

**Cardiff MRCS Course (MANCHESTER):  
Structured Revision for MRCS A**



**Feedback - Feb/Mar 2020**

## Cardiff MRCS Course (MANCHESTER): Structured Revision for MRCS A

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

This intensive two-day course provided the attendees 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.

On Day 1, the emphasis was on basic and surgically applied anatomy (except head, neck and spinal cord), general pathology and burns. Day 2 covered head and neck anatomy, autonomic nervous system, spinal cord and lesions, embryology, cancer pathology, microbiology, trauma, principles of surgery and applied surgical sciences.

### Course Information

<b>Course Date:</b>	<b>29<sup>th</sup> February and 1<sup>st</sup> March 2020</b>
<b>Venue:</b>	<b>Undergraduate Education Centre Manchester Royal Infirmary Manchester</b>
<b>Attendance:</b>	<b>22 Delegates</b>
<b>Aimed at:</b>	<b>FY1; FY2; CT1; CT2; ST1; ST2; SHO; Trust Grade; Staff Grade; Clinical Fellow</b>
<b>Course Fee:</b>	<b>£285.00</b>



# Course Programme

## Day 1

### SURGICAL AND APPLIED ANATOMY, GENERAL PATHOLOGY AND BURNS

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; Vascular Anatomy (including Vascular Access)
1230 - 1300	General Pathology 1

#### 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
1440 - 1500	Pelvis and Perineum
1500 - 1530	Management of Burns

#### 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 - 1800	General Pathology 2
1800 - 1830	Revision of Day 1 and Sample Questions
1830	End of Day 1



# Course Programme

## Day 2

### HEAD AND NECK ANATOMY, EMBRYOLOGY, AUTONOMIC NERVOUS SYSTEM, SPINAL CORD, MICROBIOLOGY, CANCER PATHOLOGY, PRINCIPLES OF SURGERY, TRAUMA AND APPLIED SURGICAL SCIENCES

0830 - 0930 Skull Base, Cranial Nerves and Vasculature of the Brain

0930 - 1015 Scalp, Face, Mandible, Parotid, TMJ

1015 - 1030 Head and Neck Embryology

**1030 - 1045 Break for Refreshments**

1045 - 1130 Neck, Thyroid, Larynx, Pharynx, Tongue; Surgical Pathologies of the Neck

1130 - 1200 Pre-Operative Assessment

1200 - 1230 Post-Operative Management

1230 - 1300 Autonomic Nervous System, Spinal Cord and Spinal Cord Lesions

**1300 - 1345 Lunch**

1345 - 1430 Essential Topics in Microbiology

1445 - 1500 Management of Trauma; ATLS Principles

1500 - 1530 Head Injury; Neurophysiology

**1530 - 1550 Break for Refreshments**

1550 - 1610 Skin Cancers and Melanoma

1610 - 1630 Cancer of the Colon

1630 - 1645 Cancer of the Breast

1645 - 1700 Cancer of the Testis

1700 - 1730 Fundamentals of Wound Healing; Reconstructive and Plastic Surgery

1730 - 1800 Principles of Local Anaesthetics; Sutures and Suture Materials

1800 - 1830 Vascular Surgery and Vascular Reconstruction

1830 - 1845 Summary and End of Course

## Faculty List

**Dr Alan Watson, BSc, PhD**

Reader in Anatomy and Neuroanatomist  
University of Cardiff, Cardiff, United Kingdom

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

Consultant Paediatric Orthopaedic Surgeon  
University Hospital of Wales, Cardiff, United Kingdom

**Mr Edmund Leung, DMedSci, MRCS, FRCS**

Consultant General Surgeon  
Hereford County Hospital, Hereford, United Kingdom

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

Consultant Vascular Surgeon  
Royal Glamorgan Hospital, Llantrisant, United Kingdom

**Dr Paul Morgan, FRCA**

Consultant Intensivist  
University Hospital of Wales, Cardiff, United Kingdom

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

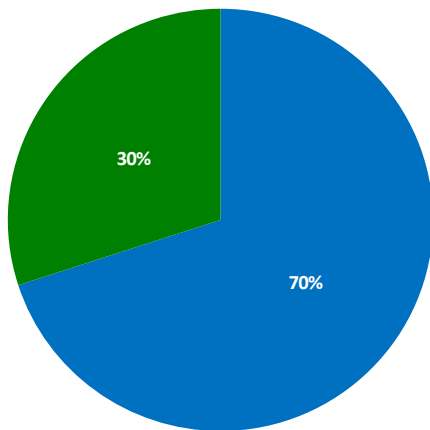
Professor, Higher Surgical Education  
Doctors Academy

