

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

**Feedback - September 2015**

## 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 provides the candidates with an overview of basic physiological principles, and the physiology of the respiratory, cardiovascular, renal, endocrine, gastrointestinal, and the central nervous systems.

The interactive lectures were delivered in a manner to help candidates answer the OSCE/ Viva stations in a structured, systematic and concise manner.

### Course Information

|                     |   |
|---------------------|---|
| <b>Course date:</b> | <b>17<sup>th</sup> September 2015</b>   |
| <b>Venue:</b>       | <b>Sir Martin Evans Building<br/>Cardiff University, UK</b>   |
| <b>Attendance:</b>  | <b>36 Delegates</b>   |
| <b>Aimed at:</b>    | <b>Delegates looking to take<br/>their membership to the<br/>Royal College of Surgeons<br/>Part B exam.</b> |
| <b>Course fee:</b>  | <b>£180.00</b>  |



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 & respiratory acidosis/alkalosis) & their management
- Fluid balance & fluid replacement therapy
- Renal physiology
- Bleeding & Coagulation
- Management of sepsis & septic shock
- Homeostasis & thermoregulation
- Hypothermia
- Principles of epidural anaesthesia
- Gastrointestinal system
- Cardiovascular system & critical care
- Endocrine physiology
- Neurophysiology & management of head injury
- Burns



# Course Programme

0815 - 0825 Registration

## MORNING SESSION

0825 - 0830 Welcome, introduction and format (Mr Stuart Enoch)

0830 - 0930 Physiological Principles in the Management of Trauma (Mr Stuart Enoch)

0930 - 1050 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

1050 - 1110

Coffee Break

1110 - 1150 Management of Burns (Mr Stuart Enoch)

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

1150 - 1220 Surgical Critical Care (Mr Stuart Enoch)

1220 - 1250 Surgical Microbiology (Mr Stuart Enoch)

1215 - 1300

Lunch

# Course Programme

## AFTERNOON SESSION

**1330 - 1400** General Physiological Principles 1 (Dr Paul Morgan)

- Homeostasis, feedback loops
- Applied acid-base balance

**1400 - 1430** General Physiological Principles 2 (Dr Paul Morgan)

- Sepsis
- Septic shock

**1430 - 1530** Cardiovascular System (Mr Joe Thekkudan)

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

**1530 - 1550**

**Coffee Break**

**1550 - 1625** Central nervous system (Dr Paul Morgan)

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

**1625 - 1655** Principles of Epidural Anaesthesia/Assessment; Pain pathways (Dr Paul Morgan)

**1655 - 1730** Resuscitation, Temperature Regulation and Hypothermia (Dr Paul Morgan)

**1730 - 1820** Surgical Intensive Care (Mr Joe Thekkudan)

**1820 - 1840** Summary and Feedback

**1845** 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 Jason Seewoodhary, BSc (Hons), MBBCh (Hons), MRCP (UK)**

Speciality Registrar in Endocrinology

University Hospital of Wales, Cardiff

**Dr Teresa Evans, FRCA**

Consultant Anaesthetist

Royal Gwent Hospital, Newport

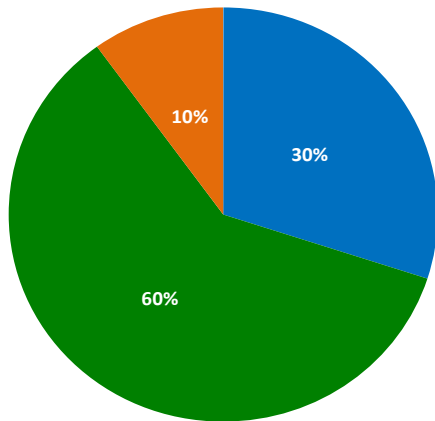
**Mr Joe Thekkudan, FRCSEd**

Registrar in Cardiothoracic surgery

New Cross Hospital, Wolverhampton

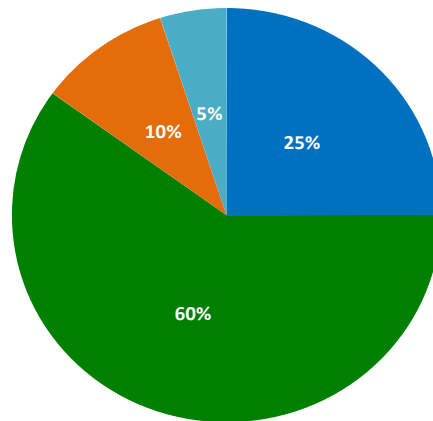
# Overall Teaching Feedback

How was the content of the course?



