



**Cardiff MRCS Course:
Basic Sciences and Clinical
Application for MRCS A**



Feedback - February 2020

Cardiff MRCS Course: Basic Sciences and Clinical Application for MRCS A

Basic sciences such as anatomy, physiology, pathology and microbiology are the principal components for developing a strong foundation in surgical training and for the understanding of its clinically applied aspects such as surgical anatomy and critical care physiology. As such, these subjects form an integral part in the MRCS A exam.

This intensive three-day course provided the attendee with an overview of basic physiological principles, consolidated the candidate's core and applied surgical knowledge in anatomy and relevant pathology, and provided a focused revision of pertinent topics as tested in the exam. The course took into consideration the recent changes to the MRCS A exam, with more emphasis on basic sciences - especially anatomy.

The course was structured into three distinct, but related, days. On Day 1, the emphasis was on basic and surgically applied anatomy, and relevant system specific pathology. Day 2 predominately covered cancer pathology, microbiology, genetics, statistics, embryology, autonomic nervous system and head and neck anatomy. Day 3 covered trauma, general pathology, benign and malignant tumours, principles of surgery, burns and applied surgical sciences.

It was advised that delegates attend all three days of the course to get the full benefit. However, if they were particularly strong in the topics on any of the three days, then they had the option of attending the individual days of the course.

Delegates attending this course received full access to the MRCS Part A online educational resources from www.doctorexams.co.uk for a 4 month period. This resource contains 100s of SBA and EMQ questions for practice. In addition, they also received full access to all presentations via a secure, online link. All of these benefits and privileges were included within the course fee.



Course Information

Course Date:	14th - 16th February 2020
Venue:	School of Biosciences, Cardiff University, Cardiff
Attendance:	29 Delegates
Aimed at:	Trainees preparing for the MRCS Part A Examination.
Faculty:	Surgeons
Course Fee:	£375.00



Course Programme

Day 1

SURGICAL AND APPLIED ANATOMY, AND SYSTEM SPECIFIC PATHOLOGY

0830 - 0840	Registration
0840 - 0850	Introduction and Format of the Exam
0850 - 1030	Brachial Plexus, Arm, Shoulder, Scapula, Back and Rotator Cuff (Includes Upper Limb Nerve Injuries, Palsies and Shoulder Pathologies)
1030 - 1110	Cubital Fossa, Forearm, Flexor Retinaculum and Hand (Includes Carpal Tunnel Syndrome, Ulnar Nerve Palsies, Hand Pathologies)

1110 - 1130 Break for Refreshments

1130 - 1230	Thoracic Wall; Mediastinum; Heart; Lungs; Oesophagus; Diaphragm
1230 - 1300	Vascular Anatomy of the Thorax, Head and Neck and Thorax (Includes Vascular Access and Chest Drain Insertion); Vascular Pathologies of Neck and Thorax

1300 - 1340 Lunch

1340 - 1420	Transpyloric Plane, Anterior Abdominal Wall and Inguinal Region (Includes Hernia and Scrotal Swellings)
1420 - 1440	Abdominal Anatomy; Hollow and Solid Organs (Includes Bowel Pathologies, Colon Cancer and Segmental Bowel Resections)
1440 - 1530	Pelvis and Perineum

1530 - 1550 Break for Refreshments

1550 - 1630	Lumbar and Lumbosacral Plexus
1630 - 1715	Femoral Triangle, Thigh, Popliteal Fossa; Lower Leg, Ankle and Foot (Includes Lower Limb Nerve Injuries, Palsies, Compartment Syndrome and Ankle Injuries)
1715 - 1830	Revision of Day 1 and Sample Questions

1830 End of Day 1

Course Programme

Day 2

HEAD AND NECK ANATOMY, AUTONOMIC NERVOUS SYSTEM, MICROBIOLOGY, CANCER PATHOLOGY, GENETICS AND STATISTICS

0830 - 1040 Skull Base, Head, Scalp and Face; Surgical Pathologies of the Head and Face
(Includes Parotid Tumours)

1040 - 1100 Break for Refreshments

1100 - 1230 Neck, Thyroid, Larynx, Pharynx, Tongue; Surgical Pathologies of the Neck

1230 - 1300 Autonomic Nervous System

1300 - 1345 Lunch

1345 - 1445 Essential Topics in Microbiology, Tuberculosis and Necrotising Fasciitis

1445 - 1530 Statistics and its Surgical Application

1530 - 1550 Break for Refreshments

1550 - 1630 Cancer Pathology (Brain, Oesophagus and Lung)

