

Essential Surgical Skills and Principles for Aspiring Surgeons (ESSPAS)

31st October 2021 (Sunday)

Timing: 0830 - 1745 hours

College of Physicians and Surgeons of Cardiff, Frazer Building, 126 Bute Street, Cardiff Bay, Cardiff

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 and Practice) |

1505 - 1525	Principles of Debriding a Contaminated Traumatic Wound (Demonstration and Practice)
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

This is an International Curriculum for Standardised Surgical Practice Course affiliated to the College of Physicians and Surgeons of Cardiff. A total of 7 CPD points are awarded for completing this course.

