

**Cardiff Cadaveric Ultrasound-  
Guided Musculoskeletal  
Intervention Course (CCUMIC)**

**Feedback - January 2014**

# Cardiff Cadaveric Ultrasound-Guided Musculoskeletal Intervention Course (CCUMIC)

This unique two-day 'hands-on' course allows participants to perform ultrasound-guided musculoskeletal interventional procedures on unembalmed freeze-preserved cadavers whilst under the direct supervision of Consultant Musculoskeletal Interventional Radiologists.

With a high tutor-to-participant ratio, this practical course was delivered in small groups using a series of tutor demonstrations whereby participants undertake various interventional procedures on cadavers to simulate clinical practice.

Practical sessions included injection of joints and surrounding soft tissue structures, and techniques such as dry needling and biopsies. The indications and contraindications for musculoskeletal interventions, and the role of pertinent drugs including potential complications was also discussed. Use of a simulated patient was used to convey pertinent anatomy with emphasis on 'positioning of the patient' when undertaking various interventional procedures. A following workshop at the end of the course then provided participants with an opportunity to consolidate on their particular area of interest and freely interact with tutors to gain further insight.

## Course Information

**Course date:** 10<sup>th</sup> and 11<sup>th</sup> January 2014

**Venue:** Welsh Centre For Anatomical Education, University of Cardiff

**Attendance:** 13 Delegates

**Aimed at:**

- Consultants
- Speciality Trainees
- Registrar Level Doctors
- Specialist Allied Health Professionals

(Radiology / Orthopaedics / Rheumatology)

**Course fee:** £695.00

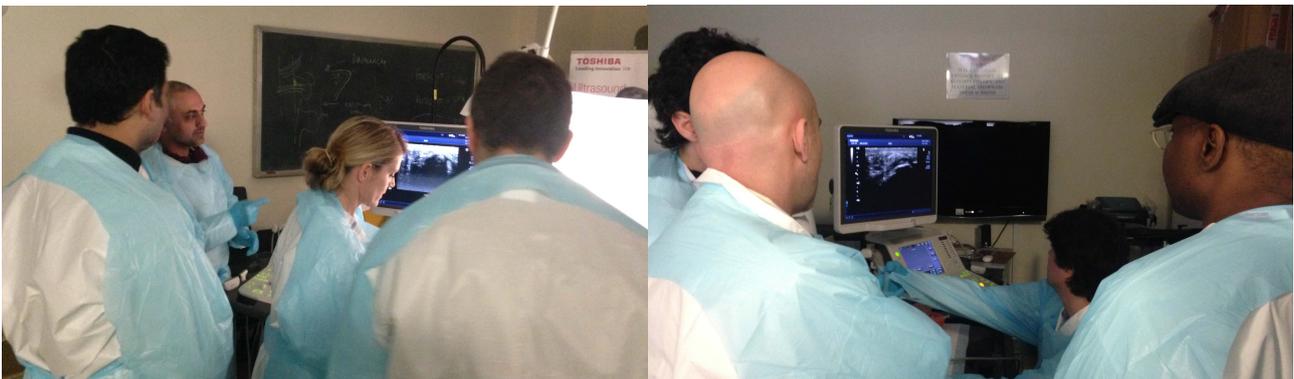
**Attendance entitles participants to:**

13 CPD points from the Royal College of Radiologists.

1.5 credits from the European Society of Musculoskeletal Radiologists (ESSR) and is accredited towards the ESSR diploma.

## Objectives of Course:

- Understand the basic principles of ultrasound-guided musculoskeletal procedures.
- Understand the indications, contraindications and potential risks of interventional procedures.
- Practice various ultrasound-guided interventional procedures on unembalmed freeze-preserved cadavers.



