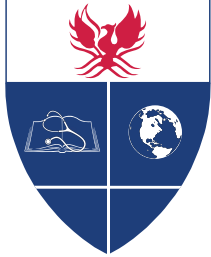


DOCTORS ACADEMY



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COLLEGE OF PHYSICIANS AND
SURGEONS OF CARDIFF



ERUDITIO. NOVATIO.
EXCELLENTIA. MISERICORDIA.

Intermediate Surgical Skills (for Surgeons-in-Training [ISSiT])



Feedback - June 2021

Intermediate Surgical Skills (for Surgeons-in-Training [ISSiT])

This two-day course aimed to provide the surgical trainee with an overview of the essential principles, core concepts and fundamental skills relevant for foundation and core surgical training. The course comprised of hands-on training in surgical skills using animal tissue, interspersed with structured and focused teaching on the principles behind undertaking common operative procedures. In addition to teaching the skills required to practice safe operative surgery, the course also emphasised the value of being an effective assisting surgeon.

With a high tutor-to-delegate ratio, this course was designed to equip the surgical trainee with the essential surgical skills that will be expected of a foundation year or core surgical trainee in the operating theatre. The course also included pertinent discussions on the management of patients with trauma and those presenting with surgical emergencies.

A formal assessment was carried out for award of Certification of Completion of the Course.

Course Information

Venue:	Doctors Academy, Frazer Building, 126 Bute Street, Cardiff Bay, Cardiff, CF10 5LE
Dates:	12th and 13th June 2021
Attendance:	18 Delegates
Aimed at:	Foundation Year Doctors; Core Surgical Trainees; Junior Surgeons; Specialist Surgical Trainees (up to ST4 level); Junior Surgical Registrars; Surgical Staff Grades.
Course Fee:	£385.00



Programme

Day 1

- 0830 - 0840 Welcome to the Course and Introduction to Learning Objectives for Day 1.
- 0840 - 0910 Basics of Sutures and Needles (Interactive Discussion).
- 0910 - 0940 Handling Surgical Instruments, Art of Assisting, and Disposing Sharps Safely (Demonstration).
- 0940 - 1010 Knot-Tying - Reef Knots (Demonstration and Practice).
- 1010 - 1045 Knot-Tying Surgeon's Knot, Tying at Depth and Tying a Vessel (Demonstration and Practice).

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, and Suture Removal (Demonstration and Practice).
- 1240 - 1310 Advanced Suturing Techniques (1): Vertical Mattress and Horizontal Mattress Sutures (Demonstration and Practice).

1310 - 1345 Lunch

- 1345 - 1430 Advanced Suturing Techniques (2): Continuous Sutures, Subcuticular Sutures and Aberdeen Knot (Demonstration and Practice).
- 1430 - 1450 Excision of a Subcutaneous Cyst (Demonstration and Practice).
- 1450 - 1500 Assessing a Hand Injury (Interactive Discussion).
- 1500 - 1600 Repair of a Flexor Tendon (Demonstration and Practice).

1600 - 1620 Break for Refreshments

- 1620 - 1630 Classification of Open Fractures (Interactive Discussion).
- 1630 - 1640 Principles of Managing Patients with Shock (Interactive Discussion).
- 1640 - 1650 Methods of Wound Closure and Reconstructive Ladder (Interactive Discussion).
- 1650 - 1720 Debriding a Contaminated Traumatic Wound (Demonstration and Practice).
- 1720 - 1740 Drainage of an Abscess (Demonstration and Practice).
- 1740 - 1745 Summary and Close of Day 1

Programme

Day 2

- 0830 - 0840 Welcome and Introduction to Learning Objectives for Day 2.
- 0840 - 0850 Layers for Abdominal Incisions (Interactive Discussion).
- 0850 - 1000 Laparotomy and Closure (Demonstration and Practice).
- 1000 - 1020 Indications and Types of Colectomies (Interactive Discussion).