1630 - 1700 Genetics and Inheritance Patterns

1700 - 1800 Revision of Days 1 and 2, and Sample Questions

1800 End of Day 2

Course Programme

Day 3

GENERAL PATHOLOGY, BENIGN AND MALIGNANT TUMOURS, PRINCIPLES OF SURGERY, AND APPLIED SURGICAL SCIENCES

0830 - 0930 Management of Trauma; ATLS Principles; Head Injury; Neurophysiology

0930 - 1000 Basic and General Pathology

1000 - 1025 Cardiorespiratory Physiology

1025 - 1055 Pre-operative Assessment

1055 - 1115 Post-operative Complications and Management

1115 - 1135 Break for Refreshments

1135 - 1210 Fundamentals of Wound Healing; Reconstructive and Plastic Surgery

1210 - 1245 Principles of Local Anaesthetics; Tourniquets; Diathermy; Laparoscopic Surgery

1245 - 1300 Sutures, Suture Materials and Needles

1300 - 1340 Lunch

1340 - 1415 Management of Burns

1415 - 1500 Lumps and Benign Lesions; Ulcers; Vascular Pathologies and Vascular Surgery

1500 - 1530 Cancers of Thyroid and Breast

1530 - 1550 Break for Refreshments

1550 - 1620 Melanoma and Testicular Cancers

1620 - 1650 Endocrine and Renal Physiology; Calcium Metabolism

1650 - 1815 Revision of all 3 Days and Sample Questions

1815 End of Course

Faculty List

Dr Alan Watson, BSc, PhD

Reader in Anatomy and Neuroanatomist
University of Cardiff

Ms Clare Carpenter, BSc (Anat), MB BCh, MRCS (Eng), MD, FRCS (T&O)

Consultant Paediatric Orthopaedic Surgeon
University Hospital of Wales, Cardiff

Mr Edmund Leung, DMedSci, MRCS, FRCS

Consultant General Surgeon
Hereford County Hospital, Hereford

Mr Kevin Conway, MB BCh, MD, FRCS (Gen Surg)

Consultant Vascular Surgeon
Royal Glamorgan Hospital, Llantrisant

Dr Paul Morgan, FRCA

Consultant Intensivist
University Hospital of Wales, Cardiff

Professor Stuart Enoch, MBBS, MRCSEd, MRCS (Eng), PGCert (Med Sci), PhD

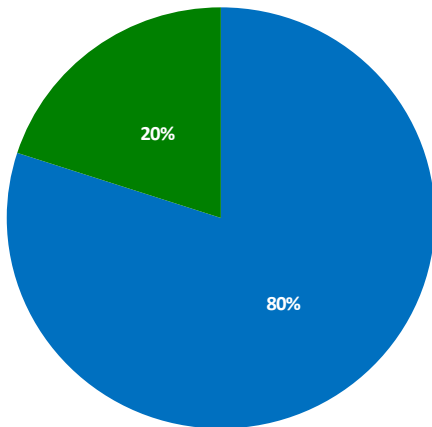
Professor, Higher Surgical Education
Doctors Academy

Miss Yan Mei Goh, MBChB, MRCS, PGDip Clin Ed.

PhD Research Fellow - Imperial College London
Specialist Registrar in General Surgery - Oxford Deanery

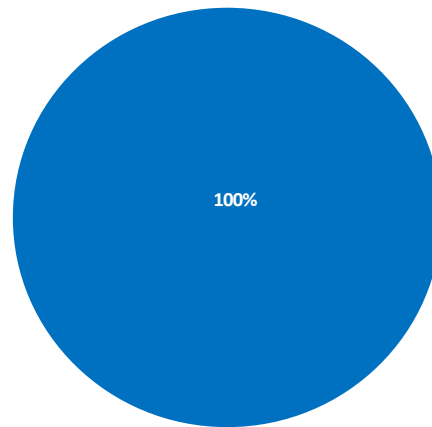
Overall Teaching Feedback

How was the content of the course?



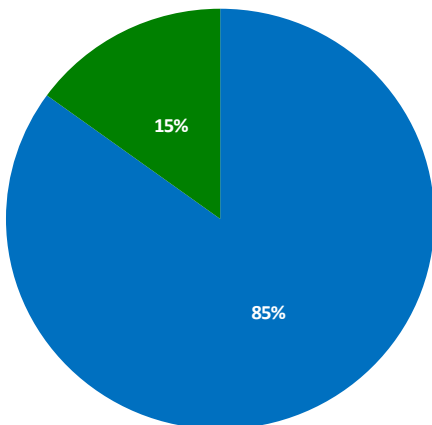
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How would you rate the general academic standard of the main lecturer?