## Course Programme - Day One

|                    |   |
|--------------------|---|
| <b>0900 - 0930</b> | Registration & Welcome  |
| <b>0930 - 1000</b> | Introduction to MSK Intervention <ul style="list-style-type: none"><li>- Ultrasound interventional techniques</li><li>- Indications &amp; contraindications for interventional procedures</li><li>- Consent</li></ul> |
| <b>1000 - 1300</b> | Cadaveric Workshop - Ultrasound-guided intervention, practical sessions   |
| <i>Group A</i>     | <i>Shoulder - Part 1 (Anterior approach glena-humeral joint injection, Barbotage, Subacromial, Biceps tendon sheath &amp; ACJ injections)</i>   |
| <i>Group B</i>     | <i>Foot &amp; Ankle - Part 1 (Intra articular ankle &amp; small joint injections, Morton's Neuroma, Plantar fascia, Tendon sheath &amp; Sinus tarsi injection)</i>  |

### 1130 - 1150 Break for Refreshments

|                    |  |
|--------------------|--|
| <b>1150 - 1300</b> | Cadaveric Workshop - Ultrasound-guided intervention, practical sessions  |
| <i>Group A</i>     | <i>Shoulder - Part 2 (Anterior approach glena-humeral joint injection, Barbotage, Subacromial, Biceps tendon sheath &amp; ACJ injections)</i>                      |
| <i>Group B</i>     | <i>Foot &amp; Ankle - Part 2 (Intra articular ankle &amp; small joint injections, Morton's Neuroma, Plantar fascia, Tendon sheath &amp; Sinus tarsi injection)</i> |

### 1300 - 1400 Lunch

|                    |   |
|--------------------|---|
| <b>1400 - 1700</b> | Cadaveric Workshop - Ultrasound-guided intervention, practical sessions   |
| <b>1400 - 1530</b> |   |
| <i>Group A</i>     | <i>Elbow, Wrist &amp; Hand - Session 1 (Intra-articular &amp; tendon sheath injections, Injection &amp; dry needling for medial &amp; lateral epicondylitis)</i>                      |
| <i>Group B</i>     | <i>Groin, Hip &amp; Knee - Session 1 (Intra-articular injections, Pubic symphysis, Adductor origin, Trochanteric &amp; psoas bursa injection, Dry needling &amp; Patellar Tendon)</i> |

### 1530 - 1550 Break for Refreshments

|                    |  |
|--------------------|--|
| <b>1530 - 1700</b> | Prone Scanning; Posterior approach GHJ Injection, Ischial tuberosity injection, Achilles tendon hydrodissection (with swabbing between groups) |
| <b>1700 - 1715</b> | Summary & End of Day One   |

## Course Programme - Day Two

|                    |  |
|--------------------|--|
| <b>0815 - 0830</b> | Registration & Coffee  |
| <b>0830 - 0900</b> | Discussion on<br>- Drugs, its indication & potential complications   |
| <b>0900 - 1200</b> | Cadaveric Workshop - Ultrasound-guided intervention, practical sessions  |
| <i>Group A</i>     | <i>Foot &amp; Ankle - Part 1 (Intra articular ankle &amp; small joint injections, Morton's Neuroma, Plantar fascia, Tendon sheath &amp; Sinus tarsi injection)</i> |
| <i>Group B</i>     | <i>Shoulder - Part 1 (Anterior approach glena-humeral joint injection, Barbotage, Subacromial, Biceps tendon sheath &amp; ACJ injections)</i>                      |

**1030 - 1050**

**Break for refreshments**

|                    |  |
|--------------------|--|
| <b>1050 - 1210</b> | Cadaveric Workshop - Ultrasound-guided intervention, practical sessions  |
| <i>Group A</i>     | <i>Foot &amp; Ankle - Part 2 (Intra articular ankle &amp; small joint injections, Morton's Neuroma, Plantar fascia, Tendon sheath &amp; Sinus tarsi injection)</i> |
| <i>Group B</i>     | <i>Shoulder - Part 2 (Anterior approach glena-humeral joint injection, Barbotage, Subacromial, Biceps tendon sheath &amp; ACJ injections)</i>                      |

