



The Royal College of Surgeons of Edinburgh  
**Future Surgeons: Key Skills**

Feedback - January 2013

## The Royal College of Surgeons of Edinburgh Future Surgeons: Key Skills

This one day Consultant-led course is specifically aimed at providing junior doctors with the intention of pursuing a career in surgery with a structured programme to learn basic surgical skills and techniques; through the introduction of safe basic surgical techniques that are common to all surgical practices.

### Features & Highlights:

- Tutored and supervised by Consultant surgeons from various disciplines.
- Practical course with a high tutor-to-participant ratio.
- Delivered using a series of tutor demonstrations and hands-on sessions where participants work on animal tissue.
- An official course of The Royal College of Surgeons of Edinburgh specifically aimed at junior doctors intending to pursue a career in surgery.
- Certificate for portfolio from The Royal College of Surgeons of Edinburgh and Doctors Academy.



### Course Information

<b>Course date:</b>	<b>26<sup>th</sup> January 2013</b>
<b>Venue:</b>	<b>Education Centre The Christie Hospital Manchester, UK</b>
<b>Attendance:</b>	<b>23 Delegates</b>
<b>Aimed at:</b>	<b>Junior doctors interested in pursuing a career in surgery.</b>
	<b>Senior Medical Students also welcome.</b>
<b>Course fee:</b>	<b>£75.00</b>

Run in partnership with:



### Learning Outcomes:

- Demonstrate safe practice when gowning and gloving.
- Handle commonly used surgical instruments in a safe and effective manner.
- Create secure 'Reef' and 'Surgeons' knots.
- Pick up and safely drive a needle through tissue with accurate bite placement.
- Perform an interrupted suture close to a wound.
- Demonstrate the steps for excising a skin lesion under local anaesthesia.
- Excise a subcutaneous cyst.
- Drain a superficial abscess.
- Perform the steps to debride a traumatic wound.
- Perform basic techniques used for endoscopy.
- Explain the principles of using safe diathermy.

## Course Programme

08:30	<b>Registration</b>		
08:50	<b>Introduction</b>	Seminar Room	Mr C Selvasekar/ Mr K Gajanan
09:00	<b>Gowning and Gloving</b>	Wet lab (demo & practice)	Mr R Tandon
09:40	<b>Handling Instruments</b>	Wet lab (demo & practice)	Mr G Hooper
10:15	<b>Knot-tying (1)</b> • Reef knot • Instrument tie	Wet lab (demo & practice)	Mr R Tandon
<b>11:00 - 11:15 Refreshment Break</b>			
11:15	<b>Knot-tying (2)</b> • Surgeon knot • Tie at depth)	Wet lab (demo & practice)	Mr R Tandon
12:00	<b>Suturing</b> • Needle Manipulation • Interrupted Sutures • Sub-cuticular absorbable sutures • Assisting • Continuous suture	Wet lab (demo & practice)	Mr Anderson/ Mr R Tandon/ Mr K Gajanan
<b>13:00 - 13:40 Lunch Break</b>			
13:40	<b>LA Techniques, Skin Lesions &amp; Wound Management</b> • Skin lesions • Cyst removal • Abscess drainage & excision • Debridement	Wet lab (demo & practice)	Mr G Hooper
14:40	<b>Diathermy</b>	Wet lab (Lecture/Practice)	Mr G Hooper
15:10	<b>Laparoscopy Skills</b> • Hand-eye co-ordination • Polo mints exercise • Sugar cubes exercise	Wet lab (Structured practice)	Mr C Selvasekar
16:10	<b>Question and answer session</b>	Seminar room	ALL
16:30	<b>Feedback and close</b>		

