

DOCTORS ACADEMY



BETTER EDUCATION. BETTER HEALTH.



Essential Surgical Skills and Principles for Aspiring Surgeons (ESSPAS)



Feedback - July 2020

Essential Surgical Skills and Principles for Aspiring Surgeons (ESSPAS)

This one-day course aimed to provide the delegate with an overview of the essential principles, core concepts and fundamental skills relevant for 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 delegate with the essential surgical skills that will be expected of a clinical 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.

Topics Covered:

- o Aseptic precautions
- o Suture materials and needles
- o Safe use of local anaesthesia
- o Surgical instrument handling
- o Secure knot tying
- o Basic suturing techniques (simple interrupted; simple continuous; subcuticular; vertical mattress; and horizontal mattress)
- o Excision of a lesion
- o Drainage of an abscess
- o Wound debridement
- o Role of antibiotics in trauma and surgery
- o Principles of diathermy
- o Wound healing and principles of reconstructive surgery
- o Discussion of cases in trauma and general surgery

Course Information

Date:	5th July 2020
Venue:	College of Physicians and Surgeons of Cardiff, Frazer Building, 126 Bute Street, Cardiff, CF10 5LE
Attendance:	12 Delegates
Aimed at:	Medical Students; Foundation Year Doctors; Core Surgical Trainees; Junior Surgeons; Advanced Nurse Practitioners; Surgical Nurse Practitioners; Theatre Assistants
Course Fee:	£48.00



Programme

0840 - 0850	Registration
0850 - 0900	Introduction to the Course and Learning Objectives
0900 - 0910	Aseptic Precautions in the Operating Theatre
0910 - 0925	Suture Materials and Needles
0925 - 0935	Safe Use of Local Anaesthesia
0935 - 0945	Safe Handling of Surgical Instruments and Sharps
0945 - 1015	Surgical Knot Tying (Reef; Surgeon's; Tying at Depth)
1015 - 1115	Suturing a Linear Wound (Simple Interrupted and Simple Continuous)

1115 - 1130 Break for Refreshments

1130 - 1200	Excision of a Lesion and Suturing (Instrument Tie)
1200 - 1245	Other Suturing Techniques (Subcuticular; Mattress)

1245 - 1330 Lunch

1330 - 1340	Essential Principles in the Management of an Abscess and a Contaminated Wound
1340 - 1355	Drainage of an Abscess
1355 - 1415	Essential Principles in the Management of Trauma
1415 - 1435	Debridement of a Contaminated Wound
1435 - 1455	Wound Healing and the Principles of Reconstructive Surgery
1455 - 1515	Safe Use of Diathermy

1515 - 1530 Break for Refreshments

1530 - 1700	Discussion of Cases <ul style="list-style-type: none">o A. Trauma Management (1)o B. Trauma Management (2)o C. Emergency Surgical Conditions and Surgery (1)o D. Emergency Surgical Conditions and Surgery (2)
1700 - 1715	Summary, Feedback and Close

Faculty

Ms Clare Carpenter, MD, FRCS (Tr&Orth)

Course Convenor

Consultant Orthopaedic Surgeon

University Hospital of Wales, Cardiff

Dr Ibrahim Ahmed Ibrahim, MBBCh

Speciality Trainee in Orthopaedic Surgery

University Hospital of Wales, Cardiff

Dr Lara E McMillan, MBBCh, BSc (Hons)