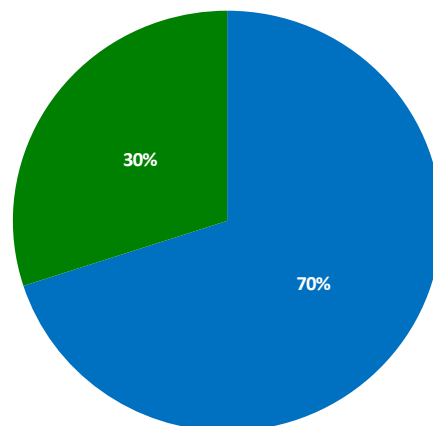
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the clarity of the lectures?



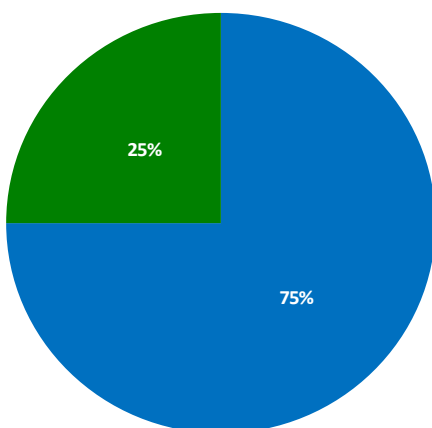
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Did the course cover the main topics you consider are important for the exam?



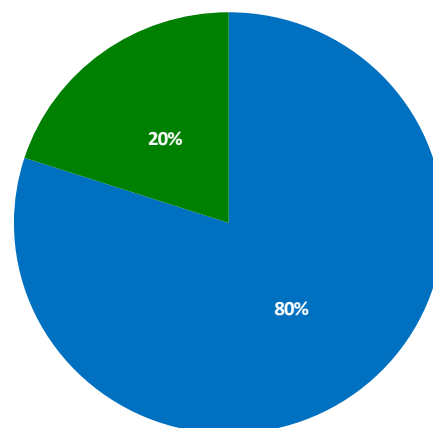
■ Most certainly ■ Certainly ■ Probably ■ A little ■ Not at all

Skull Base



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

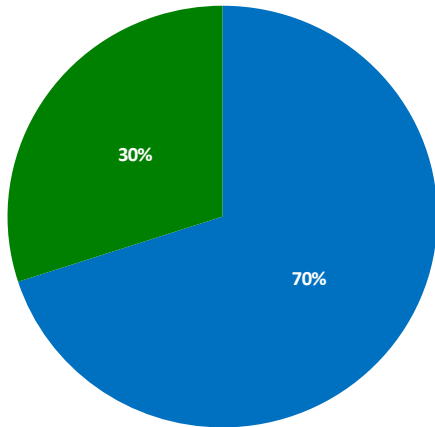
Head and Face



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

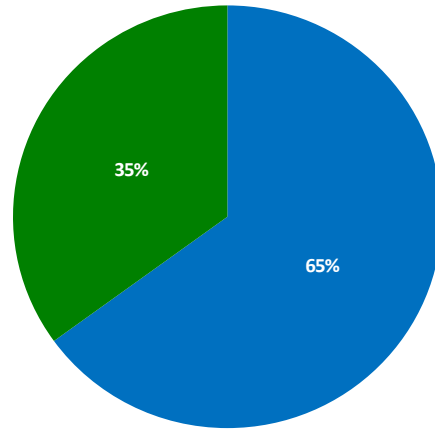
Overall Teaching Feedback

Brain and Neuroanatomy



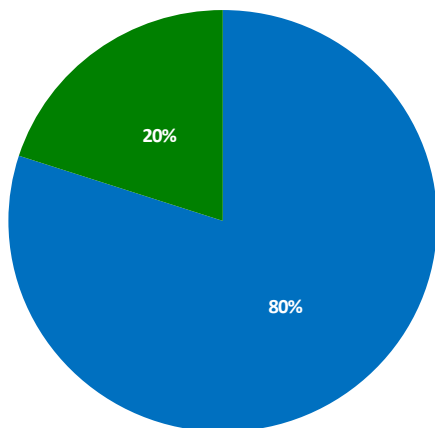
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Upper Limb and Brachial Plexus; Nerve Injuries



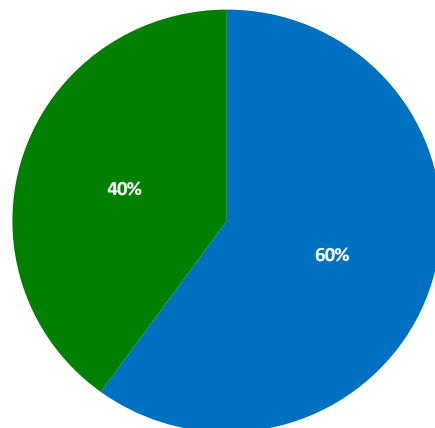
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Neck and Larynx



