



Cardiff MRCS Course (CARDIFF): Structured Revision for MRCS A



Feedback - July 2020

Cardiff MRCS Course (CARDIFF): Structured Revision for MRCS A

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

This intensive two-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.

On Day 1, the emphasis was on basic and surgically applied anatomy (except head, neck and spinal cord), general pathology and burns. Day 2 covered head and neck anatomy, autonomic nervous system, spinal cord and lesions, embryology, cancer pathology, microbiology, trauma, principles of surgery and applied surgical sciences.

Delegates attending this course received full access to MRCS Part A online educational resources from www.doctorexams.co.uk for a 4-month period. This resource contains 100s of SBA questions for practice. In addition, they also received full access to all presentations via a secure, online link.

Course Information

Date:	3rd and 4th July 2020
Venue:	College of Physicians and Surgeons of Cardiff, Frazer Building, 126 Bute Street, Cardiff, CF10 5LE
Attendance:	9 Delegates
Aimed at:	FY1; FY2; CT1; CT2; ST1; ST2; SHO; Trust Grade; Staff Grade; Clinical Fellow
Course Fee:	£285.00



Programme

Day 1

SURGICAL AND APPLIED ANATOMY, GENERAL PATHOLOGY AND BURNS

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; Vascular Anatomy (including Vascular Access)

1230 - 1300 General Pathology 1

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

1440 - 1500 Pelvis and Perineum

1500 - 1530 Management of Burns

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 - 1800 General Pathology 2

1800 - 1830 Revision of Day 1 and Sample Questions

1830 End of Day 1

Programme

Day 2

HEAD AND NECK ANATOMY, EMBRYOLOGY, AUTONOMIC NERVOUS SYSTEM, SPINAL CORD, MICROBIOLOGY, CANCER PATHOLOGY, PRINCIPLES OF SURGERY, TRAUMA AND APPLIED SURGICAL SCIENCES

0830 - 0930 Skull Base, Cranial Nerves and Vasculature of the Brain

0930 - 1015 Scalp, Face, Mandible, Parotid, TMJ

1015 - 1030 Head and Neck Embryology

1030 - 1045 Break for Refreshments

1045 - 1130 Neck, Thyroid, Larynx, Pharynx, Tongue; Surgical Pathologies of the Neck

1130 - 1200 Pre-operative Assessment

1200 - 1230 Post-operative Management

1230 - 1300 Autonomic Nervous System, Spinal Cord and Spinal Cord Lesions

1300 - 1345 Lunch

1345 - 1430 Essential Topics in Microbiology

1445 - 1500 Management of Trauma; ATLS Principles

1500 - 1530 Head Injury; Neurophysiology

1530 - 1550 Break for Refreshments

1550 - 1610 Skin Cancers and Melanoma

1610 - 1630 Cancer of the Colon

1630 - 1645 Cancer of the Breast

1645 - 1700 Cancer of the Testis

1700 - 1730 Fundamentals of Wound Healing; Reconstructive and Plastic Surgery

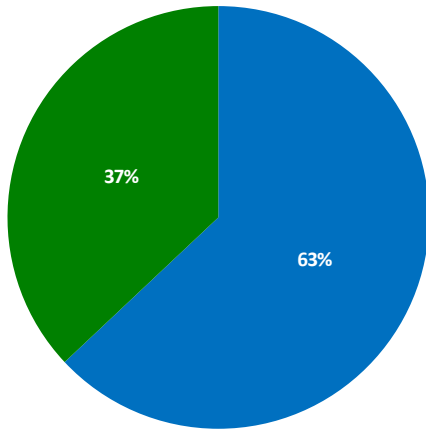
1730 - 1800 Principles of Local Anaesthetics; Sutures and Suture Materials

1800 - 1830 Vascular Surgery and Vascular Reconstruction

1830 - 1845 Summary and End of Course

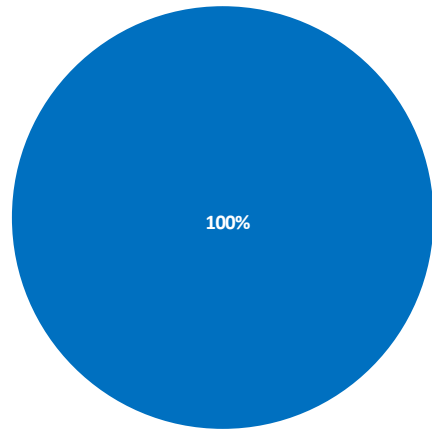
Overall Feedback

How was the content of the course?



