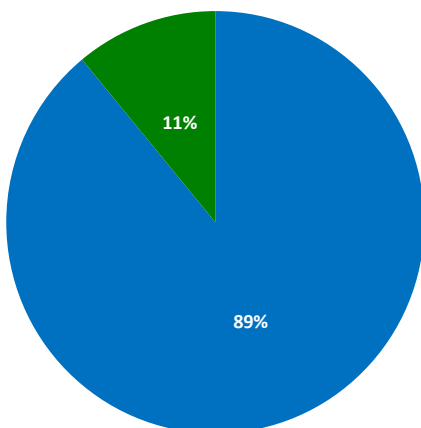
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Excision of a Lesion



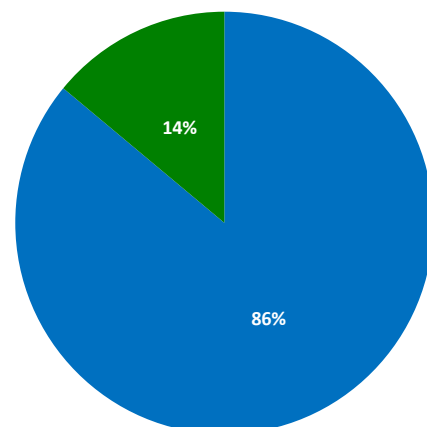
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Excision of an Epidermoid Cyst



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

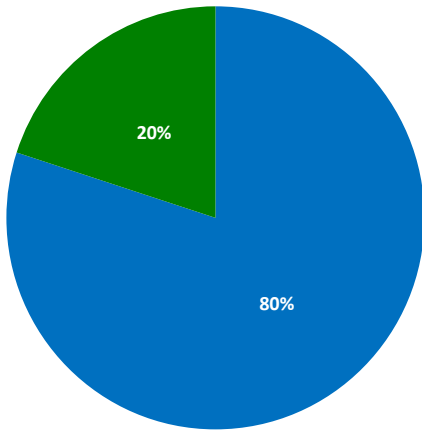
Debriding a Contaminated Wound



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

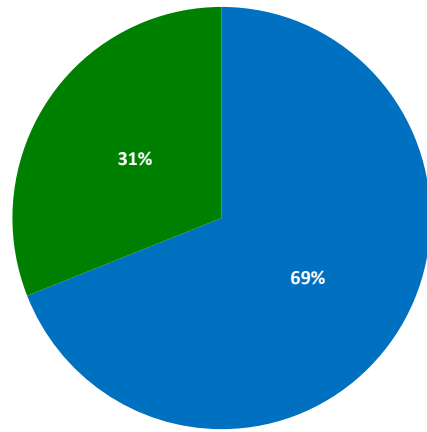
Overall Feedback

Draining an Abscess



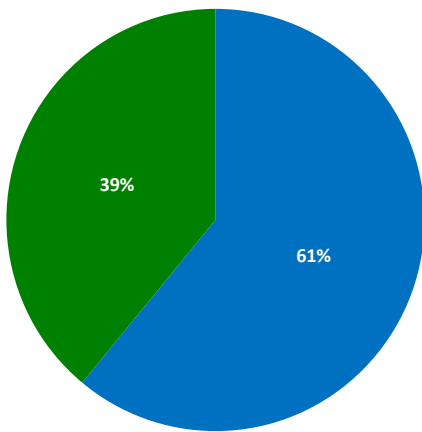
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Principles of Reconstructive Ladder



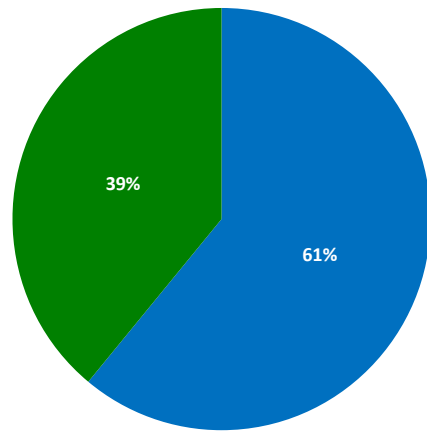
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Overview of Fractures and Types of Shock