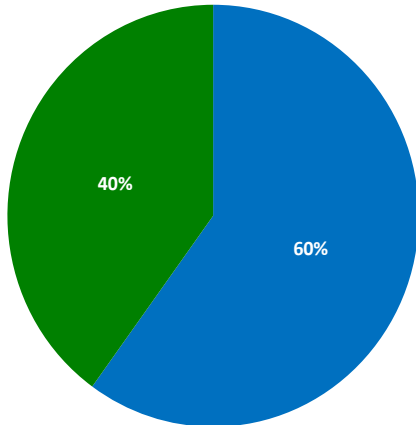
1020 - 1040 Break for Refreshments

- 1040 - 1140 Mesenteric Exercises - Pedicle Ligation, Ligation in Continuity, and Transfixing the Pedicle (Demonstration and Practice).
- 1140 - 1155 Mesenteric Lymph Node Dissection (Demonstration and Practice).
- 1155 - 1310 Small Bowel End-to-End Anastomosis (Demonstration and Practice).
- 1310 - 1420 Assessment of Specific Competencies (along with staggered lunch break).
- 1420 - 1430 Principles of Vascular Surgery - Bypass and Stents (Interactive Discussion).
- 1430 - 1440 Arteriotomy (Demonstration and Practice).
- 1440 - 1530 Vein Patch to Close Arteriotomy Defect (Demonstration and Practice).
- 1530 - 1540 Safe Use of Surgical Diathermy (Interactive Discussion).
- 1540 - 1600 Principles of Laparoscopic Surgery - Camera Technique, Ergonomics and Safety (Interactive Discussion).
- 1600 - 1615 Surgical Diathermy (Demonstration and Practice).
- 1615 - 1715 Laparoscopic Skills - Cutting and Threading (Demonstration and Practice).
- 1715 - 1730 Debrief, Summary, Questions and Close.
- 1730 End of Course.

The College of Physicians and Surgeons of Cardiff awards 14 CPD points for attendance at this two-day course.

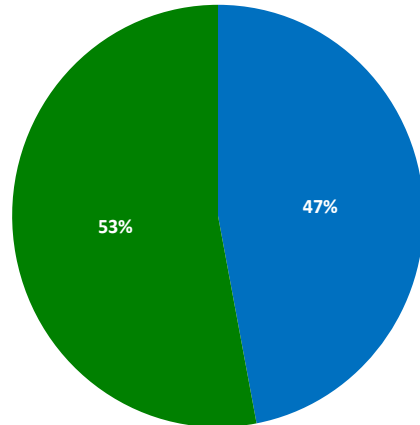
Overall Feedback

How was the content of the course?



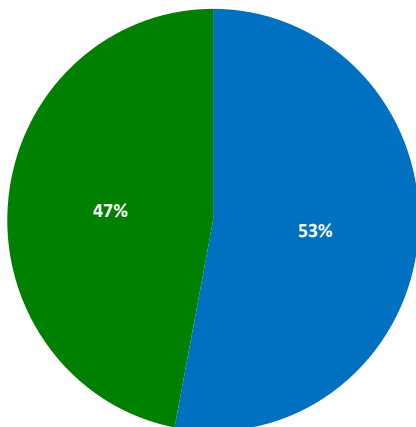
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

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



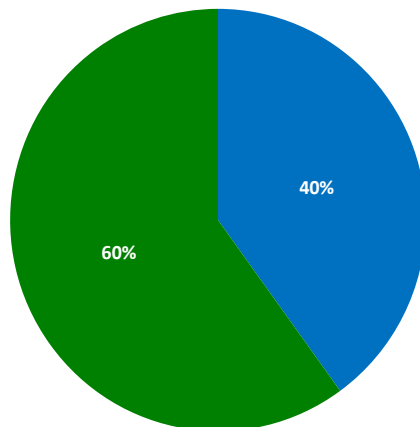
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the clarity of the demonstrations?



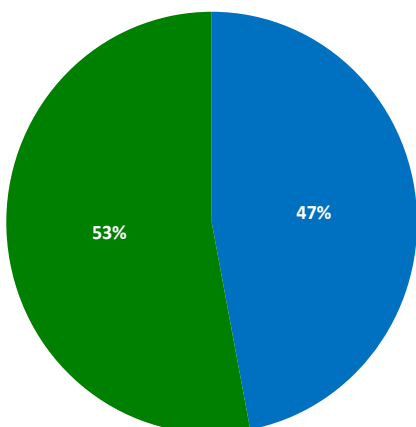
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Did the course meet your learning objectives?



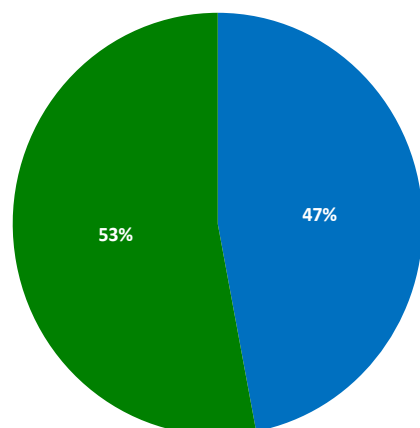
■ Most Certainly ■ Certainly ■ Just about ■ Limited ■ Not at all

