



**Cardiff MRCS Course:
Basic Sciences and Clinical
Application for MRCS A**



Feedback - November 2019

Cardiff MRCS Course: Basic Sciences and Clinical Application for MRCS A

Basic sciences such as anatomy, physiology, pathology and microbiology are the principal components for developing a strong foundation in surgical training and for the understanding of its clinically applied aspects such as surgical anatomy and critical care physiology. As such, these subjects form an integral part in the MRCS A exam.

This intensive three-day course provided the attendee with an overview of basic physiological principles, consolidated the candidate's core and applied surgical knowledge in anatomy and relevant pathology, and provided a focused revision of pertinent topics as tested in the exam. The course took into consideration the recent changes to the MRCS A exam, with more emphasis on basic sciences - especially anatomy.

The course was structured into three distinct, but related, days. On Day 1, the emphasis was on basic and surgically applied anatomy, and relevant system specific pathology. Day 2 predominately covered cancer pathology, microbiology, genetics, statistics, embryology, autonomic nervous system and head and neck anatomy. Day 3 covered trauma, general pathology, benign and malignant tumours, principles of surgery, burns and applied surgical sciences.

It was advised that delegates attend all three days of the course to get the full benefit. However, if they were particularly strong in the topics on any of the three days, then they had the option of attending the individual days of the course.

Delegates attending this course received full access to the MRCS Part A online educational resources from www.doctorexams.co.uk for a 4 month period. This resource contains 100s of SBA and EMQ questions for practice. In addition, they also received full access to all presentations via a secure, online link. All of these benefits and privileges were included within the course fee.



Course Information

Course Date:	29th November, 30th November and 1st December 2019
Venue:	School of Biosciences, Cardiff University, Cardiff
Attendance:	55 Delegates
Aimed at:	Trainees preparing for the MRCS Part A Examination.
Faculty:	Surgeons
Course Fee:	£375.00



Course Programme

Day 1

SURGICAL AND APPLIED ANATOMY, AND SYSTEM SPECIFIC PATHOLOGY

0830 - 0840	Registration
0840 - 0850	Introduction and Format of the Exam
0850 - 1030	Brachial Plexus, Arm, Shoulder, Scapula, Back and Rotator Cuff (Includes Upper Limb Nerve Injuries, Palsies and Shoulder Pathologies)
1030 - 1110	Cubital Fossa, Forearm, Flexor Retinaculum and Hand (Includes Carpal Tunnel Syndrome, Ulnar Nerve Palsies, Hand Pathologies)

1110 - 1130 Break for Refreshments

1130 - 1230	Thoracic Wall; Mediastinum; Heart; Lungs; Oesophagus; Diaphragm
1230 - 1300	Vascular Anatomy of the Thorax, Head and Neck and Thorax (Includes Vascular Access and Chest Drain Insertion); Vascular Pathologies of Neck and Thorax

1300 - 1340 Lunch

1340 - 1420	Transpyloric Plane, Anterior Abdominal Wall and Inguinal Region (Includes Hernia and Scrotal Swellings)
1420 - 1440	Abdominal Anatomy; Hollow and Solid Organs (Includes Bowel Pathologies, Colon Cancer and Segmental Bowel Resections)
1440 - 1530	Pelvis and Perineum

1530 - 1550 Break for Refreshments

1550 - 1630	Lumbar and Lumbosacral Plexus
1630 - 1715	Femoral Triangle, Thigh, Popliteal Fossa; Lower Leg, Ankle and Foot (Includes Lower Limb Nerve Injuries, Palsies, Compartment Syndrome and Ankle Injuries)
1715 - 1830	Revision of Day 1 and Sample Questions

1830 End of Day 1

Course Programme

Day 2

HEAD AND NECK ANATOMY, AUTONOMIC NERVOUS SYSTEM, MICROBIOLOGY, CANCER PATHOLOGY, GENETICS AND STATISTICS

0830 - 1040 Skull Base, Head, Scalp and Face; Surgical Pathologies of the Head and Face
(Includes Parotid Tumours)

1040 - 1100 Break for Refreshments

1100 - 1230 Neck, Thyroid, Larynx, Pharynx, Tongue; Surgical Pathologies of the Neck

1230 - 1300 Autonomic Nervous System

1300 - 1345 Lunch

1345 - 1445 Essential Topics in Microbiology, Tuberculosis and Necrotising Fasciitis

1445 - 1530 Statistics and its Surgical Application

1530 - 1550 Break for Refreshments

1550 - 1630 Cancer Pathology (Brain, Oesophagus and Lung)

