

Intermediate Surgical Skills (for Surgeons-in-Training [ISSiT])



Feedback - January 2021

Intermediate Surgical Skills (for Surgeons-in-Training [ISSSiT])

This two-day course aimed to provide the surgical trainee with an overview of the essential principles, core concepts and fundamental skills relevant for foundation and core surgical training. The course comprised of hands-on training in surgical skills using animal tissue, interspersed with structured and focused teaching on the principles behind undertaking common operative procedures. In addition to teaching the skills required to practice safe operative surgery, the course also emphasised the value of being an effective assisting surgeon.

With a high tutor-to-delegate ratio, this course was designed to equip the surgical trainee with the essential surgical skills that will be expected of a foundation year or core surgical trainee in the operating theatre. The course also included pertinent discussions on the management of patients with trauma and those presenting with surgical emergencies.

A formal assessment was carried out for award of Certification of Completion of the Course.

Course Information

Venue:	Doctors Academy, Frazer Building, 126 Bute Street, Cardiff Bay, Cardiff, CF10 5LE
Dates:	9th and 10th January 2021
Attendance:	7 Delegates
Aimed at:	Foundation Year Doctors; Core Surgical Trainees; Junior Surgeons; Specialist Surgical Trainees (up to ST4 level); Junior Surgical Registrars; Surgical Staff Grades.
Course Fee:	£345.00



Programme

Day 1

- 0830 - 0840 Welcome to the Course and Introduction to Learning Objectives for Day 1.
- 0840 - 0910 Basics of Sutures and Needles (Interactive Discussion).
- 0910 - 0940 Handling Surgical Instruments, Art of Assisting, and Disposing Sharps Safely (Demonstration).
- 0940 - 1010 Knot-Tying - Reef Knots (Demonstration and Practice).
- 1010 - 1045 Knot-Tying Surgeon's Knot, Tying at Depth and Tying a Vessel (Demonstration and Practice).

1045 - 1100 Break for Refreshments

- 1100 - 1115 Pre-Scrubbing and Entering the Operating Theatre (Interactive Discussion).
- 1115 - 1145 Gowning and Gloving (Demonstration and Practice).
- 1145 - 1240 Infiltration of Local Anaesthetic, Mounting a Scalpel, Excision of a Lesion, Interrupted Sutures, and Suture Removal (Demonstration and Practice).
- 1240 - 1310 Advanced Suturing Techniques (1): Vertical Mattress and Horizontal Mattress Sutures (Demonstration and Practice).

1310 - 1345 Lunch

- 1345 - 1430 Advanced Suturing Techniques (2): Continuous Sutures, Subcuticular Sutures and Aberdeen Knot (Demonstration and Practice).
- 1430 - 1450 Excision of a Subcutaneous Cyst (Demonstration and Practice).
- 1450 - 1500 Assessing a Hand Injury (Interactive Discussion).
- 1500 - 1600 Repair of a Flexor Tendon (Demonstration and Practice).

1600 - 1620 Break for Refreshments

- 1620 - 1630 Classification of Open Fractures (Interactive Discussion).
- 1630 - 1640 Principles of Managing Patients with Shock (Interactive Discussion).
- 1640 - 1650 Methods of Wound Closure and Reconstructive Ladder (Interactive Discussion).
- 1650 - 1720 Debriding a Contaminated Traumatic Wound (Demonstration and Practice).
- 1720 - 1740 Drainage of an Abscess (Demonstration and Practice).
- 1740 - 1745 Summary and Close of Day 1

Programme

Day 2

- 0830 - 0840 Welcome and Introduction to Learning Objectives for Day 2.
- 0840 - 0850 Layers for Abdominal Incisions (Interactive Discussion).
- 0850 - 1000 Laparotomy and Closure (Demonstration and Practice).
- 1000 - 1020 Indications and Types of Colectomies (Interactive Discussion).

