



**The 2<sup>nd</sup> Annual National  
South West Plastic Surgery Conference**



**Feedback - March 2019**

## The 2<sup>nd</sup> Annual National South West Plastic Surgery Conference

The 2<sup>nd</sup> Annual National South South West Plastic Surgery Conference, "Bringing Plastic Surgery Insight to the South West" took place on Saturday 2<sup>nd</sup> March 2019 at the Research Innovation Learning and Development Building (RLID), Royal Devon and Exeter NHS Foundation Trust. It provided the delegate with an insight into the field of plastic surgery and sub- specialities.

The day comprised of a series of keynote talks, delivered by nationally-renowned specialists in the field, in addition to practical workshops in common plastic surgery skills, including knot-tying, basic suturing and tendon repair, as well as a plastic surgery portfolio-building workshop.

### Course Information

<b>Course Date:</b>	<b>2<sup>nd</sup> March 2019</b>
<b>Venue:</b>	<b>RILD Building, Royal Devon and Exeter NHS Foundation Trust, Barrack Road, Exeter</b>
<b>Attendance:</b>	<b>71 Delegates</b>
<b>Aimed at:</b>	<b>Medical Students and Foundation Year Doctors</b>
<b>Course Fee:</b>	<b>£18.00</b>



## Programme

- 0830 - 0900 Registration and Pre-Conference Questionnaire
- 0900 - 0915 Welcome and Opening  
Mr Vikram Devaraj, Consultant Plastic Surgeon; Senior Lecturer in Clinical Anatomy at University of Exeter Medical School; Exeter Surgical Society Patron
- 0915 - 1000 Opening Keynote Lecture Series:  
'A Career in Plastic Surgery: Highlights and Lessons Learnt'  
Mr Peter Saxby, Retired Consultant Plastic Surgeon, Royal Devon and Exeter Hospital; Founder Exeter Plastic Surgery Unit
- 1000 - 1045 'Genes, Hands, Nerves, and Brains'  
Prof Dominic Furniss, Honorary Consultant Plastic Surgeon; Associate Professor, University of Oxford

**1045 - 1100**

**Tea and Coffee Break**

- 1100 - 1130 Lecture (cont.):  
Sub-Specialties of Plastic Surgery  
Mr David Izadi, ST8 Senior Registrar in Plastic Surgery, Royal Devon and Exeter Hospital
- 1130 - 1200 Q&A Panel Discussion  
Mr Vikram Devaraj, Consultant Plastic Surgeon, University of Exeter

**1200 - 1315**

**Lunch and Poster Exhibition**

- 1315 - 1415 Plastic Surgery Skills Workshops and Lecture  
Group A - Knot Tying and Basic Suturing Skills  
Group B - Tendon Repair  
Group C - Building Your Surgical Portfolio Lecture - Mr Justin Wormald
- 1415 - 1515 Plastic Surgery Skills Workshops and Lecture  
Group A - Tendon Repair  
Group B - Building Your Surgical Portfolio Lecture - Mr Justin Wormald  
Group C - Knot Tying and Basic Suturing Skills

## Programme

1515 - 1530

Tea and Coffee Break

1530 - 1630

Plastic Surgery Skills Workshops and Lecture

Group A - Building Your Surgical Portfolio Lecture - Mr Justin Wormald

Group B - Knot Tying and Basic Suturing Skills

Group C - Tendon Repair

1630 - 1645

Break

1645 - 1730

Closing Lecture

'The Future of Plastic Surgery'

Mr Robert Morris, Consultant Plastic Surgeon

Derriford Hospital, University Hospitals Plymouth NHS Trust; Founder Plymouth Sarcoma Unit

1730 - 1740

Sponsorship Talk

'Association of Surgeons in Training'

Ms Lucy Hoade, ASiT South West Representative

1740 - 1800

Closing Notes and Post-Conference Questionnaire

Mr Vikram Devaraj, Consultant Plastic Surgeon, Exeter Surgical Society Patron

Mr Waheed-UI-Rahman Ahmed, SWPSC Founder and Chair

## FACULTY

**Mr Peter John Saxby, ChM FRCS (Plast)**

Retired Consultant Plastic and Reconstructive Surgeon  
Royal Devon and Exeter Hospital NHS Foundation Trust; Founder Exeter Plastic Surgery Unit.