1630 - 1700 Genetics and Inheritance Patterns

1700 - 1800 Revision of Days 1 and 2, and Sample Questions

1800 End of Day 2

Course Programme

Day 3

GENERAL PATHOLOGY, BENIGN AND MALIGNANT TUMOURS, PRINCIPLES OF SURGERY, AND APPLIED SURGICAL SCIENCES

0830 - 0930 Management of Trauma; ATLS Principles; Head Injury; Neurophysiology

0930 - 1000 Basic and General Pathology

1000 - 1025 Cardiorespiratory Physiology

1025 - 1055 Pre-operative Assessment

1055 - 1115 Post-operative Complications and Management

1115 - 1135 Break for Refreshments

1135 - 1210 Fundamentals of Wound Healing; Reconstructive and Plastic Surgery

1210 - 1245 Principles of Local Anaesthetics; Tourniquets; Diathermy; Laparoscopic Surgery

1245 - 1300 Sutures, Suture Materials and Needles

1300 - 1340 Lunch

1340 - 1415 Management of Burns

1415 - 1500 Lumps and Benign Lesions; Ulcers; Vascular Pathologies and Vascular Surgery

1500 - 1530 Cancers of Thyroid and Breast

1530 - 1550 Break for Refreshments

1550 - 1620 Melanoma and Testicular Cancers

1620 - 1650 Endocrine and Renal Physiology; Calcium Metabolism

1650 - 1815 Revision of all 3 Days and Sample Questions

1815 End of Course

Faculty List

Dr Alan Watson, BSc, PhD

Reader in Anatomy and Neuroanatomist
University of Cardiff

Ms Clare Carpenter, BSc (Anat), MB BCh, MRCS (Eng), MD, FRCS (T&O)

Consultant Paediatric Orthopaedic Surgeon
University Hospital of Wales, Cardiff

Mr Edmund Leung, DMedSci, MRCS, FRCS

Consultant General Surgeon
Hereford County Hospital, Hereford

Mr Kevin Conway, MB BCh, MD, FRCS (Gen Surg)

Consultant Vascular Surgeon
Royal Glamorgan Hospital, Llantrisant

Dr Paul Morgan, FRCA

Consultant Intensivist
University Hospital of Wales, Cardiff

Professor Stuart Enoch, MBBS, MRCSEd, MRCS (Eng), PGCert (Med Sci), PhD

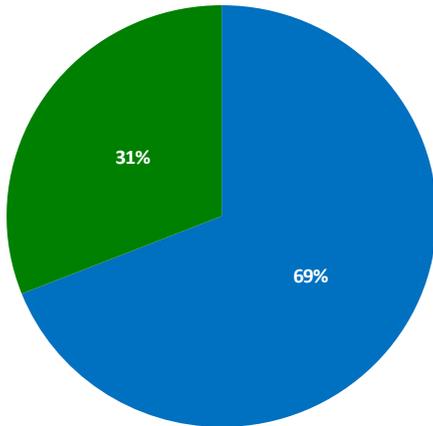
Professor, Higher Surgical Education
Doctors Academy

Miss Yan Mei Goh, MBChB, MRCS, PGDip Clin Ed.

PhD Research Fellow - Imperial College London
Specialist Registrar in General Surgery - Oxford Deanery

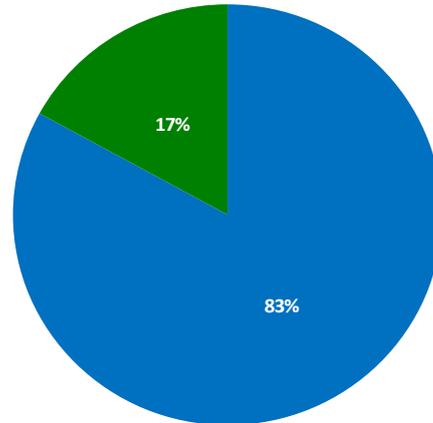
Overall Teaching Feedback

How was the content of the course?



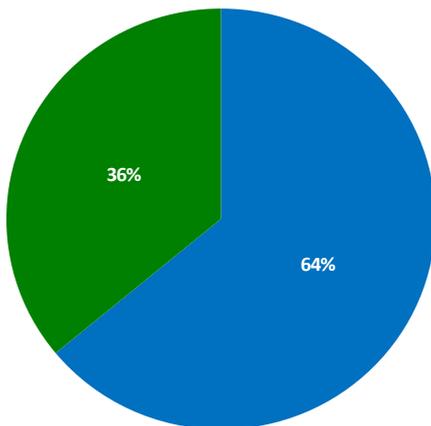
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How would you rate the general academic standard of the main lecturer?