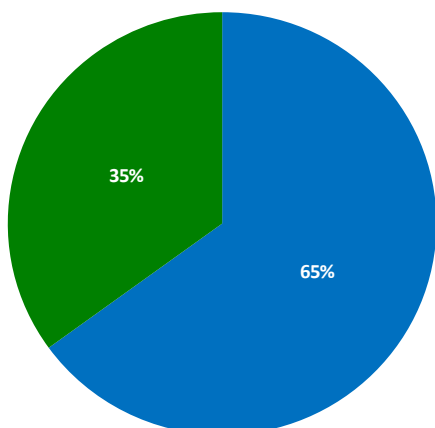
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Thorax, Heart and Mediastinum



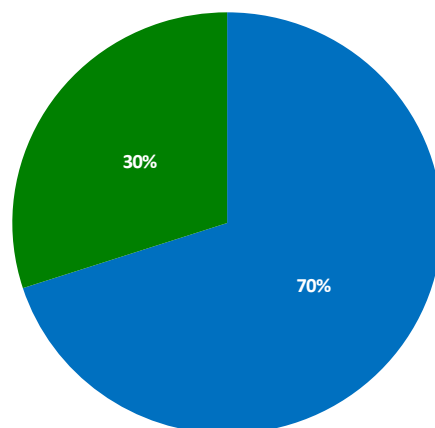
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Abdominal Wall and General Abdomen



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

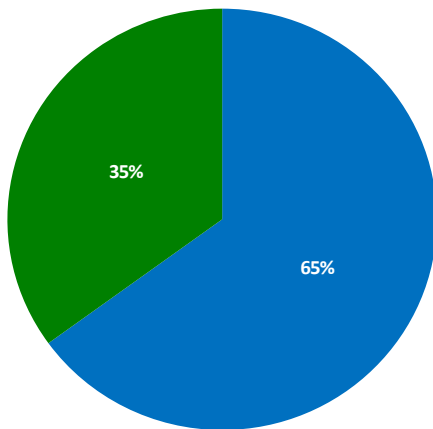
Thyroid Cancer



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

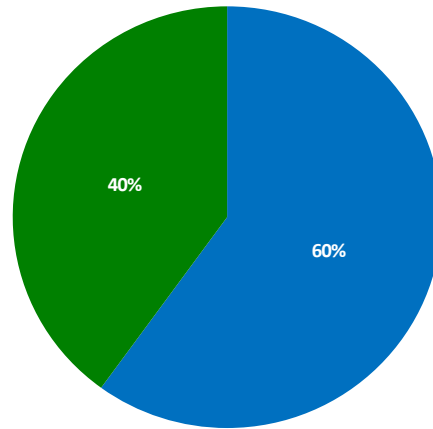
Overall Teaching Feedback

Thyroid Pathologies



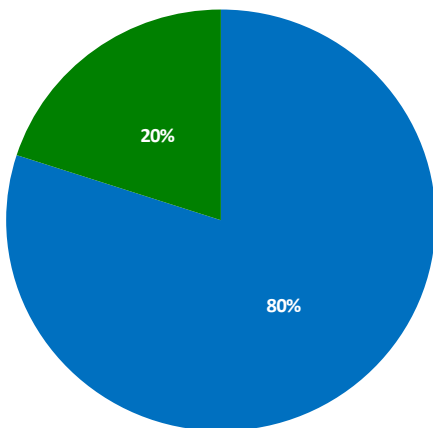
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Pelvis and Perineum



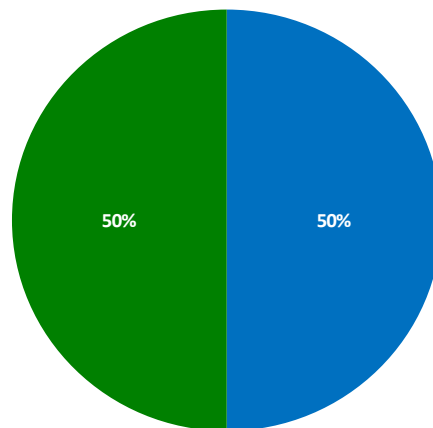
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Scrotal Swellings and Testicular Cancer