**Professor Dominic Furniss, DM, MA, MBBCh, FRCS(Plast)**

Associate Professor Wellcome Trust Intermediate  
Fellow University of Oxford Honorary Consultant Plastic and Reconstructive Surgeon, Department of Plastic and Reconstructive Surgery, Oxford University Hospitals NHS Foundation Trust.

**Professor Vikram S Devaraj, MBChB FRCS(Eng), FRCS(Plast), PGDip Clin Ed SFHEA**

Associate Professor & Clinical Lead Anatomy Discipline Group, Consultant Plastic, Reconstructive & Hand Surgeon, University of Exeter College of Medicine and Health.

**Mr Robert Morris, MBBS , FRCS(Eng), FRCS(Plast)**

Consultant Plastic and Reconstructive Surgeon, Derriford Hospital, University Hospitals Plymouth NHS Foundation Trust; Founder Plymouth Sarcoma Unit.

**Mr David Izadi, BA(Hons), MB BChir(Cambridge) , MA(Cantab), MA(Oxon) , MRCS FRCS(Plast),**

ST8 Senior Registrar in Plastic and Reconstructive Surgery, Royal Devon and Exeter Hospital NHS Foundation Trust.

**Mr Justin C R Wormald, MBBS, MRes, MRCS**

Specialist Registrar in Plastic and Reconstructive Surgery, Stoke Mandeville Hospital, Buckinghamshire Healthcare NHS Trust NIHR Academic Clinical Fellow in Plastic Surgery, University of Oxford.

## ORGANISING COMMITTEE

**Mr Waheed-UI-Rahman Ahmed**

Founder and Chair

**Mr Alexander Smith**

Sponsorship Lead

**Mr Nicholas Hubble**

Media Lead

**Mr Ziad Zeidan**

Lectures Lead

**Mr Jonathan Musgrove**

Workshop Lead

**Miss Shivani Mahaptra**

Advertising Lead

**Ms Abby Sy**

Advertising Lead

**Mr Wayne Chung**

Catering Lead

**Miss Erin Dawson**

Secretary

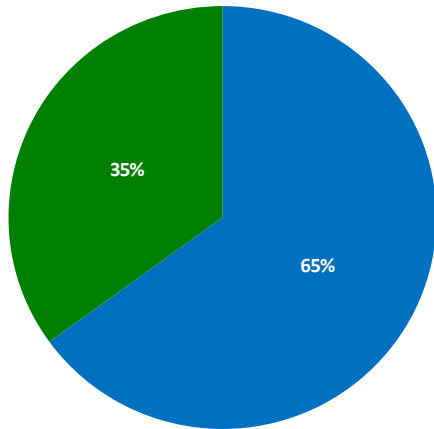
**Miss Miriam A Beattie**

Truro Lead



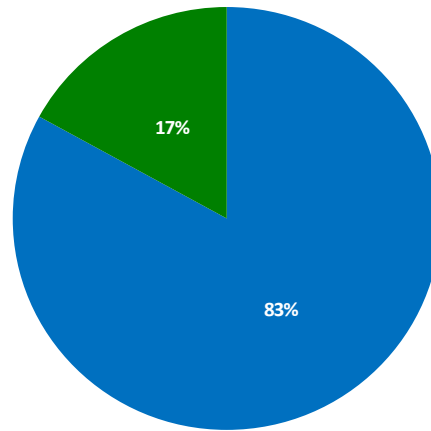
# Overall Feedback

How was the content of the conference?