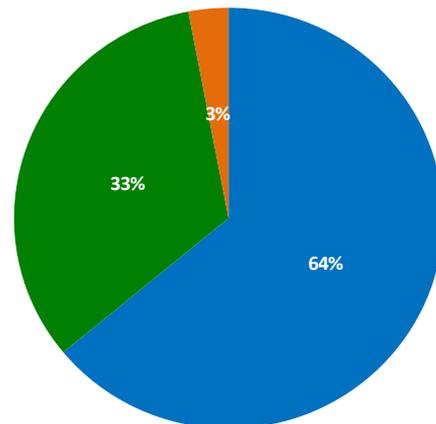
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the clarity of the lectures?



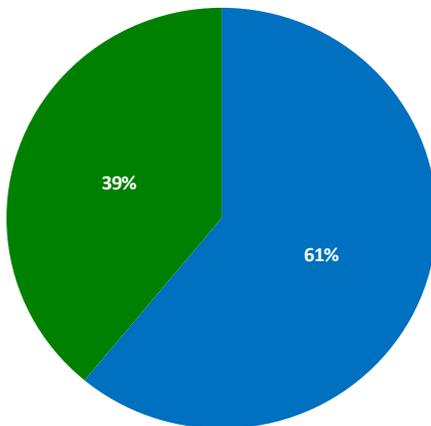
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Did the course cover the main topics you consider are important for the exam?



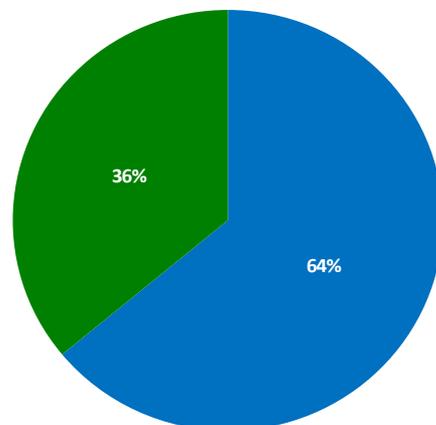
■ Most certainly ■ Certainly ■ Probably ■ A little ■ Not at all

Skull Base



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

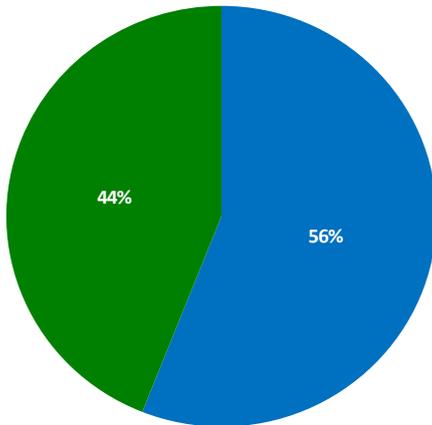
Head and Face



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

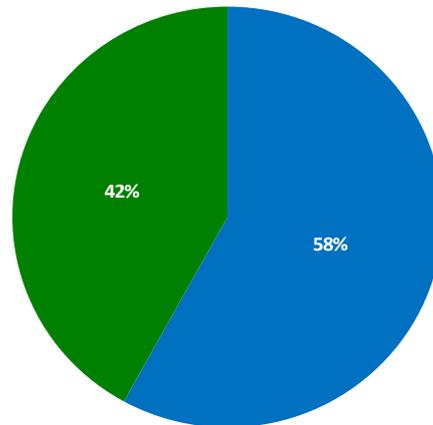
Overall Teaching Feedback

Brain and Neuroanatomy



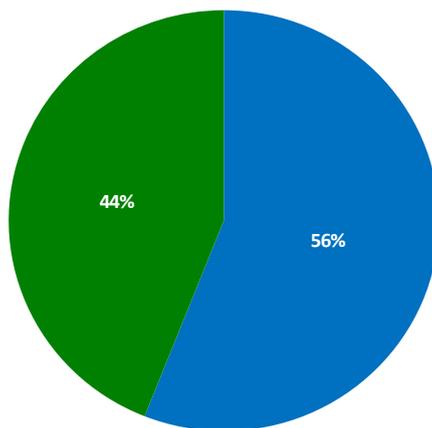
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Overview of Vascular Surgery



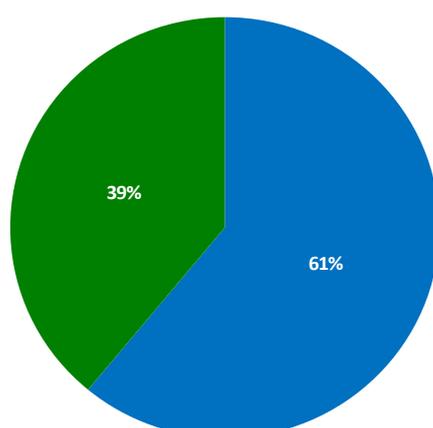
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Neck and Larynx



