

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

**Feedback - June 2016**

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

This unique, two-day, 'hands-on' course allowed 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. Participants were given the opportunity to undertake various interventional procedures on cadavers in order to simulate clinical practice.

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

## Course Information

Course date:	10 <sup>th</sup> and 11 <sup>th</sup> June 2016
Venue:	Welsh Centre For Anatomical Education, University of Cardiff
Attendance:	12 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
<b>1000 - 1130</b>	
<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>
<b>1130 - 1150</b>	<b>Break for Refreshments</b>
<b>1150 - 1300</b>	
<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>
<b>1300 - 1400</b>	<b>Lunch</b>
<b>1400 - 1700</b>	Cadaveric Workshop - Ultrasound-guided intervention, practical sessions
<b>1400 - 1530</b>	
<i>Group A</i>	<i>Elbow, Wrist and Hand (Intra articular and tendon sheath injections, Injection and dry needling for medial and lateral epicondylitis)</i>
<i>Group B</i>	<i>Groin, Hip and Knee (Intra-articular injections, pubic symphysis, adductor origin, trochanteric and psoas bursa injections, Dry needling of patellar tendon)</i>
<b>1530 - 1550</b>	<b>Break for Refreshments</b>
<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
<b>1900 - 2200</b>	Complimentary Course Dinner

## Course Programme - Day Two

<b>0845 - 0900</b>	Registration & Coffee
<b>0900 - 0930</b>	Discussion on - Drugs, its indication & potential complications
<b>0930 - 1230</b>	Cadaveric Workshop - Ultrasound-guided intervention, practical sessions
<b>0930 - 1100</b>	
<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>
<b>1100 - 1120</b>	<b>Break for refreshments</b>
<b>1120 - 1230</b>	
<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>
<b>1230 - 1330</b>	<b>Lunch</b>
<b>1330 - 1500</b>	Cadaveric Workshop - Ultrasound-guided intervention, practical sessions (Lower Limb)
<b>1330 - 1500</b>	
<i>Group A</i>	<i>Groin, Hip and Knee (Intra-articular injections, pubic symphysis, adductor origin, trochanteric and psoas bursa injections, Dry needling of patellar tendon)</i>
<i>Group B</i>	<i>Elbow, Wrist and Hand (Intra articular and tendon sheaths injections, Injection and dry needling for medial and lateral epicondylitis)</i>
<b>1500 - 1600</b>	Biopsy
<b>1600 - 1615</b>	Summary, feedback and end of course.

## 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**

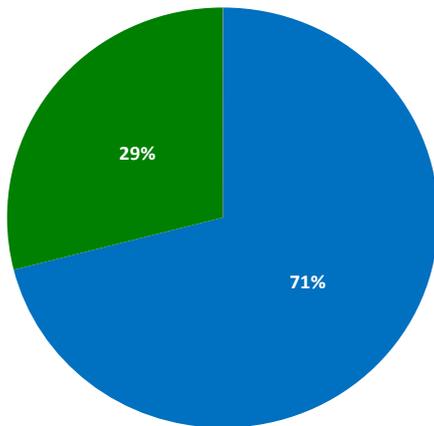
Consultant Musculoskeletal Radiologist

University Hospital of Wales, Cardiff



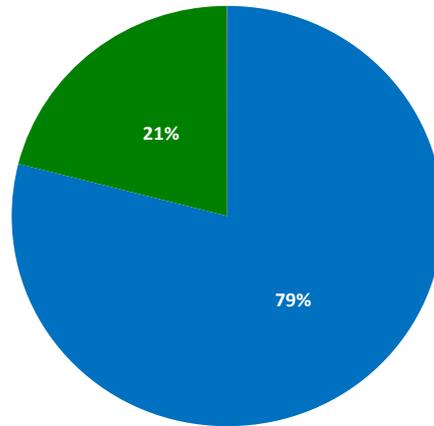
## Overall Course Feedback to the Questions:

How was the content of the course?