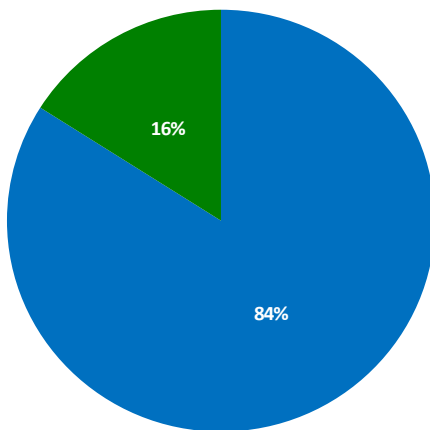
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

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



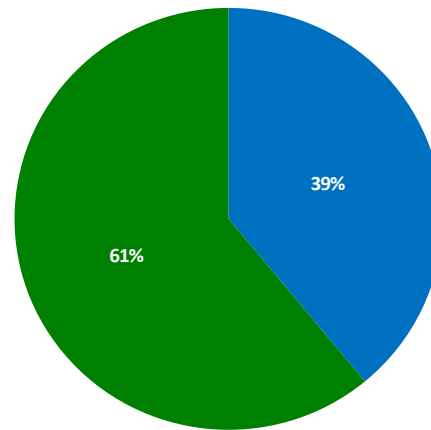
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A Career in Plastic Surgery: Highlights and Lessons Learnt - Mr Peter Saxby



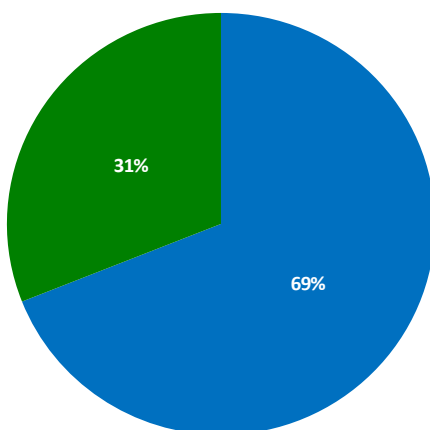
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Genes, Hands, Nerves, and Brains - Prof Dominic Furniss



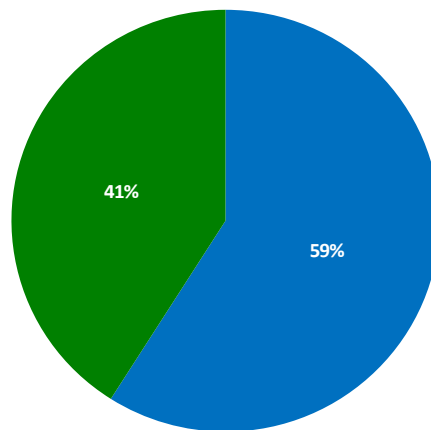
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Sub-Specialties of Plastic Surgery - Mr David Izadi



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

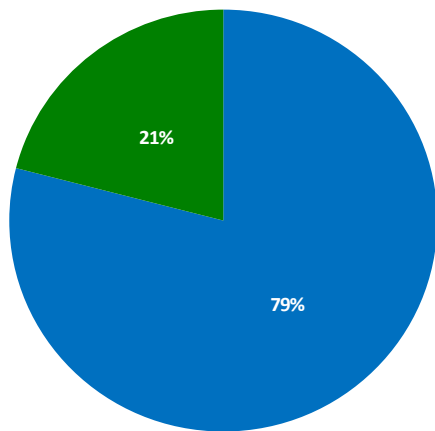
Q&A Panel Discussion - Mr Vikram Devaraj



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

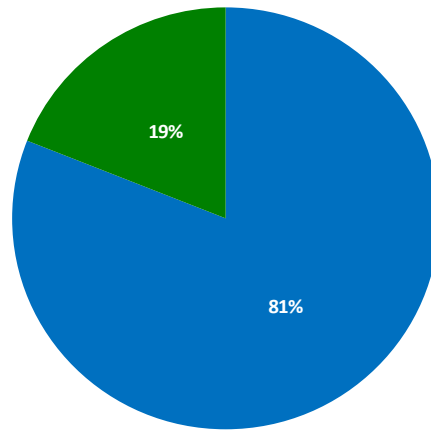
# Overall Feedback

Plastic Surgery Skills Workshops and Lecture  
- Knot Tying and Basic Suturing Skills