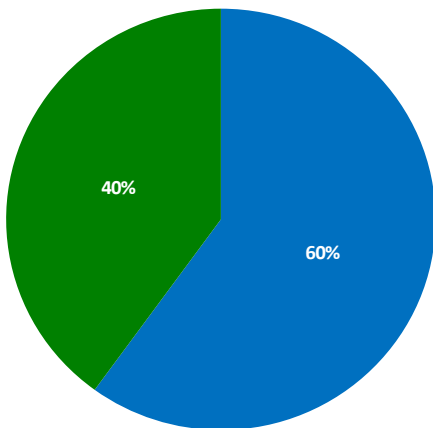
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Autonomic Nervous System



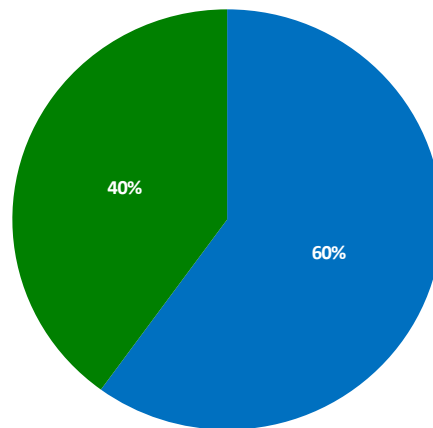
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Spinal Cord Physiology and Spinal Cord Lesions



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

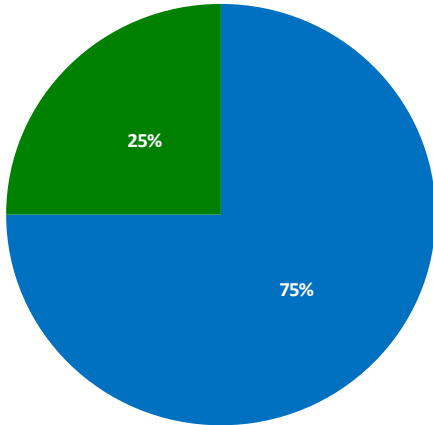
Lower Limb Anatomy and Nerve Injuries



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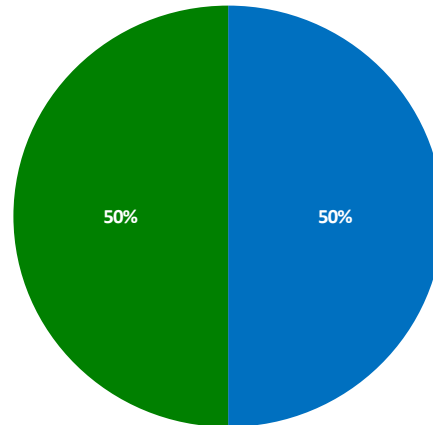
Overall Teaching Feedback

Burns



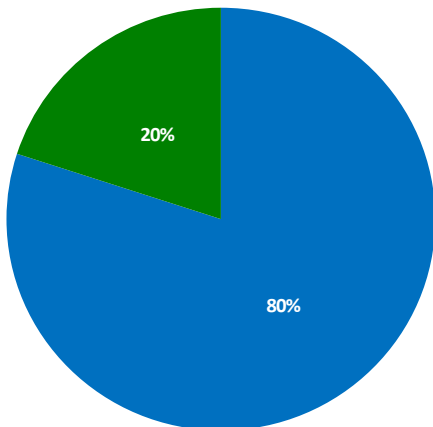
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Fluid Physiology



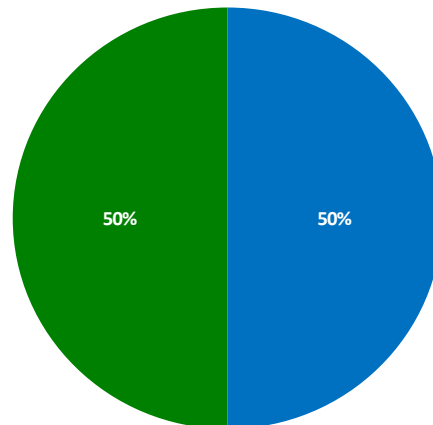
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Wound Healing and Ulcers



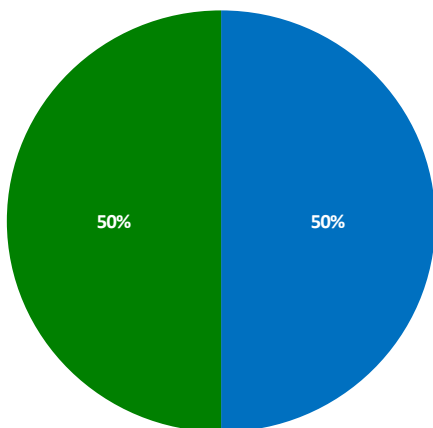
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Reconstruction and Plastic Surgery



