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Essential Surgical Skills and Principles for Aspiring Surgeons [ESSPAS]



Feedback - May 2024

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: College of Physicians and Surgeons of Cardiff, Frazer Building, 126 Bute Street, Cardiff Bay, Cardiff, CF10 5LE

Date: 25th May 2024

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: £165.00



Programme

- 0830 - 0840 Welcome, Introduction and Learning Objectives
- 0840 - 0900 Basics of Sutures and Needles (Interactive Discussion)
- 0900 - 0940 Knot Tying - Reef Knots (Demonstration and Practice)
- 0940 - 1030 Knot Tying - Surgeon's Knot and Tying at Depth (Demonstration)

1030 - 1050

Break and Refreshments

- 1050 - 1100 Pre-Scrubbing and Entering the Operating Theatre (Interactive Discussion)
- 1100 - 1130 Gowning and Gloving (Demonstration and Practice)
- 1130 - 1145 Handling Surgical Instruments, Art of Assisting, and Disposing Sharps Safely (Demonstration)
- 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 - 1450 Principles of Assessing and Managing a Hand Injury in A&E (Interactive Discussion)
- 1450 - 1500 Anatomy and Technique of Performing Digital Nerve Blocks in the Hand (Demonstration and Practice)

Programme

1500 - 1525 Repairing an Extensor Tendon in the Hand (Demonstration and Practice)

1525 - 1600 Repairing a Flexor Tendon in the Hand (Demonstration and Practice)

1600 - 1615

Break and Refreshments

1615 - 1625 Concepts and Principles of Reconstructive Ladder in Plastic Surgery (Interactive Discussion)

1625 - 1655 Principles of Designing Local Flaps in Plastic Surgery (Demonstration and Practice)

1655 - 1710 Excision of a Subcutaneous Cyst (Demonstration and Practice)

1710 - 1715

Comfort Break

1715 - 1725 Principles of Managing Patients with Trauma and Long Bone Fractures (Interactive Discussion)

1725 - 1745 Principles of Managing a Traumatic and Contaminated Wound (Demonstration and Practice)

1745 - 1755 Principles of Draining an Abscess (Demonstration and Practice)

1755 - 1800 Degowning and Degloving

1800 - 1810 Debrief, Summary and Close

1810 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.

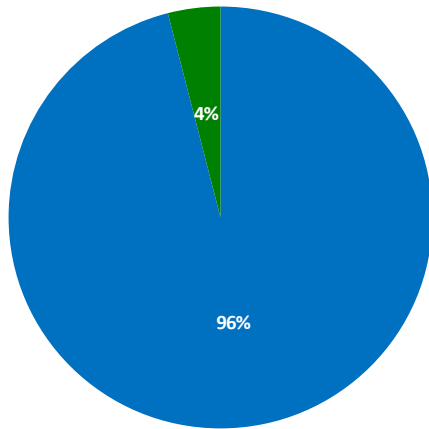
PhD Research Fellow
Speciality Registrar in General Surgery
Oxford Deanery

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

Consultant Orthopaedic Surgeon
Nevill Hall Hospital, Abergavenny

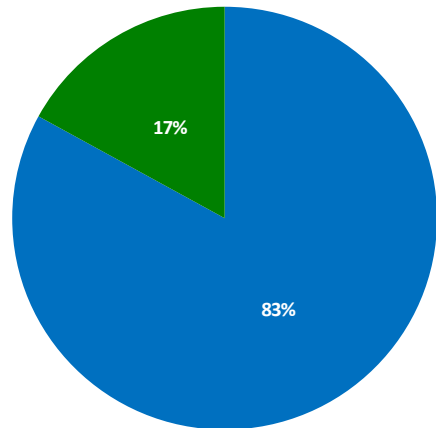
Overall Feedback

How was the content of the course?