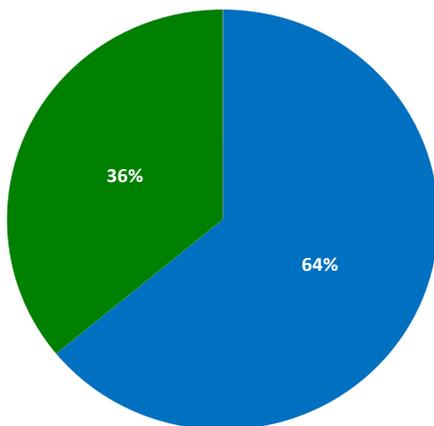
■ Excellent ■ Very good ■ Average ■ Fair ■ Poor

How was the clarity of demonstrations?



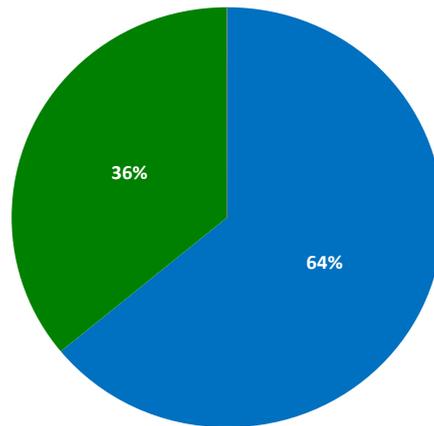
■ Excellent ■ Very good ■ Average ■ Fair ■ Poor

Did you get sufficient opportunity to practice on the cadaver?



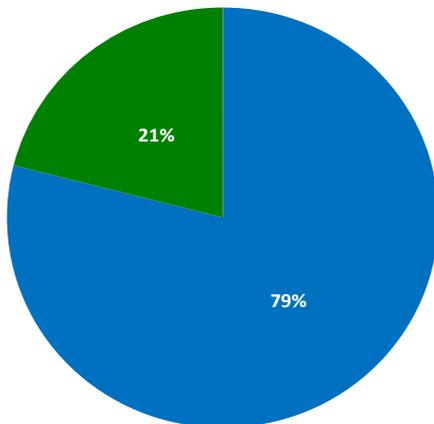
■ Most certainly ■ Certainly ■ Just about ■ Limited ■ Not at all

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



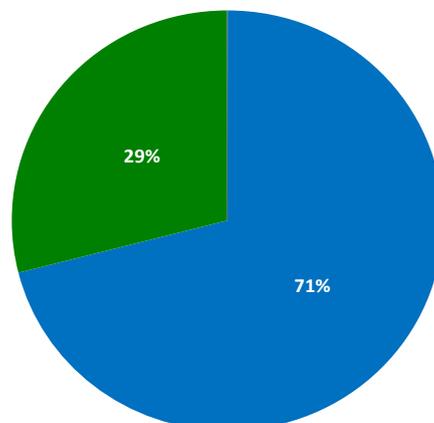
■ Excellent ■ Very good ■ Average ■ Fair ■ Poor

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



■ Very relevant ■ Mostly relevant ■ Neutral ■ Somewhat relevant ■ Not relevant

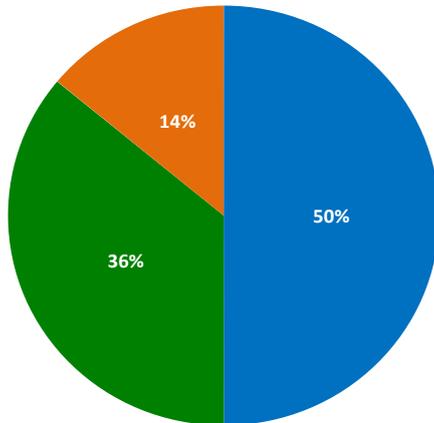
Did the course meet your objectives?