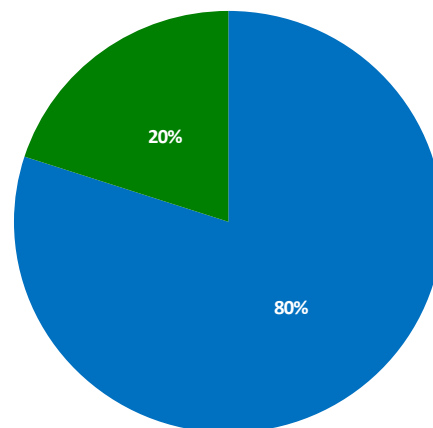
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Breast Surgery



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

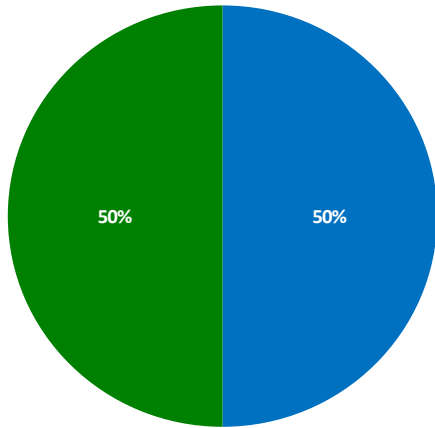
Endocrine Topics



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

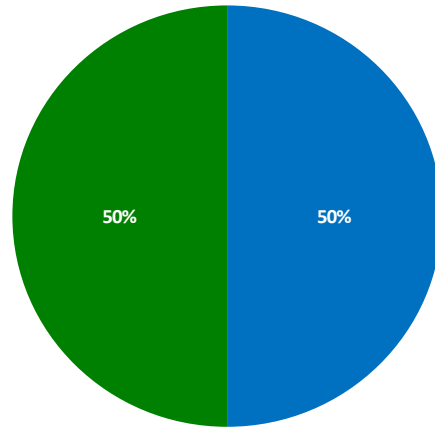
Overall Teaching Feedback

Colorectal Cancer and Colectomies



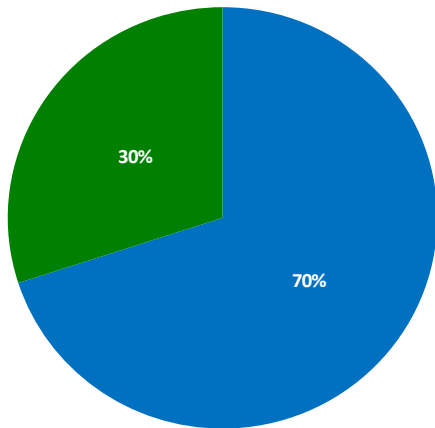
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Head and Neck Embryology



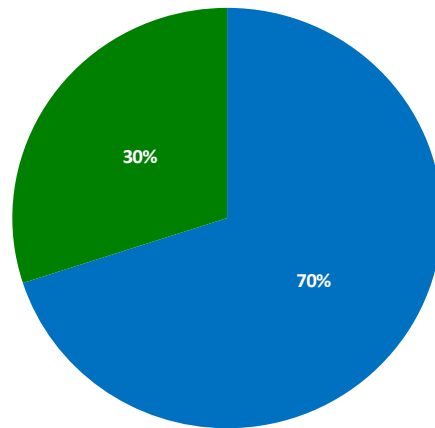
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Vascular Procedures



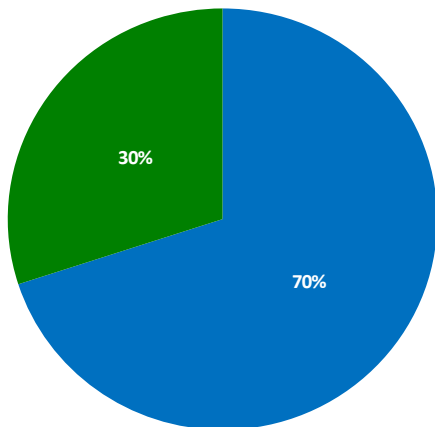
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Skin Cancers and Malignant Melanoma



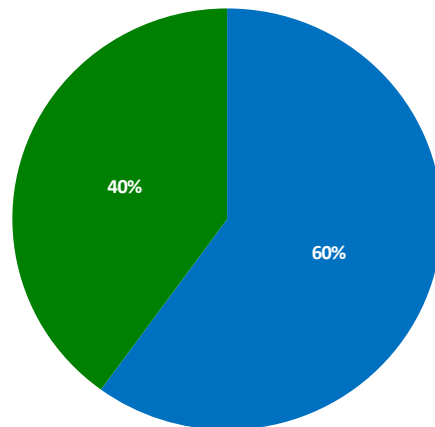
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