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

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

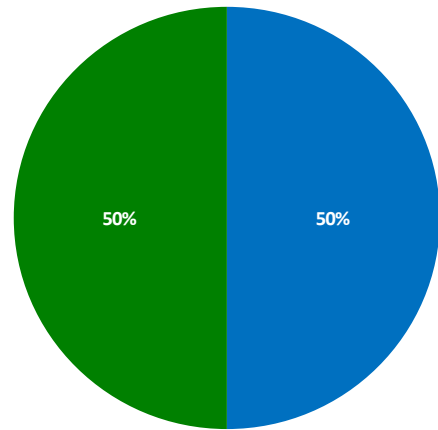
# Overall Course Feedback

How was the content of the course?



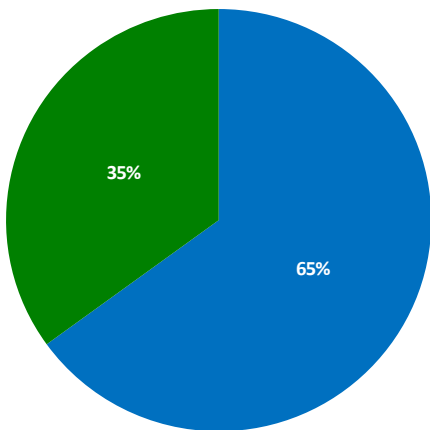
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the clarity of the lectures?



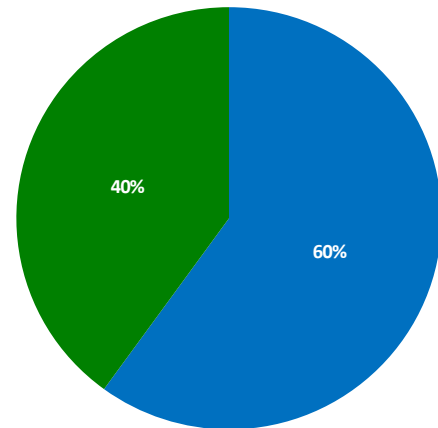
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

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



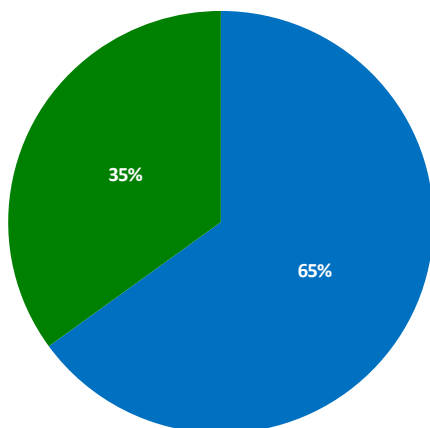
■ Most certainly ■ Certainly ■ Probably ■ A little ■ Not at all

Skull Base



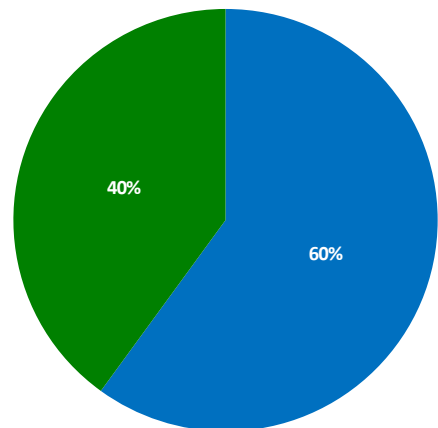
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Head and Face



