

**Cardiff MRCS OSCE Course:
Applied Surgical Sciences
& Critical Care**

Feedback - January 2016

Cardiff MRCS OSCE: Applied Surgical Sciences & Critical Care

In the final part of the MRCS exam, the surgical trainees are expected to have a good working knowledge of general physiological principles, core knowledge of the physiology of specific systems and an understanding of their application in surgical practice.

This intensive one-day revision course provided candidates with an overview of basic physiological principles and the physiology of the respiratory, cardiovascular, renal, endocrine, gastrointestinal and central nervous systems.

The interactive lectures were delivered in a way which would help candidates answer the OSCE/-viva stations in a structured, systematic and concise manner.

Course Information

Course date:	21st January 2016
Venue:	Sir Martin Evans Building Cardiff University, UK
Attendance:	36 Delegates
Aimed at:	Delegates looking to take their membership to the Royal College of Surgeons Part B exam.
Course fee:	£180.00



Surgical trainees can apply to be sponsored by ASiT to receive a bursary to attend this course.

Topics:

- General physiological principles
- Acid-base imbalance (metabolic and respiratory acidosis/alkalosis) and their management
- Fluid balance and fluid replacement therapy
- Renal physiology
- Bleeding and coagulation
- Management of sepsis and septic shock
- Homeostasis and thermoregulation
- Hypothermia
- Principles of epidural anaesthesia
- Gastrointestinal system
- Cardiovascular system and critical care
- Endocrine physiology
- Neurophysiology and management of head injury
- Burns



Course Programme

0815 - 0825 Registration

MORNING SESSION

0825 - 0830 Welcome, Introduction and Format (Mr Stuart Enoch)

0830 - 0930 **Respiratory System (Dr Teresa Evans)**

- Normal ventilatory cycle
- Controls of ventilation
- Causes and management of post-operative respiratory failure
- Indications for ventilatory support and weaning off ventilator
- Intermittent positive pressure ventilation
- Acute (adult) respiratory distress syndrome

0930 - 1000 **General Physiological Principles 1 (Dr Paul Morgan)**

- Homeostasis, feedback loops
- Applied acid-base balance

1000 - 1030 **General Physiological Principles 2 (Dr Paul Morgan)**

- Sepsis
- Septic shock

1030 - 1050

Coffee Break

1050 - 1210 **Cardiovascular System (Dr Melvyn Jenkins-Welch)**

- Cardiac pressure cycle
- Control of cardiac output
- Blood pressure and its control mechanisms
- Arrhythmias
- Valvular heart disease
- Inotropes and their actions

1210 - 1245 **Gastrointestinal System (Dr Melvyn Jenkins-Welch)**

- Gut hormones
- Intestinal obstruction
- Pancreas
- Nutrition

1245 - 1330

Lunch Break

Course Programme

AFTERNOON SESSION

1330 - 1430 **Physiological Principles in the Management of Trauma (Mr Stuart Enoch)**

1430 - 1500 **Management of Burns (Mr Stuart Enoch)**

- Assessment
- Indications for referral
- Pathophysiology and principles of management

1500 - 1520

Coffee Break

1520 - 1550 **General Physiological Principles 3 (Dr Paul Morgan)**

- Bleeding
- Coagulation/Anti-coagulation

1550 - 1630 **Central Nervous System (Dr Paul Morgan)**

- Cerebral autoregulation
- Causes and management of raised intra-cranial pressure including space-occupying lesions
- Head injury

1630 - 1710 **Resuscitation, Temperature Regulation and Hypothermia (Dr Paul Morgan)**

1710 - 1740 **Principles of Epidural Anaesthesia/Assessment; Pain Pathways (Dr Paul Morgan)**

