



**Cardiff MRCS OSCE Course:
20th Applied Surgical Sciences
& Critical Care**

Feedback - January 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

Course date:	15th January 2015
Venue:	Sir Martin Evans Building Cardiff University, UK
Attendance:	32 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 & 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 - 0840	Registration, Welcome & Introduction
0840 - 0915	General Physiological Principles 1 <ul style="list-style-type: none">- Homeostasis, feedback loops- Applied acid-base balance
0915 - 0945	General Physiological Principles 2 <ul style="list-style-type: none">- Sepsis- Septic shock
0945 - 1100	Respiratory System <ul style="list-style-type: none">- Normal ventilatory cycle- Controls of ventilation- Causes & management of post-operative respiratory failure.- Indications for ventilatory support & weaning off ventilator- Intermittent positive pressure ventilation- Acute (adult) respiratory distress syndrome
1100 - 1115	Break for Refreshments
1115 - 1150	Gastrointestinal System <ul style="list-style-type: none">- Post-operative ileus- Nutrition- Re-feeding syndrome
1150 - 1230	General Physiological Principles 3 <ul style="list-style-type: none">- Bleeding- Coagulation / Anti-coagulation
1230 - 1300	Principles of Epidural Anaesthesia / Assessment: Pain Pathways

1300 - 1340

Lunch

Course Programme

- 1340 - 1420** Burns
- Assessment
 - Indications for referral
 - Pathophysiology & principles of management
- 1420 - 1520** Cardiovascular System
- Cardiac pressure cycle
 - Control of cardiac output
 - Blood pressure and its control mechanisms
 - Inotropes & their actions
- 1520 - 1625** Endocrine Physiology
- Function of pituitary
 - Basic physiology of thyroid and parathyroid glands
 - Disorders of the calcium metabolism
 - Basic physiology of adrenal gland & glucocorticoids
 - Glucose homeostasis and diabetes in surgery
 - Hypothyroidism & hyperthyroidism
 - Corticosteroids in surgery

1100 - 1115

Break for Refreshments

- 1645 - 1720** Central Nervous System
- Central auto-regulation
 - Causes & management of raised intra-cranial pressure including space-occupying lesions
 - Head Injury
- 1720 - 1745** Resuscitation, Temperature Regulation & Hypothermia
- 1745 - 1845** Renal System
- Renal auto-regulation
 - Renin-angiotensin system
 - Types & management of renal failure
 - Erythropoietin
- 1900** Summary, Feedback & 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

Dr. Melvyn Jenkins-Welch, FRCA

Consultant Anaesthetist

University Hospital of Wales, Cardiff

Dr. Gareth Scholey, MRCP, FRCA

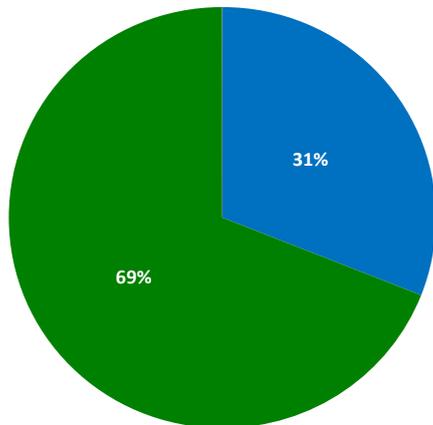
Consultant in Intensive Care Medicine

Adult Critical Care

University Hospital of Wales, Cardiff

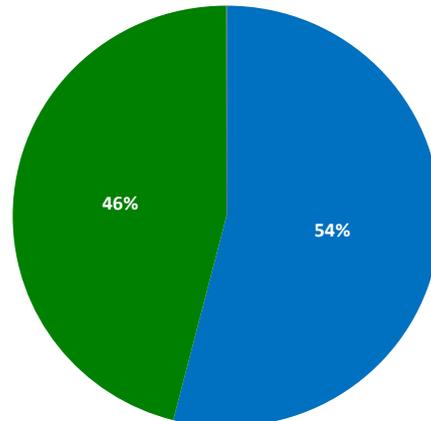
Overall Course Feedback to the Questions:

How was the overall content of the course?