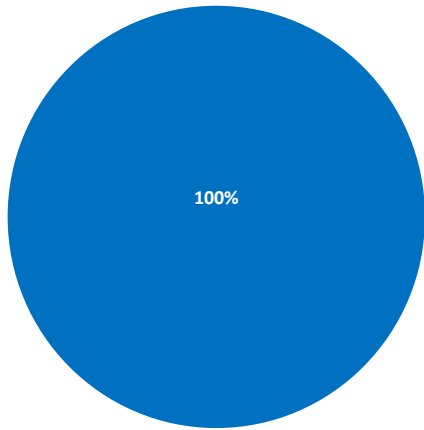
1020 - 1040 Break for Refreshments

- 1040 - 1140 Mesenteric Exercises - Pedicle Ligation, Ligation in Continuity, and Transfixing the Pedicle (Demonstration and Practice).
- 1140 - 1155 Mesenteric Lymph Node Dissection (Demonstration and Practice).
- 1155 - 1310 Small Bowel End-to-End Anastomosis (Demonstration and Practice).
- 1310 - 1420 Assessment of Specific Competencies (along with staggered lunch break).
- 1420 - 1430 Principles of Vascular Surgery - Bypass and Stents (Interactive Discussion).
- 1430 - 1440 Arteriotomy (Demonstration and Practice).
- 1440 - 1530 Vein Patch to Close Arteriotomy Defect (Demonstration and Practice).
- 1530 - 1540 Safe Use of Surgical Diathermy (Interactive Discussion).
- 1540 - 1600 Principles of Laparoscopic Surgery - Camera Technique, Ergonomics and Safety (Interactive Discussion).
- 1600 - 1615 Surgical Diathermy (Demonstration and Practice).
- 1615 - 1715 Laparoscopic Skills - Cutting and Threading (Demonstration and Practice).
- 1715 - 1730 Debrief, Summary, Questions and Close.
- 1730 End of Course.

Doctors Academy awards 14 points for attendance at this two-day course.

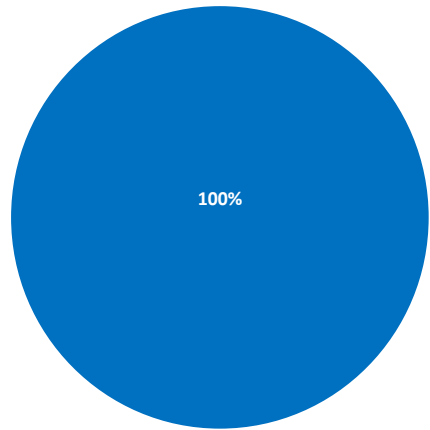
Overall Feedback

How was the content of the course?



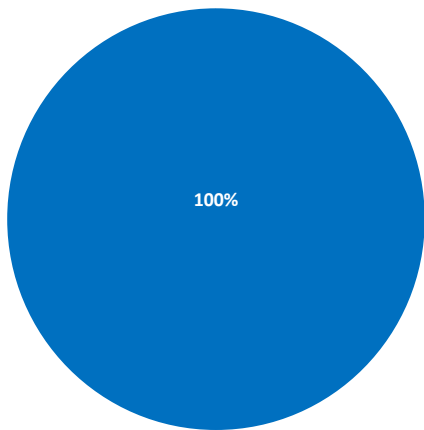
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

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



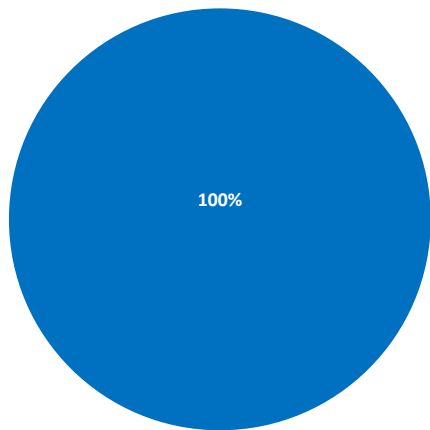
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the clarity of the demonstrations?



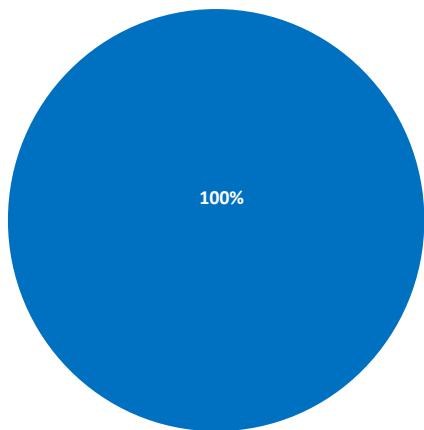
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Did the course meet your learning objectives?