**1210 - 1240**

**Lunch**

|                    |   |
|--------------------|---|
| <b>1240 - 1500</b> | Cadaveric Workshop - Ultrasound-guided intervention, practical sessions   |
| <i>Group A</i>     | <i>Groin, Hip &amp; Knee - Session 2 (Intra-articular injections, Pubic symphysis, Adductor origin, Trochanteric &amp; psoas bursa injection, Dry needling &amp; Patellar Tendon)</i> |
| <i>Group B</i>     | <i>Elbow, Wrist &amp; Hand - Session 2 (Intra-articular &amp; tendon sheath injections, Injection &amp; dry needling for medial &amp; lateral epicondylitis)</i>                      |
| <b>1430 - 1500</b> | Biopsy  |
| <b>1500 - 1530</b> | Patient positioning   |

## Faculty List

### **Dr Ramakrishna Kishore, MBBS, MRCS, FRCR**

Course Director

Consultant Musculoskeletal Radiologist

University Hospital of Wales, Cardiff

### **Dr Peter Mullaney, BMed Sci, BMBS, MRCS, FRCR**

Consultant Musculoskeletal Radiologist

University Hospital of Wales, Cardiff

### **Dr Vineet Bhat, MBBS, MRCS, FRCR**

Consultant Musculoskeletal Radiologist

University Hospital of Wales, Cardiff

### **Dr Sridhar Kamath, MBBS, MD, MRCP, FRCR**

Consultant Musculoskeletal Radiologist

University Hospital of Wales, Cardiff

### **Dr Kausik Mukherjee, MBBS, FRCS, FRCR**

Consultant Musculoskeletal Radiologist

University Hospital of Wales, Cardiff

### **Dr Ramy M Mansour, MB ChB, MSc FRCR**

Consultant Musculoskeletal Radiologist

Nuffield Orthopaedic Centre

Oxford University Hospital NHS Trust

### **Dr Kathleen Lyons, MB BCH, BAO, FRCR**

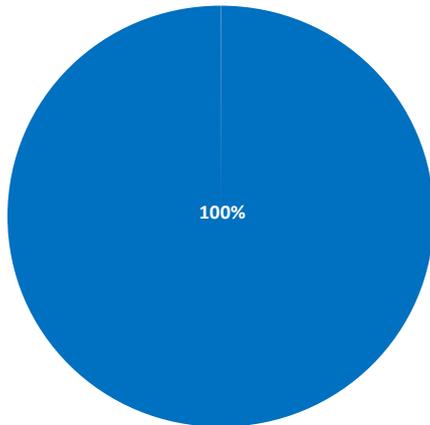
Consultant Musculoskeletal Radiologist

University Hospital of Wales, Cardiff



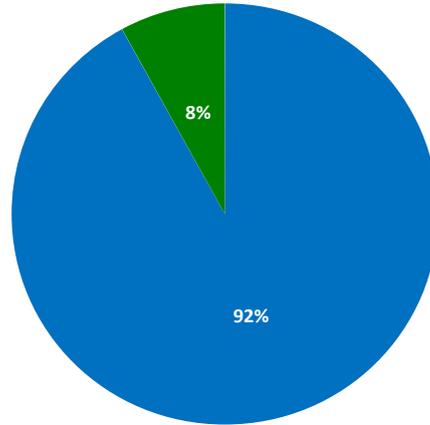
# Overall Teaching Feedback

How was the content of the course?



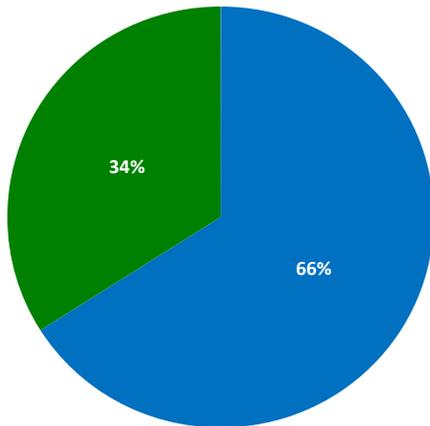
■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

How was the clarity of demonstrations?



