

**DOCTORS ACADEMY**



**BETTER EDUCATION. BETTER HEALTH.**

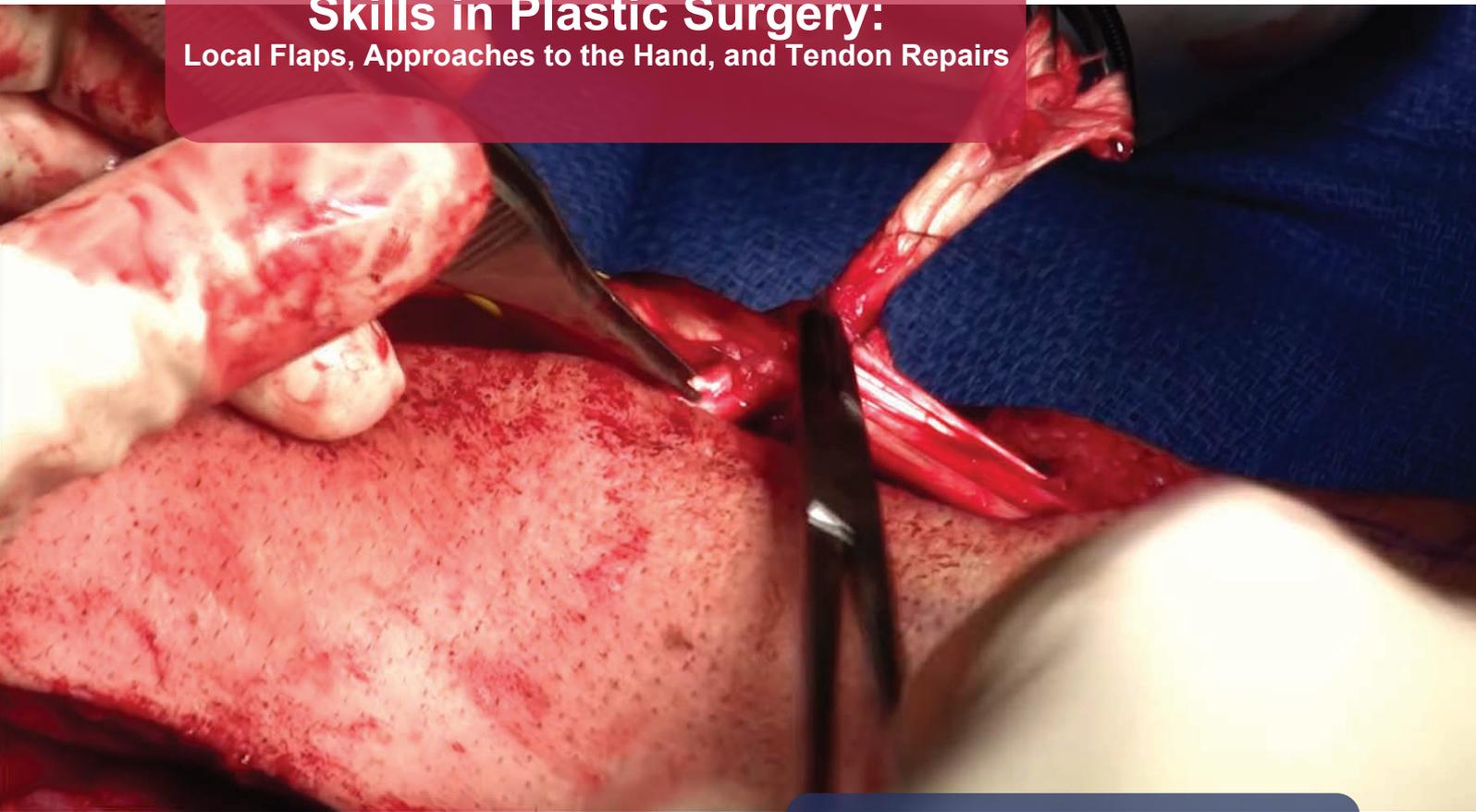
**COLLEGE OF PHYSICIANS AND  
SURGEONS OF CARDIFF**