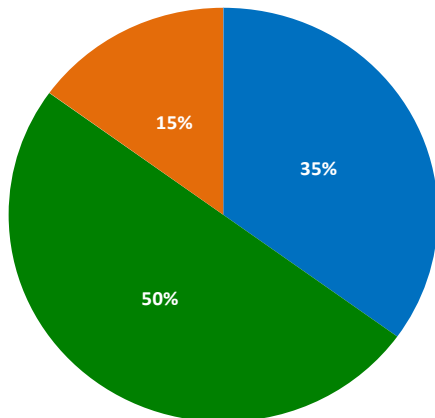
■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

How was the clarity of presentations?



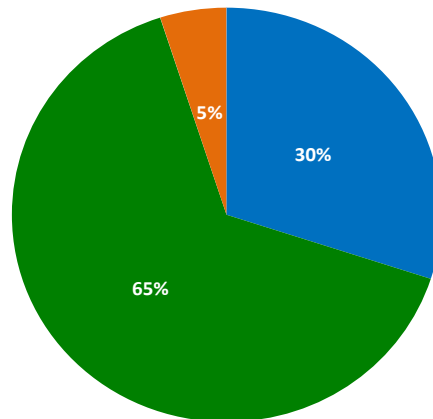
■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

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



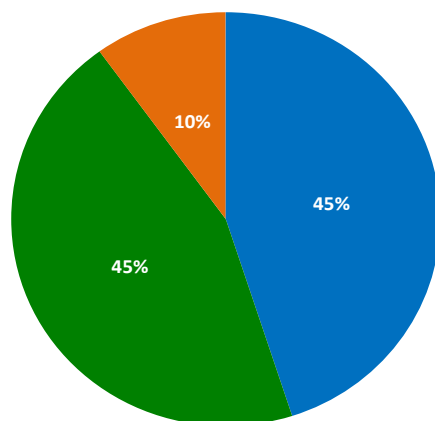
■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

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



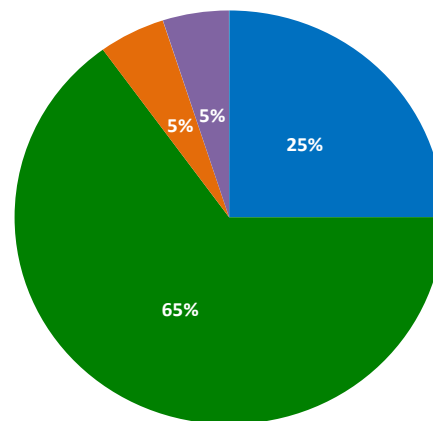
■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

Trauma and Post-op Management



■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

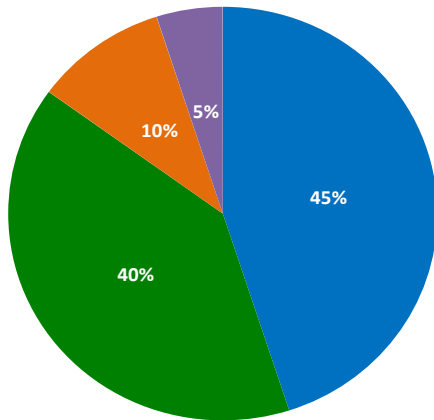
Respiratory Physiology



■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

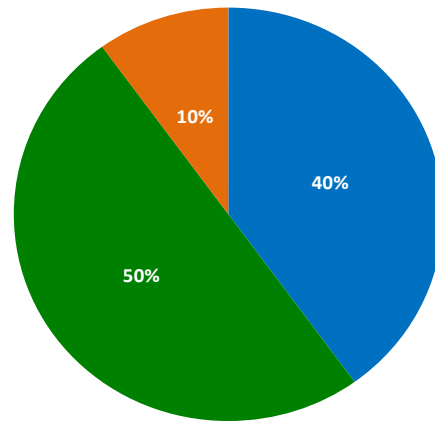
# Overall Teaching Feedback

Fracture Neck of femur



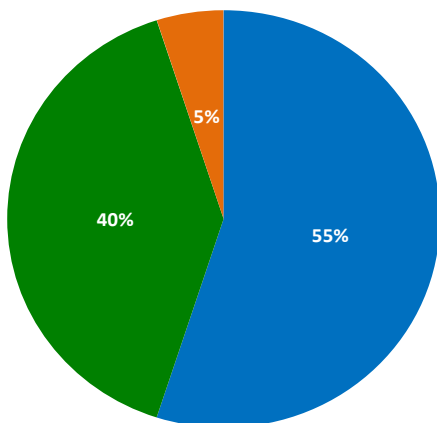
■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