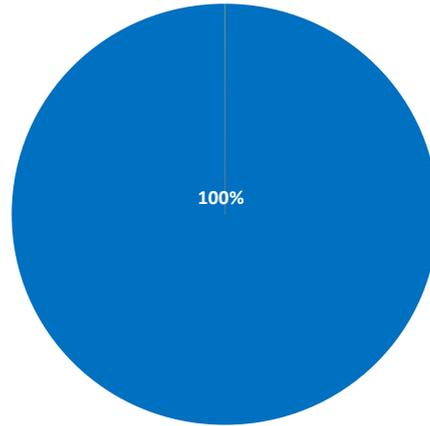
■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

Did you get sufficient opportunity to practice on the cadaver?



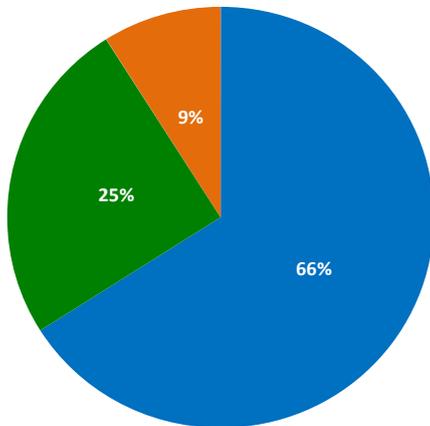
■ Most certainly ■ Certainly ■ Neutral ■ Limited ■ Not at all

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



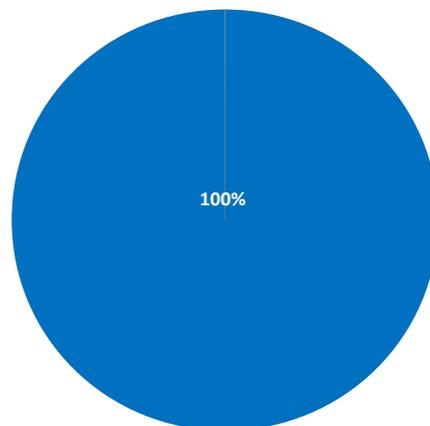
■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

How do you rate the relevance of the course to your career?



■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

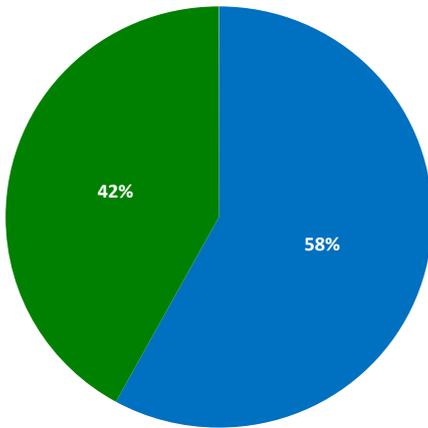
Did the course meet your objectives?



■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

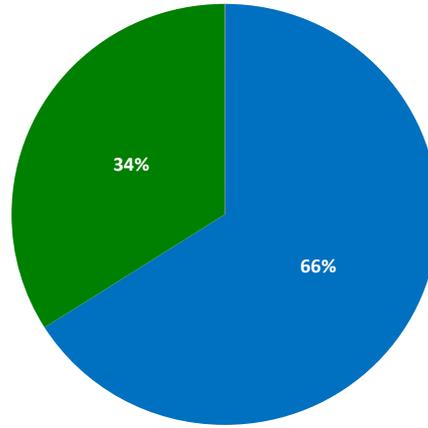
# Overall Teaching Feedback

Introductory Lecture



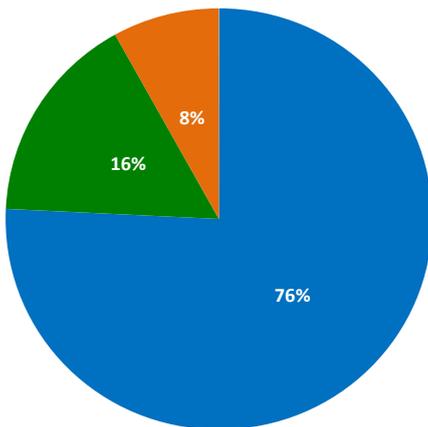
■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