## Faculty

**Mr Roop Tandon, MBBS, FRCS**

Course Convenor

Retired Consultant Orthopaedic Surgeon, Wolverhampton Hospital

Surgical Tutor - RCS Edinburgh

**Mr Chelliah Selvasekar, MBBS, MD, FRCS (Ed, Glas), FRCS Ed (Gen. Surg)**

Course Facilitator and Local Coordinator

Consultant General, Laparoscopic & Colorectal Surgeon

Christie NHS Foundation Trust, Manchester

**Mr Geoffrey Hooper, MB ChB, MMSc, MD, FRCS, FRCSEd (Orth)**

Retired Consultant Orthopaedic Surgeon, St. John's Hospital, Livingston

Surgical Tutor - RCS Edinburgh

**Mr Jeyaram Srinivasan, MBBS, DNB, FRCS Ed., FRCS Ed. (Plast)**

Consultant Plastic, Reconstructive & Hand Surgeon

Lancashire Teaching Hospitals, Preston

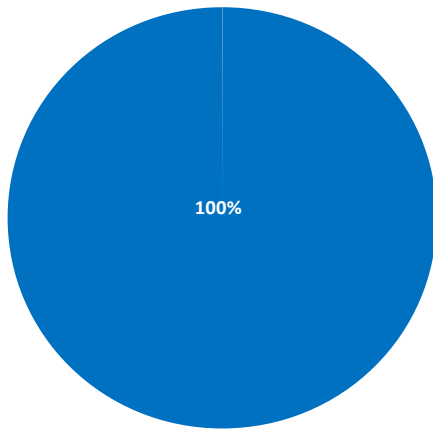
**Mr Marius Paraoan, MD, FRCS (Gen. Surg)**

Consultant General and Colorectal Surgeon

Wrightington, Wigan and Leigh NHS Foundation Trust

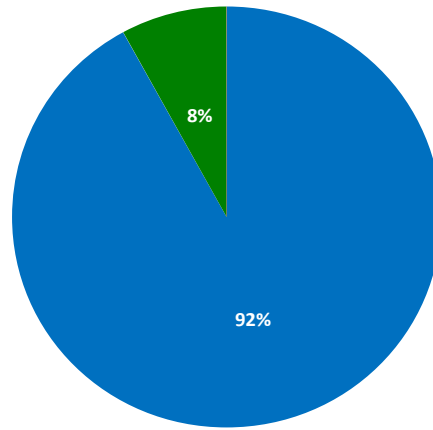
# Overall Teaching Feedback

Demonstrate safe practice when gowning & gloving



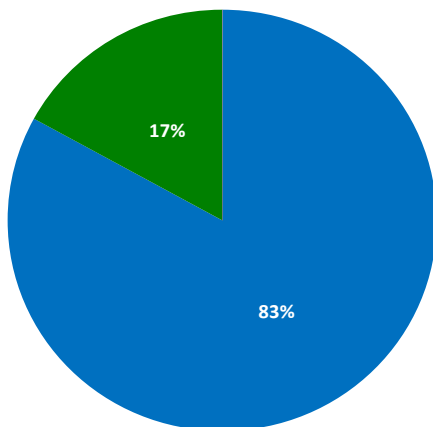
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Handle commonly used surgical instruments in a safe & effective manner



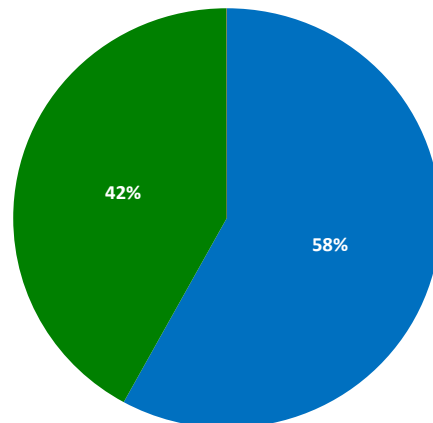
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Create secure 'Reef' & 'Surgeons' knots



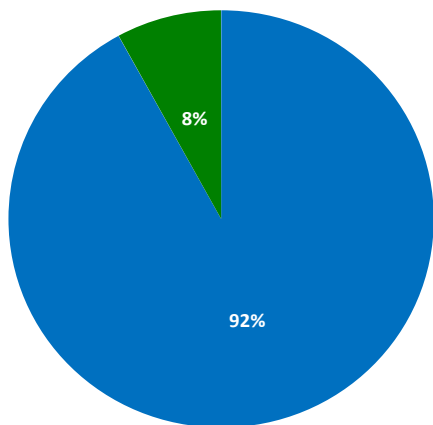
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Pick up and safely drive a needle through tissue with accurate bite placement



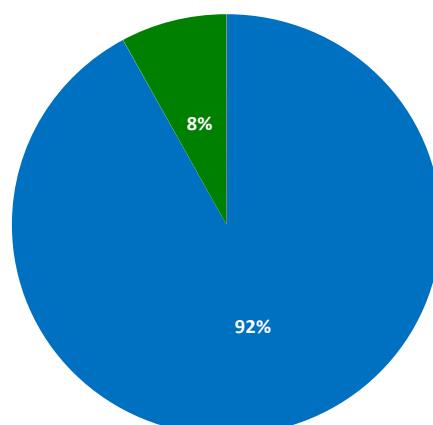
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Perform an interrupted suture to close a wound