Clinical Teaching Fellow in Trauma and Orthopaedics

University Hospital of Wales, Cardiff

Mr Ravishanker Tangirala, MBBS, MRCS, M.S(Ortho), PG Cert Med Ed

Speciality Registrar in Trauma and Orthopaedics

Ysbyty Gwynedd, Bangor

Dr Sarah Choi, MA (Cantab), BA (Hons), MBBS

Foundation Year Doctor

University Hospital of Wales, Cardiff

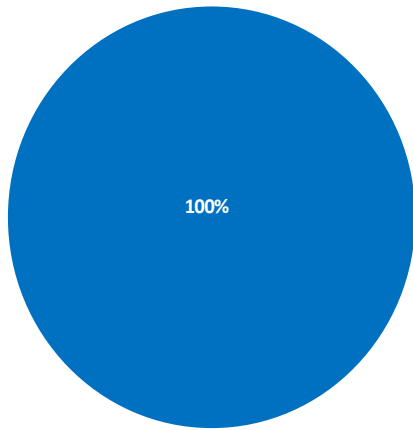
Mr Ullas Jayaraju, MRCS, MBBS

Core Surgical Trainee

Royal Glamorgan Hospital, Llantrisant

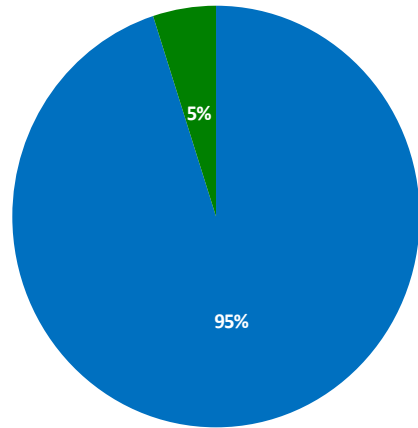
Overall Feedback

How was the content of the course?



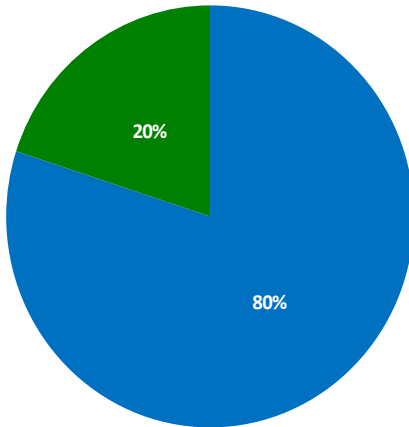
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

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



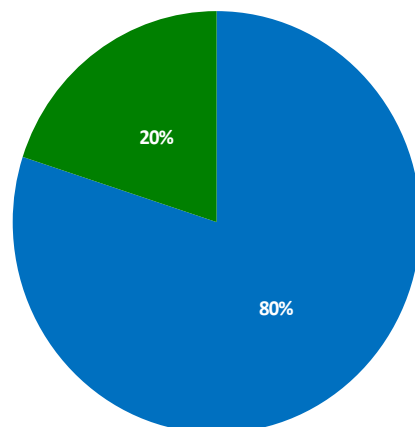
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the clarity of the sessions?



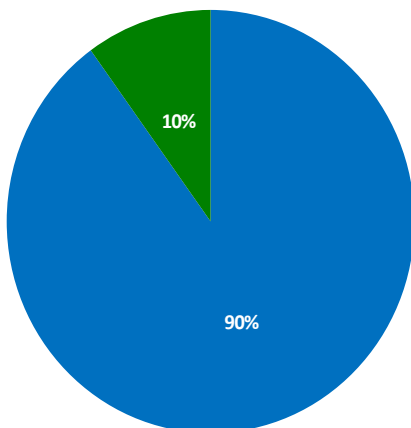
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Did the course meet your objectives?



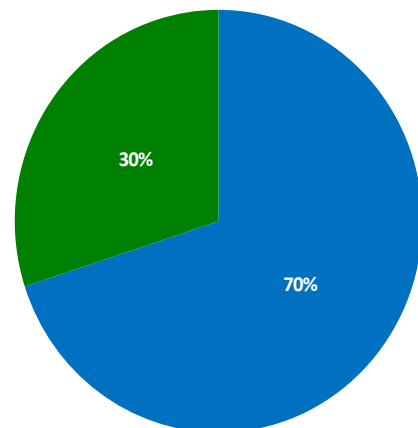
■ Most certainly ■ Certainly ■ Probably ■ A little ■ Not at all