BPH and Prostate Cancer



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

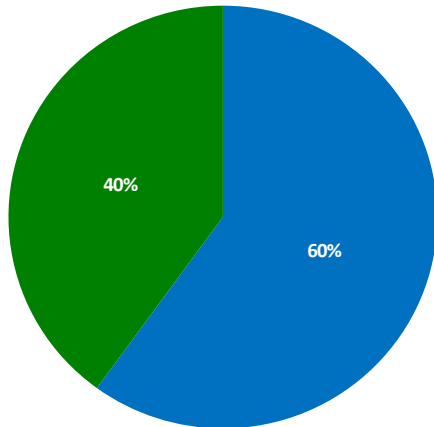
Calcium Metabolism



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

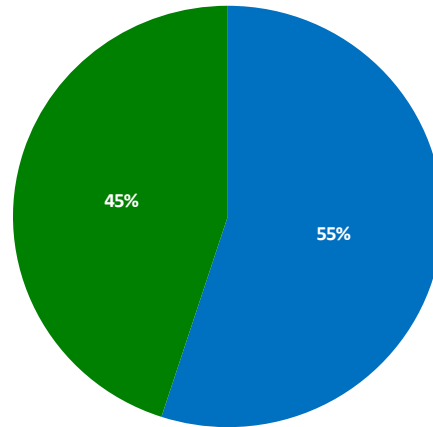
Overall Teaching Feedback

Physiology Questions and Discussion



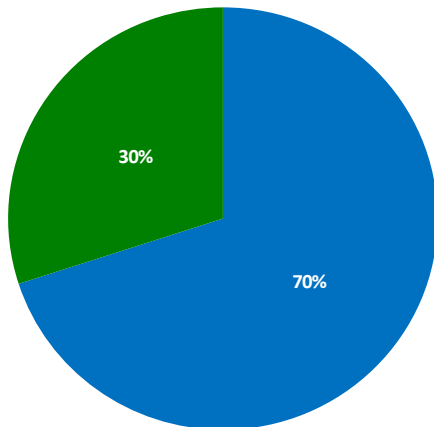
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Pathology Questions and Discussion



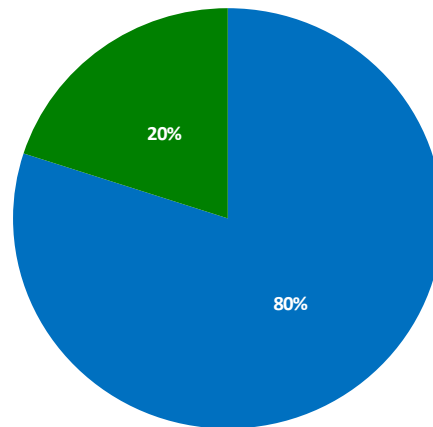
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Principles of Surgery Questions and Discussion



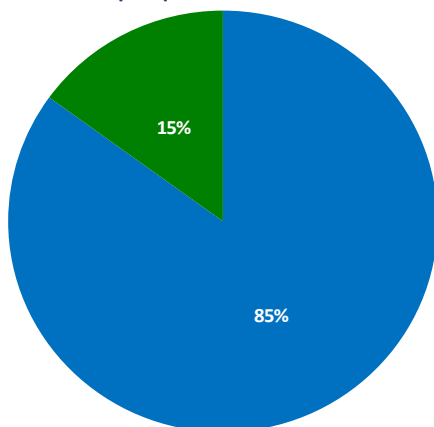
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How useful were the mock tests?



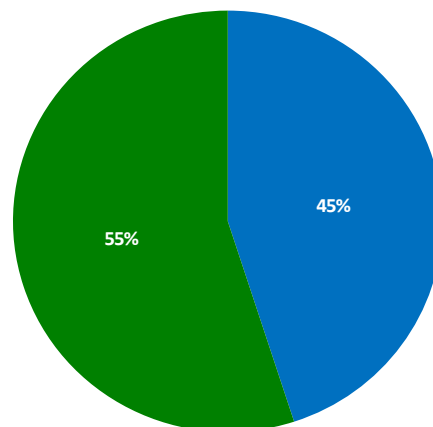
■ Very useful ■ Useful ■ Neutral ■ Limited usefulness ■ Useless

Did you find discussing topics in relation to sample questions beneficial?