■ Excellent ■ Good ■ Satisfactory ■ Poor

Demonstrate the steps for excising a skin lesion under local anaesthesia

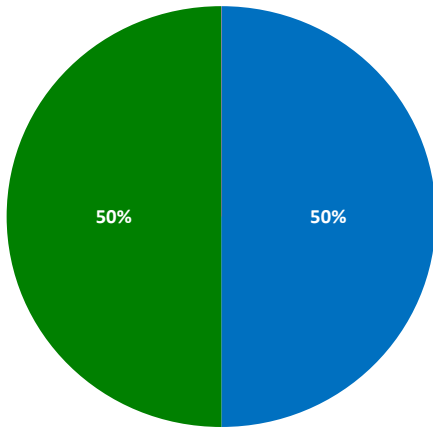


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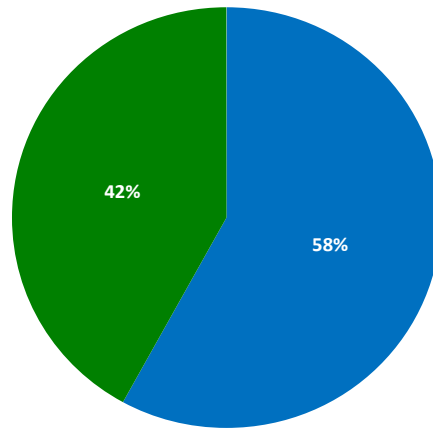
# Overall Teaching Feedback

Excise a sebaceous cyst



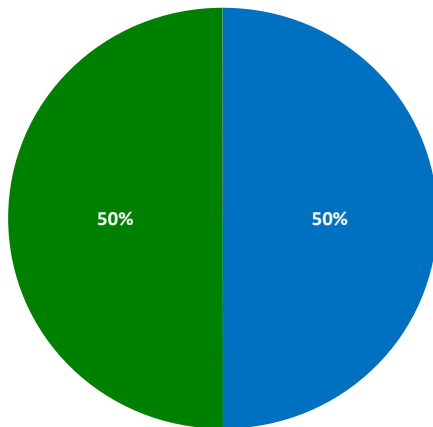
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Drain a superficial abscess



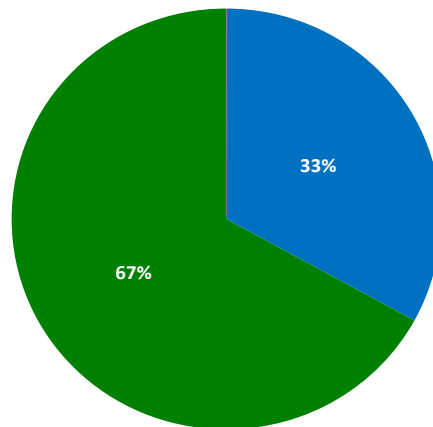
■ Excellent ■ Good ■ Satisfactory ■ Poor

Perform the steps to debride a traumatic wound



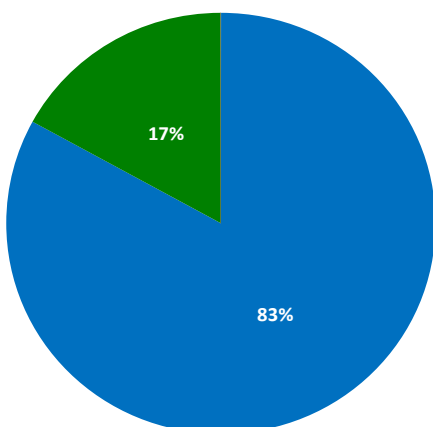
■ Excellent ■ Good ■ Satisfactory ■ Poor

Perform basic techniques used for endoscopy & diathermy



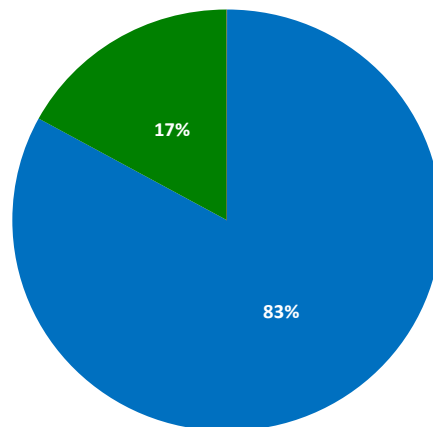
■ Excellent ■ Good ■ Satisfactory ■ Poor