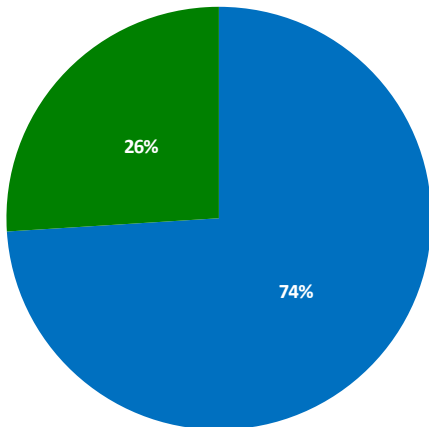
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the clarity of the demonstrations?



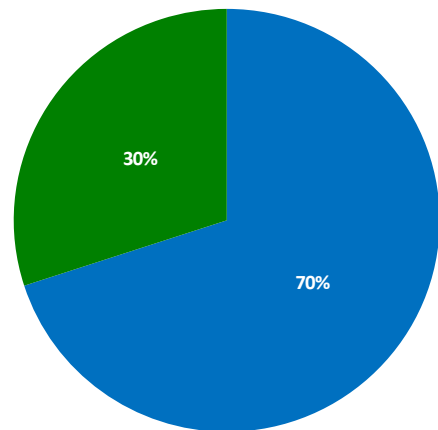
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Did the course meet your learning objectives?



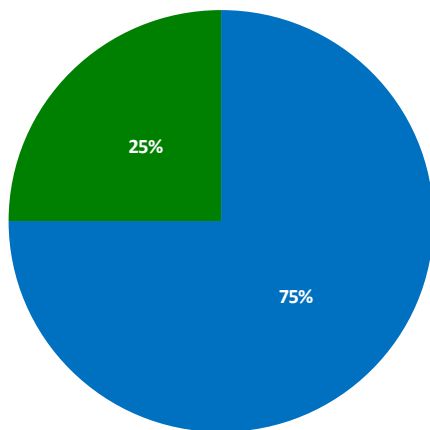
■ Most certainly ■ Certainly ■ Just about ■ Limited ■ Not at all

Basics of Suture Materials and Needles



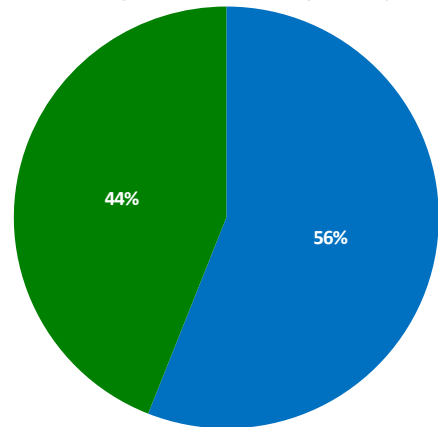
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

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



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

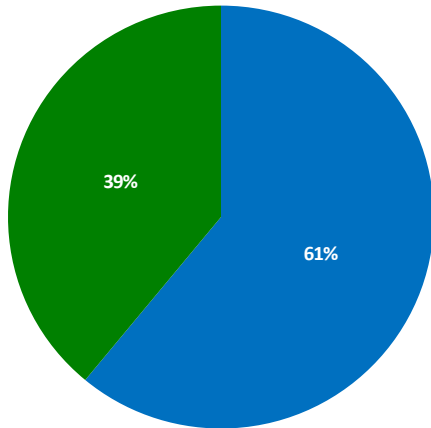
Aseptic Precautions in the Operating Theatre, Scrubbing, and Hand Washing Technique