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



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

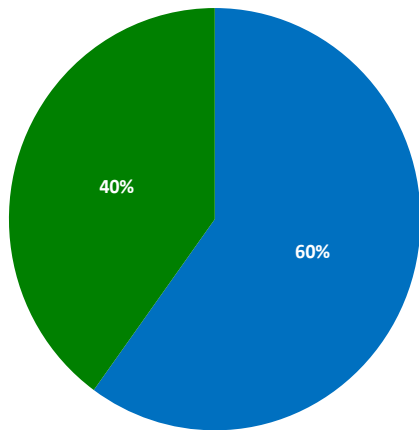
Gowning and Gloving



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

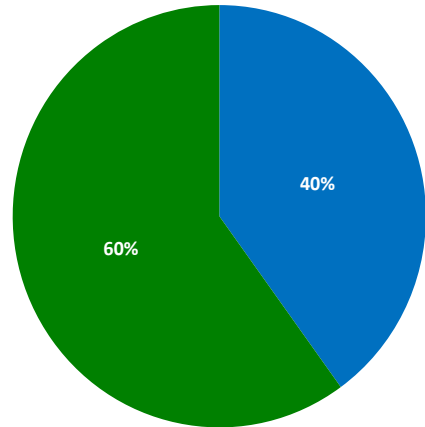
Overall Feedback

Instrument Handling and Disposing Sharps



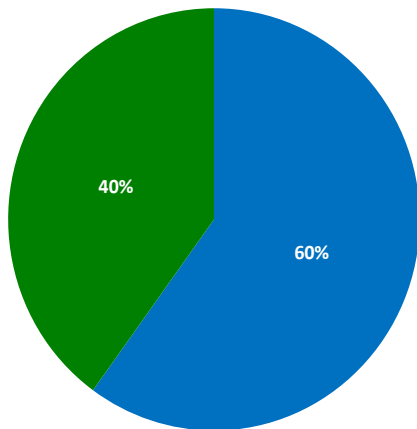
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Sutures, Suture Materials and Needles



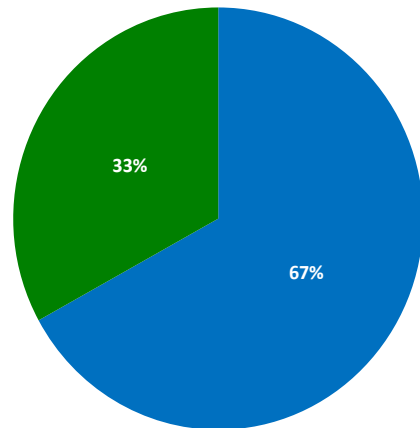
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Suturing Technique – Simple Interrupted



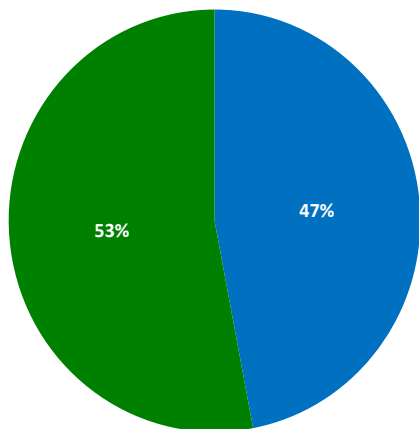
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Suturing Technique – Vertical and Horizontal Mattress



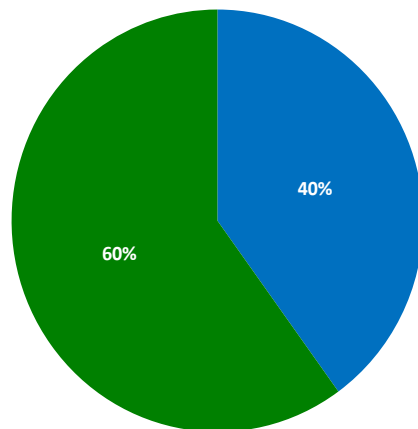
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Suturing Technique – Continuous and Aberdeen Knot



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

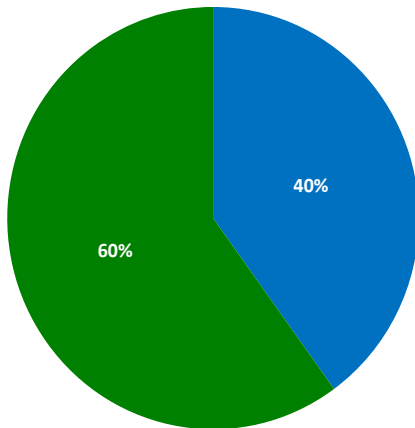
Suturing Technique – Subcuticular



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

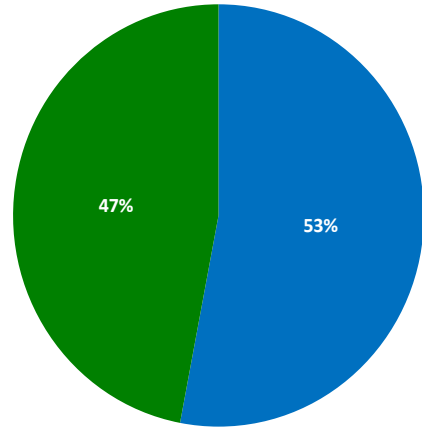
Overall Feedback

Suturing Technique – Figure of '8'