■ Very beneficial ■ Beneficial ■ Neutral ■ Less beneficial ■ Of no benefit

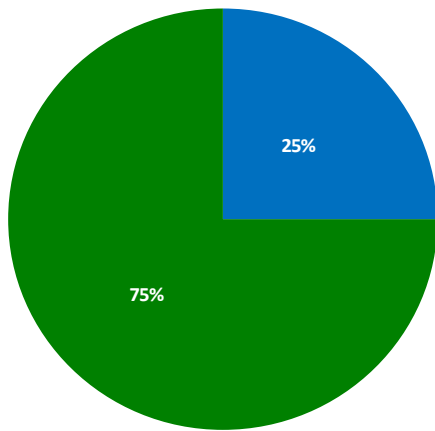
How were the facilities and venue?



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

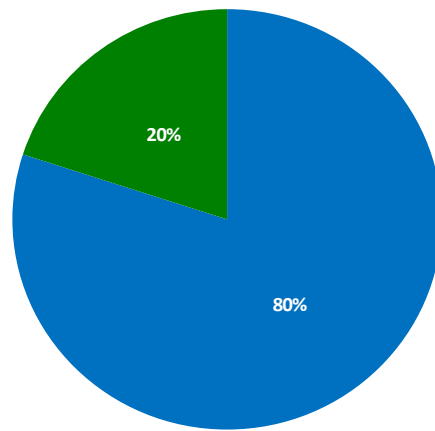
Overall Teaching Feedback

How were the refreshments and lunch?



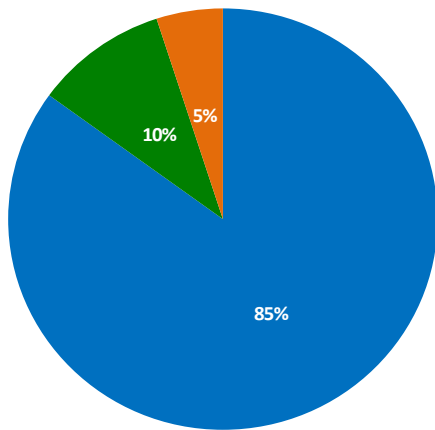
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the general friendliness of the faculty and organisers?



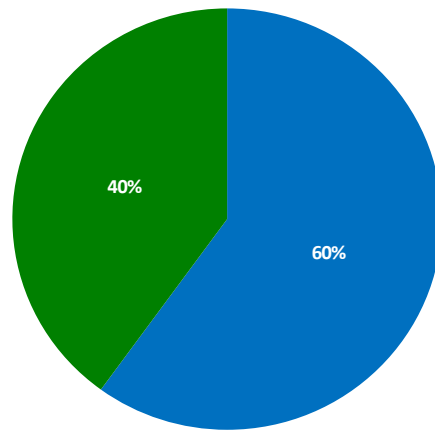
■ Very friendly ■ Friendly ■ Neutral
■ Not very friendly ■ Can't comment

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

This was an amazing experience. It cleared up so many basic issues that I struggled with.

SH

University College London Hospitals NHS Foundation Trust, United Kingdom

This was a good course.

NA

This was a very good course.

MK

This was a well organised and highly informative course that delivered excellent material relevant to the MRCS Part A exam.

MT

Cheltenham General Hospital, Cheltenham, United Kingdom

I found it much more helpful having all the mock papers than previous versions of the course without it. This really helped for practicing exam technique and focused learning.

ZS

University Hospital Southampton NHS Foundation Trust, United Kingdom

This was a very good course; it was well run, and the content was great.

MA

Derriford Hospital, Plymouth, United Kingdom

It was well organised, intense and well thought out. I now feel much more confident in taking the exam.

GM

Croydon Health Services NHS Trust, United Kingdom

It was very good.

JJ

Birmingham Heartlands Hospital, Birmingham, United Kingdom

This was a very good course; it helped to establish a criteria on how to approach and prepare for the exam.

NC

This was an excellent course; I would definitely recommend it.

NC

Individual Comments

It was well organised and the material covered was relevant. It was an intense three days.

SO

Derriford Hospital, Plymouth, United Kingdom

It was excellent. I will be sure to recommend it to a friend.

EP

Royal London Hospital, London, United Kingdom

The lead tutor for the three days was excellent – he was highly knowledgeable and ensured clear understanding.

HD

Great Ormond Street Hospital, London, United Kingdom



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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
- World University Anatomy Challenge

Publications



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World Journal of Medical Education & Research



Peer-reviewed academic journal
with ISSN.

- No fee to view, read and download articles
- No subscription charges
- No submission fees
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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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