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

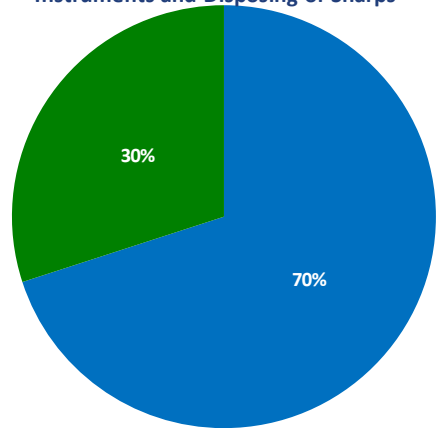
Overall Feedback

Closed Method of Gowning and Gloving



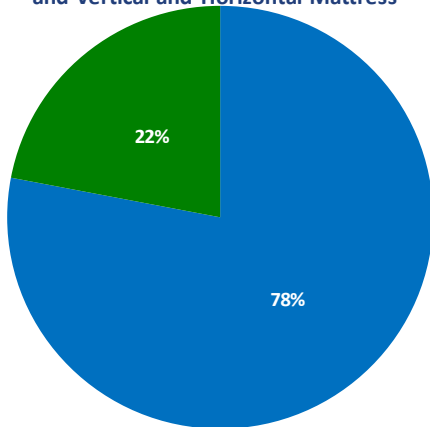
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Correct Handling of Common Surgical Instruments and Disposing of Sharps



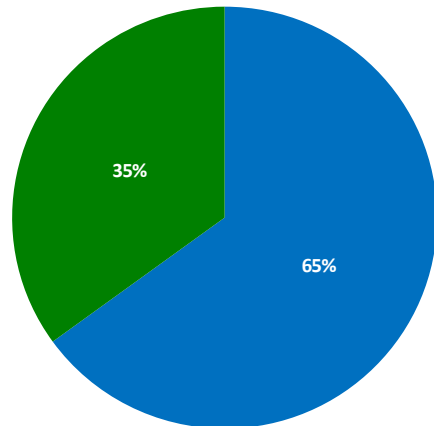
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Suturing Techniques I: Simple Interrupted, and Vertical and Horizontal Mattress



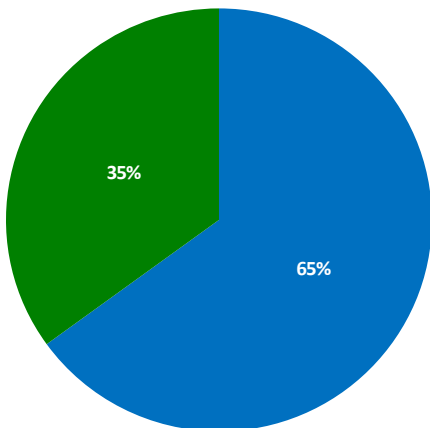
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Suturing Techniques II: Subcuticular, Simple Continuous, Interlocking Continuous and Aberdeen Knot



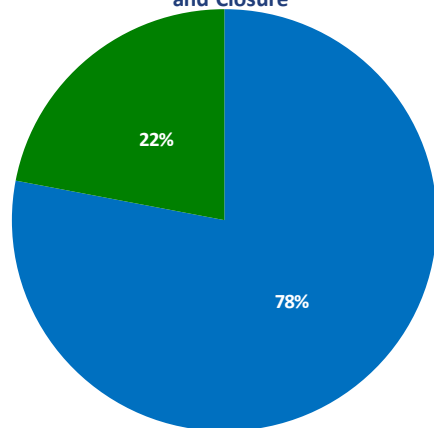
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Safe Infiltration of Local Anaesthesia



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

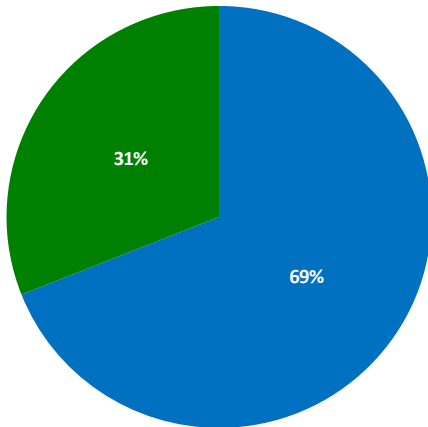
Excision of a Simulated Cutaneous Lesion and Closure



