



**DOCTORS**  
**ACADEMY**  
BETTER EDUCATION. **BETTER HEALTH.**

## **DOCTORS ACADEMY CARDIFF MRCS OSCE COURSES**

**January 2019**



**PRE-COURSE AND  
REPORTING INFORMATION**

### **Clinical Skills and Procedural Skills**

**16<sup>th</sup> January 2019 (Wednesday)**

<https://doctorsacademy.org/CourseNw/CPS/index.php>

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### **Applied Surgical Sciences and Critical Care**

**17<sup>th</sup> January 2019 (Thursday)**

<https://doctorsacademy.org/CourseNw/ASC/index.php>

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### **Surgical Anatomy and Surgical Pathology**

**18<sup>th</sup> and 19<sup>th</sup> January 2019 (Friday and Saturday)**

<https://doctorsacademy.org.uk/CourseNW/SAM/index.php>

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### **Clinical Examination and Communication Skills**

**20<sup>th</sup> January 2019 (Sunday)**

<https://doctorsacademy.org/CourseNw/CEC/index.php>

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Dear Colleague,

Thank you for choosing to attend our MRCS course(s). May we take this opportunity to kindly welcome you to the course and to Doctors Academy.

This mail is to inform you of the directions to the venue, the reporting procedures, and the programme and format for the days.



## Clinical Skills and Procedural Skills

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**Date:**

16<sup>th</sup> January 2019 (Wednesday)

**Venue:**

School of Biosciences, Sir Martin Evans Building, Cardiff University

**Start Time:**

The course will start promptly at 0845 hours. The registration will take place outside the lecture theatre from 0830 hours.

**Finish Time:**

1815 hours

**Where to Report:**

When you arrive at the Biomedical Building, also called the Sir Martin Evans Building (where the security centre is based), please follow directions to enter the School of Biosciences 2. Once you enter the building, please follow signs to Physiology Lecture Theatre A, which is adjacent to the main security desk at the front. You may report to the security at the front desk and they will direct you appropriately.

**Address:**

Cardiff School of Biosciences 2  
Sir Martin Evans Building  
Park Place  
Cardiff University  
CF10 3AX  
Wales  
United Kingdom

Telephone number of the main switch board: 029 2087 4000

**Parking:**

Parking is available just outside the School of Biosciences building, both at the front (Museum Avenue) and back (Park Place). You can park for up to ten hours in the 'pay and display' council car parking bays located at the front of the building (Museum Avenue) but for only five hours at the back of the building on Colum Road.

Sat Nav Post Code: CF10 3AT

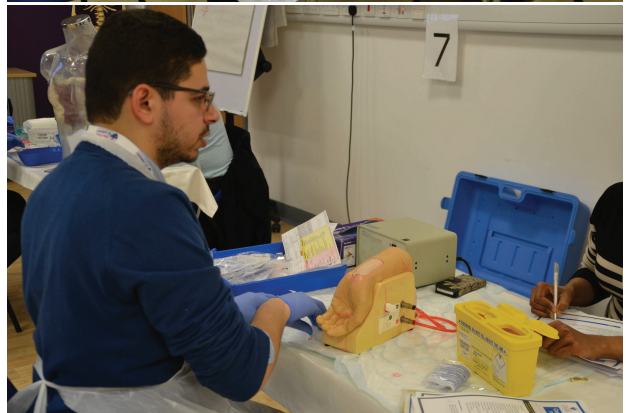
<https://www.google.co.uk/maps/preview#!m4!1m3!1d2112!2d-3.1786544!3d51.487744!4m35!3m16!1m0!1m5!1sMain+Bldg%+Park+PI%2C+Cardiff+University%2C+Cardiff+CF10+3AT!2s0x486e1cbc8230aa57%3A0x54af9e2e65a7caa1!3m2!3d51.4875389!4d-3.1793292!3m8!1m3!1d2112!2d-3.1786544!3d51.487744!1!3m2!1i1270!2i653!4f13.1!5m15!2m14!1m13!1s0x486e1cbc8230aa57%3A0x54af9e2e65a7caa1!2sMain+Building!3m8!1m3!1d2112!2d-3.1786544!3d51.487744!1!3m2!1i1270!2i653!4f13.1!5e6!7b1!7m1!3b1&fid=0>