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

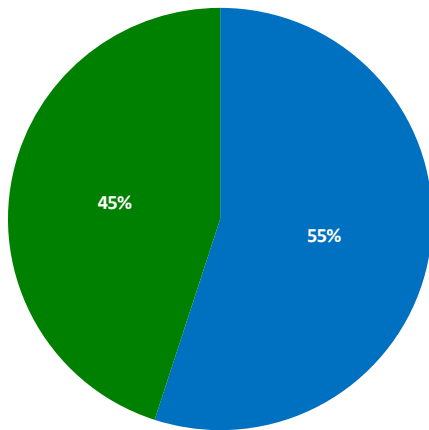
Neck



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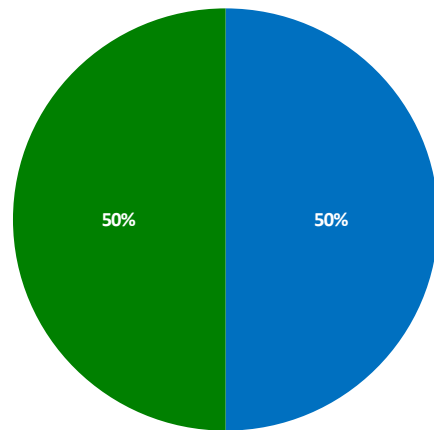
# Overall Course Feedback

Thorax and Heart



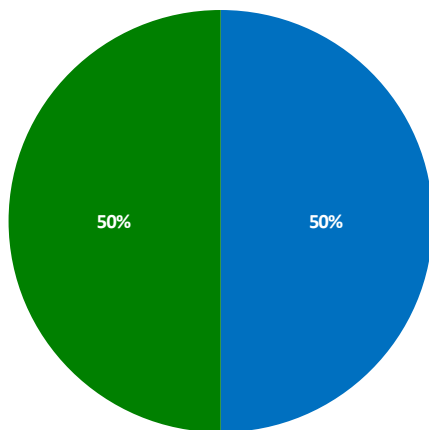
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Upper Limb



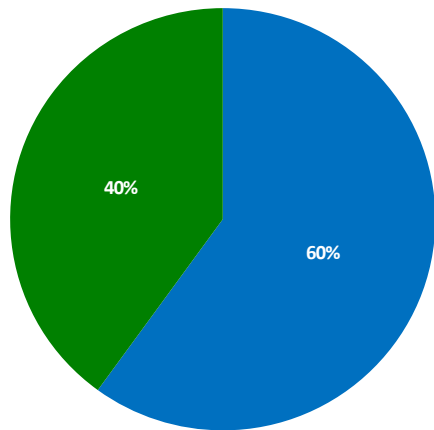
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Abdomen



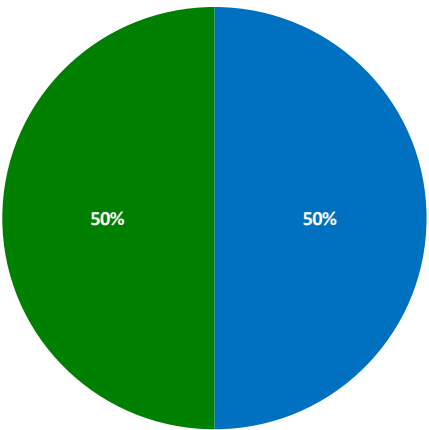
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Pelvis



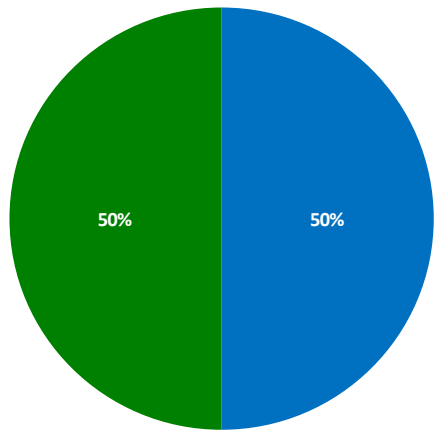
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Lower Limb



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

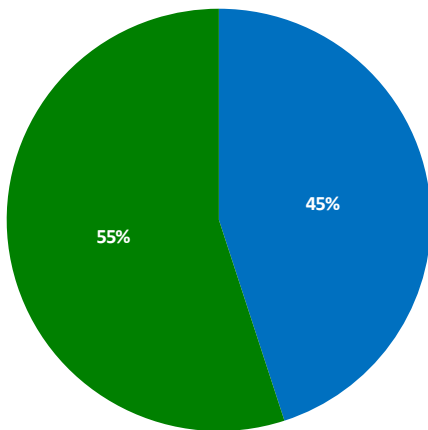
Spine and Spinal Cord



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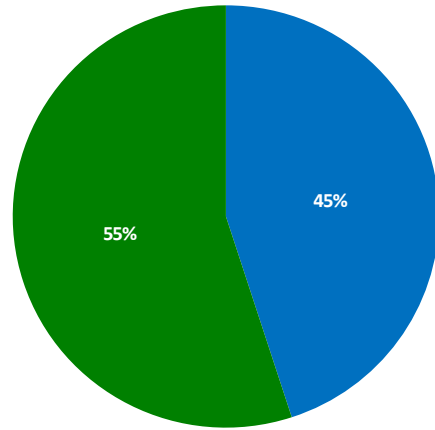
# Overall Course Feedback