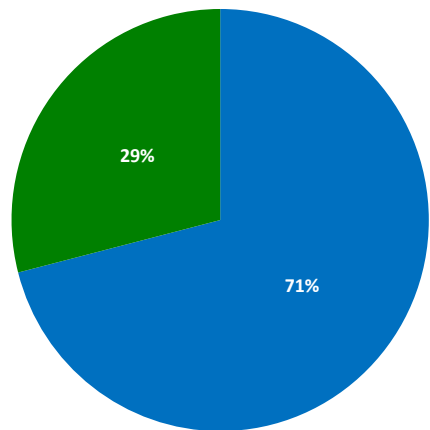
■ Most Certainly ■ Certainly ■ Just about ■ Limited ■ Not at all

Knot tying



■ Excellent ■ VeryGood ■ Satisfactory ■ Poor ■ Very poor

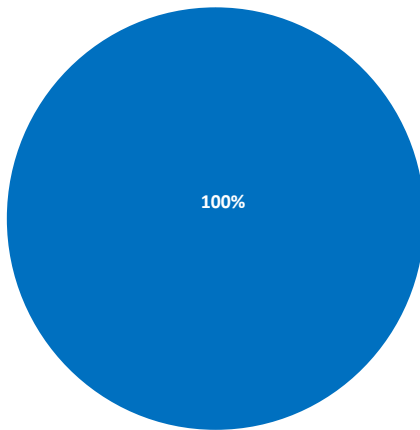
Gowning and Gloving



■ Excellent ■ VeryGood ■ Satisfactory ■ Poor ■ Very poor

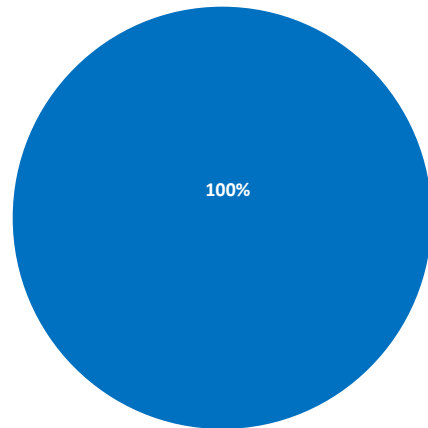
Overall Feedback

Instrument Handling



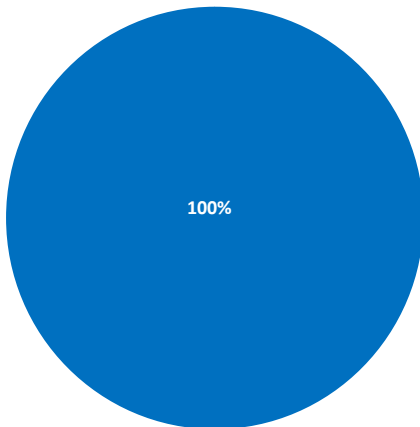
■ Excellent ■ VeryGood ■ Satisfactory ■ Poor ■ Very poor

Sutures, Suture Materials and Needles



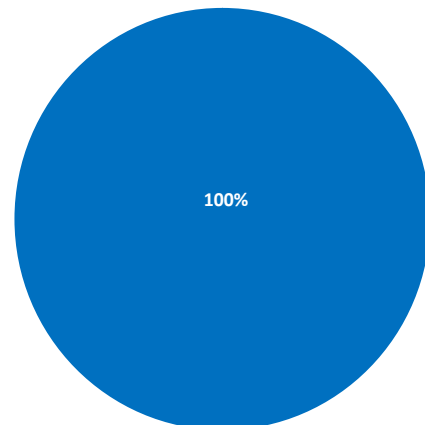
■ Excellent ■ VeryGood ■ Satisfactory ■ Poor ■ Very poor

Suturing Technique – Simple Interrupted



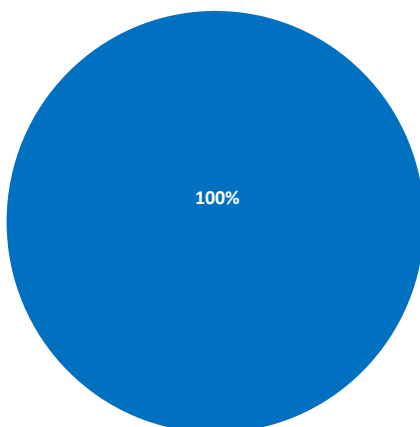
■ Excellent ■ VeryGood ■ Satisfactory ■ Poor ■ Very poor