**Course Format:**

The course will be delivered through practical "hands-on" sessions and scenarios which reflect the exam itself. It will take delegates through common procedures used in the examination, allowing practice in simulated exam conditions, and will provide structured feedback for further development. The stations covered will include:

- o Arterial blood gas analysis
- o Cannulation and venepuncture of high-risk patients
- o Epidural anaesthesia - indications and technique
- o Fine Needle Aspiration Cytology (FNAC)
- o Knot tying
- o Lumbar puncture - indications, contraindications, technique, complications
- o Organising a theatre list
- o Safe use of local anaesthesia
- o Suturing techniques
- o Surgical excision of a cutaneous lesion
- o Trauma chest drain insertion - indications, contraindications, technique, complications
- o Urinary catheterisation
- o Wound debridement, infection and antibiotic prophylaxis



## Applied Surgical Sciences and Critical Care

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**Date:**

17<sup>th</sup> January 2019 (Thursday)

**Venue:**

School of Biosciences, Cardiff University

**Start Time:**

The course will start promptly at 0830 hours. The registration will take place outside the lecture theatre from 0820 hours.

**Finish Time:**

1900 hours

**Where to Report:**

When you arrive at the Biomedical Building, also called the Sir Martin Evans Building (where the security centre is based), please follow directions to enter the School of Biosciences 2. Once you enter the building, please follow signs to Physiology Lecture Theatre A, which is adjacent to the main security desk at the front. You may report to the security at the front desk and they will direct you appropriately.

**Address:**

Cardiff School of Biosciences 2  
Sir Martin Evans Building  
Park Place  
Cardiff University  
CF10 3AX  
Wales  
United Kingdom

Telephone number of the main switch board: 029 2087 4000

**Parking:**

Parking is available just outside the School of Biosciences buildings, both at the front (Museum Avenue) and back (Park Place). You can park for up to ten hours in the 'pay and display' council car parking bays located at the front of the building (Museum Avenue) but for only five hours at the back of the building on Colum Road.

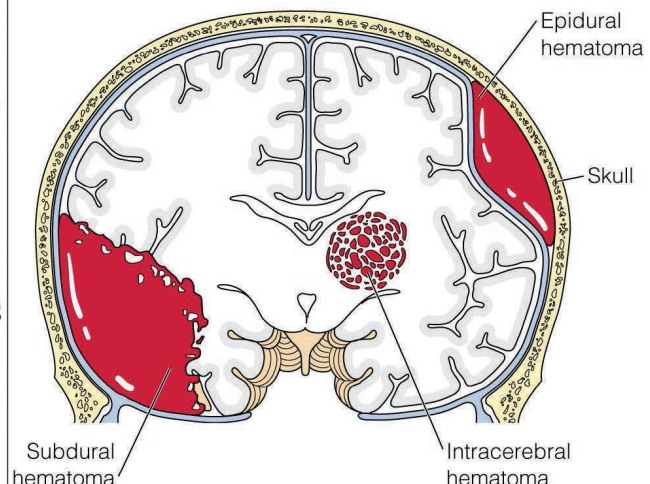
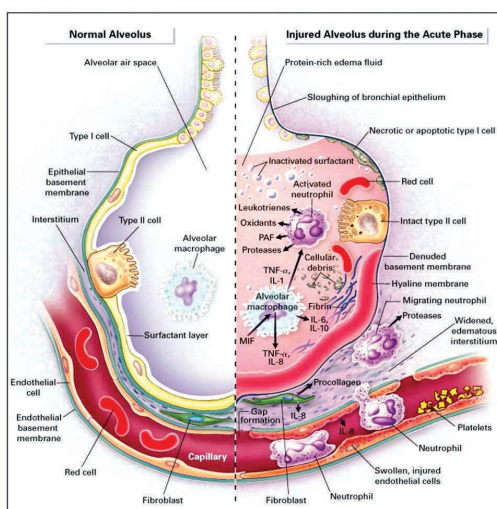
Sat Nav Post Code: CF10 3AT