General Physiology



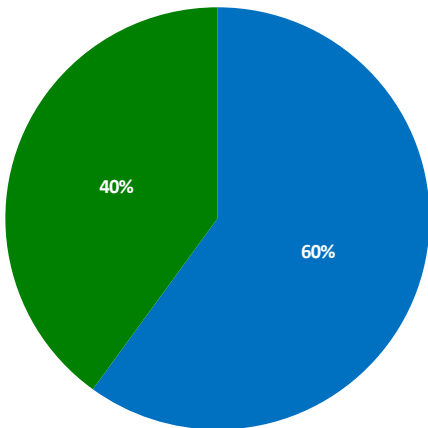
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

General Pathology



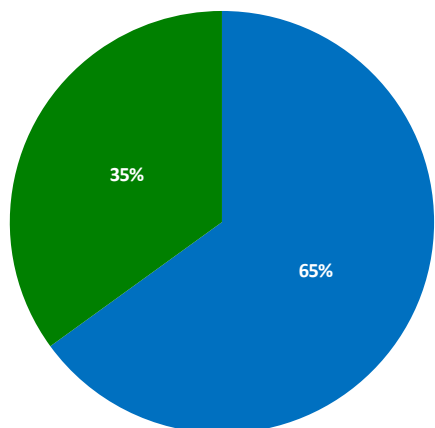
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Thyroid Pathologies



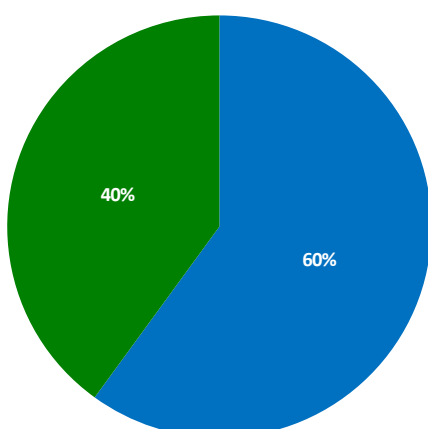
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Colorectal Pathologies



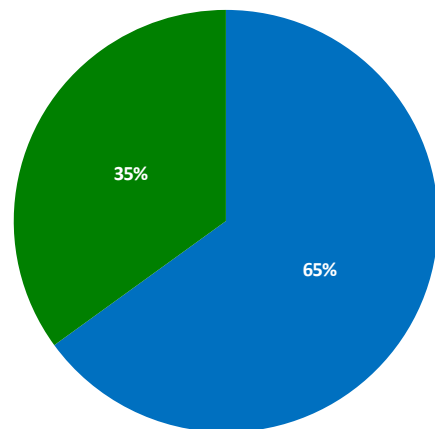
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Vascular Conditions