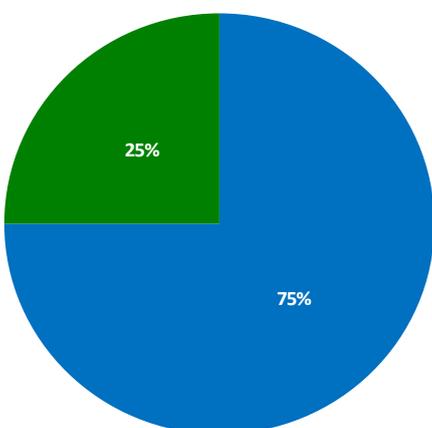
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Thorax, Heart and Mediastinum



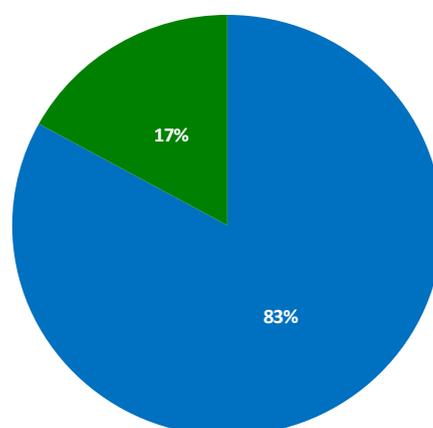
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Abdominal Wall and General Abdomen



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

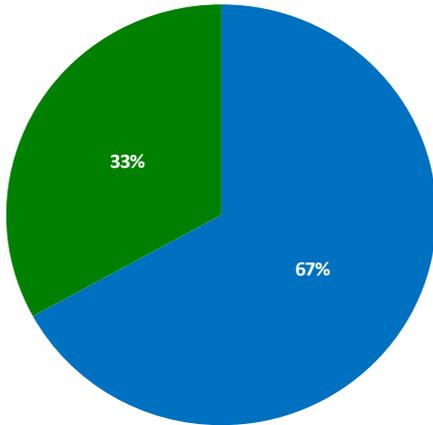
Thyroid Cancer



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

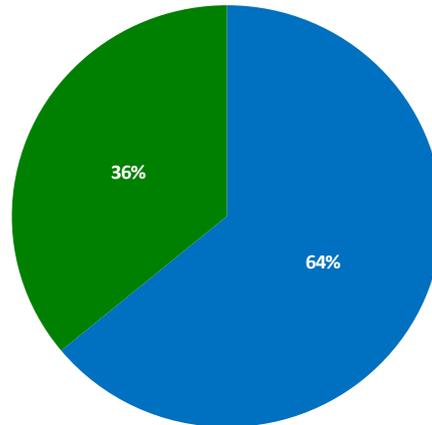
Overall Teaching Feedback

Thyroid Pathologies



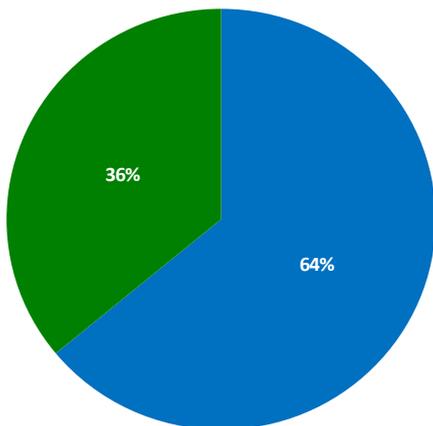
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Pelvis and Perineum



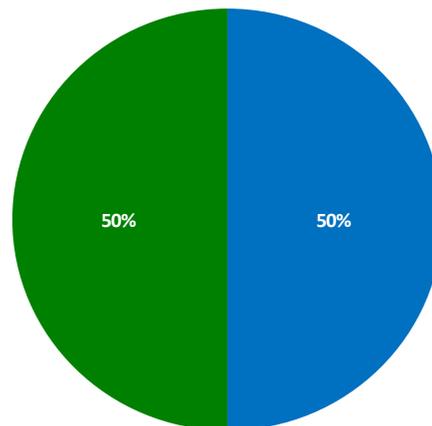
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Scrotal Swellings and Testicular Cancer