**ERUDITIO. NOVATIO.  
EXCELLENTIA. MISERICORDIA.**

# Essential Principles and Practical Skills in Plastic Surgery:

## Local Flaps, Approaches to the Hand, and Tendon Repairs



**Feedback - July 2022**

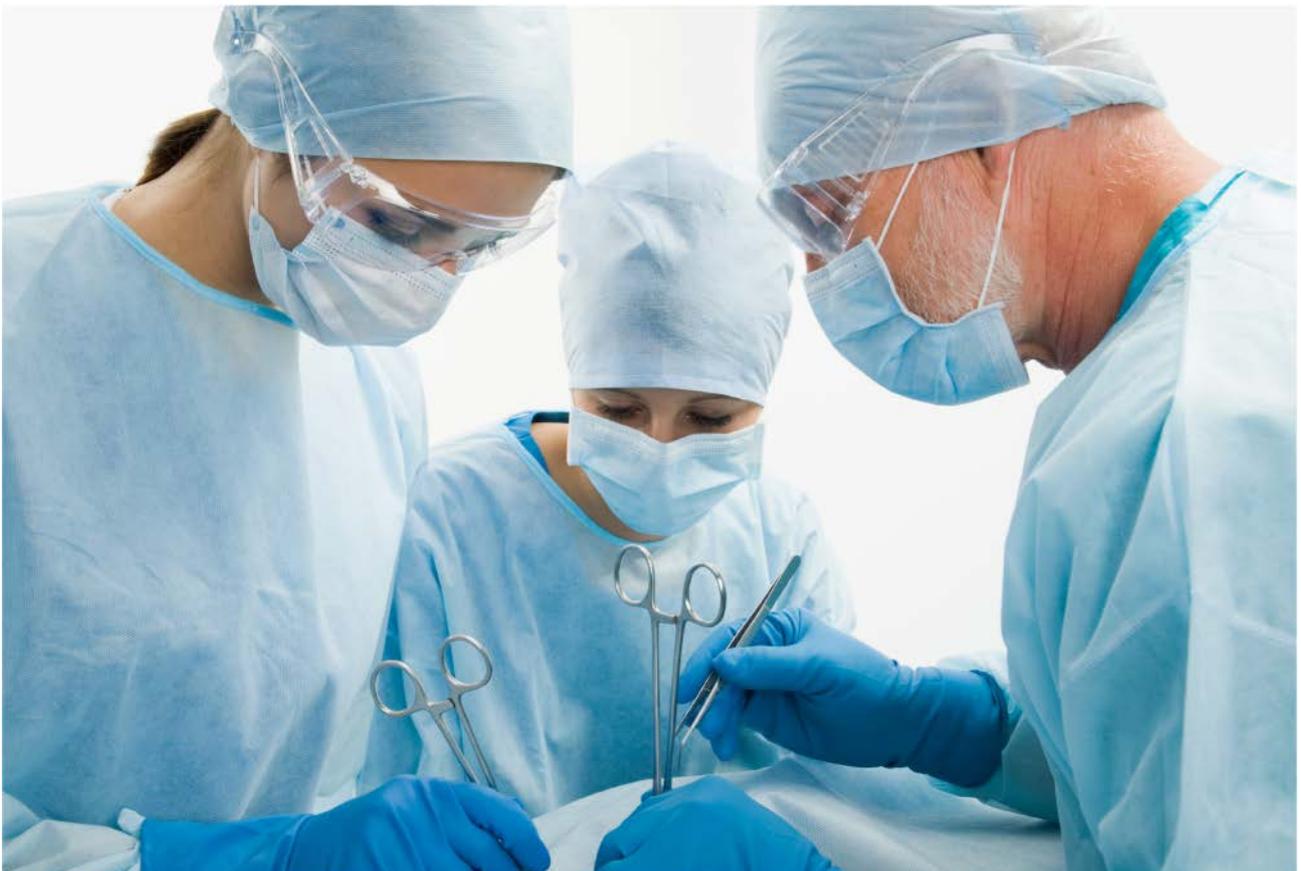
# Essential Principles and Practical Skills in Plastic Surgery:

Local Flaps, Approaches to the Hand, and Tendon Repairs

This course was aimed at providing surgical trainees interested in plastic surgery or junior surgeons in plastic surgery with a sound foundation of the surgical principles pertinent at this level. The day predominantly consisted of hands-on practical skills workshops on animal tissue and simulated models, which provided the attendee with the opportunity to design various local flaps, practice various surgical approaches to the hand, and gain a thorough understanding of the various methods of flexor and extensor tendon repairs. The day, with a high delegate-to-tutor ratio, covered the principles and designs of local flaps, the execution of various types of Z-plasties, and the assessment of hand, wrist and forearm injuries. It also discussed surgical approaches to different hand conditions and the principles of flexor and extensor tendon repair techniques and their rehabilitation.

