

DOCTORS ACADEMY



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Principles of Managing Hand Fractures and Performing Fracture Fixation



Feedback - July 2025

Principles of Managing Hand Fractures and Performing Fracture Fixation

This intensive one-day course was designed for registrars in orthopaedic, plastic, and hand surgery working in the UK's NHS. It was also open to senior core surgical trainees and post-MRCS trainees who sought to deepen their understanding and technical skills in managing hand fractures. The course offered a highly practical, hands-on experience, with a strong emphasis on small group learning and expert supervision.

To optimise engagement and skill acquisition, a virtual theory session was delivered on the evening (1830-2030 hours) of 22nd July. The full-day in-person workshop (on 27th July) was entirely practical, with no lectures or talks. This structure allowed participants to arrive well-prepared, having reviewed the underlying principles and biomechanics of hand fracture management in advance.

The face-to-face practical component focused exclusively on the acquisition of technical skills through structured, small group practical stations. Each station was led by an experienced faculty member, ensuring a high tutor-to-delegate ratio and personalised guidance throughout. Delegates worked with artificial bone models (sawbones) and were guided through fracture creation and fixation techniques relevant to common metacarpal and phalangeal injuries.

Course Information

Venue:	Doctors Academy International Education and Training Centre, College of Physicians and Surgeons of Cardiff, Cardiff Bay
Date:	27th July 2025
Attendance:	19 Delegates
Aimed at:	Specialty Trainees in Orthopaedic Surgery (ST3-ST5) or Equivalent Level; Specialty Trainees in Plastic Surgery (ST3-ST5) or Equivalent Level; Non-Training Registrars; Trust Doctors and Clinical Fellows in Plastic Surgery; Orthopaedic Surgery and Hand Surgery; Post-MRCS Senior Core Surgical Trainees (CT2 and above).
Course Fee :	£95.00



Programme

0845 - 0900 Introduction to Practical Sessions

0900 - 0930 Using the Fracture Fixation Kit

0930 - 1030 Metacarpal Plate Fixation

1030 – 1050 Break for Refreshments

1050 - 1200 Metacarpal Lag Screw Fixation

1200 - 1300 Proximal Phalanx Plate Fixation

1300 - 1340 Lunch

1340 - 1500 Proximal Phalanx Lag Screw Fixation

1500 - 1545 Creating Own Fractures and Fixation

1545 - 1600 Break for Refreshments

1600 - 1715 Case Discussions on Complex Hand Fractures and Fracture Dislocations

1715 – 1730 Questions, Summary and End of Course

Faculty List

Mr Alex Bolt, MBChB, MRCS, FRCS(Tr&Orth)

Consultant Hand and Wrist Surgeon

University Hospital of Wales, Cardiff

Mr Manish Gupta, MBBS, MRCS, FRCS(Tr&Orth)

Consultant Orthopaedic Surgeon

University Hospitals Birmingham NHS Trust

Mr Rajive Jose, MBBS, MS, MCh, FRCS(Plast), Dip. Hand Surg (BSSH)

Consultant Plastic, Reconstructive and Hand Surgeon

Queen Elizabeth Hospital, Birmingham and the Royal Orthopaedic Hospital, Birmingham

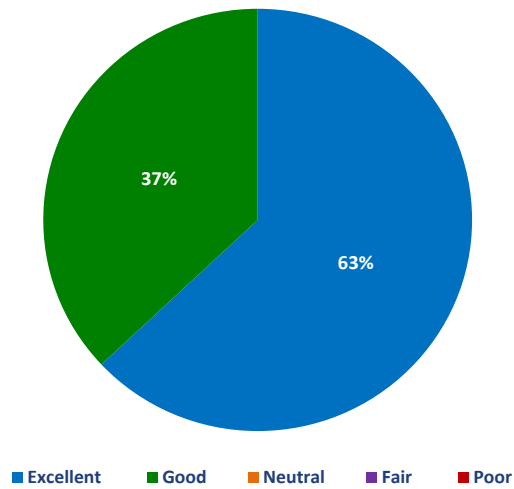
Mr Samuel George, MBChB, MSc(Dist.), MFSTEd, FRCS(Plast.), Dip. Hand Surg (Br.)