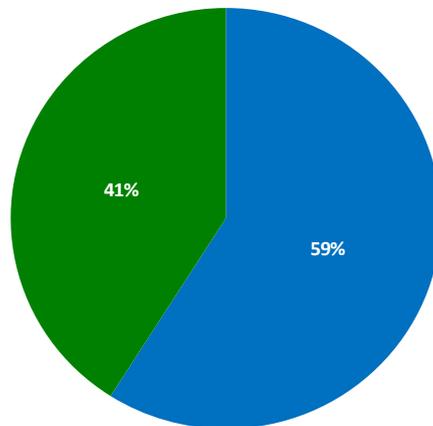
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Autonomic Nervous System



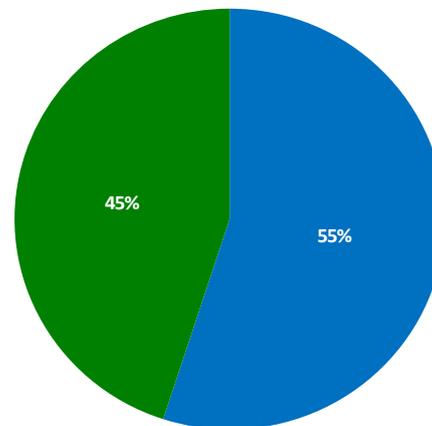
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Spinal Cord Physiology and Spinal Cord Lesions



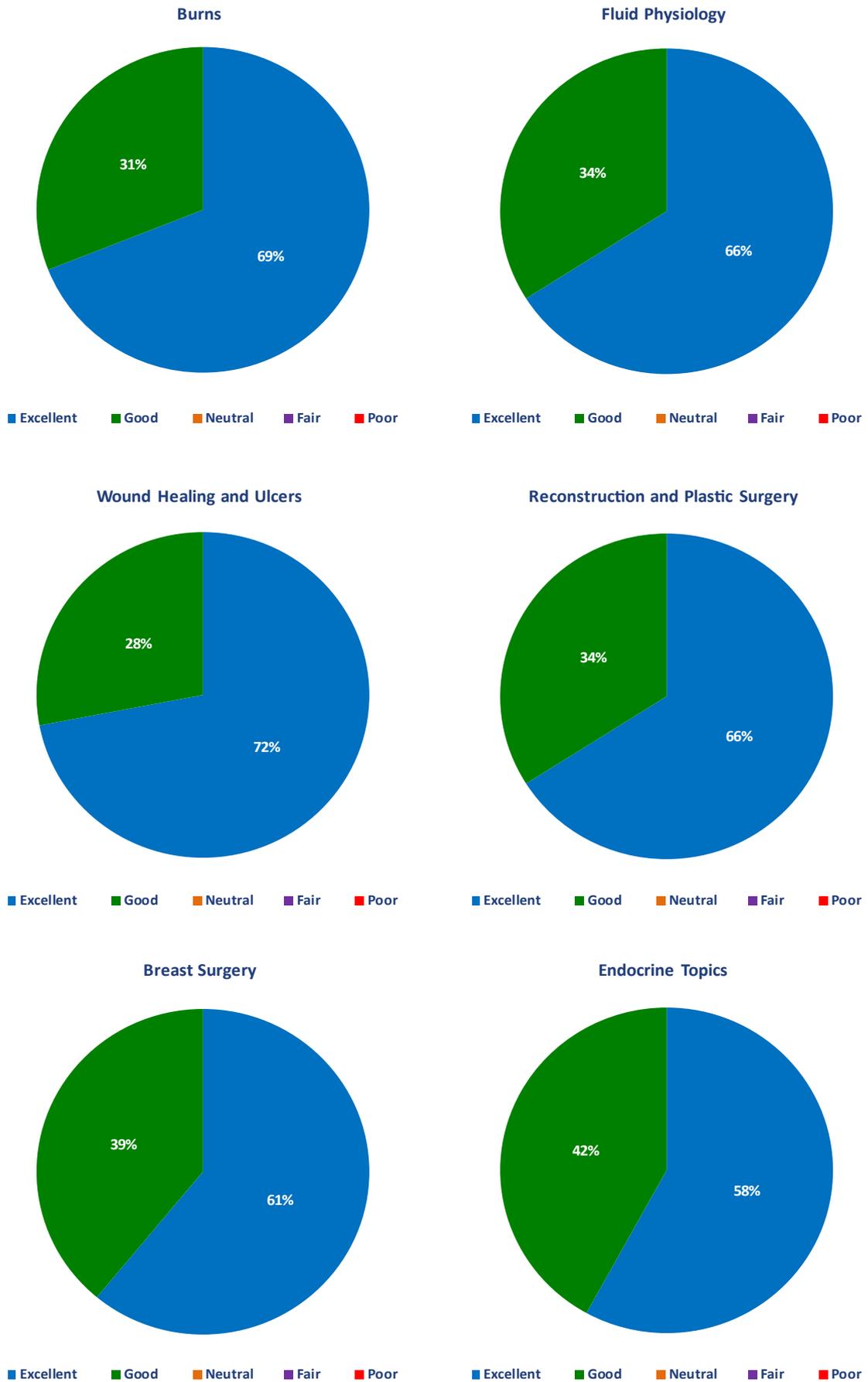
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Lower Limb Anatomy and Nerve Injuries