<https://www.google.co.uk/maps/preview#!data=!1m4!1m3!1d21!2d-3.1786544!3d51.4877441!4m35!3m16!1m0!1m5!1sMain+Bldg%2C+Park+PI%2C+Cardiff+University%2C+Cardiff+CF10+3AT!2s0x486e1cbc8230aa57%3A0x54af9e2e65a7caa1!3m2!3d51.4875389!4d-3.1793292!3m8!1m3!1d21!2d-3.1786544!3d51.4877441!3m2!1i1270!2i653!4f13.1!5m15!2m14!1m13!1s0x486e1cbc8230aa57%3A0x54af9e2e65a7caa1!2sMain+Building!3m8!1m3!1d21!2d-3.1786544!3d51.4877441!3m2!1i1270!2i653!4f13.1!5e6!7b1!7m1!3b1&fid=0>

### Course Format:

The course will be taught using a series of interactive lectures with OSCE focus and OSCE scenarios. It will use clinical scenarios to discuss specific subject areas such as Cardiology and Endocrinology. All major areas as per the Part B syllabus will be covered including:

- o ARDS, respiratory disorders pertinent to surgical patients
- o Burns: Assessment, immediate management, fluid resuscitation - difference b/w colloid & crystalloid
- o Central lines and invasive monitoring, CVP waveforms
- o Coagulopathy, DIC
- o Crush injury/compartment syndrome
- o Epidural injections and complications
- o Fractures - long bones, pelvis, ATLS management
- o Gastric outlet obstruction
- o Grades of spleen and liver
- o Head injury and neurophysiology
- o Hypothermia
- o Metabolic alkalosis, hypocalcemia, calcium metabolism, tetany
- o Myoglobinuria
- o O<sub>2</sub>-Hb dissociation curve
- o Pancreatitis
- o Renal failure and relevant drugs
- o Shock/SIRS/MODS
- o Small bowel obstruction
- o Starlings Law of the heart
- o TURP syndrome – hyponatraemia, hypotension



## Surgical Anatomy and Surgical Pathology

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**Dates:**

18<sup>th</sup> and 19<sup>th</sup> January 2019 (Friday and Saturday)

**Venue:**

Welsh Centre for Anatomical Education, School of Biosciences, Sir Martin Evans Building, Cardiff University

**Start Time:**

The course will start promptly at 0830 hours on Friday morning. The Anatomy Lecture Theatre (opposite the Anatomy Dissection Room) will be open from 0820 hours for registration.

On Saturday, the course will start at 0750 hours.

**Finish Time:**

18<sup>th</sup> January 2019 : 1900 hours

19<sup>th</sup> January 2019 : 1830 hours

**Where to Report:**

When you arrive at the Biomedical Building, also called the Sir Martin Evans Building (where the security centre is based), please follow directions to enter the School of Biosciences 2. Once you enter the building, please report to the security and ask them to direct you towards the Anatomy Lecture Theatre, which is on the left before entering the Anatomy Dissection Room. Doctors Academy MRCS Courses will be clearly signposted.

**Address:**

Cardiff School of Biosciences 2  
Sir Martin Evans Building  
Park Place  
Cardiff University  
CF10 3AX  
Wales  
United Kingdom

Telephone number of the main switch board: 029 2087 4000

**Directions:**

- For general directions to reach Cardiff University, please click on the link below:  
<http://www.cardiff.ac.uk/locations/directions/index.html>
- For directions to reach the course venue, please click on this link and look for directions to the 'Sir Martin Evans Building':  
<http://www.cardiff.ac.uk/locations/locationsaz/index.html#biomedical>
- To view the venue in Google map:  
<https://www.google.co.uk/maps/place/Sir+Martin+Evans+Building,+Cardiff+CF10/@51.4886712,-3.1823321,17z/data=!3m1!4b1!4m5!3m4!1s0x486e1cb c99058717:0xeb429a2a9c17b8fd!8m2!3d51.4887071!4d-3.1801942>
- Please click on this link for specific directions to the venue:  
[http://doctorsacademy.org/Course/SurgicalAnatomyandmockOSCE/image\\_slider\\_latest/directiontovenue.html](http://doctorsacademy.org/Course/SurgicalAnatomyandmockOSCE/image_slider_latest/directiontovenue.html)



**Parking:**

Parking is available just outside the School of Biosciences buildings, both at the front (Museum Avenue) and back (Park Place). You can park for up to ten hours in the 'pay and display' council car parking bays located at the front of the building (Museum Avenue) but for only five hours at the back of the building on Colum Road.