Aseptic Precautions in the Operating Theatre



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

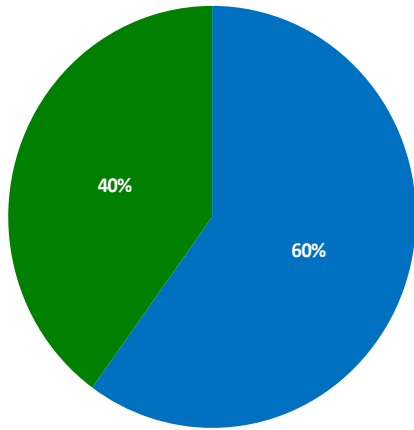
Suture Materials and Needles



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

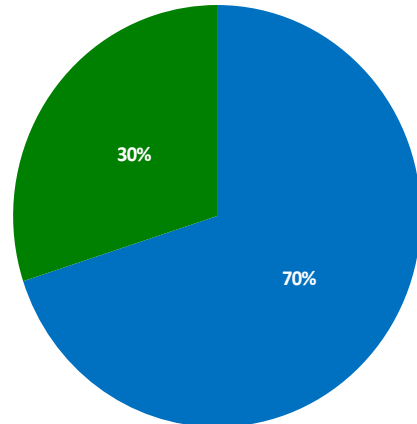
Overall Feedback

Safe Use of Local Anaesthesia



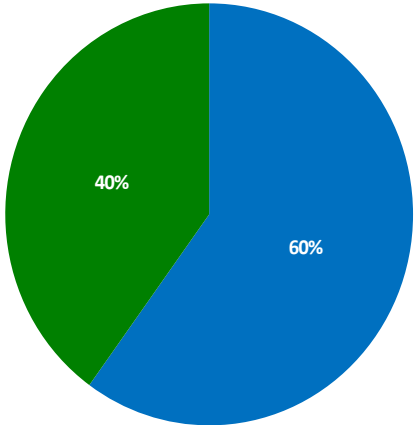
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Safe Handling of Surgical Instruments and Sharps



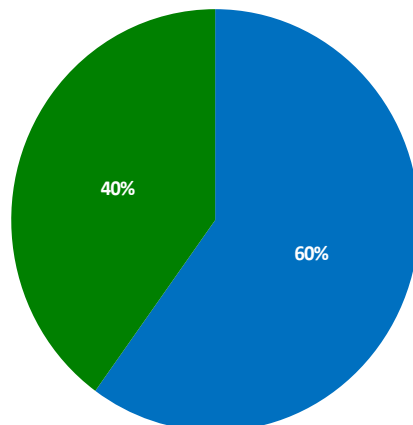
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

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



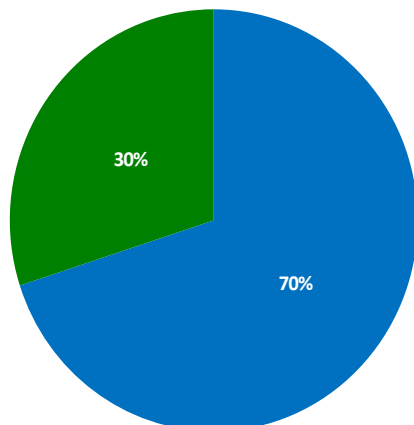
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Suturing a Linear Wound (Simple Interrupted and Simple Continuous)



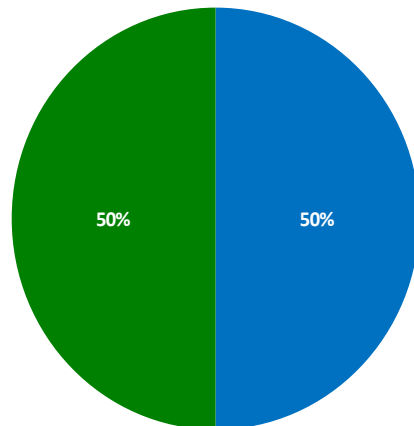
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Excision of a Lesion and Suturing (Instrument Tie)