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

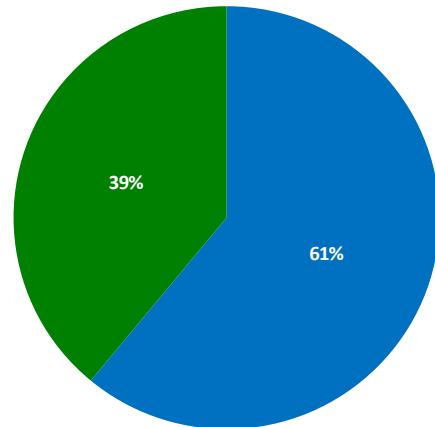
Overall Feedback

Haemostatic Figure of '8' Stitch



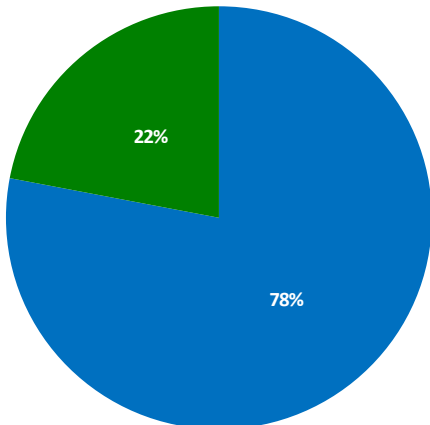
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Principles of Designing Local Flaps



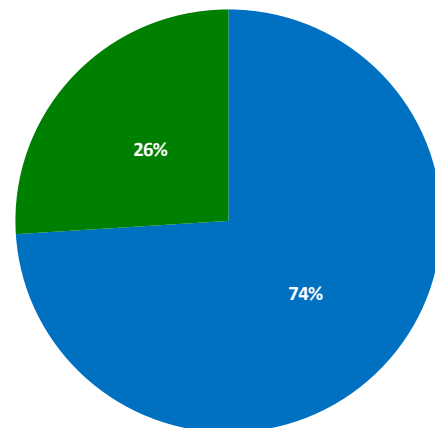
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Repairing an Extensor Tendon and a Flexor Tendon in the Hand



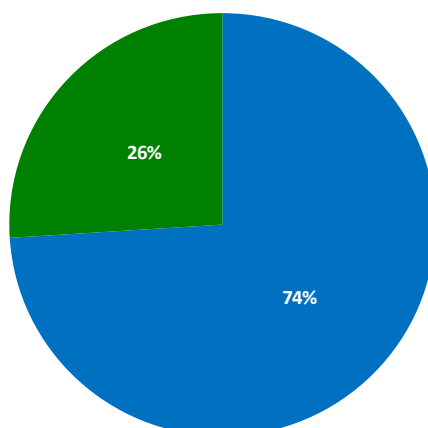
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Removal of a Simulated Epidermoid Cyst



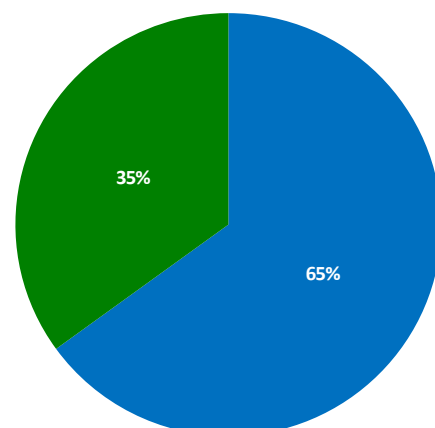
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Drainage of an Abscess