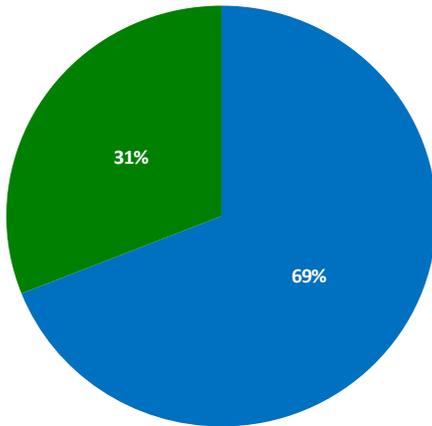
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Overall Teaching Feedback



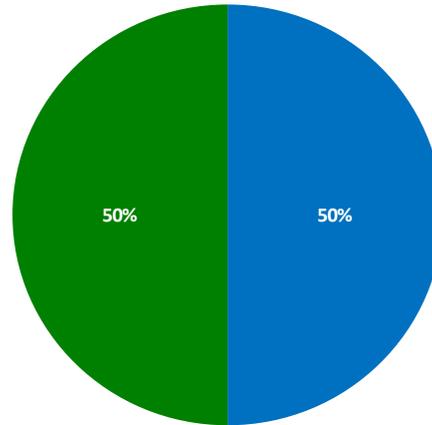
Overall Teaching Feedback

Colorectal Cancer and Colectomies



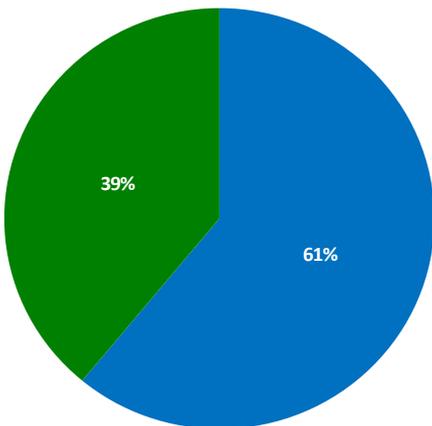
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Head and Neck Embryology



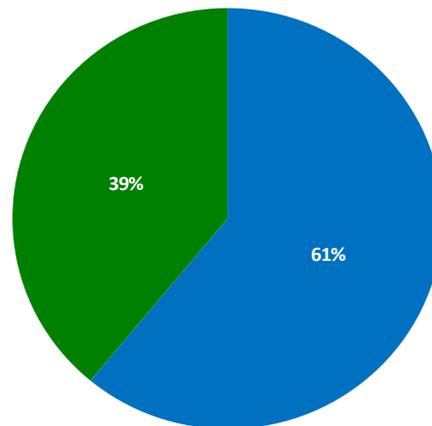
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Vascular Procedures



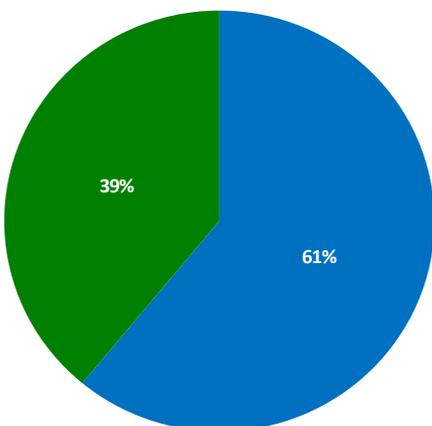
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Skin Cancers and Malignant Melanoma



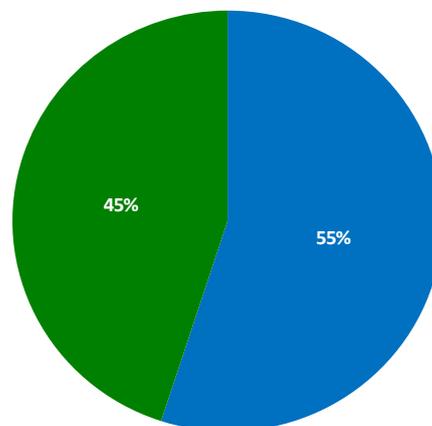
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Physiology Questions and Discussion