Suturing Technique – Vertical and Horizontal
Mattress



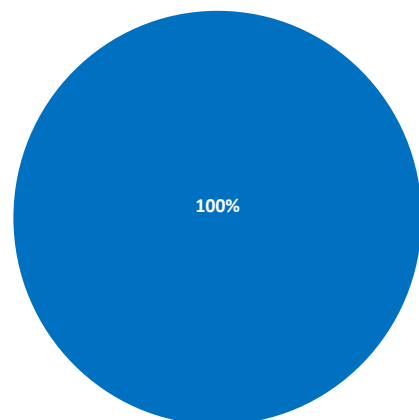
■ Excellent ■ VeryGood ■ Satisfactory ■ Poor ■ Very poor

Suturing Technique – Continuous and
Aberdeen Knot



■ Excellent ■ VeryGood ■ Satisfactory ■ Poor ■ Very poor

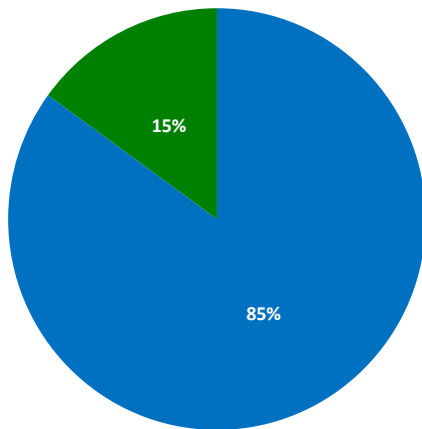
Suturing Technique – Subcuticular



■ Excellent ■ VeryGood ■ Satisfactory ■ Poor ■ Very poor

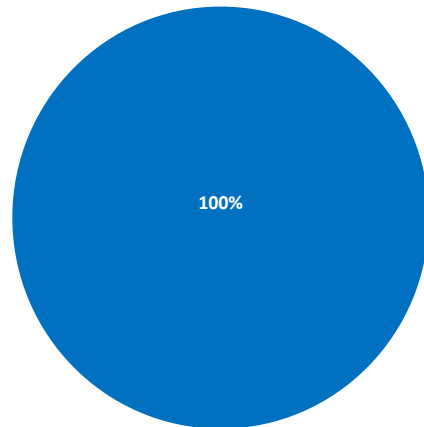
Overall Feedback

Safe Infiltration of Local Anaesthesia



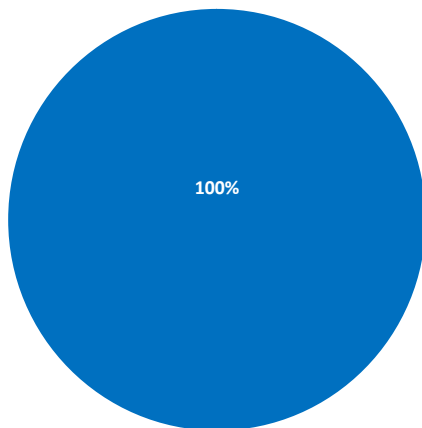
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Excision of a Lesion



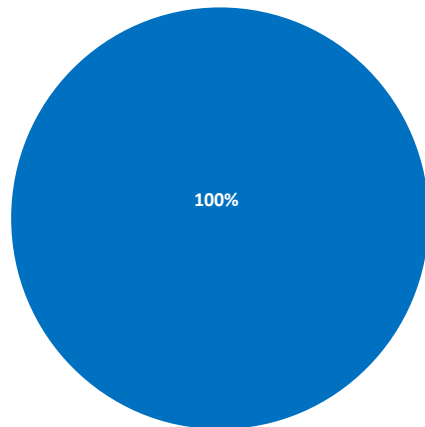
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Excision of a Cyst



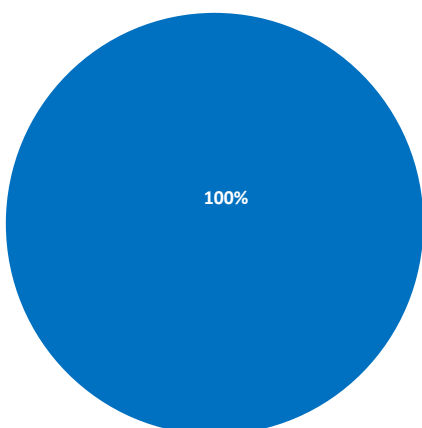
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Debriding a Contaminated Wound