Consultant Plastic, Hand and Peripheral Nerve Surgeon

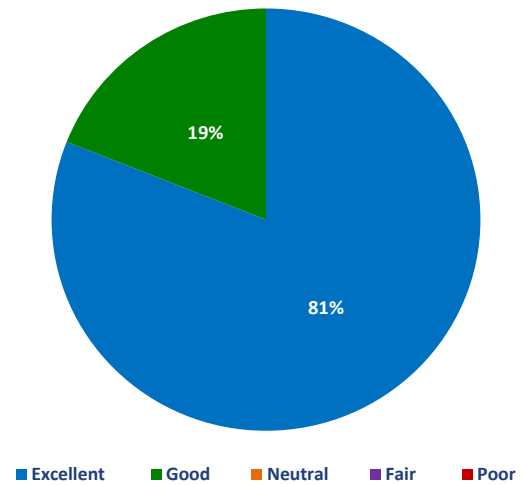
Queen Elizabeth Hospital, Birmingham

Overall Feedback

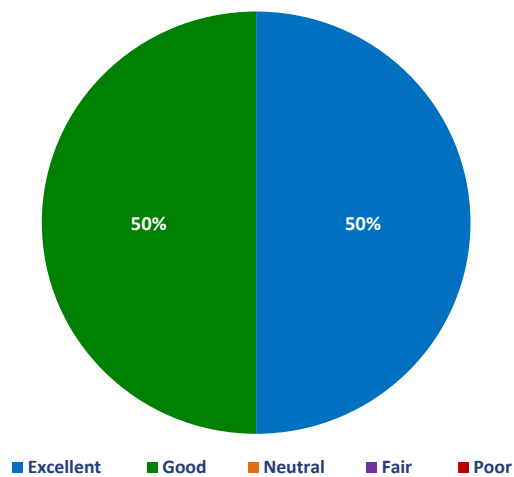
How was the content of the course?



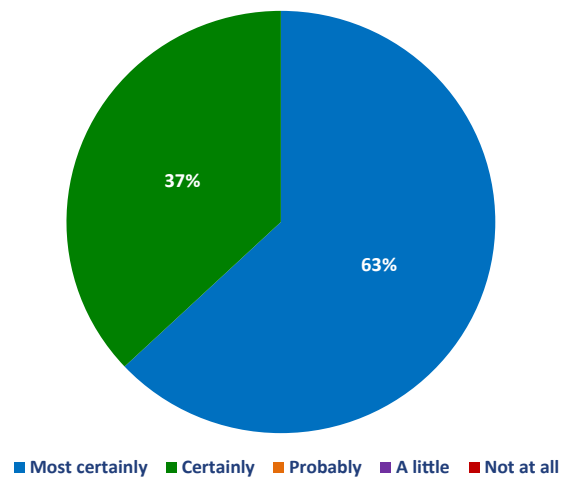
How would you rate the general academic standard of the faculty?



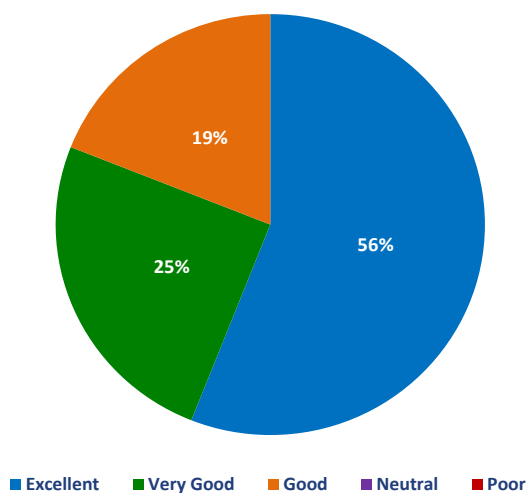
How was the clarity of the information provided?



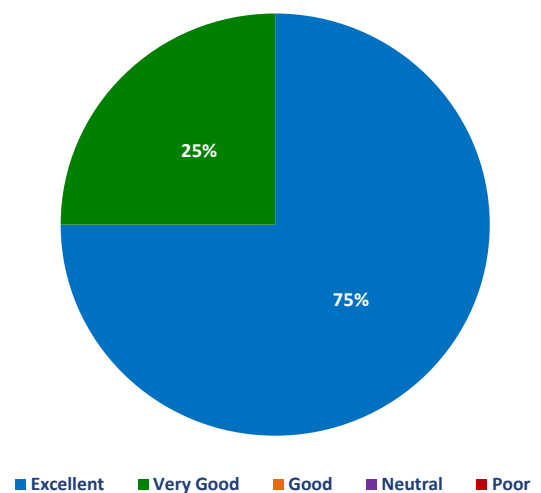
Did the course meet your objectives?