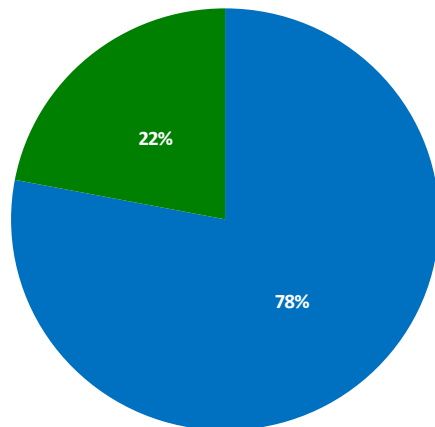
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Plastic Surgery Skills Workshops and Lecture  
- Tendon Repair



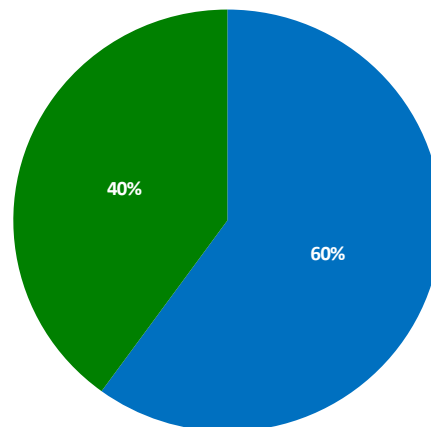
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Plastic Surgery Skills Workshops and Lecture  
- Building Your Surgical Portfolio Lecture -  
Mr Justin Wormald



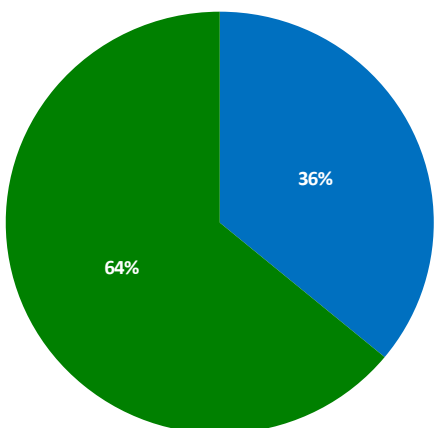
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

The Future of Plastic Surgery -  
Mr Robert Morris



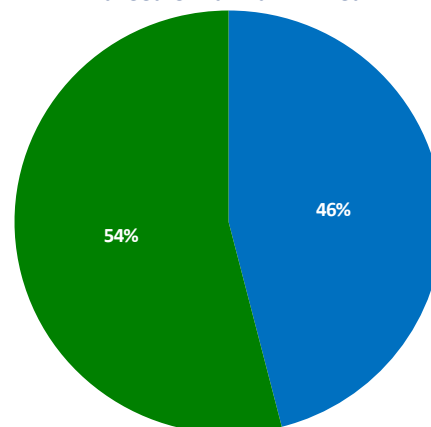
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Association of Surgeons in Training -  
Ms Lucy Hoade



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

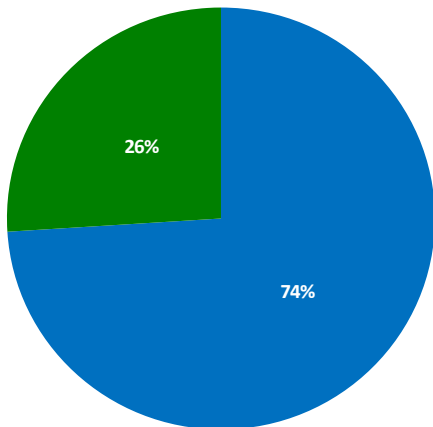
Closing Notes and Post Conference  
Questionnaire - Mr Vikram Devaraj and Mr  
Waheed-UI-Rahman Ahmed



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

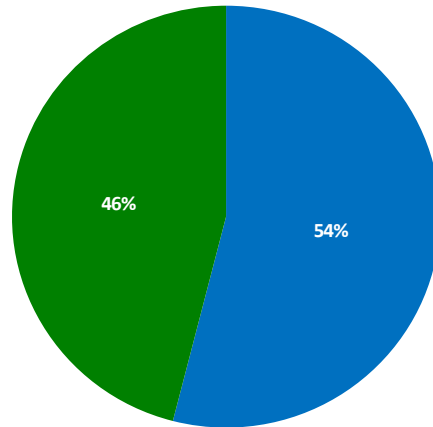
# Overall Feedback

How were the facilities and venue?