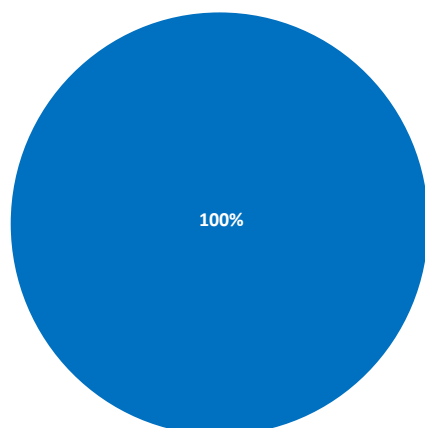
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Draining an Abscess



■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

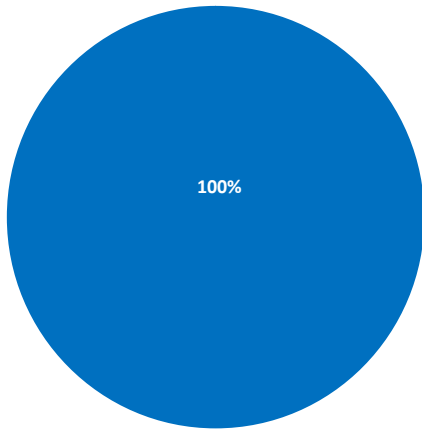
Flexor Tendon Repair



■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

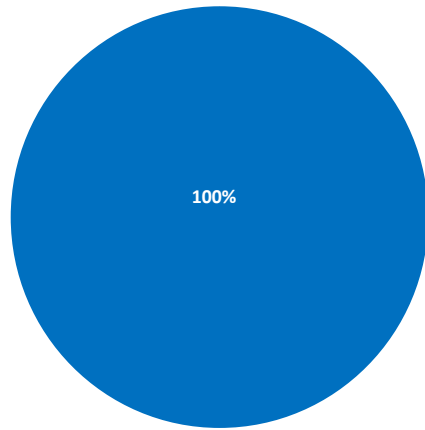
Overall Feedback

Physiology of Shock and Hypovolemic Shock



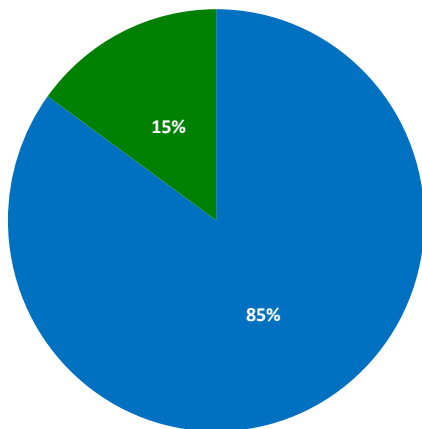
■ Excellent ■ VeryGood ■ Satisfactory ■ Poor ■ Very poor

Laparotomy and Closure



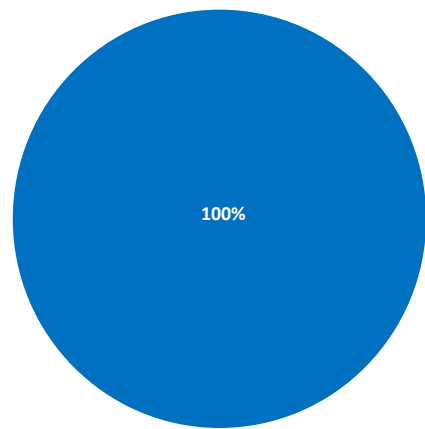
■ Excellent ■ VeryGood ■ Satisfactory ■ Poor ■ Very poor

Mesentery Exercises: Pedicle Ligation; Ligation in Continuity; and Transfixing



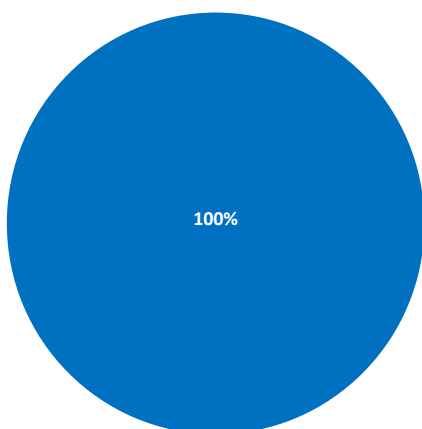
■ Excellent ■ VeryGood ■ Satisfactory ■ Poor ■ Very poor