Shoulder



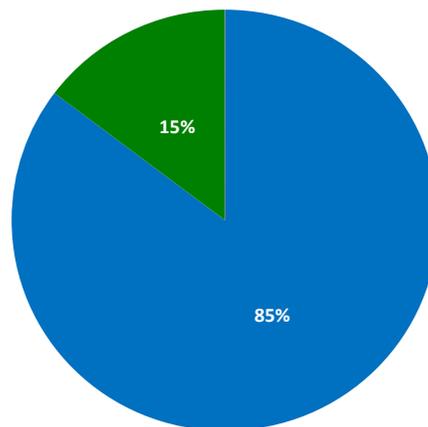
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Elbow & Wrist



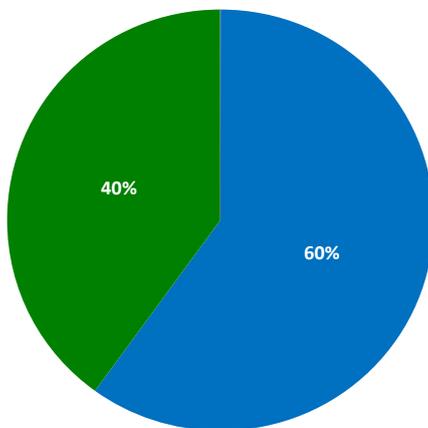
■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

Groin & Hip



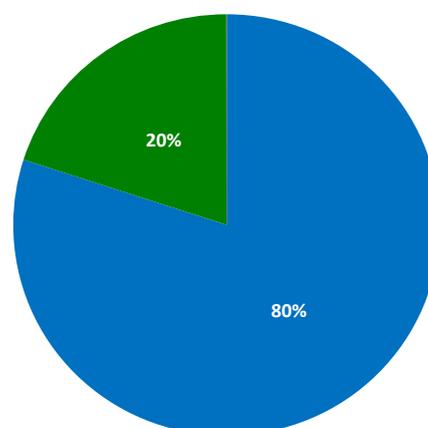
■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