Theory Session (via Zoom)

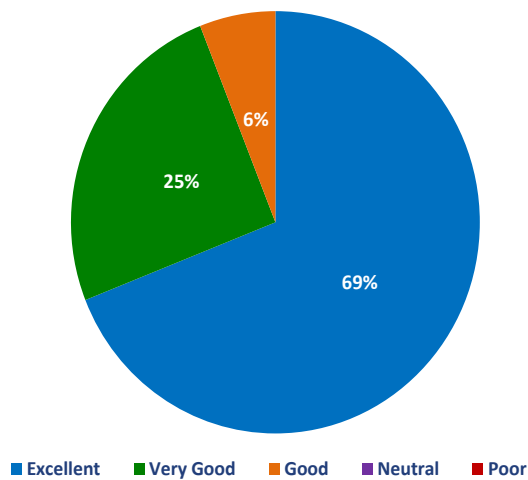


Practical Session – Metacarpal Plate Fixation

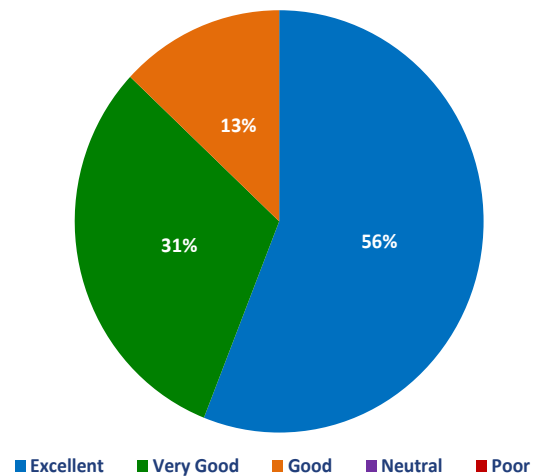


Overall Feedback

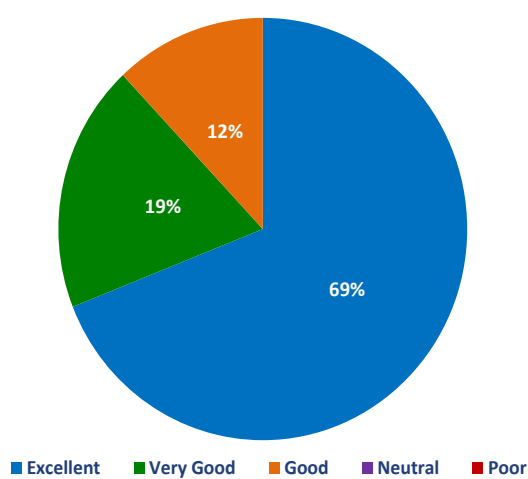
Practical Session – Metacarpal Lag Screw Fixation



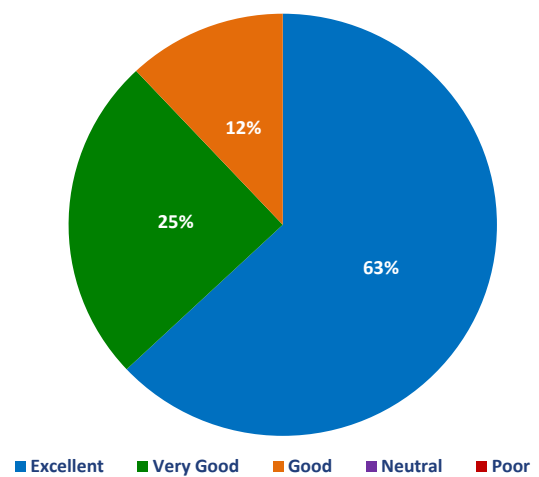
Practical Session – Proximal Phalanx Plate Fixation