Lymph Node Biopsy



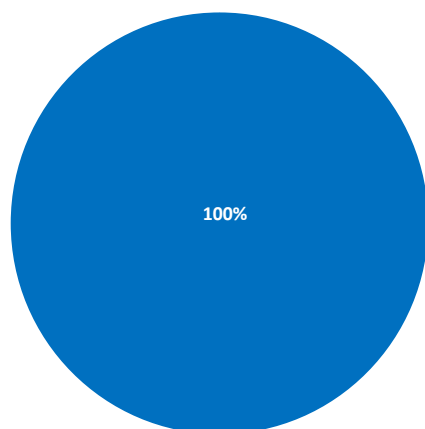
■ Excellent ■ VeryGood ■ Satisfactory ■ Poor ■ Very poor

End-to-End Bowel Anastomosis



■ Excellent ■ VeryGood ■ Satisfactory ■ Poor ■ Very poor

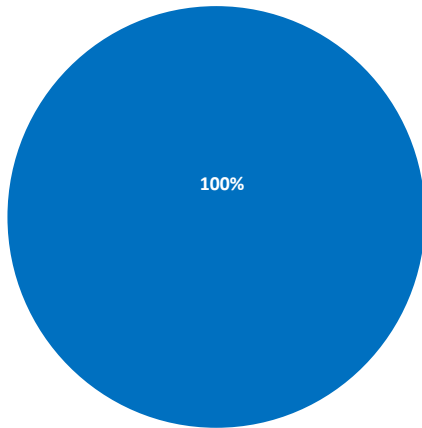
Indications and Types of Colectomies



■ Excellent ■ VeryGood ■ Satisfactory ■ Poor ■ Very poor

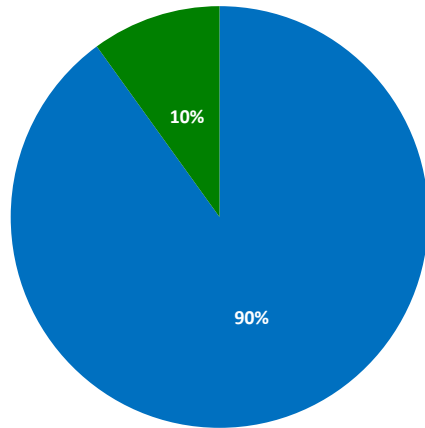
Overall Feedback

Principles of Vascular Surgery



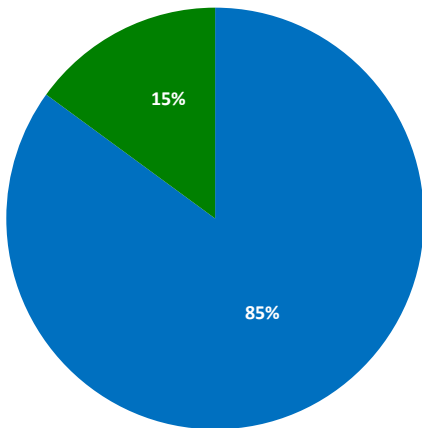
■ Excellent ■ VeryGood ■ Satisfactory ■ Poor ■ Very poor

Arteriotomy and Vein Patch



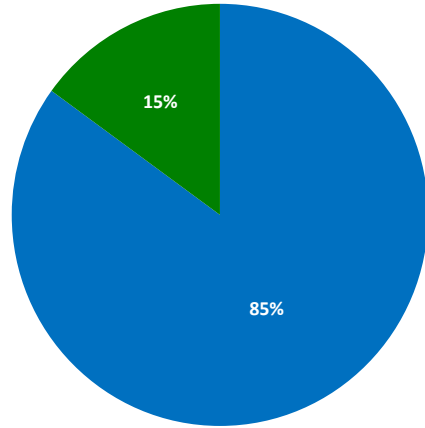
■ Excellent ■ VeryGood ■ Satisfactory ■ Poor ■ Very poor