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

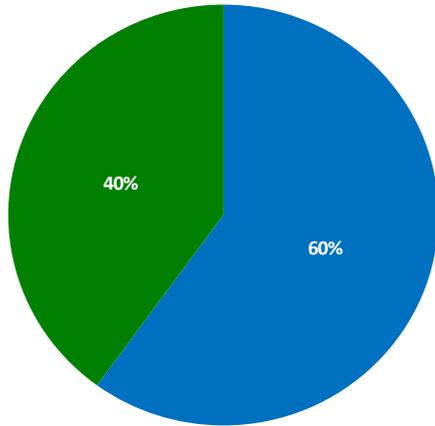
Pathology Questions and Discussion



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

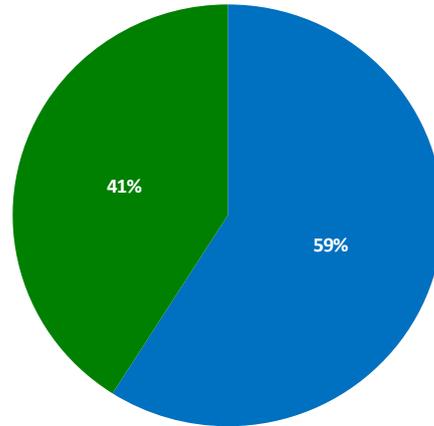
Overall Teaching Feedback

Principles of Surgery Questions and Discussion



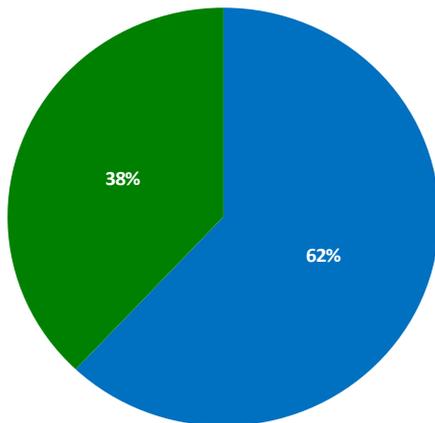
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How useful were the mock tests?



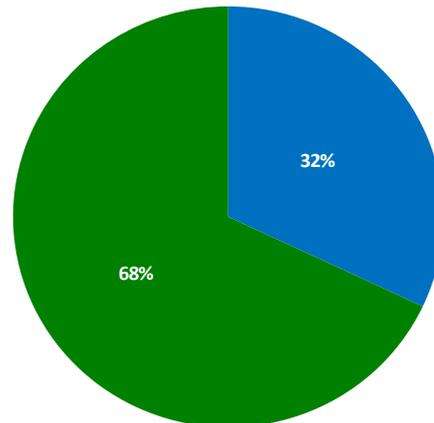
■ Very useful ■ Useful ■ Neutral ■ Limited usefulness ■ Useless

Did you find discussing topics in relation to sample questions beneficial?



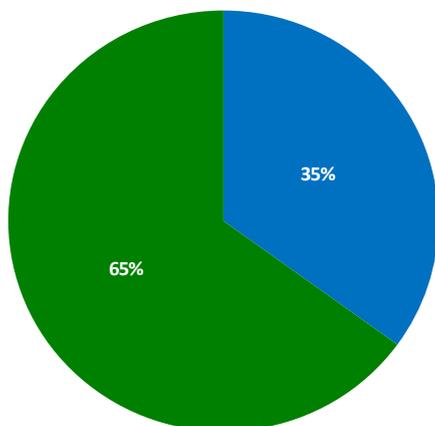
■ Very beneficial ■ Beneficial ■ Neutral ■ Less beneficial ■ Of no benefit

How were the facilities and venue?



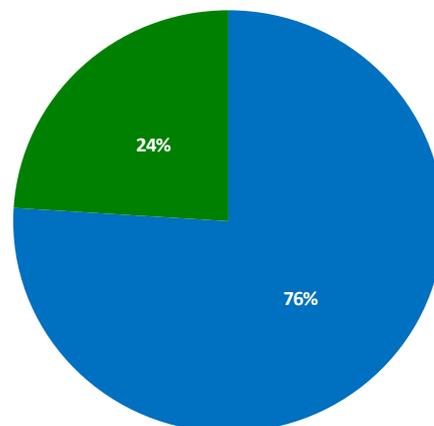
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How were the refreshments and lunch?