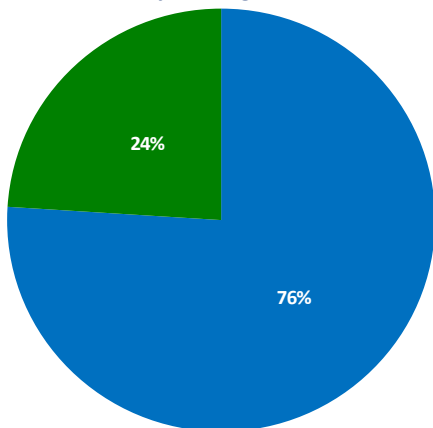
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How were the refreshments and lunch?



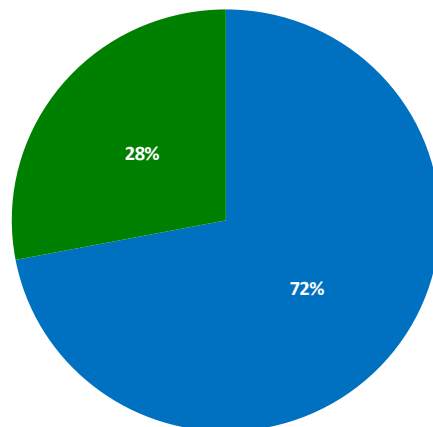
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the general friendliness of the faculty and organisers?



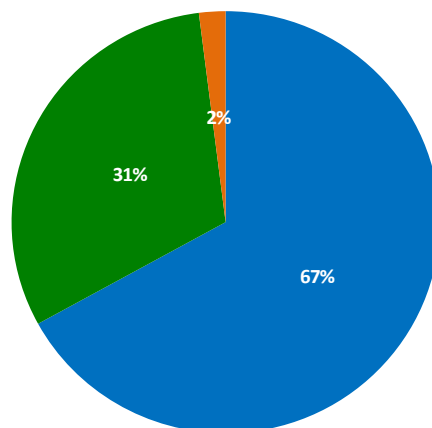
■ Very friendly ■ Friendly ■ Neutral ■ Not very friendly ■ Can't comment

Would you recommend this conference to a friend?



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

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



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



## Individual Comments

Overall, it was an amazing experience and a great opportunity to meet likeminded people.

**NS**

***University of Nottingham School of Medicine, Nottingham, United Kingdom***

All the talks were really relevant and interesting. It was the best conference I have been to so far. The workshops were good, especially the one about building your surgical portfolio which was taught really well. Going to the conference has made me more confident that I can pursue a career in plastic surgery!

**EB**

***Swansea University Medical School, Swansea, United Kingdom***

This course was of a very high standard.

**GM**

***Bristol Medical School, University of Bristol, Bristol, United Kingdom***

It was very well organised and presented. All speakers were very passionate about plastics and I found this inspiring.

**TF**

***University of Exeter Medical School, Exeter, United Kingdom***

The CV-building workshop was life-changing, the facilitators were all very friendly and it was possible to feel how well planned the conference was.

**IJ**

***University of Exeter Medical School, Exeter, United Kingdom***

The entire event was well organised, and the content has been useful and relevant to medical students.

**RT**

***University of Exeter Medical School, Exeter, United Kingdom***

The course was of a great standard and the presentations were really interesting.

**SM**

***University of Exeter Medical School, Exeter, United Kingdom***

I found it to be very interesting.

**ME**

***University of Exeter Medical School, Exeter, United Kingdom***

It was very good.

**AB**

***University of Exeter Medical School, Exeter, United Kingdom***

## Individual Comments

The course gave you a great platform to increase knowledge on the subject and get in touch with people in the specialty.

**XC**

*John Radcliffe Hospital, Oxford, United Kingdom*

I absolutely loved the session on building a good surgical portfolio - I cannot commend it enough!

**AY**

*Bristol Medical School, University of Bristol, Bristol, United Kingdom*

It was very good.

**EM**

*University Hospital of Wales, Cardiff, United Kingdom*

It was very good.

**ST**

*University of Exeter Medical School, Exeter, United Kingdom*

The course was well organised and good value for money.