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

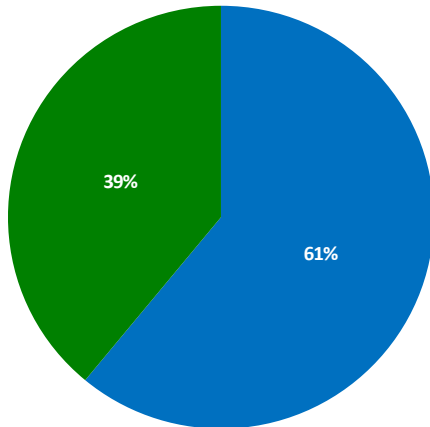
Debridement of a Contaminated Wound



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

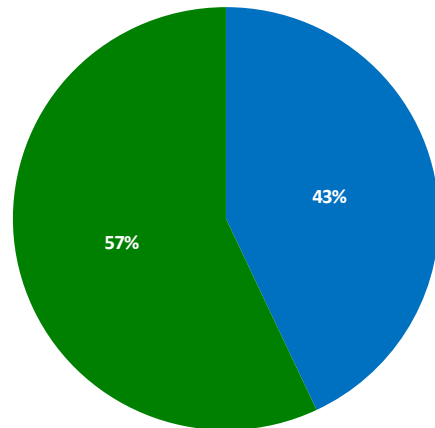
Overall Feedback

Overview of Managing Traumatic Wounds



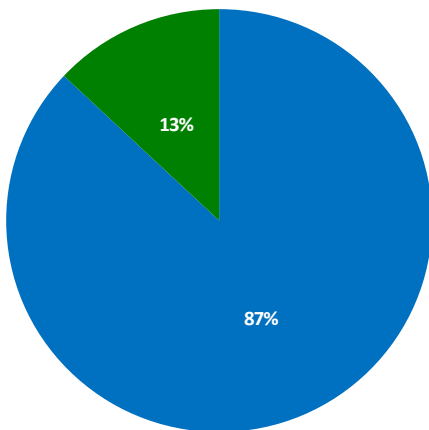
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Did you have sufficient time to practice the skills?



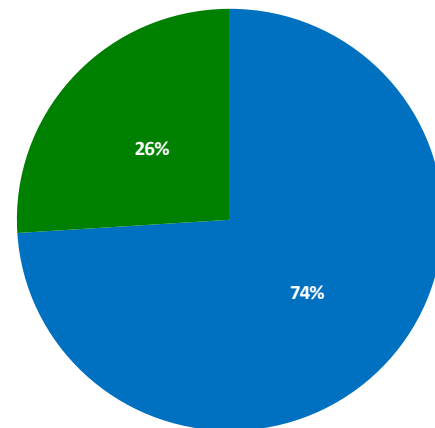
■ Certainly sufficient ■ Mostly sufficient ■ Neutral
■ Just sufficient ■ Not sufficient

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



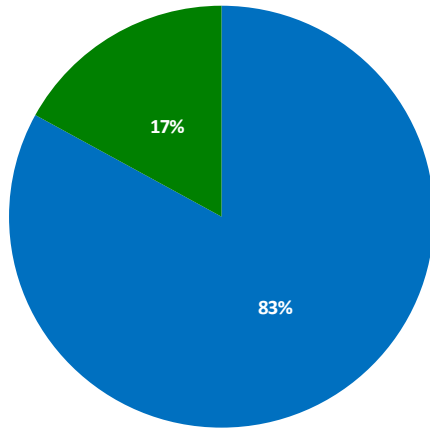
■ Most helpful ■ Helpful ■ Neutral ■ Little helpful ■ Not helpful

Did the topics covered in the course meet your objectives?



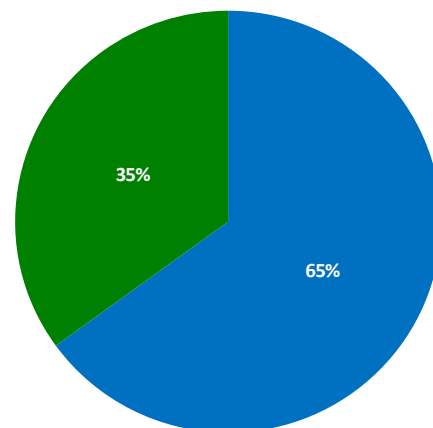
■ Most certainly ■ Certainly ■ Neutral ■ A little bit ■ Not at all

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

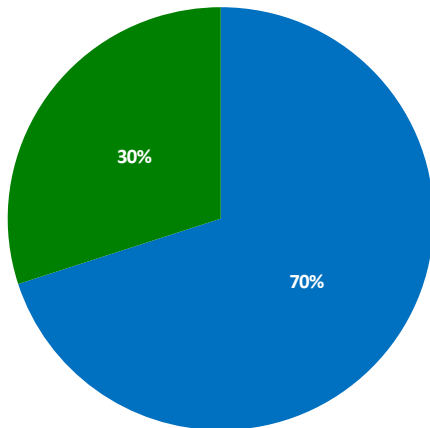
Do you feel more confident in entering a surgical operating theatre and assisting in an operation?



