

Cardiff MRCS Course: Final Preparation for MRCS A

4th January 2020 (Saturday)
School of Biosciences, Cardiff University

KINDLY READ THE MAIL IN FULL SINCE IT CONTAINS IMPORTANT INFORMATION.

Dear Candidate,

Re: Cardiff MRCS Course: Final Preparation for MRCS Part A – 4th January 2020 (Saturday)

Thank you for choosing to attend this course. May we take this opportunity to kindly welcome you to the course and to Cardiff.

This mail is to inform you of the directions to the venue and the format for the day.

I. GENERAL AND REPORTING INFORMATION

Date:

4th January 2020 (Saturday)

Registration: 0820 hours

Start of Course: 0830 hours

End of Course: 1930 hours

Venue:

School of Biosciences, Sir Martin Evans Building, Cardiff University

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. Once you enter the building, kindly report to the foyer. A member of the team will direct you to the appropriate room.

II. ADDRESS, DIRECTIONS AND PARKING

Address:

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

Directions:

• For general directions to reach Cardiff University, please click on the link below:
<https://www.cardiff.ac.uk/visit/directions>

• To view the venue on a Google map, please follow this link:
https://maps.google.co.uk/maps?q=sir+martin+evans+building+google+map&ie=UTF-8&ei=0vhuUbnGE8TI4ATR9YHQDw&ved=0CAsQ_AUoAg

• **More visual directions to the venue can be found by following this link:**
http://doctorsacademy.org/Course/DOHNS/image_slider_latest/directiontovenue.html

Parking:

Free parking is available in the car park outside the Main Building of the University.

Sat Nav Postcode for the Main Building of the University: **CF10 3AT**

Please follow this link to view the Main Building of the University:

<https://www.google.co.uk/maps/preview#!data=!1m4!1m3!1d21!2!2d-3.1786544!3d51.487744!4m3!3m1!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!2!2d-3.1786544!3d51.487744!1!3m2!1!1270!2!653!4f13.1!5m1!5!2m1!4!1m1!3!1s0x486e1cbc8230aa57%3A0x54af9e2e65a7caa1!2sMain+Building!3m8!1m3!1d21!2!2d-3.1786544!3d51.487744!1!3m2!1!1270!2!653!4f13.1!5e6!7b1!7m1!3b1&fid=0>

Paid parking is also available on the road on either side of the Sir Martin Evans building (Colum Road or Museum). These car parks are maintained by the council and their rates can be found here:

<https://www.cardiff.gov.uk/ENG/resident/Parking-roads-and-travel/parking/On-street-parking/Pages/On-street-parking.aspx>

Please click on Outer City Centre zone – long stay and short stay.

III. CONTENTS

This intensive, one-day course will focus on 'rapid fire' discussion of the SBA questions and answers that are most likely to appear in the exam. The sessions will highlight the 'must know and high-yield' areas and take the delegates through the core topics in Applied Basic Sciences (ABS) and Principles of Surgery in General (PoSG). The course takes into consideration the current format of the exam (180 ABS questions and 120 PoSG questions) and the additional emphasis on ABS, particularly anatomy. Essential topics in Physiology, Pathology, Microbiology, Surgical Subspecialities, Trauma and Perioperative Management will also be revised.

Topics covered:

- Head and Neck Anatomy
- Neuroanatomy; Strokes
- Anatomy of the Thorax, Abdomen and Pelvis
- Musculoskeletal Anatomy
- Spinal Cord Anatomy
- Autonomic Nervous System; Neurotransmitters
- Surgically Relevant Embryology
- Vascular Anatomy; AAA; Peripheral Vascular Disease; Varicose Veins; Ulcers
- Applied Physiology and Applied Surgical Sciences
- Assessment and Management of Burns; Fluid and Renal Physiology
- Trauma, Shock, Major Haemorrhage Protocol; Fracture Neck of Femur; Compartment Syndrome
- Spinal Cord Injuries; Cauda Equina; Conus Medullaris; Metastasis of the Spine
- Neurophysiology; Flow of CSF; Hydrocephalus; Assessment and Management of Head Injuries
- Surgically Relevant Microbiology
- Principles of Surgery in General
- Pre-, intra- and post-operative Management; General Principles of Anaesthesia
- General Pathology; Benign Diseases
- Overview of the Assessment and Management of Cancers:
 - Salivary Glands
 - Thyroid
 - Breast
 - Colon
 - Rectum

- o Prostate
- o Testis
- o Bone
- o Skin
- o Melanoma

IV. WHAT TO PREPARE

As you will appreciate from the wide range of topics that will be covered, the course will be intense and exhausting. Hence, please read as much as possible beforehand so that you will gain the maximum benefit from the course. Prior knowledge will also help you to focus on important pieces of information. Please follow this link to access the pre-course presentations: http://www.courses.doctorsacademy.org/Number_Validation.aspx

V. DRESS CODE

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

VI. BREAKS FOR REFRESHMENTS AND LUNCH

There will be 20-minute refreshment break in the morning and afternoon sessions, and a 40-minute lunch break. During the refreshment break, you will be provided with tea, coffee and biscuits/cakes. A sandwich lunch will also be provided. Vegetarian and non-vegetarian options will be available.

What you need to bring with you:

1. A copy of the email you have received from us regarding your confirmation of place (with your name). Please note that you will not be allowed to attend the course without this information.
2. Your hospital/employer identification badge.

Please do not hesitate to contact us at info@doctorsacademy.org.uk if you have any further queries in the interim.

Alternatively, you can contact us at 02920 616 765.

If you have any issues on the day of the course, do not hesitate to contact us on **+44 (0) 75 3426 0131**.

We look forward to meeting you at the course.

With very best wishes,

Course Faculty
MRCS A Courses
Doctors Academy