## Course Information

<b>Date:</b>	<b>30<sup>th</sup> July 2022</b>
<b>Venue:</b>	<b>College of Physicians and Surgeons of Cardiff, Cardiff Bay, Cardiff</b>
<b>Attendance:</b>	<b>13 Delegates</b>
<b>Aimed at:</b>	<b>FY2, CT1 and CT2 in Surgery with an interest in Plastic Surgery; Themed CT1 and CT2 in Plastic Surgery; ST3 trainees in Plastic Surgery; Non-Trainees in Plastic Surgery at an SHO/Early Registrar Level.</b>
<b>Course Fee:</b>	<b>£185.00</b>



## Programme

- 0830 - 0845 Registration
- 0845 - 0855 Introduction and Objectives
- 0855 - 0915 Practical Application of Reconstructive Ladder
- 0915 - 0930 Classification of Flaps
- 0930 - 0945 Types of Z-Plasty and Designs
- 0945 - 1015 Designing Z-Plasties on Simulated Models
- 1015 - 1045 Types and Designs of Local Flaps

### 1045 - 1100 Refreshment Break

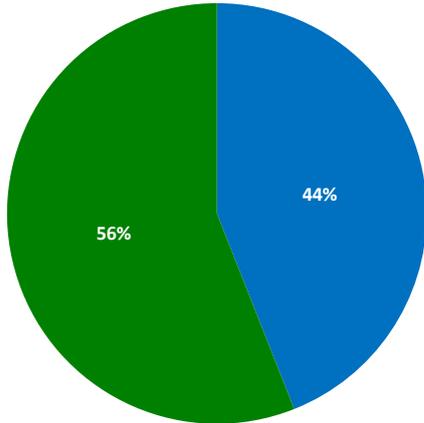
- 1100 - 1130 Designing Local Flaps on Simulated Models
- 1130 - 1215 Designing Z-Plasties and Local Flaps on Animal Models
- 1215 - 1245 Discussion of Clinical Cases - Choosing Local flaps for Various Defects
- 1245 - 1305 Clinical Assessment of Hand, Wrist and Forearm Injuries
- 1305 - 1335 Surgical Approaches to Various Hand Conditions

### 1335 - 1420 Lunch

- 1420 - 1440 Principles of Extensor Tendon Repair
- 1440 - 1500 Principles of Flexor Tendon Repair
- 1500 - 1630 Extensor and Flexor Tendon Repairs on Animal Models
- 1645 - 1705 Rehabilitative Regimes for Tendon Repairs
- 1705 - 1730 Recognising and Managing Complications of Flexor and Extensor Tendon Repairs
- 1730 - 1745 Summary and Feedback
- 1745 End of Course

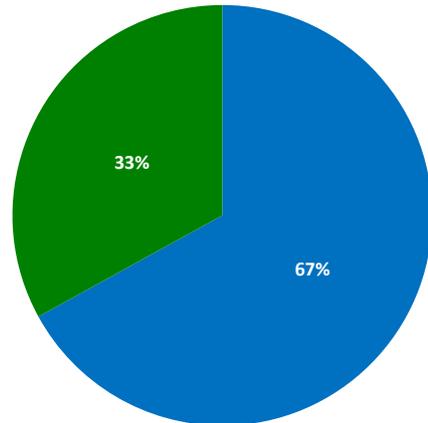
# Overall Feedback

How was the content of the course?