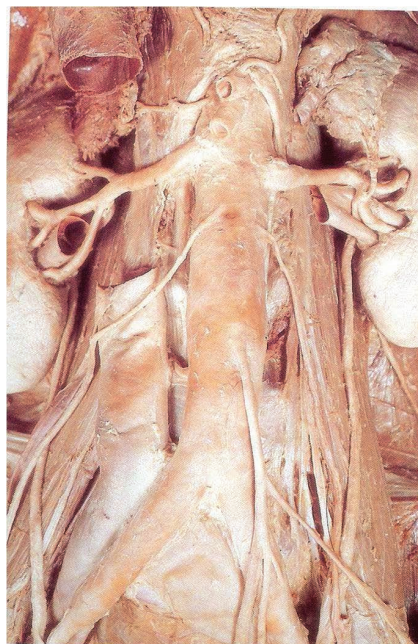
On Saturday 19<sup>th</sup> January, free parking is available in the car park outside the Main Building of the University.

Sat Nav Post Code: CF10 3AT

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**Course Format:**

The course will be predominantly delivered by small group demonstration of anatomical prosections and osteology. The format for Saturday morning will be the same as Friday, but on Saturday afternoon there will be mock vivas and OSCEs. Details regarding the format will be explained to you during the course. The lectures and group demonstrations will be a mix of didactic and interactive sessions, depending on the topic. This two-day revision course is aimed at consolidating and brushing up your already acquired knowledge. It intends to focus on key aspects that will help you pass the exam, rather than overwhelm you with extensive information. **As you would have gathered from previous attendees and trainees, the course is very intense and you will benefit the most if you have done a fair amount of prior revision and exam preparation. Without recent revision of anatomy, you will lose track during the teaching sessions due to the fast-paced nature of the course.**





## Clinical Examination and Communication Skills

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**Date:**

20<sup>th</sup> January 2019 (Sunday)

**Venue:**

Out-Patient Department, University Hospital of Wales, Cardiff

**Start Time:**

The course will start promptly at 0900 hours. The Out-Patient Department will be open from 0845 hours for registration.

**Finish Time:**

1730 hours

**Where to Report:**

On entering University Hospital of Wales, please follow the directions to the Out-Patient Department.

**Address:**

Cardiff and Vale NHS Trust  
University Hospital of Wales  
Heath Park  
Cardiff  
CF14 4XW  
Wales  
United Kingdom

Telephone number of the main switch board: 029 2074 7747

**Parking:**

The current NHS rules for parking at the University Hospital of Wales allow visitors to park within the hospital car parks for **a maximum of 8 hours only**. This is something that is beyond our remit and the rules are laid down by the hospital. We would therefore suggest that you make alternative arrangements to reach the hospital, such as via taxi or public transport.

You may consider parking your car for 8 hours in the hospital and move it out during the afternoon break. Parking is free, but you will need to register your car details at one of terminals in order to park for more than 4 hours. If you wish to drive, kindly find further information below.

If you are driving from East, please follow CAR PARK 9 you see in the image:  
<http://doctorsacademy.org/Course/ClinicalExaminationandCommunicationSkills/downloads/East/UHW.html>

If you are driving from West, please follow CAR PARK 8 you see in the image:  
<http://doctorsacademy.org/Course/ClinicalExaminationandCommunicationSkills/downloads/West/UHW.html>

For further information regarding parking **at** the hospital, please follow this link:  
<http://en.parkopedia.co.uk/parking/hospital/university-hospital-of-wales-cardiff/>

For further information regarding parking **near** the hospital, please follow this link:  
<https://www.justpark.com/uk/parking/university-hospital-of-wales/>

If you are arriving by taxi, please follow this link:  
<http://doctorsacademy.org/Course/ClinicalExaminationandCommunicationSkills/downloads/Taxi/UHW.html>

### Course Format:

This course will be conducted in the format of small group teaching/mock OSCEs, focusing on the clinical areas and communication aspects tested in the exam. You will have the opportunity to practice both clinical examinations and communication skills. The course is intended to aid your ability to obtain a focused history, interpret relevant data, communicate effectively, perform clinical examinations professionally, and present the findings to the examiner in a systematic and concise manner. In addition, you can use this course to consolidate your previously acquired knowledge, streamline your thought process, and obtain essential exam-preparation tips from the tutors.