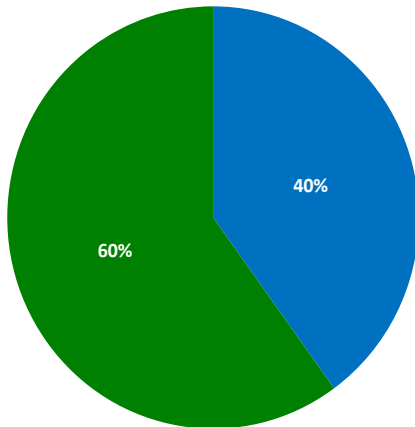
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Suturing Technique – Purse-String



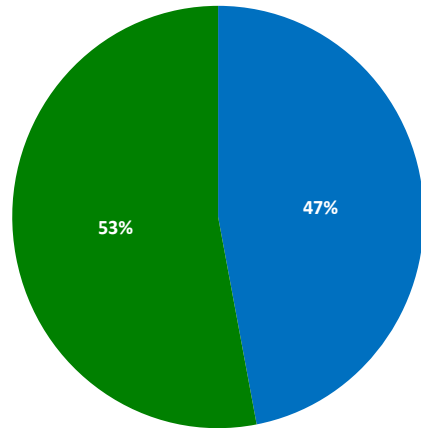
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Safely Securing a Surgical Wound Drain



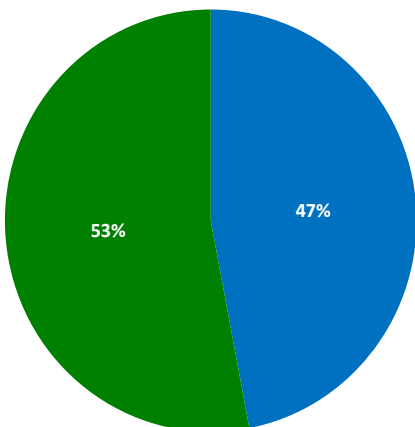
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Safe Infiltration of Local Anaesthesia



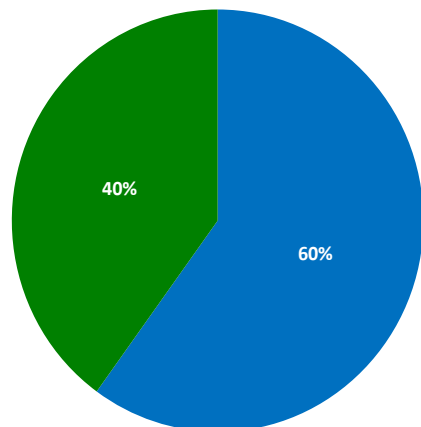
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Excision of a Cutaneous Lesion



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

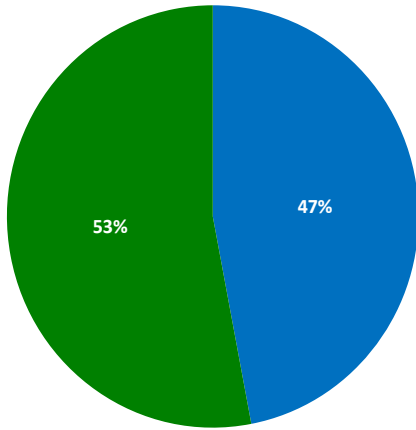
Excision of an Epidermoid Cyst



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

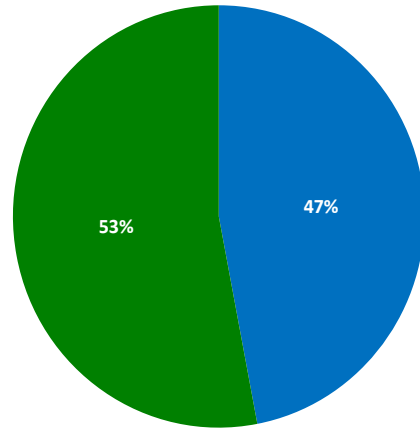
Overall Feedback

Debriding a Contaminated Wound



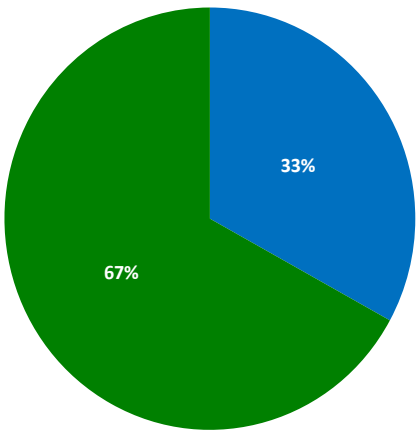
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Draining an Abscess