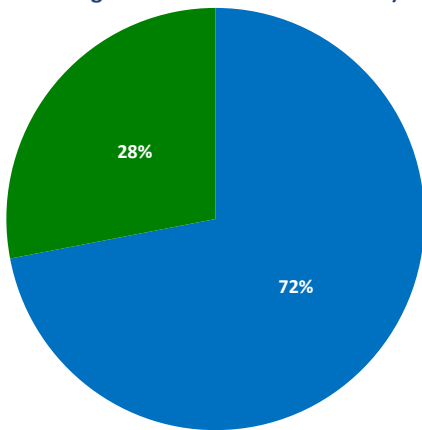
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Principles of Surgical Diathermy



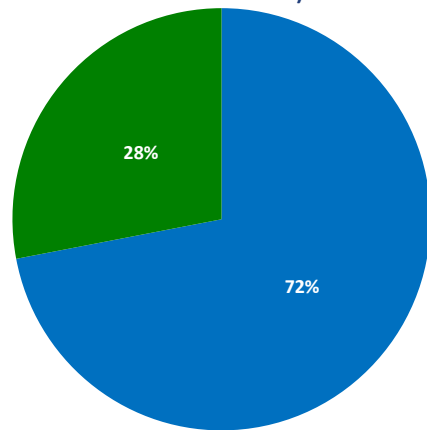
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Laparoscopic Surgery (Stacking Cubes and Passing Cubes Between Instruments)



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

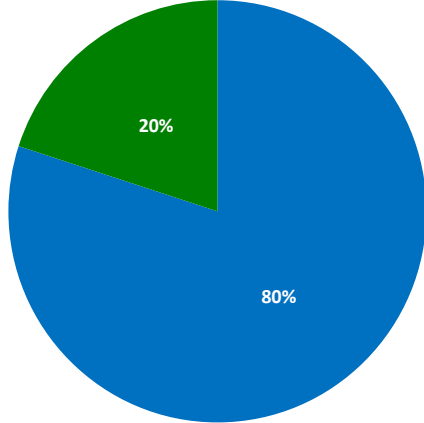
Laparoscopic Surgery (Cutting Stars and Circles in Gloves)



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

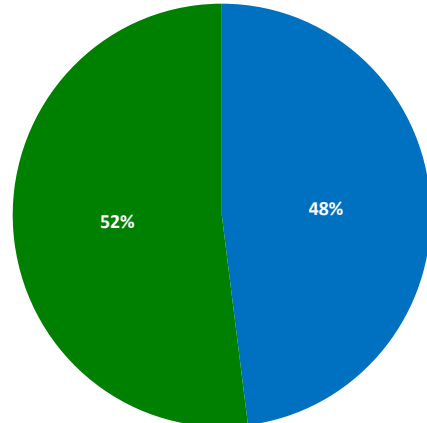
Overall Feedback

Laparoscopic Surgery (Threading Through Hoops)



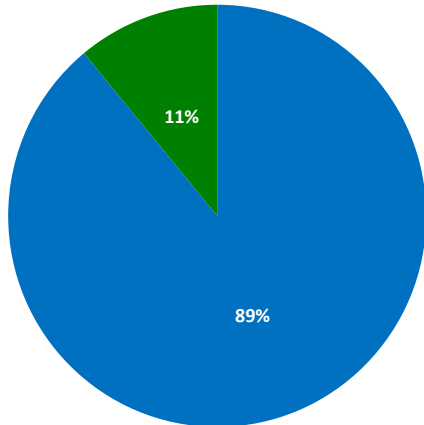
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Were you given sufficient time to practice the skills?



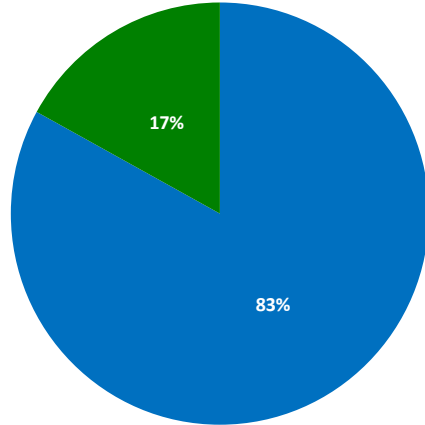
■ Certainly sufficient ■ Mostly sufficient ■ Neutral
■ Just sufficient ■ Not sufficient