Knee



■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

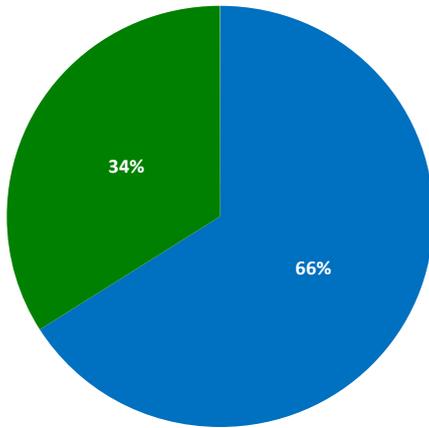
Foot & Ankle



■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

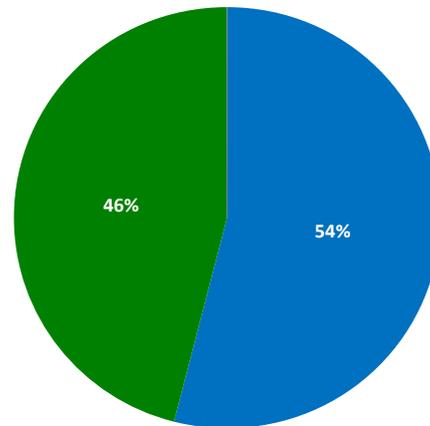
# Overall Teaching Feedback

GHJ, Ischial tuberosity & Achilles Tendon



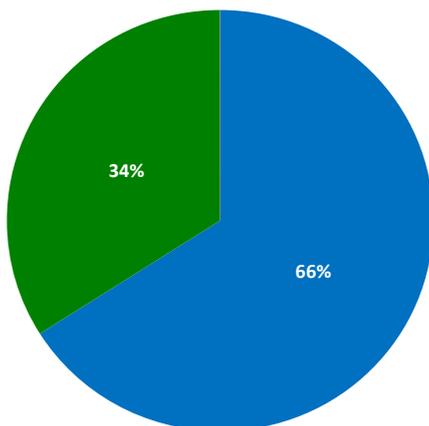
■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

Lecture: Drugs, CIs/side effects



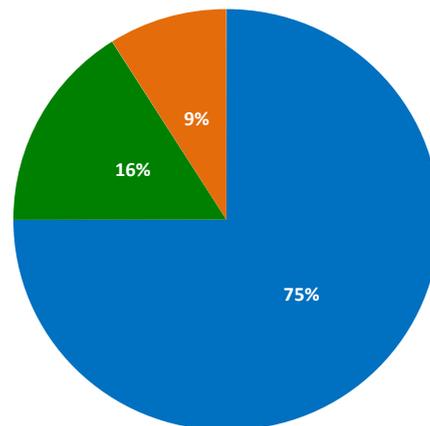
■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

Shoulder



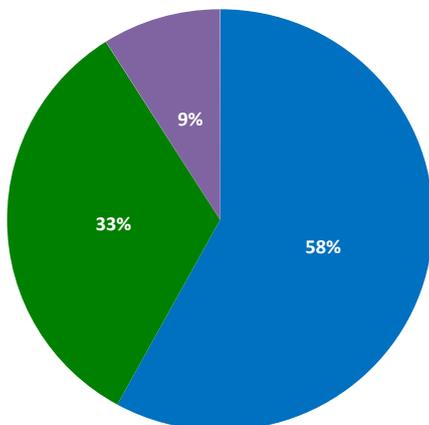
■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

Elbow and Wrist



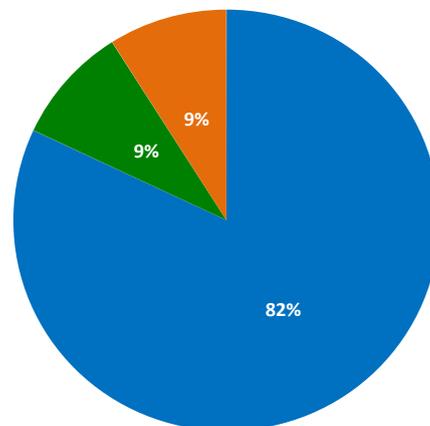
■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