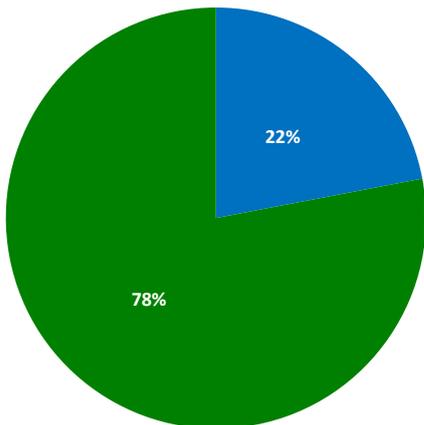
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

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



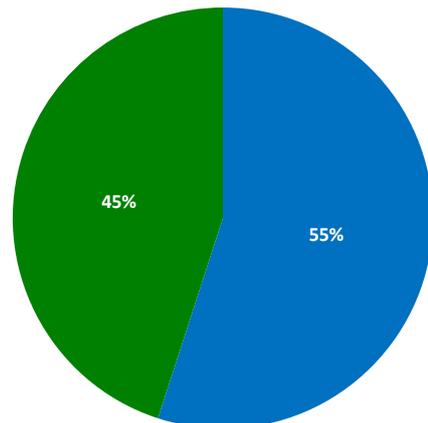
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the clarity of the demonstrations?



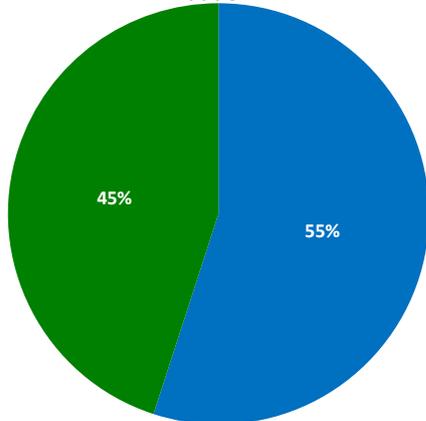
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Did the course meet your learning objectives?



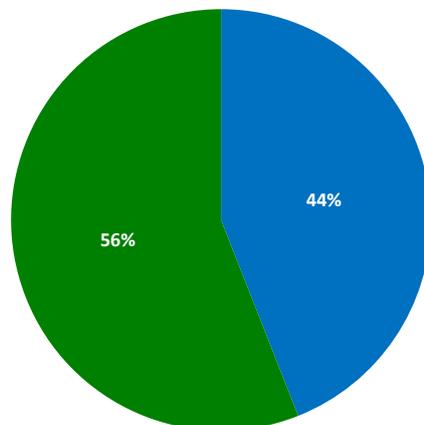
■ Most certainly ■ Certainly ■ Just about ■ Limited ■ Not at all

Practical Application of Reconstructive Ladder



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

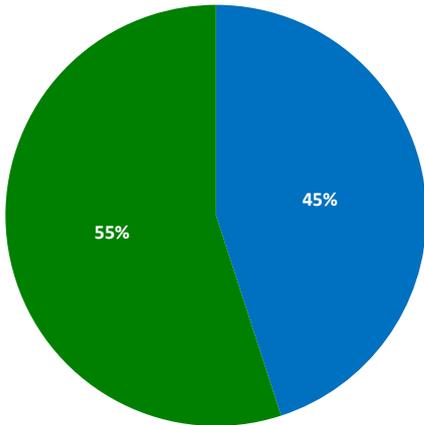
Classification of Flaps



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

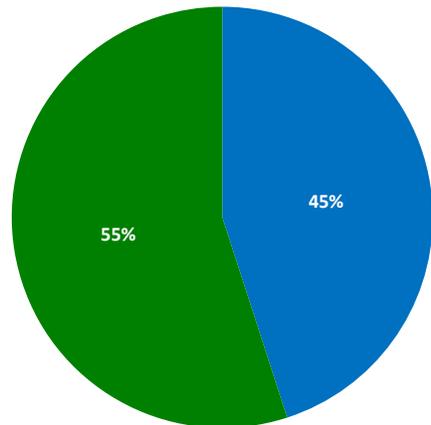
# Overall Feedback

Types of Z-Plasty and Designs



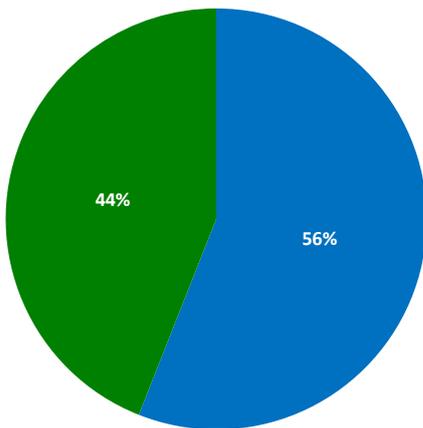
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Designing Z-Plasties on Simulated Models