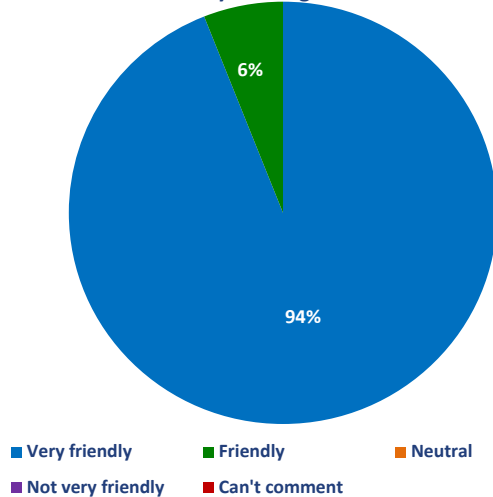
Practical Session – Proximal Phalanx Lag Screw Fixation



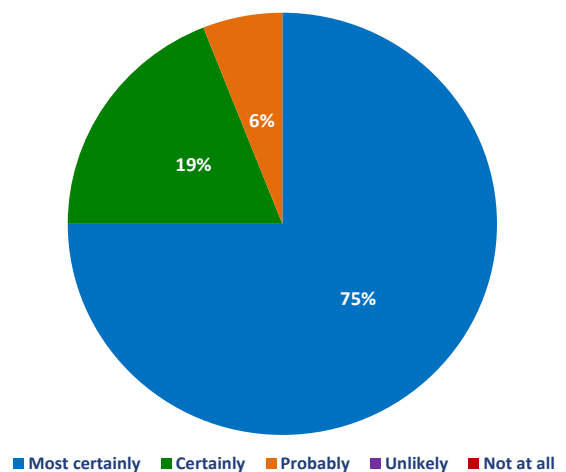
How would you rate the appropriateness of the Zoom platform for this course?



How was the general friendliness of the faculty and organisers?

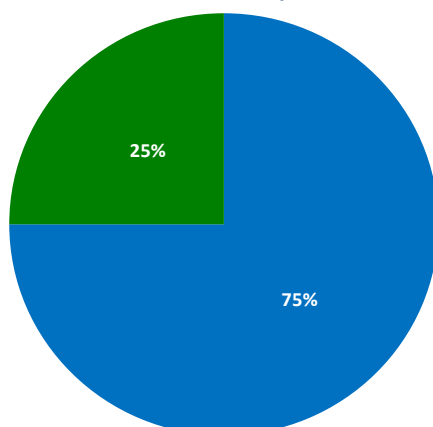


Would you recommend this course to a friend?



Overall Feedback

Do you think that this course provided good value for money?



■ Most certainly ■ Certainly ■ Probably ■ Unlikely ■ Not at all

Individual Comments

Very professional overall, friendly and informative.

DM

Queen Elizabeth Hospital, Birmingham, UK

It was a wonderful experience. I have become more confident. This is my second course with the team and I will do in future again. Lovely team, great teaching and excellent environment.

BB

Morriston Hospital, Swansea, UK

Excellent tutors. Very amicable and accessible. Very worthwhile training opportunity. Would encourage others to attend if offered in the future.

ST

Queen Elizabeth Hospital, Birmingham, UK

Extremely enthusiastic and knowledgeable faculty. Very well organised format, took a lot away from both virtual and practical components of the course.

LH

Morriston Hospital, Swansea, UK

Well organised, with friendly and helpful faculty. Lots of hands on experience, surplus of models and instruments. Altogether a useful and enjoyable day.

RV

Birmingham Women's and Children's NHS Foundation Trust, UK

Overall the practical sessions were excellent and very enjoyable.

AD

Morriston Hospital, Swansea, UK

Great course. Would definitely recommend it. Enjoyed the k-wires!

CJ

Whiston Hospital, Prescot, UK

All aspects of the course were excellent.

FS

Morriston Hospital, Swansea, UK

Really good loved every part of the course.

KK



DOCTORS ACADEMY

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Doctors Academy is a UK-based International Non-Profit Organisation comprising of doctors, dentists and scientists that undertakes a diverse range of educational activities globally. The aim of the Academy is to disseminate information and exchange medical knowledge between professionals from diverse backgrounds working in a variety of healthcare settings. This is achieved by the provision of a number of attendance courses, publishing house, online resources and international events / competitions.

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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World Journal of Medical Education & Research



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- No submission fees
- No manuscript processing fee
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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.

Resources for:

- Medical Students
- Dental Students
- International Entrance Exams
- MRCS Exams
- General Surgery Exams
- Plastic Surgery Exams
- DOHNS Exams

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