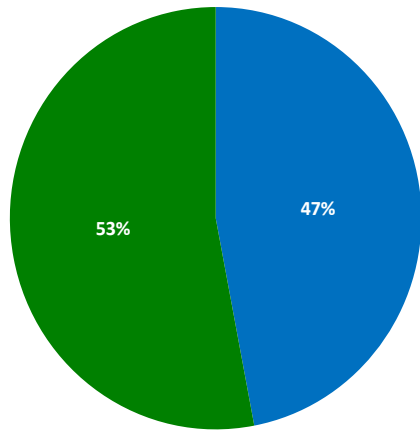
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Principles of Assessing a Hand Injury



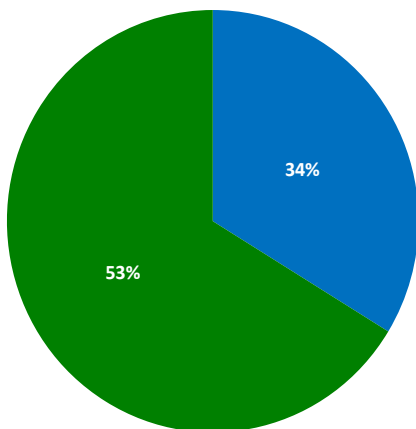
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Repair of a Flexor Tendon



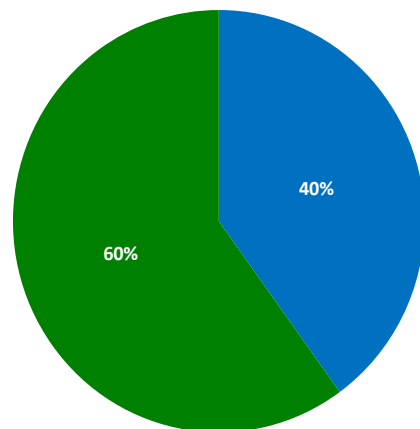
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Principles of Reconstructive Surgery



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

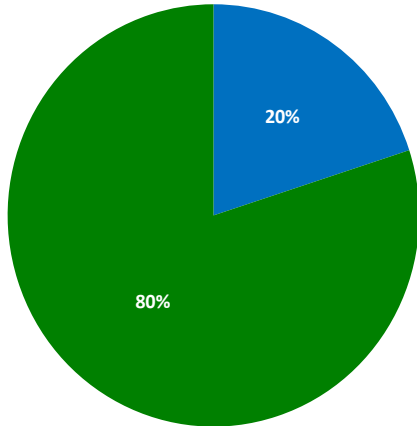
Performing a Local Cutaneous Flap



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

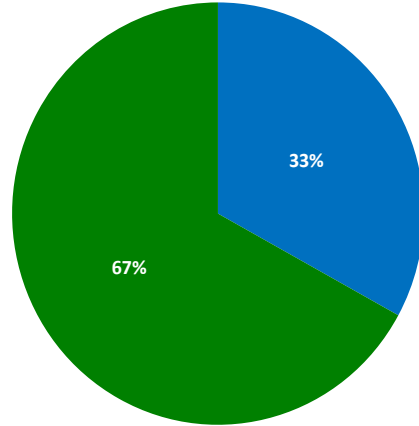
Overall Feedback

Overview of Shock and Classes of Hypovolemic Shock



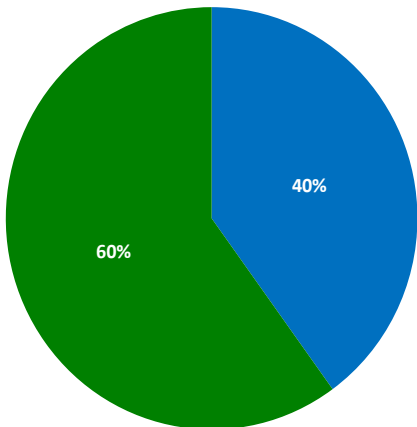
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Abdominal Wall Incisions – Technique and Safety



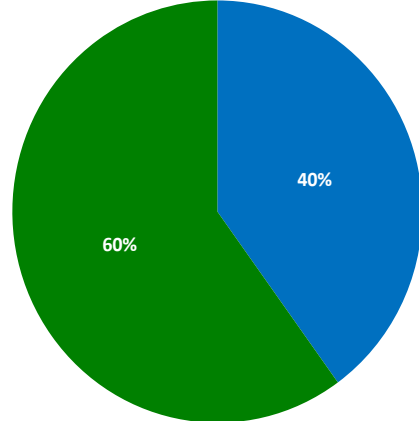
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Laparotomy and Closure