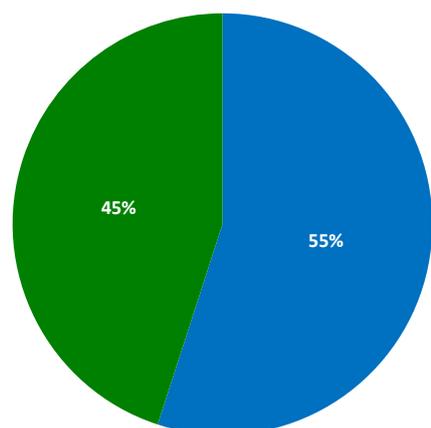
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Types and Designs of Local Flaps



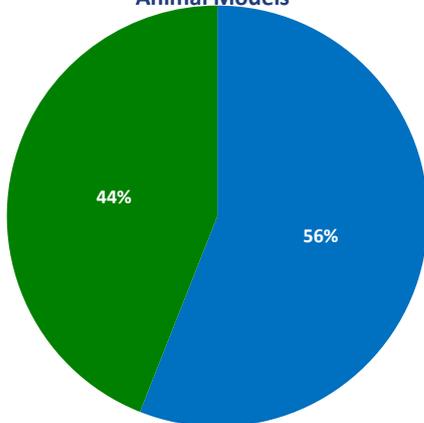
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Designing Local Flaps on Simulated Models



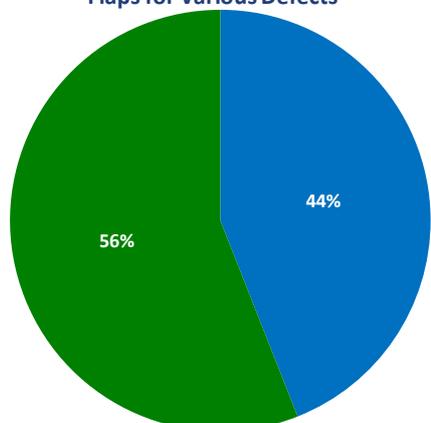
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Designing Z-Plasties and Local Flaps on Animal Models



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

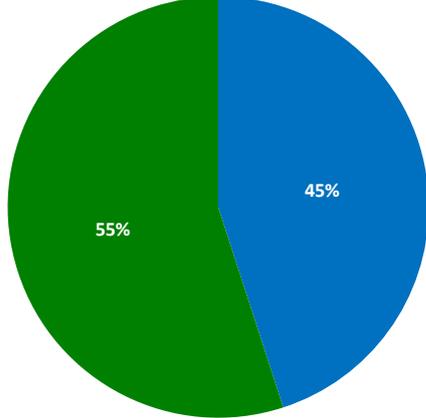
Discussion of Clinical Cases - Choosing Local Flaps for Various Defects



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

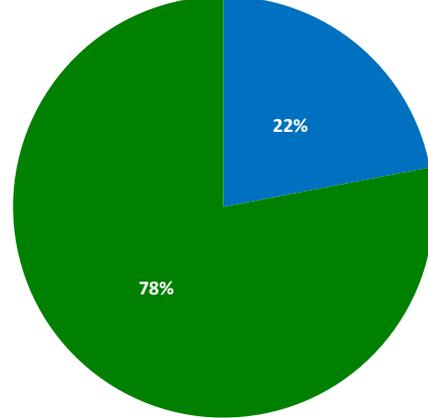
# Overall Feedback

### Clinical Assessment of Hand, Wrist and Forearm Injuries



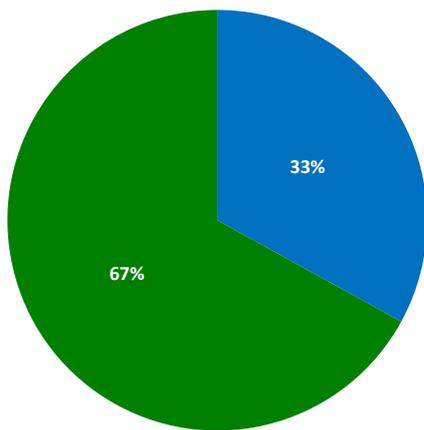
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