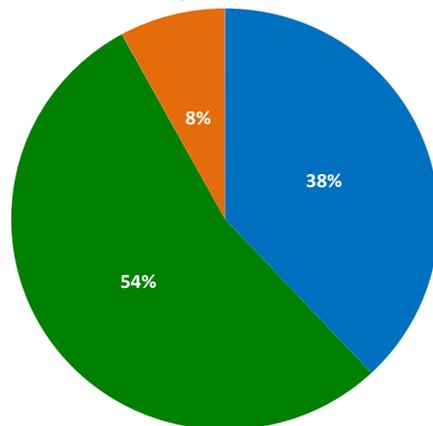
■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

How was the clarity of presentations/demonstrations?



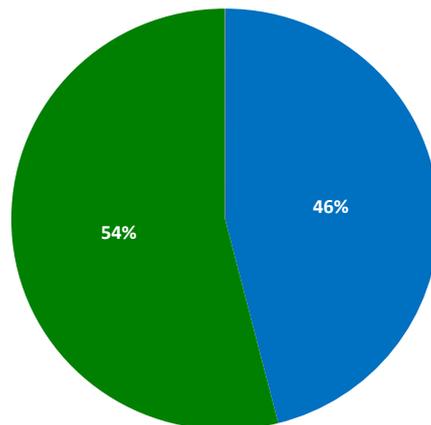
■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

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



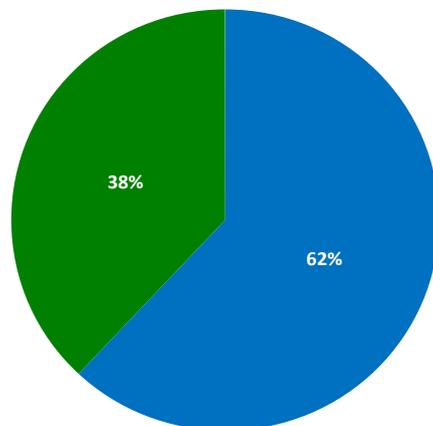
■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

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



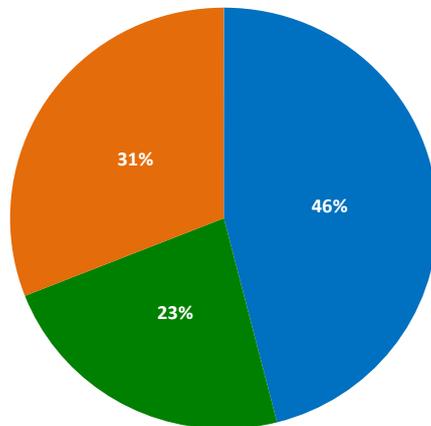
■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

Would you recommend this course to a friend?



■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

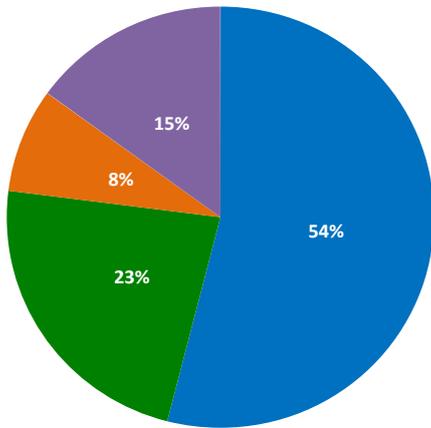
Do you think this course provided good value for money?