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

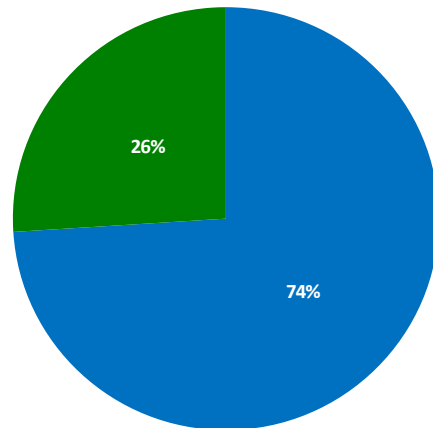
Overall Feedback

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



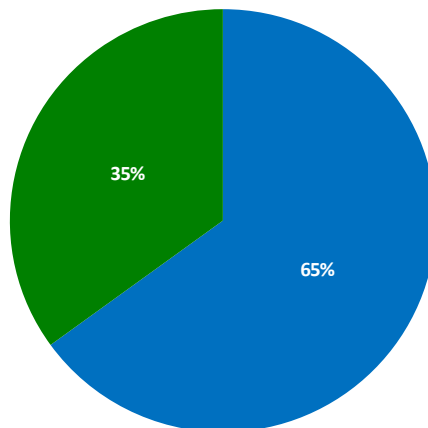
■ Most satisfied ■ Satisfied ■ Neutral ■ A little satisfied ■ Unsatisfied

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

Very informative course, learnt a lot of skills effectively.

BB

Grange University Hospital, Wales, UK

I enjoyed the course and learnt great surgical skills.

NA

University College London Hospitals NHS Foundation Trust, UK

Very interactive course, excellent tutorials.

SJ

Hillingdon Hospital NHS Trust, UK

It was a very informative and well-organised course ! Totally worth it! Live demonstration and then immediately acting upon that with the help of the tutors really made it very helpful! Very impressed by real-life simulated specimens as well!

JS

Royal Lancaster Infirmary, Lancaster, UK

I needed a refresh of all basic clinical and especially surgical skills, not practiced much since med school and as a locum haven't had ample opportunity early on but recently when I had the opportunities wasn't confident enough to try unsupervised as its been so long since I've used any of the suturing skills or assisted in theatre. This course has helped get my confidence back and give me a stepping stone to get back to practicing my surgical skills in my time away from practice to keep the skills.

BK

Locum

Excellent value for money. Thank you.

FS

University of Exeter Medical School, Exeter, UK

Great course.

HJ

UHW

I enjoyed the course. The learning objectives described were covered in detail. The tutors were very useful, knowledgeable and supportive throughout. It was also a good opportunity to mix with other aspiring surgeons. Very well organised.

LT

Cardiff University, Cardiff, UK

Individual Comments

Excellent content, learned much. great organisation, lovely food, lovely faculty.

AC

Royal Gwent Hospital, Newport, UK

Great course, useful and easy to understand information.

SJ

Hillingdon Hospital NHS Trust, UK

Very well run course - the main teacher was very clear and concise with his explanations and the demonstrations were helpful - I learnt how to do different types of sutures which I hadn't practiced before such as the haemostatic stitch and the figure of 8 stitch, and also how to do an Aberdeen knot. I even learnt how to put a blade onto a scalpel which is something I hadn't done before! Everyone was very professional and all the equipment/tissue was delivered to us and prepared beforehand which meant the course ran smoothly. It ran to time also.

LE

Royal Devon and Exeter NHS Foundation Trust, UK

Really amazing, everyone was so kind and helpful! I learnt so much and more so, it helped me realise that I could become a surgeon one day. Very informative and engaging, Professor Enoch was superb - so insightful and extremely skilled. Thank you to all the tutors who were invaluable, couldn't have done it without you!

RA

Cardiff University, Cardiff, UK



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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