**RI**

*St George's Hospital (London), London, United Kingdom*

I found the course to be very relevant and a good reminder to prepare for my future career.

**RB**

An excellent conference at a fantastic level for medical students.

**WA**

*Southend University Hospital NHS Foundation Trust, United Kingdom*

The course was very well organised and the topics covered were interesting.

**CP**

*Bristol Medical School, University of Bristol, Bristol, United Kingdom*

The course was of a very high quality.

**AA**

*University of Exeter Medical School, Exeter, United Kingdom*

Very well organised, the teaching was great. Overall, it was really good!

**FF**

*University of Exeter Medical School, Exeter, United Kingdom*

## Individual Comments

Good.

AS

*University of Exeter Medical School, Exeter, United Kingdom*

The course was very well organised and the teaching was of a high quality.

RM

*University of Exeter Medical School, Exeter, United Kingdom*

This was a great conference and I really enjoyed it.

JH

*University of Exeter Medical School, Exeter, United Kingdom*

I found it to be very informative and inspiring.

CC

*Plymouth University Peninsula Schools of Medicine and Dentistry, Plymouth, United Kingdom*

It was very good.

JC

*University of Exeter Medical School, Exeter, United Kingdom*

It was an all-round excellent event.

MB

*Royal Devon and Exeter NHS Foundation Trust, United Kingdom*

This was a well-structured conference, covering a variety of fascinating aspects of plastic surgery.

DS

*Royal Devon and Exeter NHS Foundation Trust, United Kingdom*

This was a great conference. It was well organised and executed. The workshops were excellent, and the providers were dedicated to meeting the delegates needs.

KN

*Plymouth University Peninsula Schools of Medicine and Dentistry, Plymouth, United Kingdom*

Great.

YE

*University of Exeter Medical School, Exeter, United Kingdom*

I found the course to be well organised and very relevant.

EG

*Bristol Medical School, University of Bristol, Bristol, United Kingdom*

## Individual Comments

The teaching was great and very informative. I particularly liked the building a surgical portfolio talk, because it provided me with practical skills to get started with in my second stage of medicine. I don't know for sure if I want to become a plastic surgeon, but since the conference, I am definitely considering more of a career in surgery!

**VA**

***University of Exeter Medical School, Exeter, United Kingdom***

This was a very well organised event overall. The presentations were all interesting and relevant. I particularly enjoyed the workshops; they were excellent.

**ED**

***University of Exeter Medical School, Exeter, United Kingdom***

I think everything was amazing.

**ER**

***University of Exeter Medical School, Exeter, United Kingdom***

I really enjoyed the day-long conference as it was applicable to medical interests of all training doctors wishing to pursue a career in surgery.

**CH**

***University of Exeter Medical School, Exeter, United Kingdom***

The day was very well run.

**NH**

***University of Exeter Medical School, Exeter, United Kingdom***

This was a great day. I loved the suturing skills.

**IP**

***University of Exeter Medical School, Exeter, United Kingdom***

I found it to be very professional, well organised, and better than a lot of London conferences.

**SD**

***University of Exeter Medical School, Exeter, United Kingdom***

The teaching was great. Unfortunately, we do not have a plastic surgery rotation in our 3<sup>rd</sup> year of medical school, so it was really good to attend this conference and to learn more about a career in plastic surgery.

**VV**

***University of Exeter Medical School, Exeter, United Kingdom***



# DOCTORS ACADEMY

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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, 6<sup>th</sup> to 10<sup>th</sup> August 2018*
- **International Academic and Research Conference**  
*Manchester, 11<sup>th</sup> August 2018*
- **World University Anatomy Challenge**  
*Manchester, 9<sup>th</sup> and 10<sup>th</sup> August 2018*

## Publications



[publications.doctorsacademy.org](http://publications.doctorsacademy.org)

## World Journal of Medical Education & Research



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with ISSN.

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- No manuscript processing fee
- No publishing fee
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[wjmer.co.uk](http://wjmer.co.uk)

## 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
- DOHNS Exams

[www.doctorexams.co.uk](http://www.doctorexams.co.uk)

# [www.doctorsacademy.org](http://www.doctorsacademy.org)