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



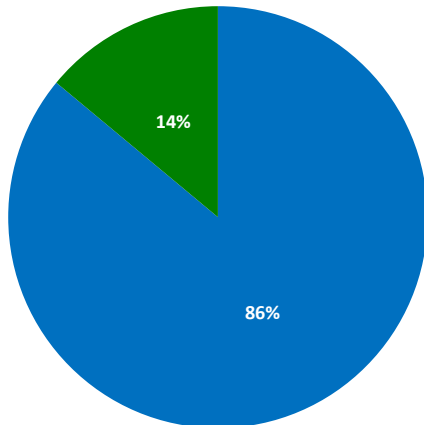
■ Most helpful ■ Helpful ■ Neutral ■ Little helpful ■ Not helpful

Did the topics covered in the course meet your objectives?



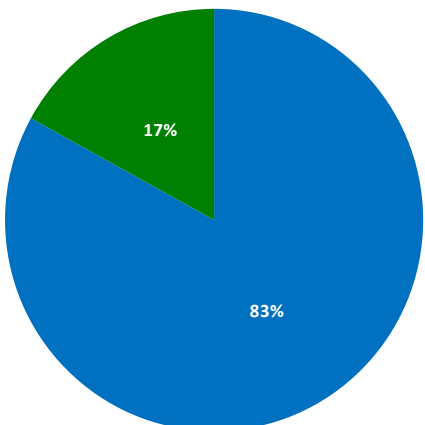
■ Most certainly ■ Certainly ■ Neutral ■ A little bit ■ Not at all

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

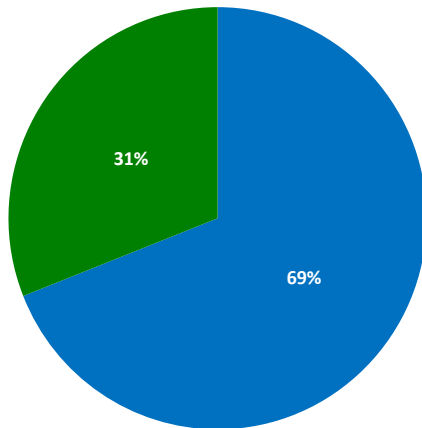
Do you feel more confident in entering a surgical operating theatre and assisting in an operation?



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

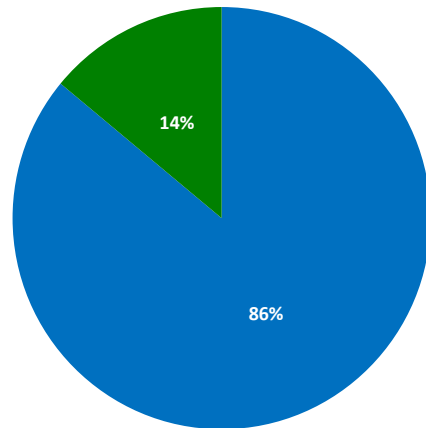
Overall Feedback

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



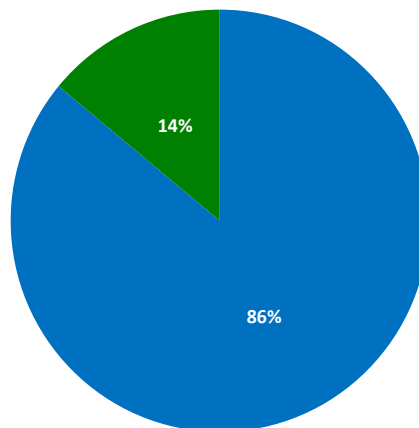
■ Most satisfied ■ Satisfied ■ Neutral ■ A little satisfied ■ Unsatisfied

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

Was a very professionally led and run course.

PK

University of Cambridge School of Clinical Medicine, Cambridge, United Kingdom

The topics covered were comprehensive and covered in detail well suited for my current grade Skills learnt were appropriate and very thoroughly taught The delegate:tutor ratio was superb Professionalism, organisation and delivery of the course were of the highest standards Overall I was extremely satisfied with the course.

CC

Newcastle University, Newcastle, United Kingdom

Very good training day.

EL

Aintree University Hospital, Liverpool, United Kingdom

Blown away by the course! Explanations by Professor Enoch were very clear and the high demonstrator: student ratio meant that we were supported and guided by experts every step of the way - have already highly recommended to many friends. Thank you Doctors Academy team.