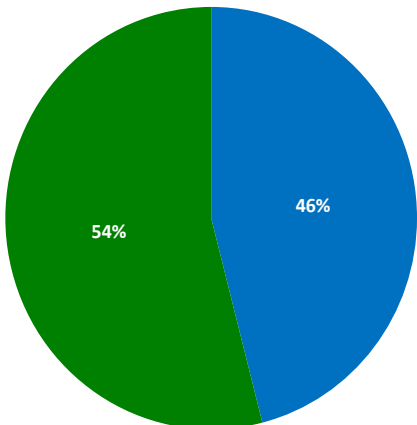
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Mesentery Exercises: Pedicle Ligation, Ligation in Continuity and Transfixing a Pedicle



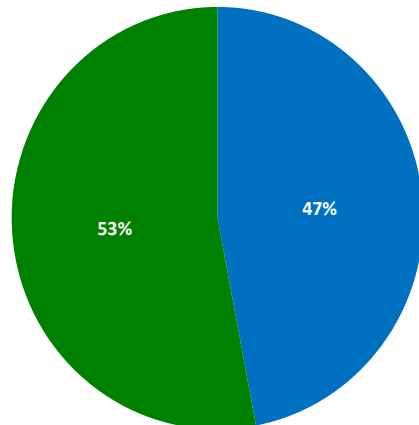
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Lymph Node Biopsy



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

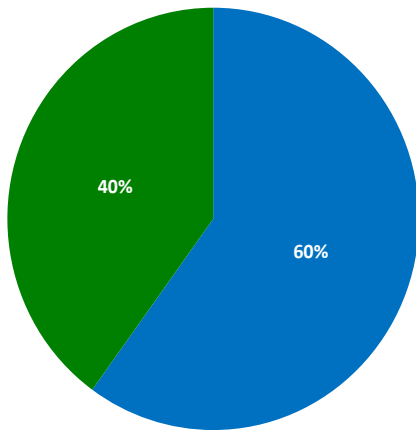
End-to-End Bowel Anastomosis



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

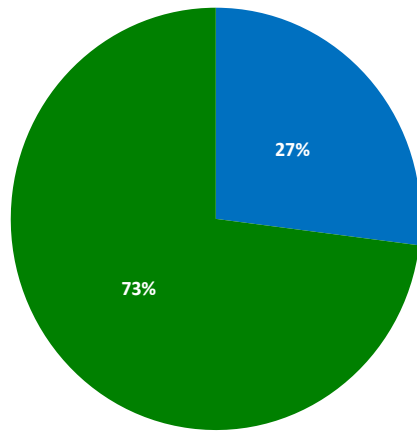
Overall Feedback

Indications and Types of Colectomies



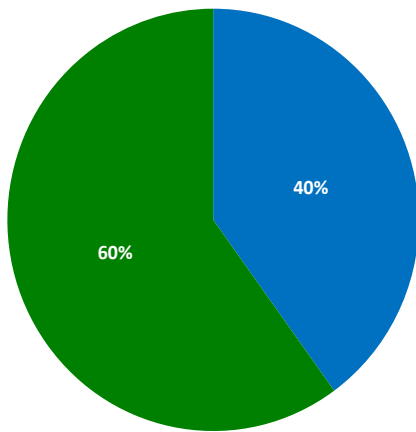
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Principles of Vascular Surgery



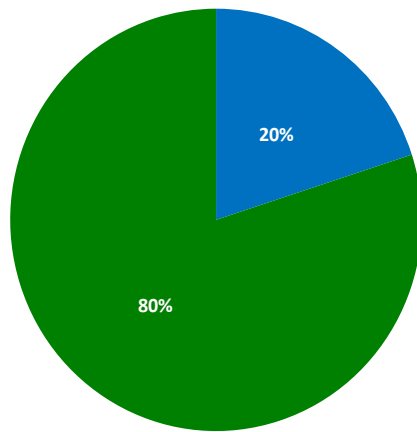
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Arteriotomy and Vein Patch



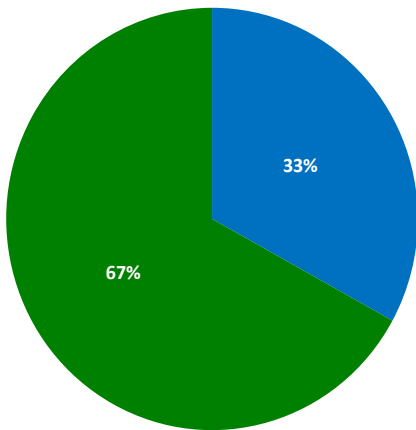
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Principles of Surgical Diathermy