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Burns

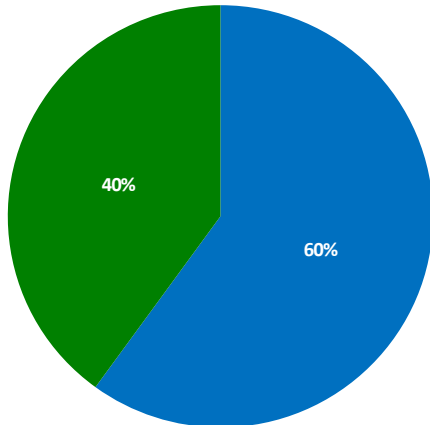


■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor



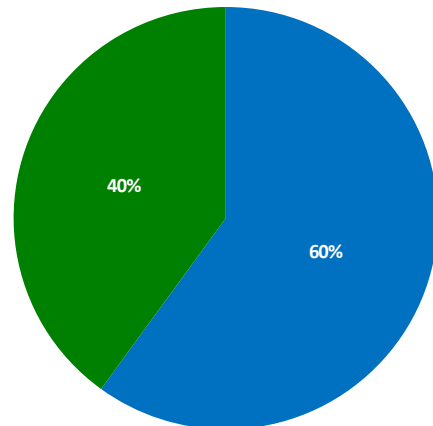
# Overall Course Feedback

Wound Healing and Reconstructive Surgery



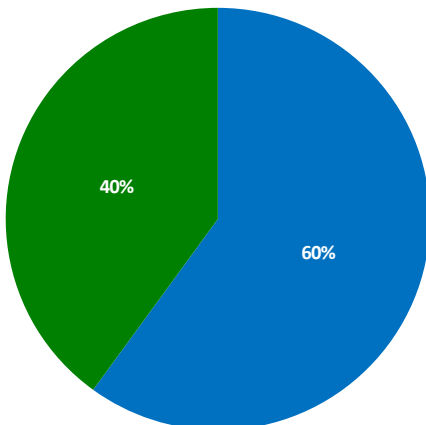
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Breast Pathologies



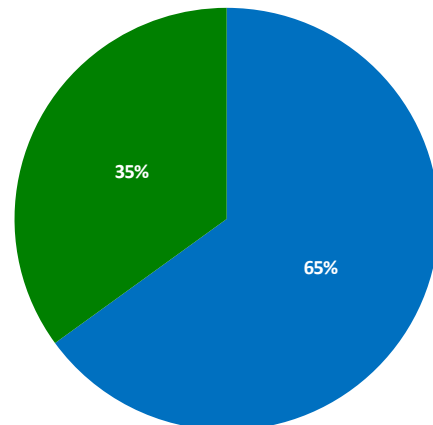
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Melanoma



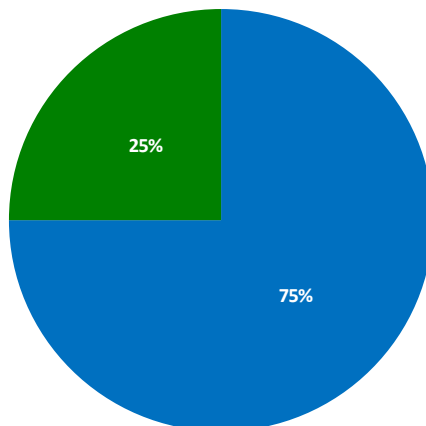
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Prostate Conditions



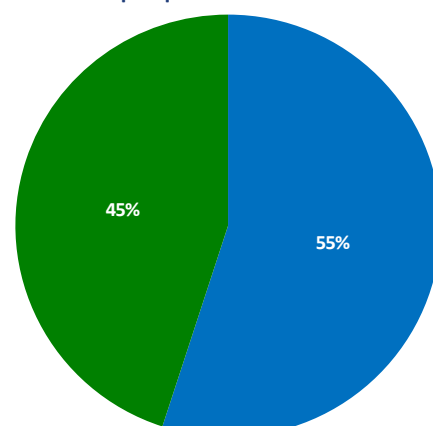
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How useful were the mock tests?



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

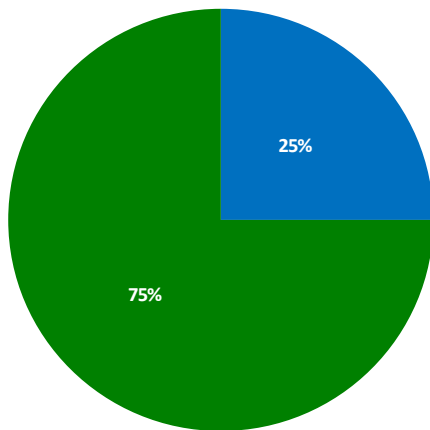
Did you find discussing topics in relation to sample questions beneficial?



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

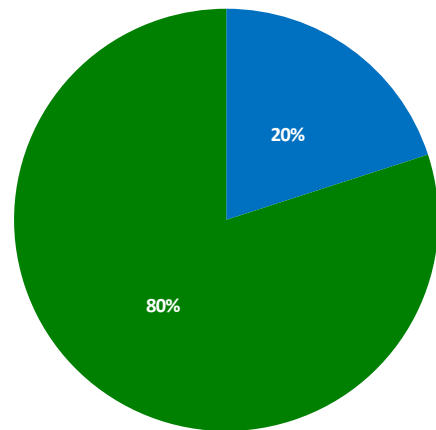
# Overall Course Feedback

How were the facilities and venue?