OH

University of Cambridge School of Clinical Medicine, Cambridge, United Kingdom

I thought this was an extremely good course and in particular very good value for money! I was surprised how many skills I learnt throughout the day and the number of topics covered. There was enough delegate:tutors and I felt as though someone was always there to either observe or assist when I was practicing skills. The course was well organised and I particularly liked the demonstrations on the large projector at the front. Overall this was a very good course and has provided me with skills that I can now apply when in theatre during my foundation year training.

RK

University of Leeds School of Medicine, Leeds, United Kingdom

Really beneficial course Fantastic teaching and practical demonstration Tutor to student ratio was fantastic as 1 tutor to roughly 4 who actively interacted and helped us Would definitely recommend to friends.

NO

Leicester Royal Infirmary, Leicester, United Kingdom

Topics covered were very good coverage of basic essential surgical skills needed for future career development, friendly and helpful tutors, good tutor to student ratio and the surgical course organisation was structured with clear and descriptive explanation of the surgical skills delivered.

DT

United Lincolnshire Hospitals NHS Trust, United Kingdom

The course was pitched at the right level for aspiring surgeons. It was a full day but it was so engaging that time flew by. It was an absolute pleasure to be taught by Professor Enoch and the surgical trainees.

RH

Newcastle University Faculty of Medical Sciences, Newcastle upon Tyne, United Kingdom

Very impressive. I am eager to attend the next course.

PW

Newcastle University Faculty of Medical Sciences, Newcastle upon Tyne, United Kingdom

Individual Comments

Really really good. Covered everything to a good level, the tutors were lovely, the content was excellent. The lunch was decent.

KB

Keele University School of Medicine, Keele, United Kingdom

Brilliant.

CG

Worcestershire Acute Hospitals NHS Trust, United Kingdom

I loved it so useful.

JT

The Royal Liverpool University Hospital, Liverpool, United Kingdom

The course covered variety of topics that are essential for any medical student or health care worker. The skills were demonstrated sufficiently. The organisers did a great job providing several samples and subjects that made the learning easier, simpler and enjoyable as well.

AH

University of Glasgow School of Medicine, Glasgow, United Kingdom

Very happy with the training received. Learnt a lot and got to practice and see myself improve! A lot was fit in to the day and I was surprised with the amount I learnt overall.

WM

University of Leeds School of Medicine, Leeds, United Kingdom

Was a great course which surpassed my expectations.

BC

University of Leeds School of Medicine, Leeds, United Kingdom

I was so impressed, it is such a shame that we don't get more opportunities like this within studying medicine.

CO

University of Leicester College of Medicine, Biological Sciences and Psychology, Leicester, United Kingdom

Great course, amazing value for money, would recommend to friends.

CY

Heart of England NHS Foundation Trust, United Kingdom

Well organized, knowledgeable presenter, approachable tutors.

ST

University of Liverpool Faculty of Health and Life Sciences, Liverpool, United Kingdom

Very helpful tutors, lots of 1:1 feedback opportunities.

LA

The University of Manchester

Excellent.

KW

Newcastle University Faculty of Medical Sciences, Newcastle upon Tyne, United Kingdom

Individual Comments

Excellent course. I really appreciated the time to practice the skills we were learning.

KM

Stockport NHS Foundation Trust, United Kingdom

Really well taught, very good ratio of delegate to tutor- really enjoyed it!

KH

Newcastle University Faculty of Medical Sciences, Newcastle upon Tyne, United Kingdom

Good range of topics covered. All seemed relevant and good to go over what you need to know when beginning to assist in theatre. Organisation was good and enough tutors to help out. Was organised very well.

TN

The Royal Liverpool University Hospital, Liverpool, United Kingdom

Really enjoyable day. the clinical educator staff helping were fantastic.

MM

University of Leeds School of Medicine, Leeds, United Kingdom

Really great course, loads of ground to cover but all topics were covered really well. Would be really hard to improve on the quality and quantity of information and skills taught in a day. Brilliant delivery, great course.

RB

University of Manchester, Manchester, United Kingdom

Really impressed.

AM

University of Oxford Medical Sciences Division, Oxford, United Kingdom



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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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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.

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