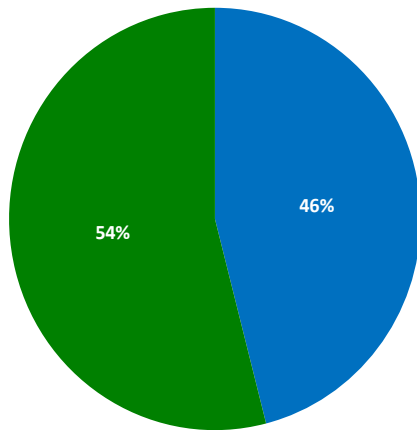
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Laparoscopic Surgery (Stacking Oxo Cubes and Passing Cubes Between Instruments)



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

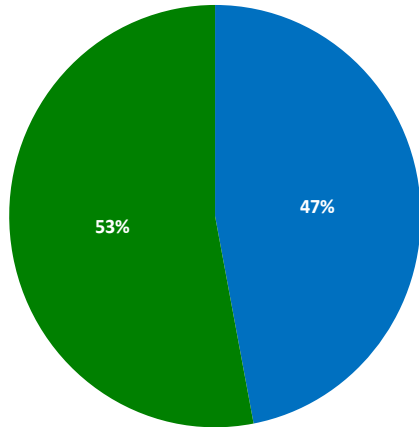
Laparoscopic Surgery (Cutting Stars and Circles in Gloves)



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

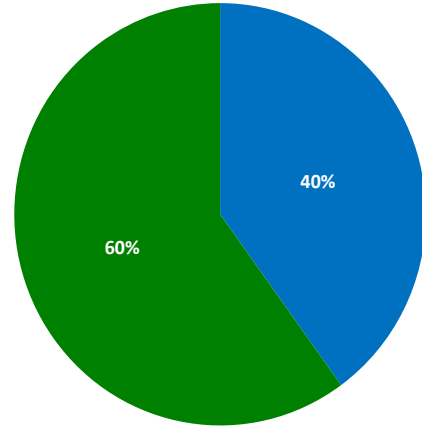
Overall Feedback

Laparoscopic Surgery (Threading Through Hoops)



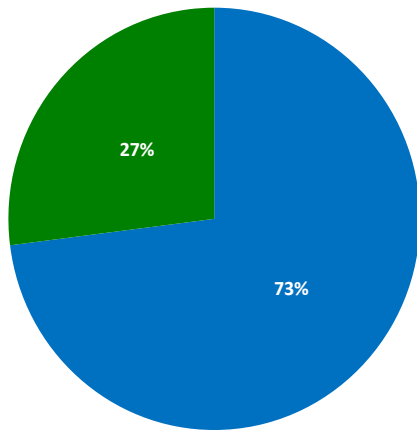
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Were you given sufficient time to practice the skills?



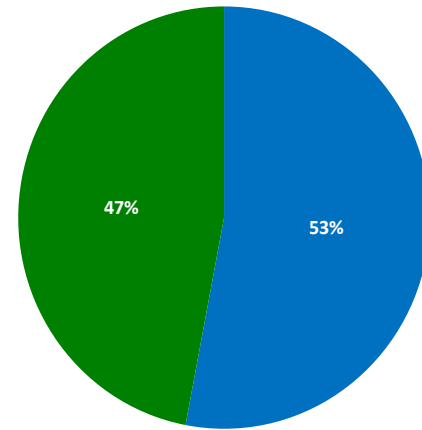
■ Certainly sufficient ■ Mostly sufficient ■ Neutral
■ Just sufficient ■ Not sufficient

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



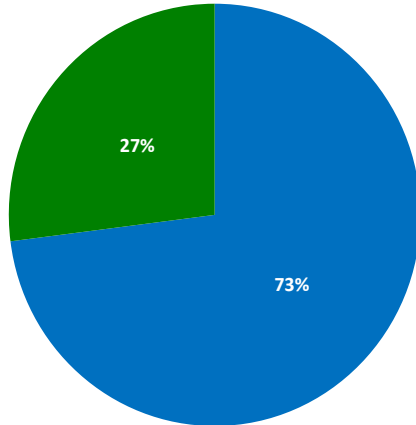
■ Most helpful ■ Helpful ■ Neutral ■ Little helpful ■ Not helpful

Did the topics covered in the course meet your objectives?



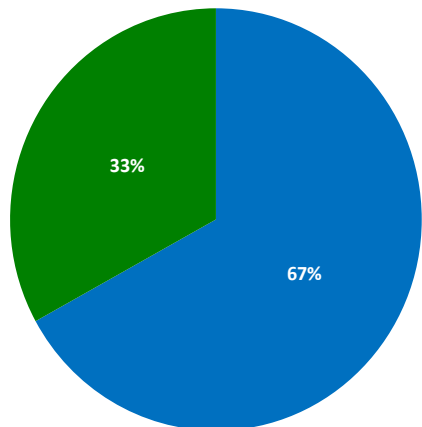
■ Most certainly ■ Certainly ■ Neutral ■ A little bit ■ Not at all

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

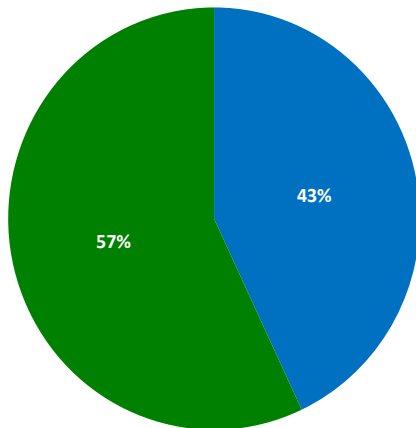
Do you feel more confident of suturing wounds and/or assisting in the operating theatre?