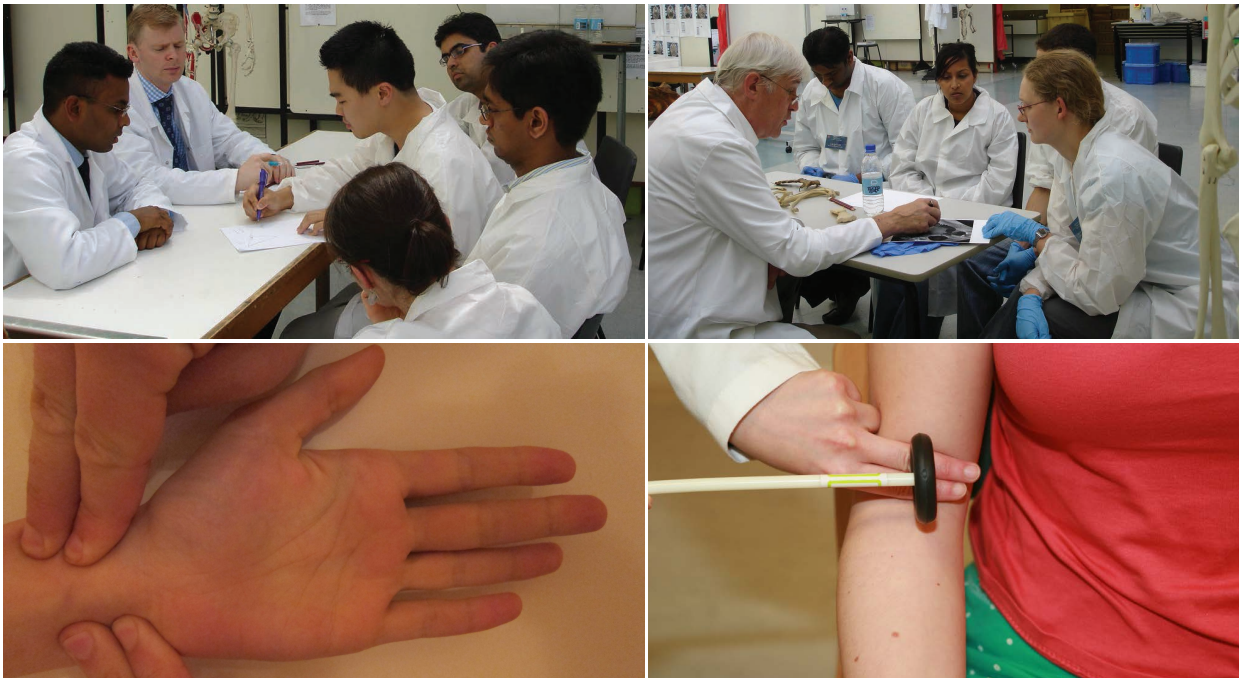


## General Information Relevant to All Courses:

### What to Prepare:

The courses will be very intense and exhausting. Hence, please read as much as possible beforehand so that you will obtain the maximum benefit from the courses. Prior knowledge will also help you to focus on important pieces of information during the lectures and demonstrations. All relevant handouts and course material will be given to you during the courses.

There are a few presentations that we would like you to review before you attend the course. Kindly follow this link, enter your course registration number that you would have received via email when you registered, and click on validate to view the presentations online: [http://www.courses.doctorsacademy.org.uk/Number\\_Validation.aspx](http://www.courses.doctorsacademy.org.uk/Number_Validation.aspx)



### Other Pertinent Information

#### Dress Code:

The dress code for all courses is professional/semi-formal. Kindly refrain from wearing shorts of any kind, hoodies, and flip-flops.