### Surgical Approaches to Various Hand Conditions



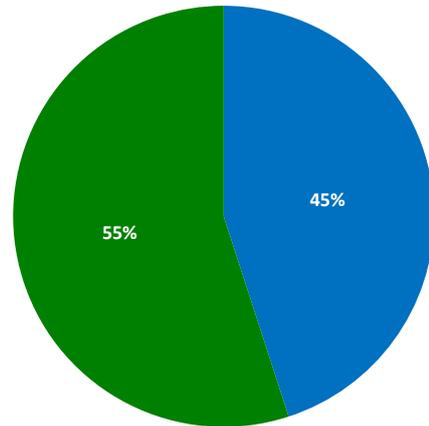
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

### Principles of Extensor Tendon Repair



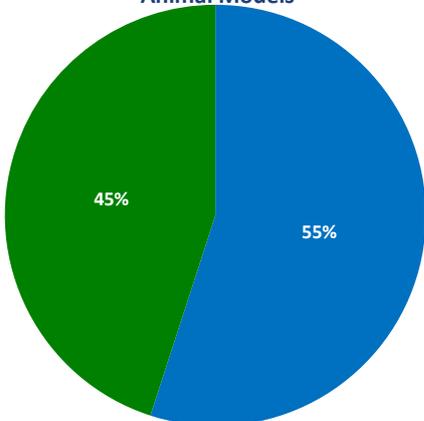
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

### Principles of Flexor Tendon Repair



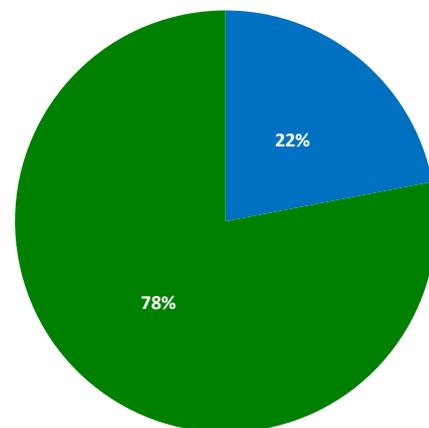
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

### Extensor and Flexor Tendon Repairs on Animal Models



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

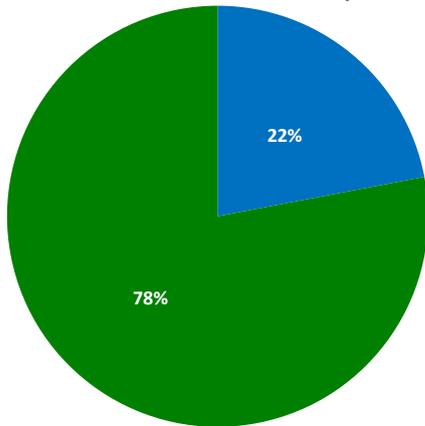
### Rehabilitative Regimes for Tendon Repairs