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

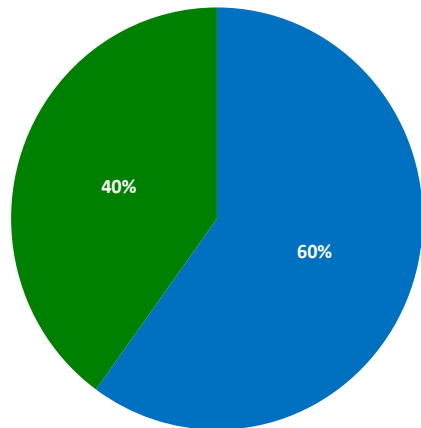
Overall Feedback

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



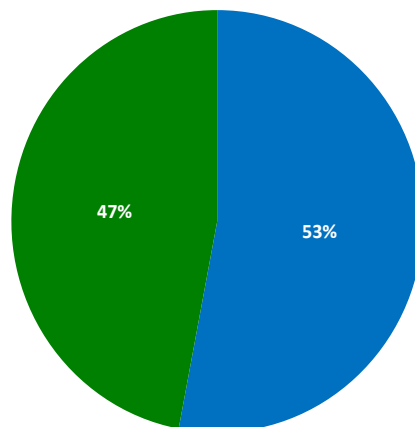
■ Most satisfied ■ Satisfied ■ Neutral ■ A little satisfied ■ Unsatisfied

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

Thoroughly enjoyed the course- very in depth and plenty of time to practice suturing skills- perhaps some general time at the end to consolidate any skill a clinician felt they needed more practice with.

IH

University Hospital of Wales, Wales

Even though there was a lot of information each day, I believe it was very clear and easy to follow.

DC

Tutors were extremely helpful and patient to teach us the steps in suturing, hand ties, bowel anastomoses and other skills. Brilliant course!

MD

North Middlesex University Hospital NHS Trust, United Kingdom

The course is well structured and organized. Topics covered are comprehensive - I believe it is more than enough to learn the basic skills in surgery. Professor Enoch is really good and very commendable. There is high delegate:tutor ratio, Tutors are really great, they are nice and they closely guided us to make sure we are doing everything with the right technique. I have previous surgical background but after finishing the course, I definitely enhanced my surgical skills and gained more confidence on performing them. All the staff are very friendly and professional. The equipment and the venue are excellent and conducive for learning. Overall, the delivery of the course is perfect and I got more than what I have paid for. Highly recommended course for anyone who is interested to pursue a career in Surgery!

MB

Overall very well organised course, helpful tutors.

Bm

Cheltenham General Hospital, Cheltenham, United Kingdom

Very good, thoroughly enjoyed and the staff were very helpful.

AS

Poole Hospital NHS Foundation Trust, United Kingdom

Very friendly tutors and supportive. Shows lots of work and effort has been put into preparing for the course to make it as beneficial as possible. Very productive.

MB

Milton Keynes University Hospital, Eaglestone, United Kingdom

Very useful course. Even though I am working at registrar level, I found it very useful and learnt the correct way of doing the things. Mainly hand knots I learnt with ease with the help of tutors. Flap reconstruction, vascular anastomosis, wound debridement and laparoscopy stations are handy. Will recommend to my colleagues for sure. As usual Prof. Enoch is the best and hats off to his patience level, he makes sure every participant understands the point before proceeding to next topic. Looking forward to attending more courses with doctors academy.

PA

Glan Clwyd Hospital, Rhyl, United Kingdom

Individual Comments

Very impressed with teaching faculty.

IH

University Hospital of Wales, Wales

Excellent course, great learning experience, very educational, friendly environment Would definitely recommend to a friend.

MA

Galway University Hospital, Galway, Republic of Ireland

An extremely well led and organised course.

PD

John Radcliffe Hospital, Oxford, United Kingdom

Excellent course - covered above and beyond what I needed. Good live demonstrations and time to practice the techniques. Using animal tissue was really good as well. Venue was really good and lunch/snacks were above what I expected. I have already recommended the course to my friends.

RC

Wirral University Teaching Hospital NHS Foundation Trust, United Kingdom



DOCTORS ACADEMY

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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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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.

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