■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

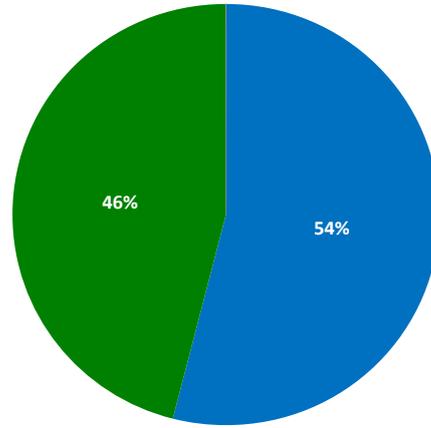
Overall Teaching Feedback for the Area of

Cardiovascular Physiology



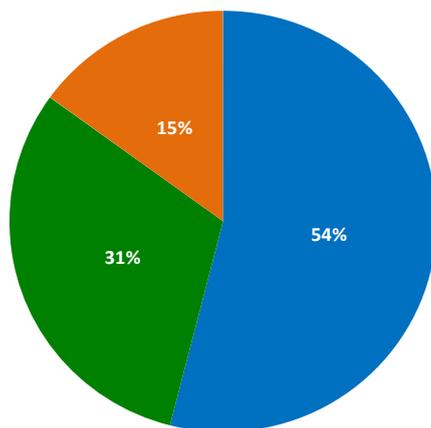
■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

Respiratory Physiology



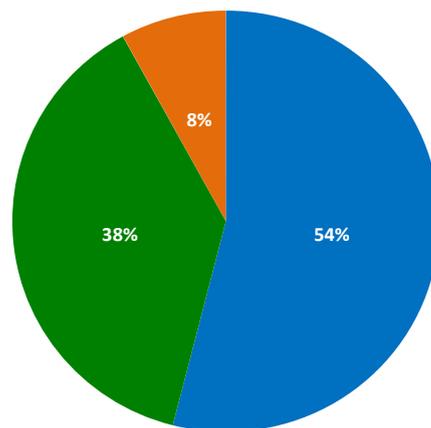
■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

Homeostasis & Acid-base Balance



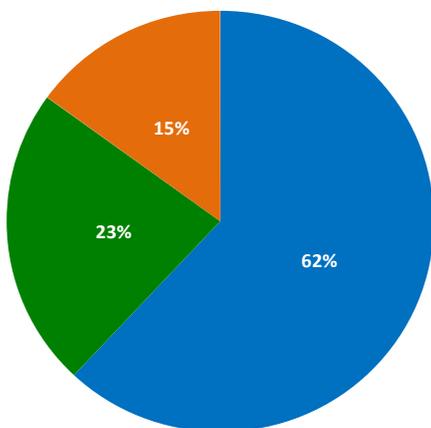
■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

Sepsis/Septic Shock



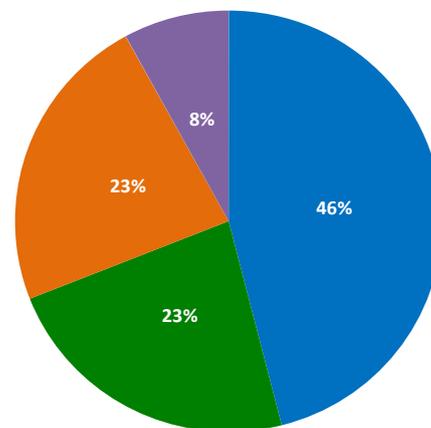
■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