Gowning & Gloving



■ Excellent ■ Good ■ Satisfactory ■ Poor

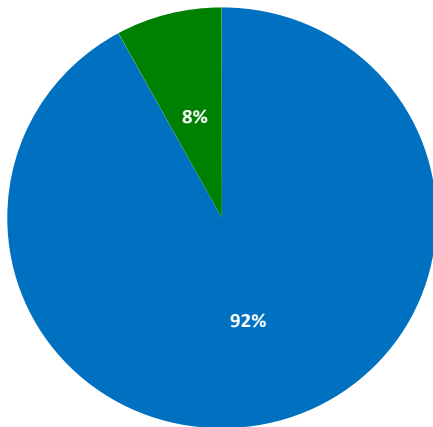
Handling instruments



■ Excellent ■ Good ■ Satisfactory ■ Poor

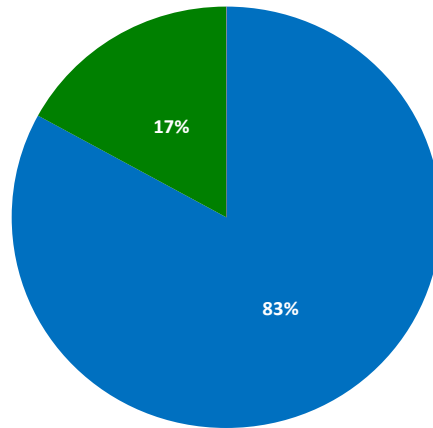
# Overall Teaching Feedback

Knot - tying



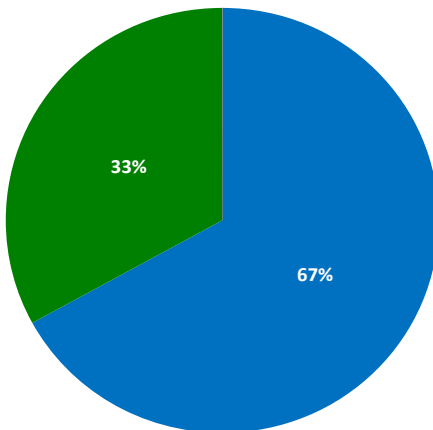
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Suturing



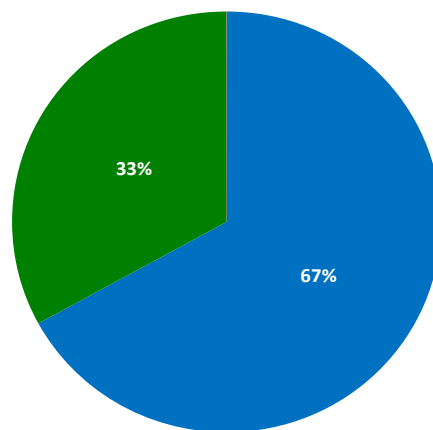
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LA Techniques



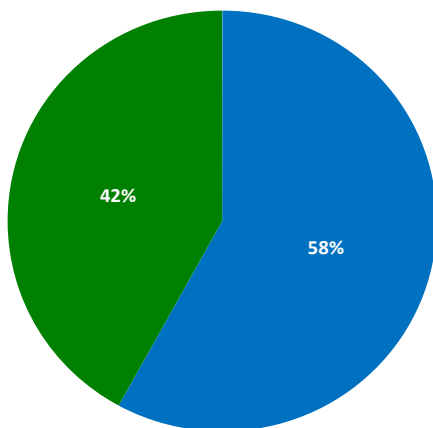
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Skin Lesions



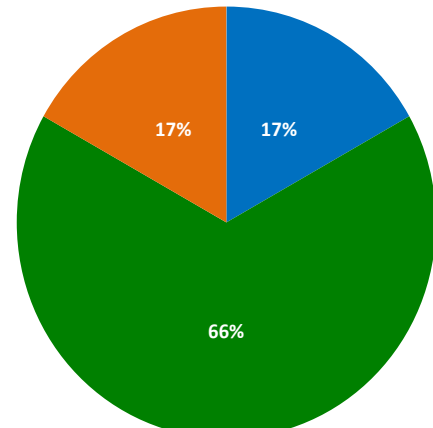
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Wound management