#### Breaks for Refreshments and Lunch:

For all the courses, there will be a 20-minute refreshment break during the morning (at approximately 1100 hrs) and afternoon sessions (at approximately 1530 hrs), and a 45-50 minute lunch break (1300-1350 hrs). During the refreshment break, you will be provided with coffee and tea, biscuits, and water. There will be a sandwich lunch on all days. Both vegetarian and non-vegetarian options will be available.

### Some Guidance On:

#### **(i) Travel:**

[https://doctorsacademy.org.uk/CourseNW/SAM/Travelling\\_to\\_Cardiff.pdf](https://doctorsacademy.org.uk/CourseNW/SAM/Travelling_to_Cardiff.pdf)

#### **(ii) Accommodation:**

If you have not already booked your accommodation, you may consider the options below. The University and the Hospital, where the courses will be held, are very close to the city centre. The University is approximately 5 minutes walk from the city centre, and the Hospital is approximately 15 minutes from the centre. Cardiff Bay is quite far from the venues and we would hence suggest that you do not book your accommodation in the Bay. We recommend a few options nearby.

1. The cheapest option might be:

##### **Travelodge in Whitchurch, Cardiff:**

<http://www.travelodge.co.uk/hotels/450/Cardiff-Whitchurch-hotel>

##### **Travelodge in City Centre, Cardiff:**

<http://www.travelodge.co.uk/hotels/81/Cardiff-Central-hotel>

Both of the Travelodge Hotels are quite close to the venues. However, the one in the city centre can be busy during the evenings and night, and you might become disturbed. Thus, the one in Whitchurch might be better. It will cost approximately £5 by taxi to the Hospital and approximately £7-£8 to the University.

2. The Holiday Inn Hotel is reasonably close to the venues.

<http://www.holidayinn.com/hotels/us/en/cardiff/cdfcy/hoteldetail>

3. While you can try hospital accommodation, we cannot be sure if they will be able to offer you a room. The best option will be to speak to the accommodation manager at the hospital. The number of the main switch board of University Hospital Wales is 02920 747747.

#### **(iii) Places To Dine In Cardiff:**

[https://doctorsacademy.org.uk/CourseNW/SAM/Places\\_to\\_Dine.pdf](https://doctorsacademy.org.uk/CourseNW/SAM/Places_to_Dine.pdf)



## Visual Directions to the Venue for:

- o Clinical and Procedural Skills
- o Applied Surgical Sciences
- o Surgical Anatomy and Surgical Pathology

Sign posting from Colum Road side (Cathays Train Station and Costa will be on the other side of the road)



View of the building from Colum Road side. You walk up the stairs or the ramp to enter the building.



View of the building from Museum Avenue side. Please walk up the ramp.



Sign post that is seen in front of the venue



## Visual Directions to the Venue for Clinical Examination and Communication Skills Course

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View of the entrance to reach the main reception of the hospital.



View of the reception. Walk up the stairs.





As you reach the top of the stairs, you will see this sign.



Turn left and you will see this door.





Once again, may we take this opportunity to reiterate that all the courses will be intense, focused, and packed with information. The days will be very long and you will only have chance to sleep and return the following day. This is of particular relevance if you are attending the four MRCS courses (Wednesday to Sunday) that will cover 18 exam stations, configuring all of the broad content areas. Hence, please ensure that you are sufficiently rested before the days.

We look forward to seeing you soon.

Please do not hesitate to contact us at [courses@doctorsacademy.org.uk](mailto:courses@doctorsacademy.org.uk) if you have a query in the interim.

Best wishes,

**Course Faculty**  
**MRCS Courses**  
**Doctors Academy**

Post Scriptum:

'Buzz-words' to use if you get lost and need to ask for directions to the School of Biosciences: 'Park Place', 'School of Biosciences', 'Next to Common Cold Centre' 'Opposite Students Union and Cathay's train station', 'Behind Security Centre'!



**DOCTORS ACADEMY  
CARDIFF MRCS OSCE COURSES  
January 2019**