Principles of Surgical Diathermy



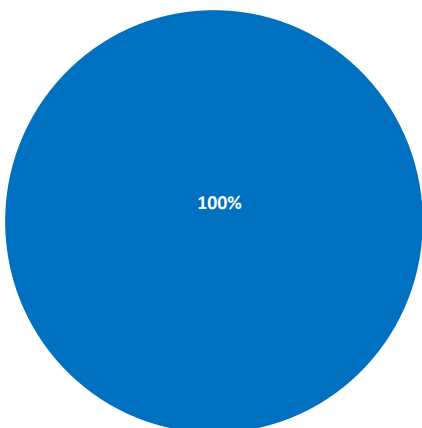
■ Excellent ■ VeryGood ■ Satisfactory ■ Poor ■ Very poor

Laparoscopic Surgery (cutting gloves)



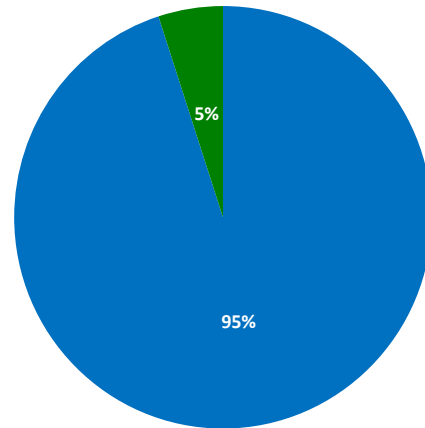
■ Excellent ■ VeryGood ■ Satisfactory ■ Poor ■ Very poor

Laparoscopic Surgery (threading through hoops)



■ Excellent ■ VeryGood ■ Satisfactory ■ Poor ■ Very poor

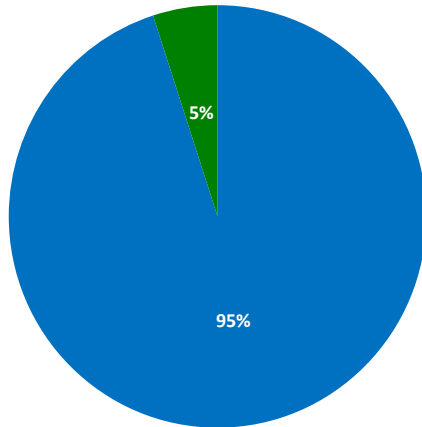
Were you given sufficient time to practice the skills?



■ Certainly sufficient ■ Mostly sufficient ■ Neutral
■ Just sufficient ■ Not sufficient

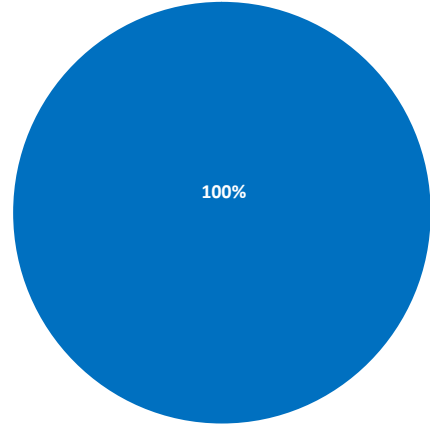
Overall Feedback

Was the live demonstration of the skills helpful to your learning?



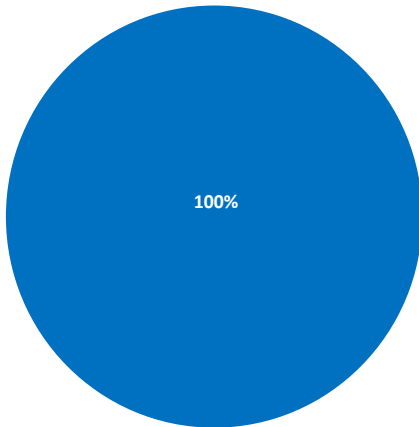
■ Most helpful ■ Helpful ■ Neutral ■ Little helpful ■ Not helpful

Did the topics covered in the course meet your objectives?



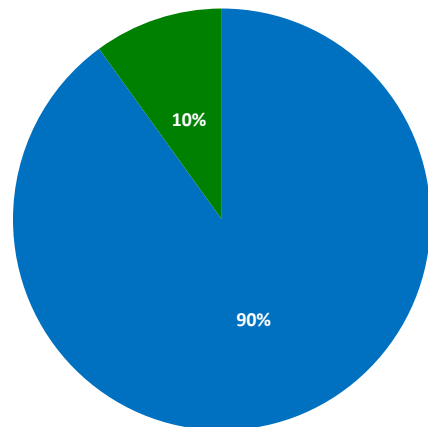
■ Most certainly ■ Certainly ■ Neutral ■ A little bit ■ Not at all

Do you feel that the skills you learnt will help you in your career?