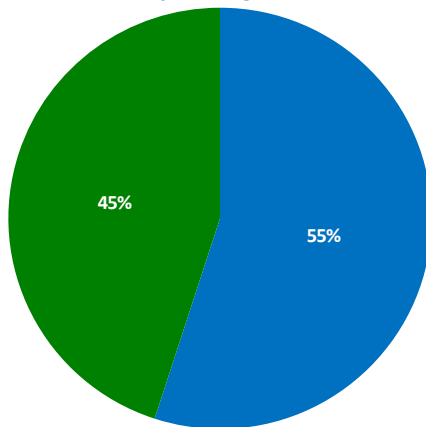
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How were the refreshments and lunch?



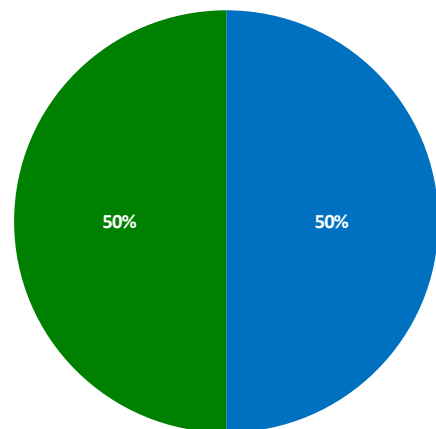
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the general friendliness of the faculty and organisers?



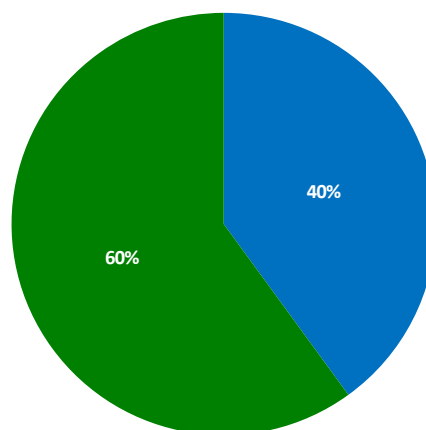
■ Very friendly ■ Friendly ■ Neutral ■ Not very friendly ■ Can't comment

Would you recommend this course to a friend?



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

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



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

## Individual Comments

It was very good.

**AL**  
*Craigavon Area Hospital, Craigavon, Northern Ireland*

A very useful and structured guide to revision.

**KF**  
*James Cook University Hospital, Middlesbrough, United Kingdom*

It was very good!

**HN**  
*John Radcliffe Hospital, Oxford, United Kingdom*

This was an excellent course that I could not recommend enough. Having failed the exam a few times, this really gave me more confidence and knowledge. Professor Enoch got straight to the point and taught relevant and high yield topics which is perfect for the exam.

**SN**  
*Royal Oldham Hospital, Oldham, United Kingdom*

The faculty took the time to answer questions and to clarify important topics. I really liked the use of the questions to guide us through the revision topics.

**AG**  
*Royal London Hospital, London, United Kingdom*

It was very useful.

**CD**  
*Peterborough and Stamford NHS Foundation Trust, United Kingdom*

It was excellent.

**MC**  
*Royal Preston Hospital, Preston, United Kingdom*

It was generally satisfactory.

**OA**  
*Royal London Hospital, London, United Kingdom*

It was excellent and very thorough.

**RK**  
*Salford Royal NHS Foundation Trust, United Kingdom*

## Individual Comments

The teaching delivered was excellent such as the use of mock exams and targeted revision.

**BP**

*Birmingham Children's Hospital NHS Trust, United Kingdom*

This was a well-run course and Professor Enoch was fantastic; his knowledge was flawless.

**TW**

*Northampton General Hospital, Northampton, United Kingdom*

The lecturer was great and approachable and covered all the main areas.

**SS**

*Macclesfield District General Hospital, Macclesfield, United Kingdom*

This was a very good course! It covered a massive volume of material in a short period. I am hopeful this will stimulate learning for the exam.

**SW**

*Sunderland Royal Hospital, Sunderland, United Kingdom*



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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
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## 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
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