Head Injury



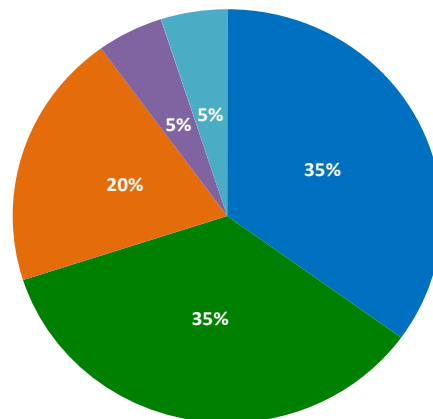
■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

Management of Burns



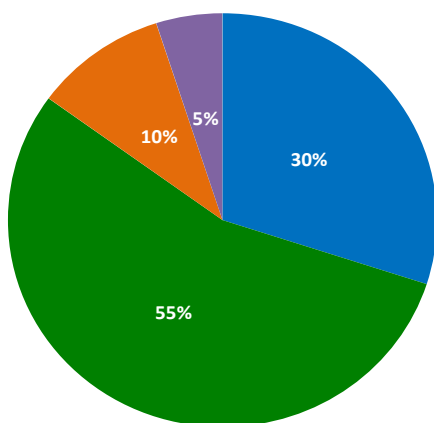
■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

Surgical Microbiology



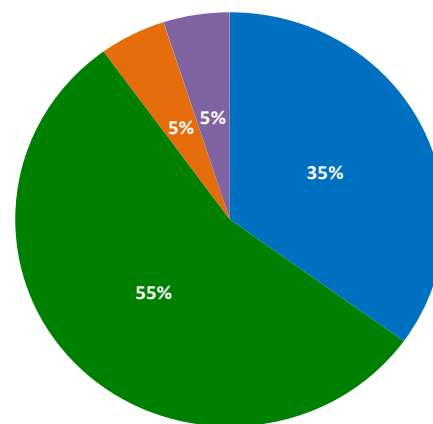
■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

Homeostasis and Acid-base balance



■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

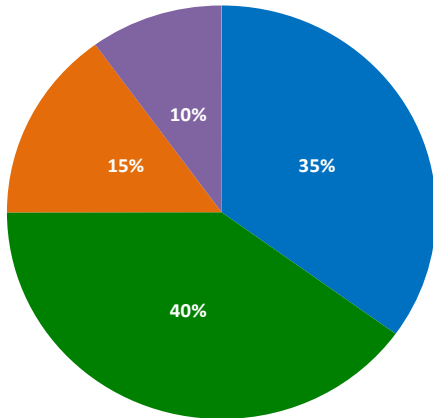
Sepsis/Septic Shock



■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

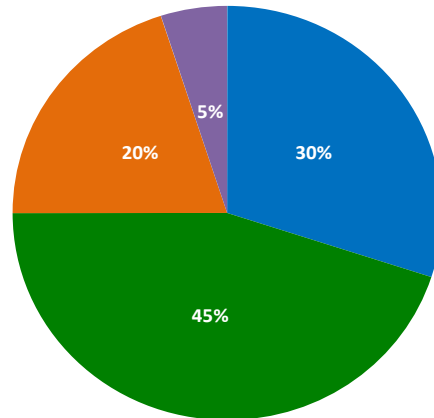
# Overall Teaching Feedback

Bleeding/Coagulation



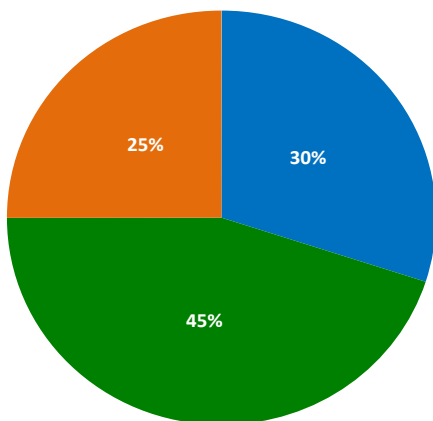
■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