■ Excellent ■ Good ■ Satisfactory ■ Poor

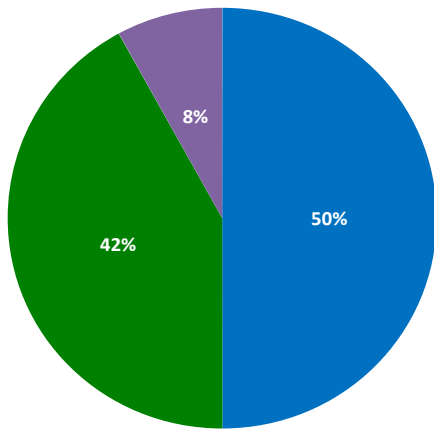
Diathermy



■ Excellent ■ Good ■ Satisfactory ■ Poor

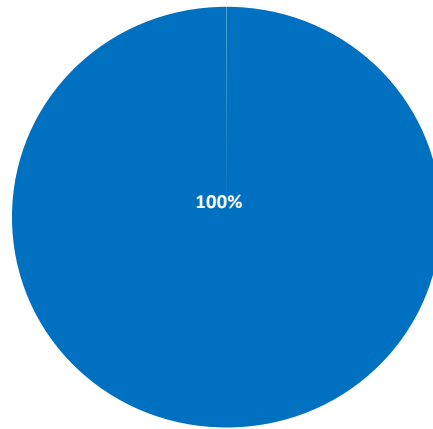
# Overall Teaching Feedback

Endoscopy skills



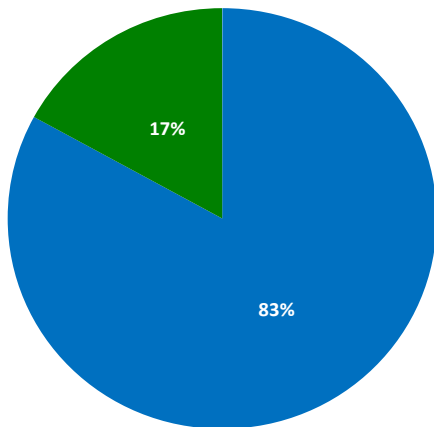
■ Excellent ■ Good ■ Satisfactory ■ Poor

Did the course meet with your expectations?



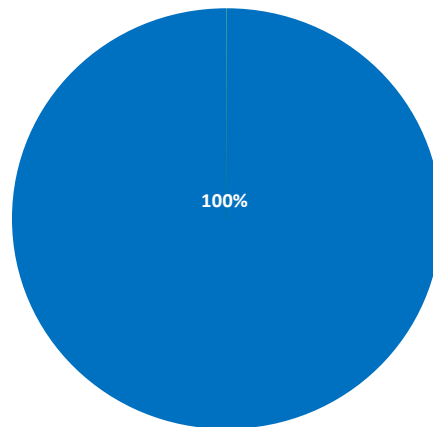
■ Yes ■ No

Was enough time allocated for participants to get adequate hands-on experience?



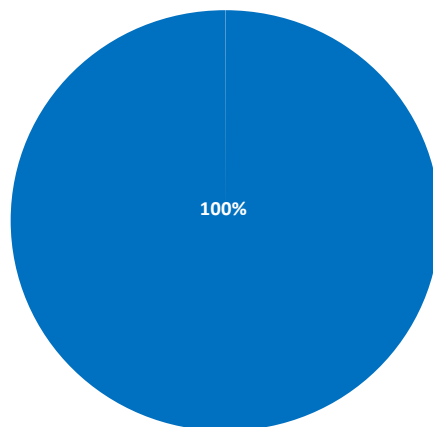
■ Yes ■ No

Was the Faculty : Participant ratio satisfactory?



■ Yes ■ No

Would you recommend this course to a friend or colleague?



■ Yes ■ No



## Individual Comments

Great hands-on experience that I wouldn't have been able to get at medical school. Skills were taught in much more detail than I had learnt previously.

Practical, a lot of hands-on work. Background knowledge regarding instruments was explained.

Practical, I thought laparoscopy was particularly excellent. I liked the use of animal tissue much more realistic.

I enjoyed the wound and cyst part.

Good hands-on experience. Covered all aspects needed at this stage.

Endoscopy practices. Good walkthrough of gowning. Good staff support.

Having real tissue. Good tutor ratio.

Tutors are very helpful. On schedule.

All parts are explained very clearly. Enough time and plenty of tutors when trying to practice the task. A lot of information and skills in just one day.

Use of animal tissue in suturing, LA techniques etc... especially, with 'fake' abscesses. High tutor-participant ratio.

I very much enjoyed the suturing and knot-tying as I felt this had more immediate relevance.



# DOCTORS ACADEMY

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Doctors Academy is an 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**  
*Manchester, 1<sup>st</sup> - 5<sup>th</sup> August 2016*
- **International Academic and Research Conference**  
*Manchester, 6<sup>th</sup> August 2016*
- **World University Anatomy Challenge**  
*Manchester, 5<sup>th</sup> August 2016*

## Publications



[publications.doctorsacademy.org](http://publications.doctorsacademy.org)

## World Journal of Medical Education & Research



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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
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