Hypothermia



■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

Bleeding / Coagulation

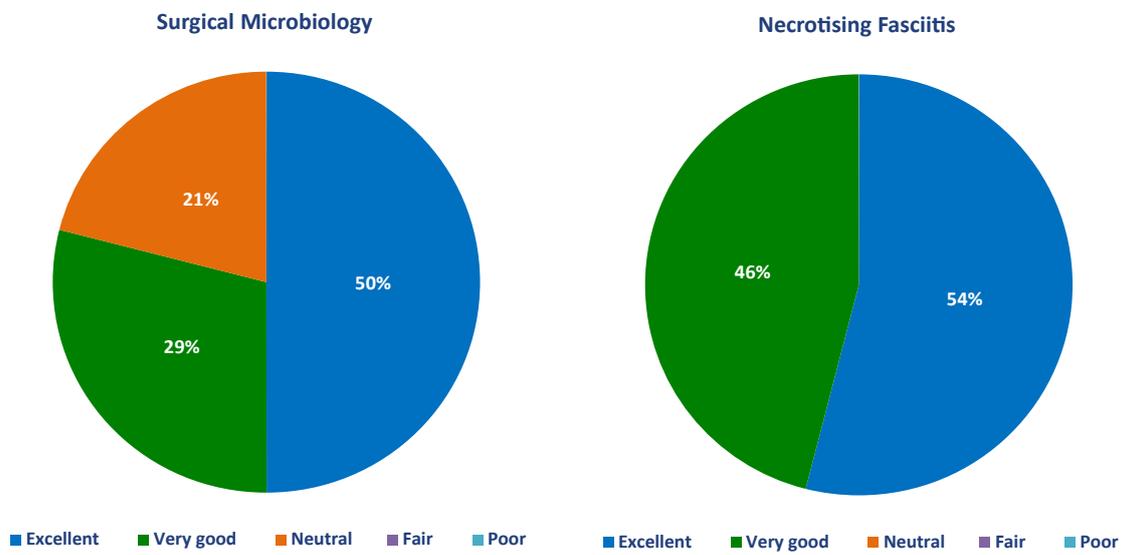


■ Excellent ■ Very good ■ Neutral ■ Fair ■ Poor

Overall Teaching Feedback for the Area of



Overall Teaching Feedback for the Area of



Individual Comments

Very useful.

Dr James Mbuvi
Wythenshawe Hospital, Manchester, UK

The best MRCS course I have attended.

Ms Herjyot Dharni
Royal London Hospital, London, UK

Well programmed course and full use of time.

Dr M Alabdullah
Nottingham City Hospital, Nottingham, UK

Relevant to exam syllabus.

Ms Sieu Ming Ng
University Hospital of Wales, Cardiff, UK

Great.

Ms Tiffany Berrington
Derriford Hospital, Plymouth, UK

Very good.

Dr Ankit Patel
Princess Royal University Hospital, Orpington, UK

Excellent.

Dr Yan Mei Goh
Royal Blackburn Hospital, Blackburn, UK

Individual Comments

Very good, better than I expected.

Dr Tetyana Myronenko
Withybush General Hospital, Haverfordwest, UK

Overall good course but some lectures such as Bleeding, CNS pathology, pain management were not exam focussed. They felt like university lectures rather than information that is taught on an exam preparation course.

Dr Anuja Mitra
Chelsea and Westminster Hospital, London, UK

Great Course. Helped me feel more confident.

Mr Ehab Elbur
Wythenshawe Hospital, Manchester, UK

Well organised course. Good venues/food. Very good and helpful staff (Thanks Chloe). Clinical examinations day was particularly useful, especially spine and shoulder examination (the Reg was clearly very experienced), same for the Hip and Knee (Mr Tandon made it really easy), Abdominal examination (again reg was very experienced and showed how to approach abdo examination for the exam in systematic way). Great station on telephone conversation with ITU consultant, was very helpful to hear advice from real ITU cons to calibrate one's performance. One day intensive anatomy course was just great! Prof Enoch and lady who taught skull base/chest/solid organs were very very helpful, managed to highlight a lot of important / relevant subjects for MRCS B. Definitely feel more confident now and know what should be improved in last weeks before the exam. Overall I really liked the course. Hope Doctors Academy will continue to organise such a great courses.

Dr Iskandar Rakhimov
St George's Hospital, London, UK



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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, 1st - 5th August 2016
- **International Academic and Research Conference**
Manchester, 6th August 2016
- **World University Anatomy Challenge**
Manchester, 5th August 2016

Publications



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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:

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