Epidural Anaesthesia



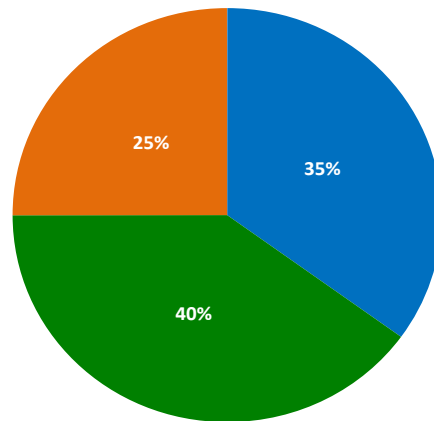
■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

Pain Management



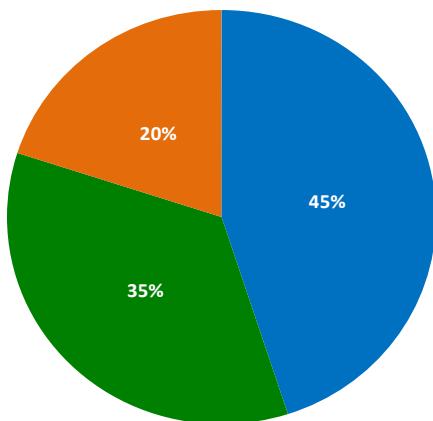
■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

Hypothermia



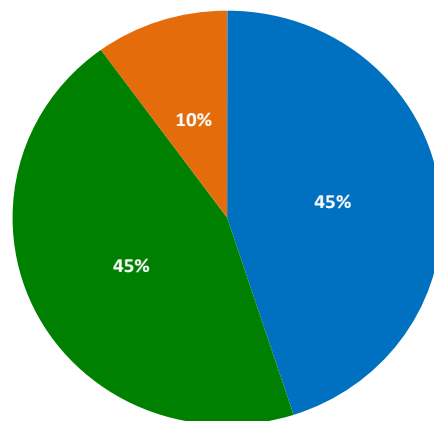
■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

Cardiovascular System



■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

Surgical Critical Care

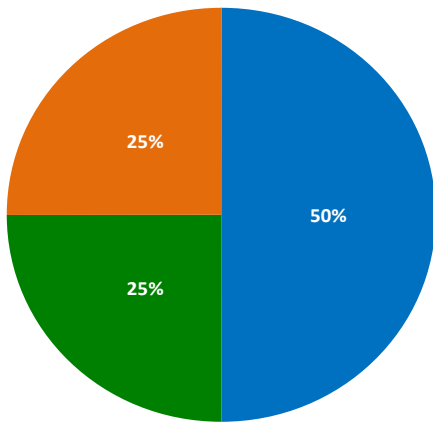


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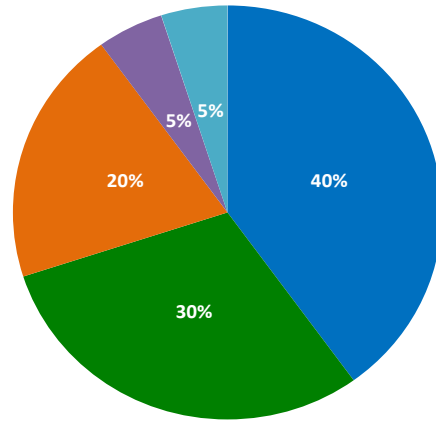
# Overall Teaching Feedback

Would you recommend this course to a friend?



■ Most certainly ■ Certainly ■ Neutral ■ Maybe ■ Don't think so

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



■ Most certainly ■ Certainly ■ Neutral ■ Maybe ■ Don't think so

## Individual Comments

Very good course, well organised, very useful material.

**AE**

*Emirates French Hospital, Abu Dhabi, UAE*

Everything seemed to be very relevant to exams and also future practice.

**DP**

*Northampton General Hospital, Northampton, UK*

Very good course, very useful for the exam and the timing was perfect.

**SK**

*Royal Bolton Hospital, Bolton, UK*

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

**HP**

*Royal Bolton Hospital, Bolton, UK*

Excellent course and faculty. Good quality presentations. Relevant for exam preparation.

**SR**

*Aberdeen Royal Infirmary, Aberdeen, UK*

A little too deep in detail (Neurophysiology is way over my head but very good basis of revision).

**VM**

*Hull Royal Infirmary, Hull, UK*

The course was excellent and provided good value for money. I will definitely recommend it to my friends.

**JB**

*University Hospital of Wales, Cardiff, UK*



# DOCTORS ACADEMY

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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, 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
- DOHNS Exams

[www.doctorexams.co.uk](http://www.doctorexams.co.uk)

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