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

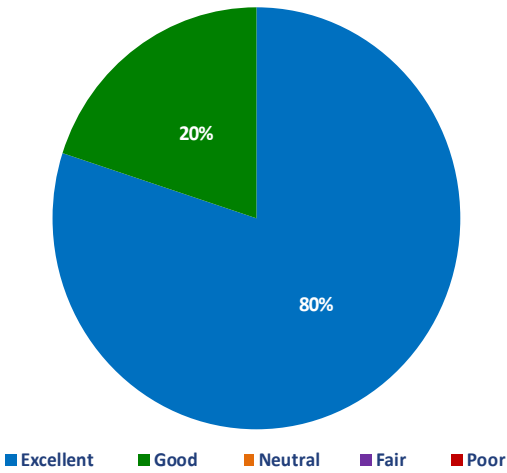
Other Suturing Techniques (Subcuticular; Mattress)



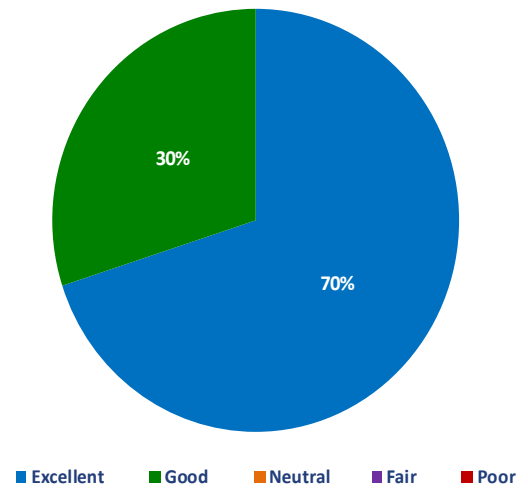
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Overall Feedback

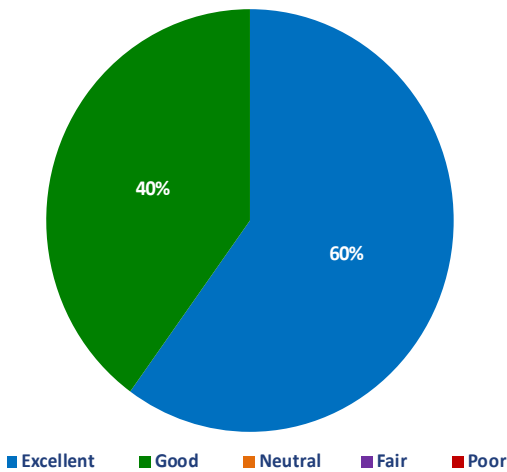
Essential Principles in the Management of an Abscess and a Contaminated Wound



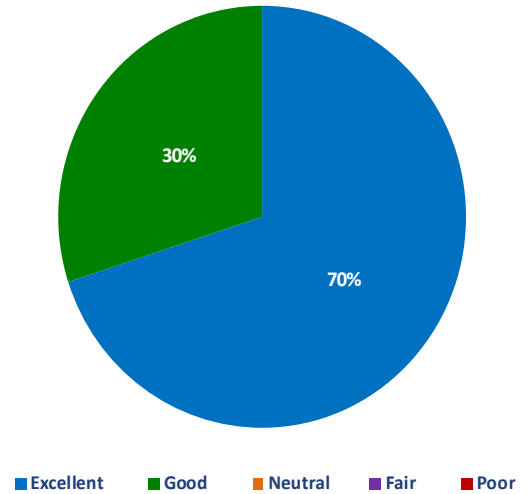
Drainage of an Abscess



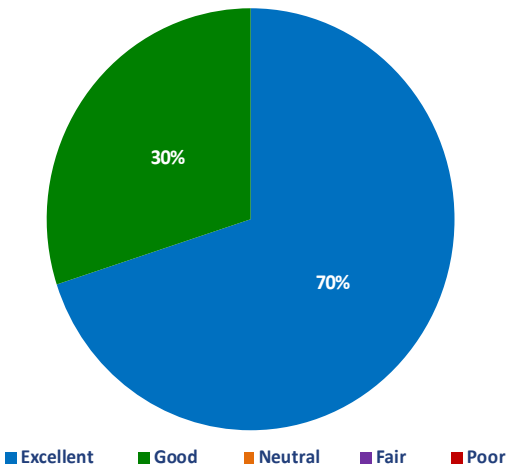
Essential Principles in the Management of Trauma