■ Most certainly ■ Certainly ■ Neutral ■ Maybe ■ No way

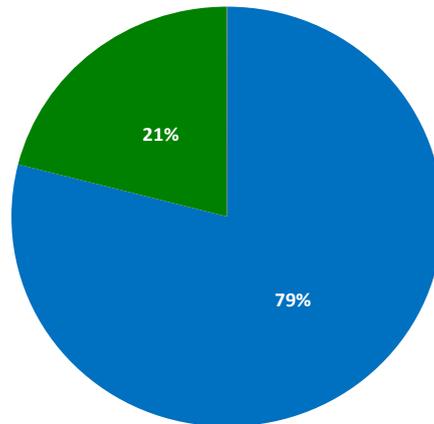
## Overall Course Feedback to the Questions:

Introductory Lecture



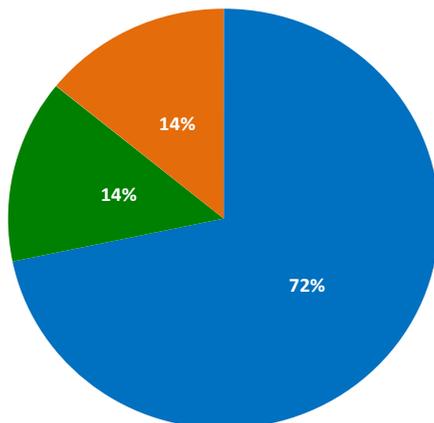
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Shoulder



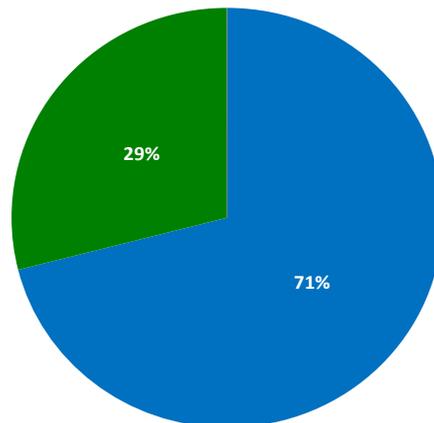
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Elbow & Wrist



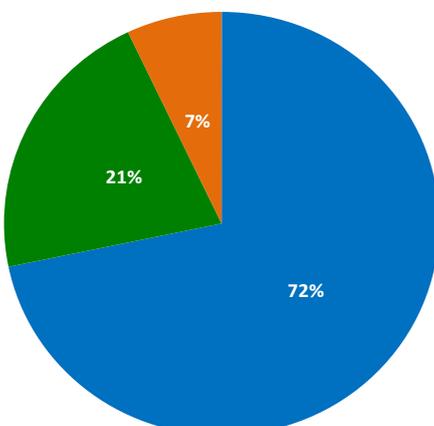
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Groin & Hip



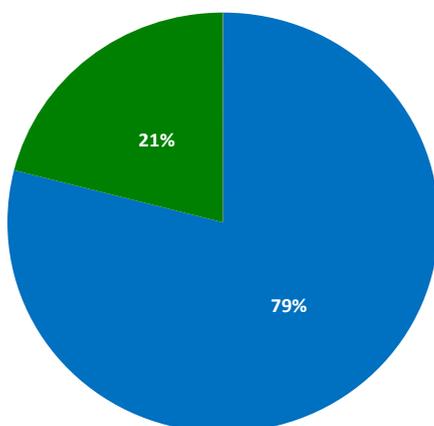
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Knee