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

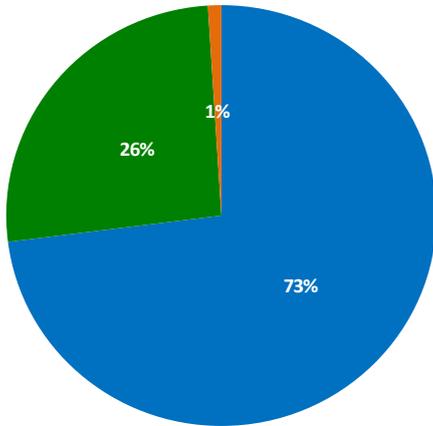
How was the general friendliness of the faculty and organisers?



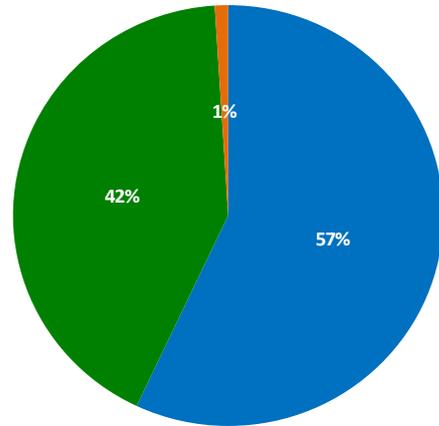
■ Very friendly ■ Friendly ■ Neutral ■ Not very friendly ■ Can't comment

Overall Teaching Feedback

Would you recommend this course to a friend?



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



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

Individual Comments

This course had a very high standard of teaching. The resources were excellent, and there was a clear systematic approach.

GN

Liverpool Heart and Chest Hospital NHS Foundation Trust, United Kingdom

This was an extremely informative and relevant course tailored towards the high-yield topics of the exam.

PL

Walsall Healthcare NHS Trust, United Kingdom

This was a very well-organised and very well-conducted course. The lecturer had amazing command of all the topics covered. All questions were answered in a logical way. I couldn't believe how good value it was for money and time.

SA

King's College Hospital, London, United Kingdom

I liked the course very much. It was perfectly organised and met all my needs. I personally thought it was useful when topics were discussed in conjunction with the mock tests instead of just going through the answers. I will definitely be back for the part B course.

FK

King's College Hospital, London, United Kingdom

This was a useful and informative course covering the important topics for the exams. The teaching was excellent.

HH

Queen Elizabeth The Queen Mother Hospital, Margate, United Kingdom

Professor Enoch worked tirelessly to ensure we got the most out of the three days. The course was intense, but it was very valuable and well organised. I would highly recommend it. Thank you!

AN

Barnet Hospital, Barnet, United Kingdom

It was very useful.

OG

Scarborough Hospital, Scarborough, United Kingdom

I thought it was relevant and well put together.

OE

Queen Elizabeth Medical Centre, Birmingham, United Kingdom

Individual Comments

Perfect.

BR

Royal Papworth Hospital, Cambridgeshire, United Kingdom

It was very well executed.

TA

Glan Clwyd Hospital, Rhyl, United Kingdom

The teaching of high yield topics was excellent.

SC

University Hospital of North Staffordshire NHS Trust, United Kingdom

It was very useful and well organised. The key concepts were highlighted well.

EK

King George Hospital, Ilford, United Kingdom

This course was well organised and everyone was professional. I would have liked more of an introduction from Professor Enoch, but he was very friendly and approachable.

SK

Queen Elizabeth The Queen Mother Hospital, Margate, United Kingdom

This was a great course, thank you!

MK

Royal Papworth Hospital, Cambridgeshire, United Kingdom

The course itself was very good, and the information delivered was very relevant. My only issue with the course – despite putting 'certainly' for recommend to a friend and value for money – was that I would have found paper copies of the lecture slides very useful for note taking. As the speed of the lectures was very fast due to the volume of information and topics covered, it was very challenging to make notes without the slides to write on. I found this to be quite frustrating and feel I would have gotten more out of the course had I had the slides to write on as we went along.

SC

Royal United Hospital NHS Trust, United Kingdom

Excellent.

MG

Milton Keynes University Hospital, Milton Keynes, United Kingdom

Good.

NS

Northwick Park Hospital, Harrow, United Kingdom



DOCTORS ACADEMY

BETTER EDUCATION. BETTER HEALTH.

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



publications.doctorsacademy.org

World Journal of Medical Education & Research



Peer-reviewed academic journal
with ISSN.

- No fee to view, read and download articles
- No subscription charges
- No submission fees
- No manuscript processing fee
- No publishing fee
- No cost to read, write or publish!

wjmer.co.uk

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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