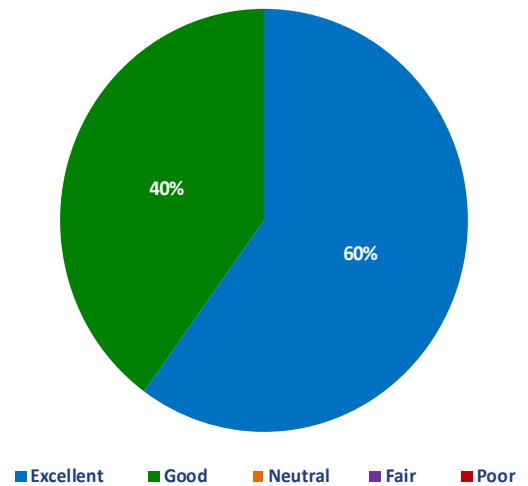
Debridement of a Contaminated Wound



Wound Healing and the Principles of Reconstructive Surgery

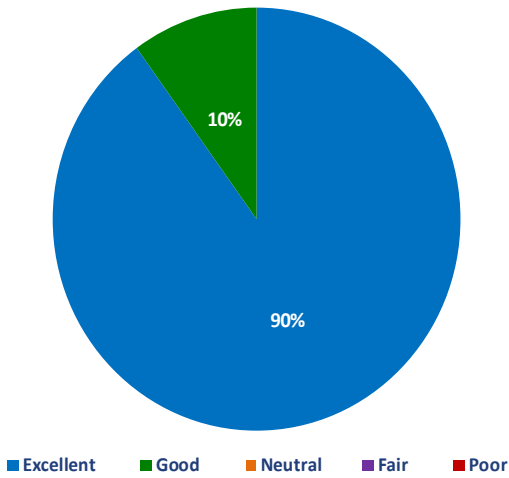


Safe Use of Diathermy

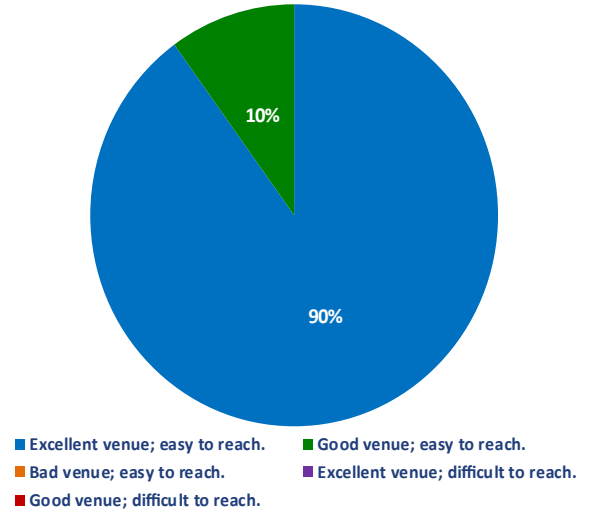


Overall Feedback

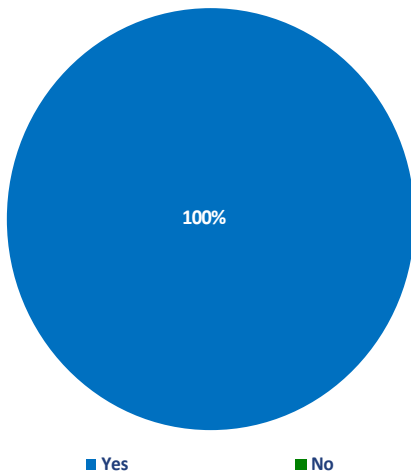
Discussion of Cases - Management of Trauma and Surgical Conditions