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

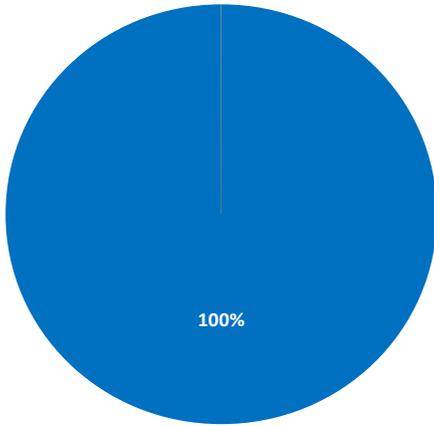
Foot & Ankle



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

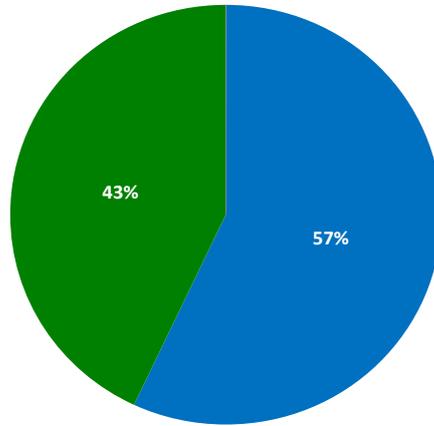
# Overall Teaching Feedback for the Area of:

**GHJ, Ischial Tuberosity, Achilles Tendon**



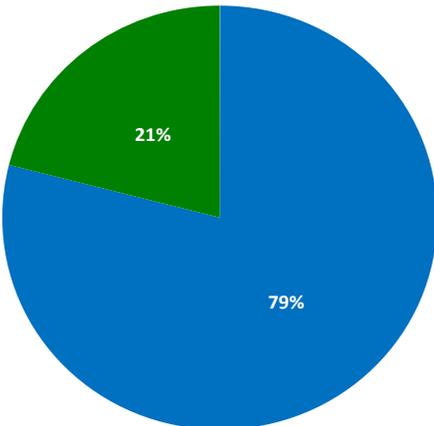
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

**Lecture: Drugs, CIs/Side Effects**



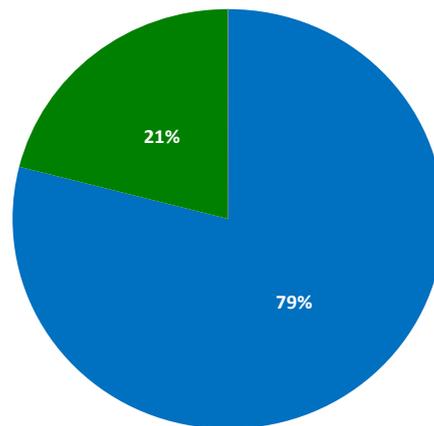
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

**Would you recommend this course to a friend?**



■ Most certainly ■ Certainly ■ Neutral ■ Maybe ■ No way

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



■ Most certainly ■ Certainly ■ Neutral ■ Yes, I think so ■ No way

## Individual Comments

Excellent tutors! Really excellent course!!

**CS**  
*Clínica Universidad de Navarra*

Excellent course!!!Will recommend to others.

**NT**  
*Chapel Allerton Hospital, Leeds*

Very relevant to my practice .Very good overall. Well done.

**NM**  
*Royal London Hospital, London*

The course was well run and extremely informative.

**AC**  
*Weston General Hospital, Weston-super-Mare*

Unique venue. The course is a perfect preparation for everyday clinical work.

**KO**  
*Sint Vincentius Ziekenhuis – Deinze*

Overall very good course.

**SC**  
*Hospital Tuanku Jaafar Seremban, Malaysia*

The teachers were fantastic, very knowledgeable and very approachable for asking questions. We were able to make the absolute most of the time we had with practical injecting. It was pitched just right for me.

**EB**  
*Weston General Hospital, Weston-super-Mare*

Good organisation, pleasant, knowledgeable and approachable tutors.

**RS**  
*Southmead Hospital, Bristol*

One of the best courses I have attended in terms of hands on practice, friendliness of the tutors and dinner with the tutors.

**HK**  
*Ipswich Hospital, Ipswich*

Excellent course.

**SK**  
*Sunway Medical Centre*



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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, 31<sup>st</sup> July to 4<sup>th</sup> August 2017*
- **International Academic and Research Conference**  
*Manchester, 5<sup>th</sup> August 2017*
- **World University Anatomy Challenge**  
*Manchester, 4<sup>th</sup> August 2017*

## Publications



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

## World Journal of Medical Education & Research



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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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