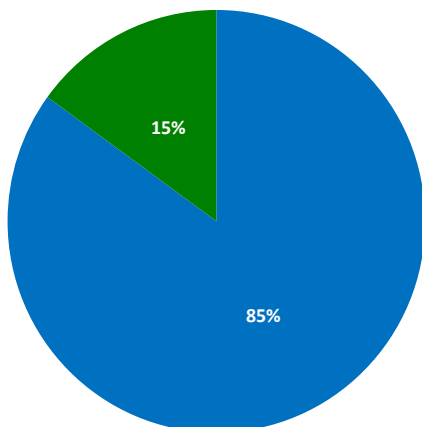
■ Most certainly ■ Certainly ■ Neutral ■ Might help ■ Won't help at all

Do you feel more confident of suturing wounds and/or assisting in the operating theatre?



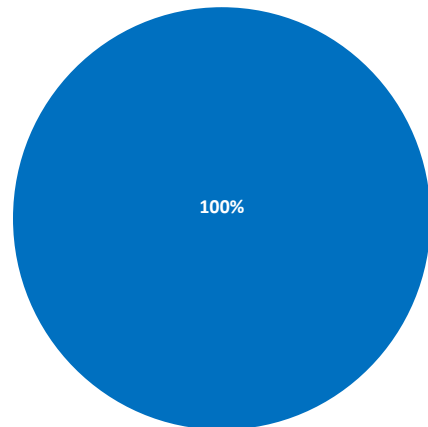
■ Most certainly ■ Certainly ■ Neutral ■ A little bit ■ Not at all

How satisfied were you with the venue, catering and hospitality?



■ Most satisfied ■ Satisfied ■ Neutral ■ A little satisfied ■ Unsatisfied

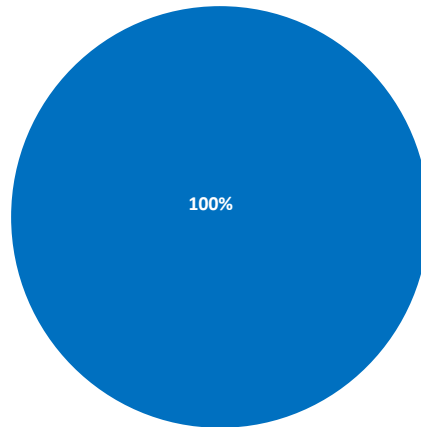
Would you recommend this course to a friend?



■ Most certainly ■ Certainly ■ Neutral ■ Possibly ■ Not at all

Overall Feedback

Would you consider this course to be good value for money?



■ Most certainly ■ Certainly ■ Neutral ■ Possibly ■ Not at all

Individual Comments

Outstanding teaching (especially from Prof) with thorough explanations and demonstrations. All tutors were committed to ensuring we understood and were able to perform each skill to the highest standard. Course organisers were fantastic with prompt communication and updates in relation the course. Thanks so much for being able to put on the course!

MW

Manchester Royal Infirmary, Manchester, UK

Thank you to all the staff at Doctors Academy for a very valuable experience. I thoroughly enjoyed the course and appreciate the time and effort put in from all the members of the faculty. I would recommend this course to my friends and colleagues as a great opportunity to improve their surgical skills.

KV

Nottingham University Hospitals NHS Trust, UK

Excellent 2 days with topics covered at an appropriate level. Everything that is wanted to know at my level as a core trainee was taught.

TS

County Durham and Darlington NHS Foundation Trust

The tutor: student ratio was perfect. Always somebody available to answer questions or assist. Great course and learned a lot.

SW

County Durham and Darlington NHS Foundation Trust

The most interesting and interactive course I have attended. Time swished by. Understood the techniques and principles for many surgical procedures. Thank you to the organisers.

NA

Weston Area Health NHS Trust

It was a fantastic and enjoyable course with dedicated and talented teachers.

CC

Burton Hospitals NHS Trust

Amazing course. In depth knowledge and great delivery of content by tutors. Lots of time to practice skills and improve. Also really good animal models to practice skills such as tendon repair, laparotomy, bowel anastomosis and vein patch.

DP

Burton Hospitals NHS Trust



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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
- International Academic and Research Conference
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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:

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