1740 - 1820 **Surgical Critical Care (Mr Stuart Enoch)**

1820 - 1850 **Surgical Microbiology (Mr Stuart Enoch)**

1850 - 1900 **Summary and Feedback**

1900 **END OF COURSE!**

Faculty List

Dr Paul Morgan, FRCA

Examiner – Royal College of Surgeons of England

Consultant Intensivist, Adult Critical Care

University Hospital of Wales, Cardiff

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

Senior Lecturer; Director of Education & Research

Doctors Academy Group

Dr Melvyn Jenkins-Welch, BSc, MB BS, FRCA, FFICM

Consultant Anaesthetist

University Hospital of Wales, Cardiff

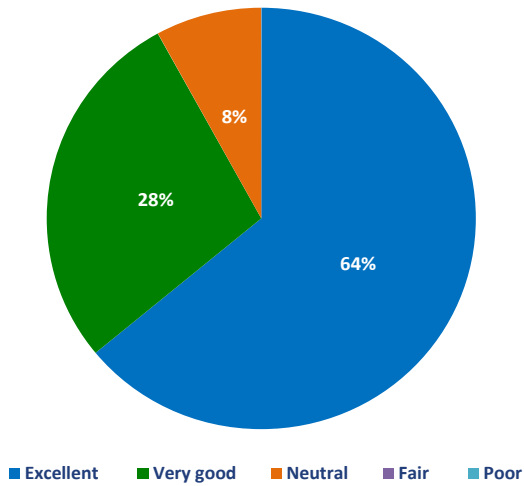
Dr Teresa Evans, FRCA

Consultant Anaesthetist

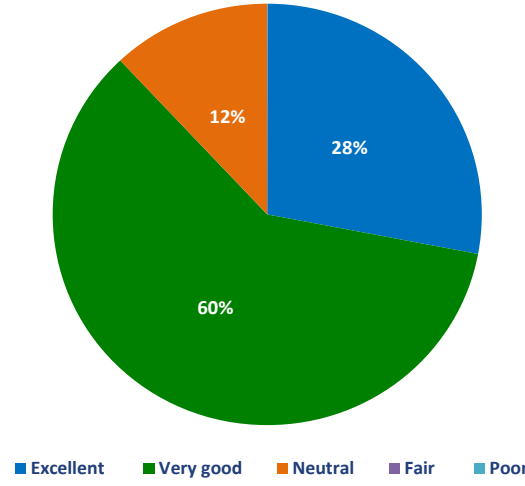
Royal Gwent Hospital, Newport

Overall Teaching Feedback

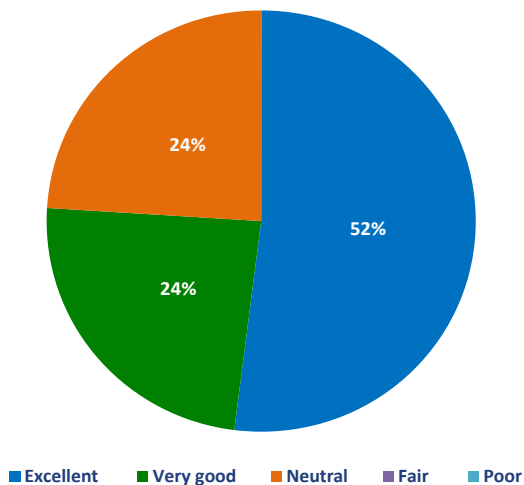
How was the content of the course?



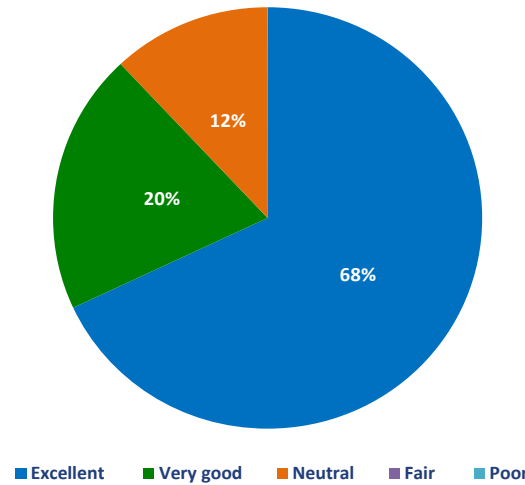
How was the clarity of presentations?



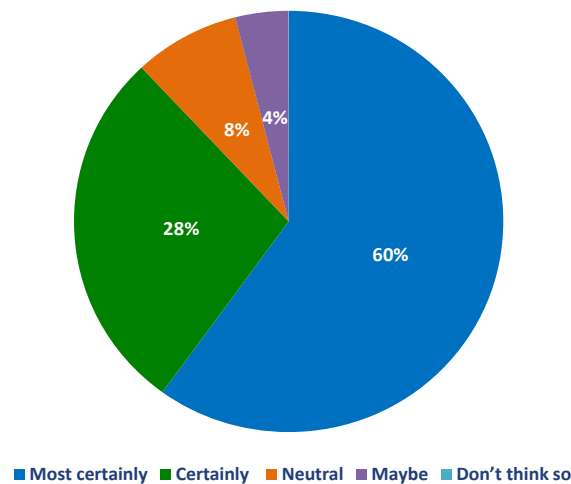
How do you rate the relevance of the course to your exam?



Pain Management



Would you recommend this course to a friend?



Individual Comments

Good structure and pace. Not too overloaded, despite covering a wide range of topics.

NB

University Hospital of Wales, Cardiff

Good organization. The contents of the course were good and relevant. The presentations were clear. Will be recommending it to others preparing for the exam.

RZ

Russells Hall Hospital, Dudley

A long day but very useful and made much easier by engaging faculty.

CB

Royal United Hospital, Bath

Very relevant teaching close to the exam. Very difficult to get all topics into one day but it was appropriate for this stage.

WC

Wexham Park Hospital, Slough

Very well thought out especially the sessions by Professor Stuart Enoch - he made it very clear exactly what we need to know rather than making it a revision session and, in all practicality, that is what we want.

HS

King George Hospital, Ilford

Well organized. High standard of faculty. Relevant for exam preparation. Content of the course was excellent.

MH

Bristol Royal Infirmary, Bristol

The course is excellent. Thanks to the organizers.

BH

Maternity and Children Hospital, Buraidah, Al Gassim, KSA.

Excellent tutors and level of teaching. Very relevant and useful.

MH

Kettering General Hospital, Kettering

Individual Comments

Very organised and experienced faculty which provided an intensive programme that helped consolidate my knowledge in applied basic surgical sciences and critical care.

RK

Royal Preston Hospital, Preston

Very well structured and delivered. Excellent course and faculty. Good quality presentations. Relevant for exam preparation.

TE

University Hospital of Wales, Cardiff

Wonderful organization. High standard of faculty. Relevant for exam preparation. Content of the course was excellent.

KI

Royal Sussex County Hospital, Brighton

Prev attendance to Part A course Felt teaching was very non engaging. Too much detail on research and personal practise. Want concise points of things to know. Things you can be failed on for not knowing. Not all lectures need same time- felt dragged out in a lot of lectures and could see all candidates not engaging. I really highly recommended part a course to all my juniors and colleagues. It was more engaging in terms of things to learn and pointers for revision and it was much more intense, so I don't think lack of focus was a problem. I hope it gets chopped and changed a little for future candidates.

JH

Chelsea and Westminster Hospital, London

Very well organized. The use of different teaching materials and methods were captivating and it was a comfortable learning environment with a suitable pace for learning.

MN

University Hospital of Wales, Cardiff



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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**
Manchester, 31st July to 4th August 2017
- **International Academic and Research Conference**
Manchester, 5th August 2017
- **World University Anatomy Challenge**
Manchester, 4th August 2017

Publications



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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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