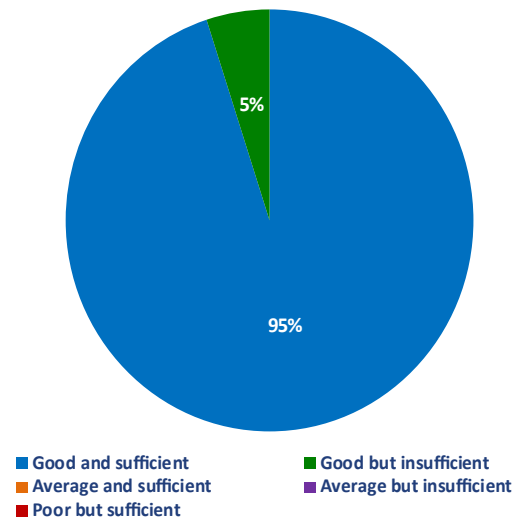
What was your impression of the venue for the course?



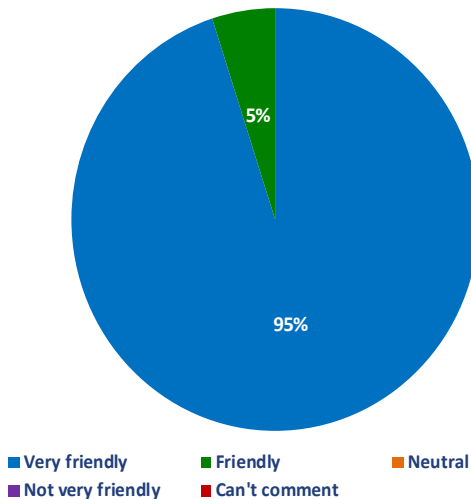
Were the directions you were sent useful and sufficient?



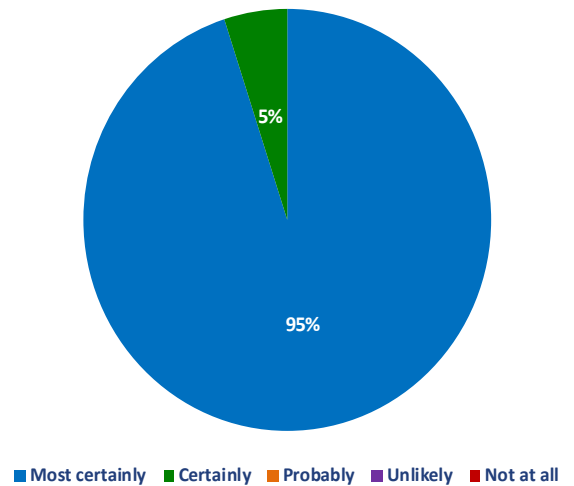
How were the refreshments and lunch?



How was the general friendliness of the faculty and organisers?



Would you recommend this course to a friend?



Individual Comments

This was a brilliant course, thank you very much.

YC

Cardiff University School of Medicine, Cardiff, United Kingdom

Great.

MA

Hampshire Hospitals NHS Foundation Trust, United Kingdom

It was very good and well organised. It was very relevant to practice surgical skills that will later be used.

AR

University College London Hospitals NHS Foundation Trust, United Kingdom

This was a very informative and interactive basic surgical course suitable for both medical students and foundation doctors. The sessions were expertly delivered and explained by friendly and approachable faculty. The lectures and case-based discussions were led by consultants, registrars and core trainees and provided an excellent perspective to both a career as a surgeon and the application process involved in becoming a surgeon. I would highly recommend this course to any student or junior doctor with any level of interest in surgery.

DM

University Hospital of Wales, Cardiff, United Kingdom

I really enjoyed the course; it was so lovely to see the faculty share their enthusiasm for surgery.

HW

Cardiff University School of Medicine, Cardiff, United Kingdom

This was a really great course. The staff were enthusiastic and engaging. I really enjoyed the T&O aspect of the course.

AH

Cardiff University School of Medicine, Cardiff, United Kingdom



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- Final Year Medicine and Surgical Revision Courses
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- 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
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Publications



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