

Cardiff MRCS Course: Anatomy, Pathology and Physiology for MRCS OSCE - Preparatory Course for October 2020 Exam

27th June 2020 (Saturday)

College of Physicians and Surgeons of Cardiff, Frazer Building, Cardiff Bay, Cardiff

REPORTING INFORMATION

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

Dear Candidate,

Re: Cardiff MRCS Course: Anatomy, Pathology and Physiology for MRCS OSCE – Preparatory Course for October 2020 Exam – 27th June 2020 (Saturday)

Thank you very much 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: 27th June 2020 (Saturday)

Registration: 0850 hours

Start of Course: 0900 hours

End of Course: 1830 hours

Venue:

College of Physicians and Surgeons of Cardiff
Frazer Building
126 Bute Street
Cardiff Bay
Cardiff
CF10 5LE

Where to Report:

When you arrive at Frazer Building, please enter through the main door. A member of our team will direct you to the appropriate room.

II. ADDRESS, DIRECTIONS AND PARKING

Address:

College of Physicians and Surgeons of Cardiff
Frazer Building
126 Bute Street
Cardiff Bay
Cardiff
CF10 5LE

Directions:

Driving

From the East

- Exit the M4 at Junction 29 onto the A48(M). Continue for 2.5 miles.
- Continue onto Eastern Avenue/A48 for 2.4 miles.
- Take the exit A4232 towards Cardiff (E)/Docks.
- When you reach the roundabout, take the first exit onto Southern Way/A4161/A4232. Continue for 0.4 miles.
- Take the A4161 ramp to the City Centre and continue for 0.2 miles.
- When you reach the roundabout, take the second exit onto A4161. Continue for 0.8 miles.
- Turn left onto Beresford Road and continue for 0.2 miles.
- Continue onto Moorland Road for 0.4 miles.
- Continue onto Courtenay Road for 0.1 miles.
- Continue onto Walker Road for 0.2 miles.
- Continue onto E Tyndall Street.
- Go through two roundabouts (0.8 miles).
- Continue onto Herbert Street for 0.1 miles.
- Turn left onto Bute Street and continue for approximately 0.5 miles.
- Turn right onto West Close and continue. After a few seconds, you will see a metal gate on your left; this is the entrance to the car park. (Photo directions are available here:
<https://doctorsacademy.org/coursenw/CMAPPPC/Driving-%20from-%20the-%20East.pdf>)

From the West

- Exit the M4 at Junction 33.
- Take the exit towards Cardiff West.
- When you reach the roundabout, take the third exit onto the A4232. Continue for 9.1 miles.
- Take the exit towards Techniquest/Museum and continue for 0.1 miles.
- When you reach the roundabout, take the first exit onto Stuart Street. Continue for 0.2 miles.
- Continue onto New George Street for 0.1 miles.
- Continue onto Bute Street for 0.1 miles.
- The venue will be on your left.
- To reach the car park, continue past the building and take the next left onto West Close. After a few seconds, you will see a metal gate on your left; this is the entrance to the car park. (Photo directions are available here:
<https://doctorsacademy.org/coursenw/CMAPPPC/Driving%20-from-the-%20West.pdf>)

By Train

The closest station to the venue is **Cardiff Bay Railway Station**. You will need to change trains at Cardiff Central.

From Cardiff Central Train Station

- On arriving at Cardiff Central, head to Platform 6. Take the train to Cardiff Queen Street (trains run from Cardiff Central to Cardiff Queen Street every 5 minutes). The journey time is approximately 3 minutes.
- On arriving at Cardiff Queen Street, head to Platform 3. Take the train to Cardiff Bay (trains run from Cardiff Queen Street to Cardiff Bay every 12 minutes). The journey time is approximately 4 minutes.
- When you arrive at Cardiff Bay Train Station, exit to the right (sign-posted Mermaid Quay and Mount Stuart Square).
- Turn left onto Bute Street and walk towards the first set of traffic lights.
- Cross the road. You will see Frazer Building in front of you (there is a clock at the top of the building).

Alternatively, you can take a taxi from Cardiff Central Train Station to the venue. This will take approximately 7 minutes.

Visual directions to the venue can be found by following this link:

<https://doctorsacademy.org/coursenw/CMAPPPC/cardiff-Train.pdf>

Parking:

Free parking is available at the rear of the building. Please follow the directions mentioned above (under the sub-heading 'Driving').

III. CONTENTS

This course covers the 'knowledge component' that makes up 160 marks (8 stations) in the MRCS OSCE. It will cover the commonly tested and high-yield topics in anatomy, pathology, microbiology, physiology, and critical care.

The course will cover the following topics:

Anatomy:

- Brachial plexus and upper limb nerve injuries
- Shoulder and back
- Arm, ante-cubital fossa and forearm
- Wrist and hand
- Skull base, foramina and cranial nerves
- Circle of Willis and dural venous sinuses
- Autonomic nervous system

- Face, mandible and parotid gland
- Neck, larynx and pharynx
- Thorax, mediastinum, heart and lung
- Diaphragm
- Anterior abdominal wall, inguinal region and external genitalia
- Peritoneum, lesser sac, epiploic foramen and greater sac
- Small and large intestine
- Rectum, anal canal, pelvic floor and perineum
- Femoral triangle
- Gluteal region
- Adductor canal
- Popliteal fossa
- Lower leg, compartments, ankle and foot
- Lower limb nerve injuries
- Vascular anatomy of the neck, abdomen, and upper and lower limbs

Pathology and Microbiology:

- Basic pathology
- System-specific pathology
- Pathology definitions
- Tumour markers and metastasis
- Cancers of the testis
- Cancers of the thyroid
- Malignant melanoma
- Colorectal malignancies
- Cancer of the breast
- Cancers of the salivary glands
- Cutaneous malignancies
- Carcinoid tumour
- MEN syndromes
- Vascular pathologies
- Diverticular disease
- Bacteria and antibiotics
- Necrotising fasciitis
- Tuberculosis

Physiology and Critical Care:

- Management of lower limb trauma
- Management of fracture neck of femur
- Compartment syndrome
- Management of head injuries
- Flow of CSF and hydrocephalus
- Acid-base balance, tetany, metabolic alkalosis, paradoxical aciduria
- Calcium metabolism
- Endocrine physiology
- Renal physiology
- Types and classes of shock
- Management of burns

- Wound management
- Spinal cord lesions, cauda equina, conus medullaris syndrome

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 OSCE Courses
Doctors Academy