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

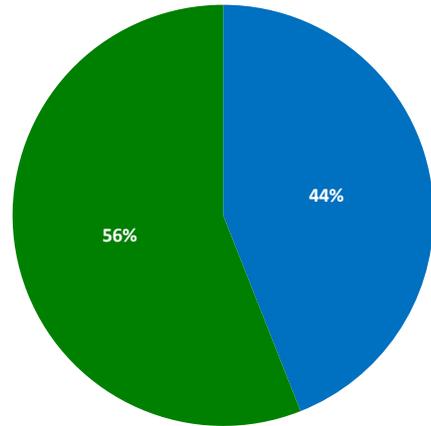
# Overall Feedback

Recognising and Managing Complications of Flexor and Extensor Tendon Repairs



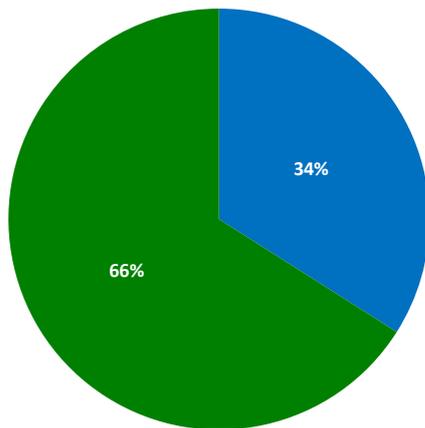
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

How were the facilities and venue?



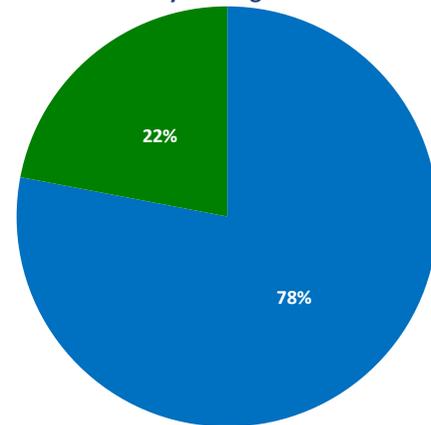
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How were the refreshments and lunch?



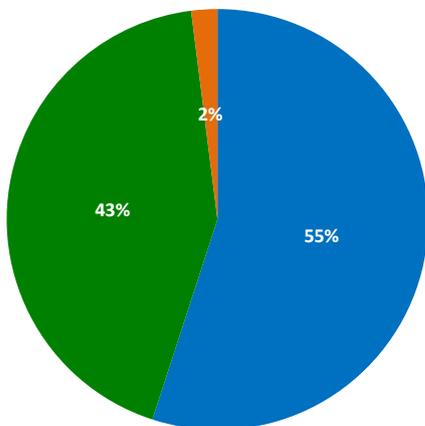
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the general friendliness of the faculty and organisers?



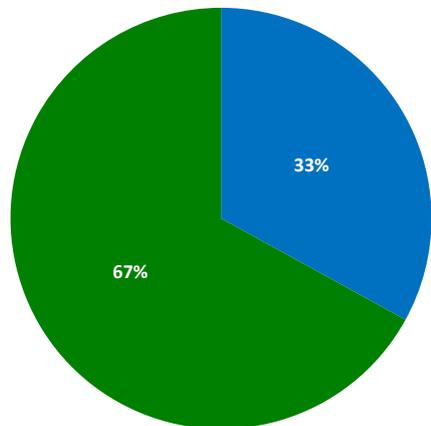
■ Very friendly ■ Friendly ■ Neutral  
■ Not very friendly ■ Can't comment

Would you recommend this course to a friend?



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

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



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

## Individual Comments

Excellent.

**PE**  
*Morrison Hospital, Swansea, UK*

It was very well lead and organised.

**AD**  
*Queens Medical Centre, Nottingham, UK*

Thoroughly enjoyed course, good balance between lectures and practical sessions, very friendly tutors.

**OQ**  
*St Michaels Hospital, Dublin, UK*

It was really useful to practice the flaps on both simulated (foam) and real tissue.

**RW**  
*Morrison Hospital, Swansea, UK*

Fantastic very helpful tutors. Lots of time for hands-on practice with the animal models.

**CM**  
*Sheffield Teaching Hospitals, Sheffield, UK*



# DOCTORS ACADEMY

BETTER EDUCATION. BETTER HEALTH.

Doctors Academy is a UK-based International Non-Profit Organisation comprising of doctors, dentists and scientists that undertakes a diverse range of educational activities globally. The aim of the Academy is to disseminate information and exchange medical knowledge between professionals from diverse backgrounds working in a variety of healthcare settings. This is achieved by the provision of a number of attendance courses, publishing house, online resources and international events / competitions.

## 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
- World University Anatomy Challenge

## Publications



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

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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:

- Medical Students
- Dental Students
- International Entrance Exams
- MRCS Exams
- General Surgery Exams
- Plastic Surgery Exams
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