Groin and Hip



■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

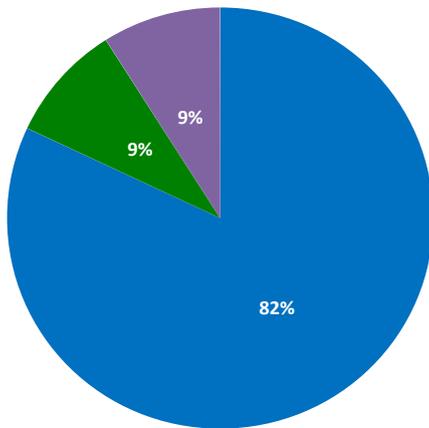
Knee



■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

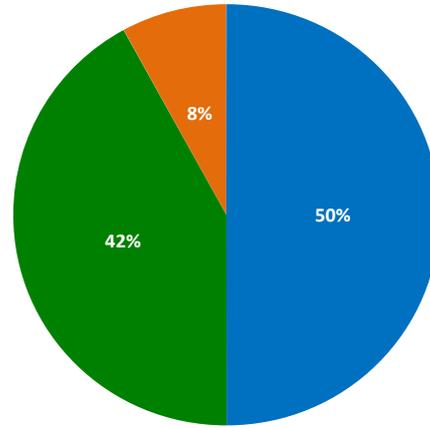
# Overall Teaching Feedback

Foot and Ankle



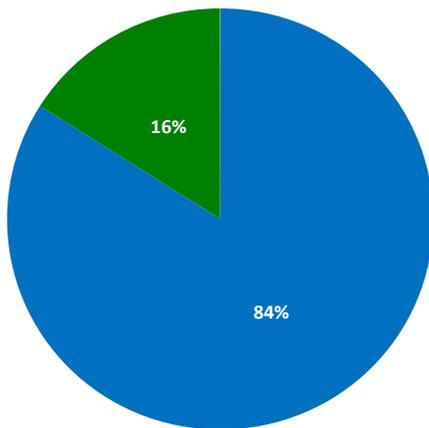
■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

Biopsy



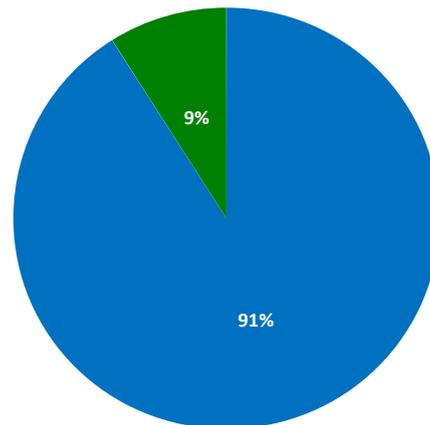
■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

Would you recommend this course to a friend?



■ Most certainly ■ Most probably ■ Maybe ■ No way

Do you think this course provided good value for money?



■ Most certainly ■ Probably ■ Yes, I think so ■ No way

## Individual Comments

Overall, very impressed. Every thing was 'hands on'. Never expected cadaveric scan images to be virtually identical to live patient scans. Techniques, tips and tricks were explained vividly. Very heartening to come out with some degree of confidence in performing MSK procedures. Probably the most useful course I've been to.

**RA**

***Royal Oldham Hospital, Oldham, UK***

A good course.

**IA**

***Lister Hospital, Stevenage, UK***

It was a very good course which I think covered the entire spectrum of musculoskeletal ultrasound injections. The teaching personel was very friendly and well educated.

**GD**

***401 General Military Hospital Of Athens, Greece***

Well organised course, in which I learnt many things.

**NH**

***Stepping Hill Hospital, Stockport, UK***

I was very satisfied with this course,the best thing is the practice on cadavers - very good.

**KU**

***Revetal Legekantor, Sports Medicine, UK***

The overall impression was excellent.

**SE**

***401 General Military Hospital of Athens, Greece***

Excellent course really. Nothing further to add.

**RR**

***Royal National Hospital for Rheumatic Diseases, Bath, UK***

Very good course. Invaluuable hands on experience.

**NR**

***Whittington Hospital, London, UK***

Very good and essential learning. Good chance to practice techniques, revise anatomy and discuss with colleagues.

**MR**

***Basingstoke And North Hampshire Hospital, Basingstoke, UK***

## Individual Comments

Perfect organisation, 100% practicality and usefulness of experience provided. Little group format gives best chance to gain the confidence in practice of MSK intervention. Overall, very good and rare occasion to develop practical knowledge and gain some experience in MSK intervention on the course. Triggers me to practice and develop my international skills on the field. Many thanks! Nice and friendly tutoring.

**JL**

***Pilgrim Hospital, Boston, UK***

Fantastic

**RM**

***Assuta Hospital, Israel***

Very well organised. Good food. Excellent teaching and presentation.

**AG**

***Gloucestershire Royal Hospital, Gloucester, UK***



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### 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, 1<sup>st</sup> - 5<sup>th</sup> August 2016*
- **International Academic and Research Conference**  
*Manchester, 6<sup>th</sup> August 2016*
- **World University Anatomy Challenge**  
*Manchester, 5<sup>th</sup> August 2016*

## Publications



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