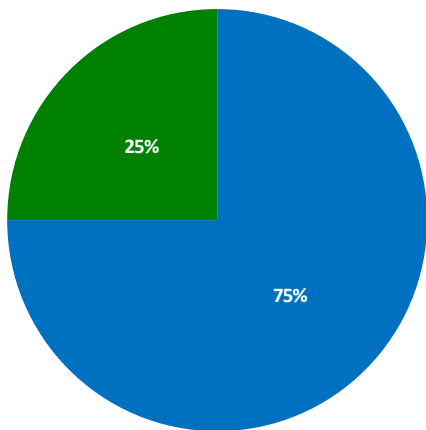
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

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



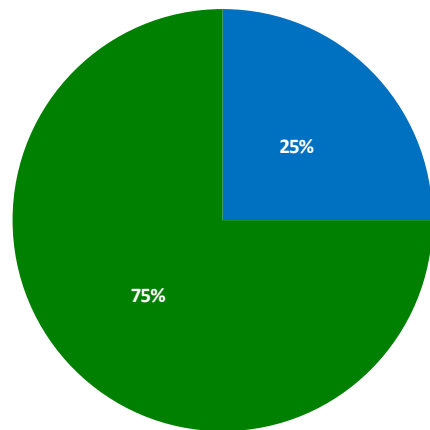
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the clarity of the presentations?



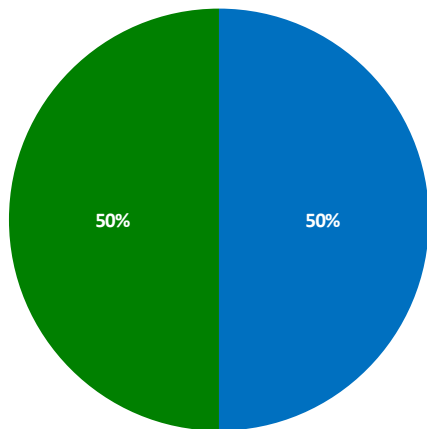
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Did the course meet your learning objectives?



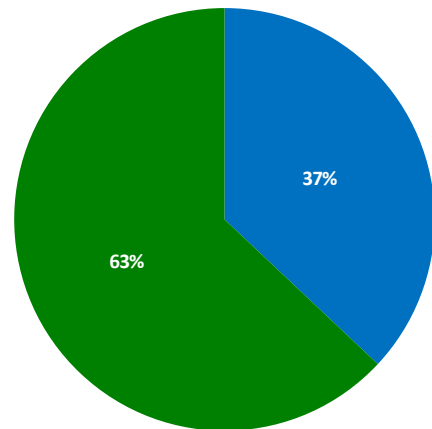
■ Most certainly ■ Certainly ■ Just about ■ Limited ■ Not at all

Head, Skull and Face



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

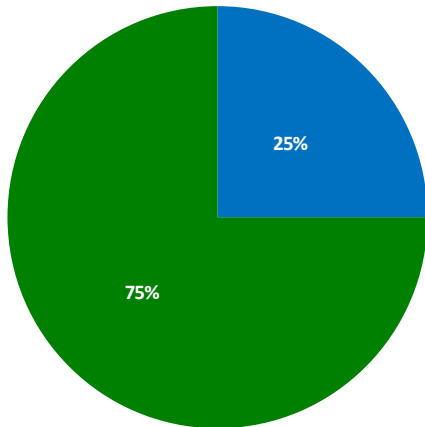
Neck, Larynx and Pharynx



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

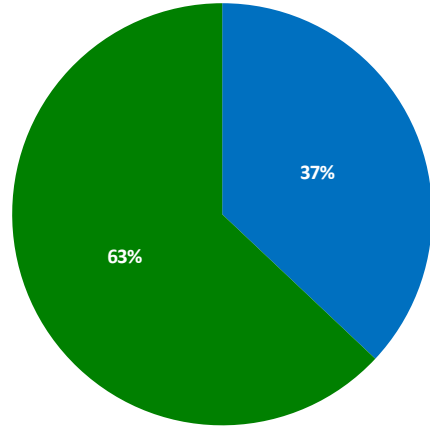
Overall Feedback

Thorax, Mediastinum, Heart and Lung



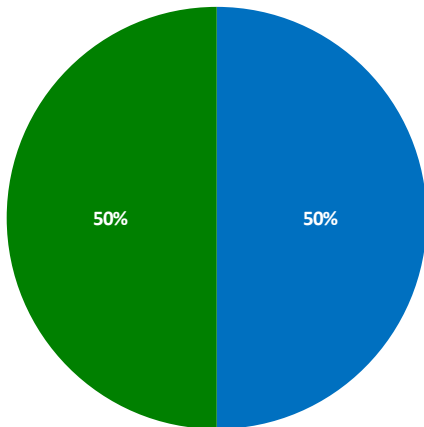
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Upper Limb and Brachial Plexus



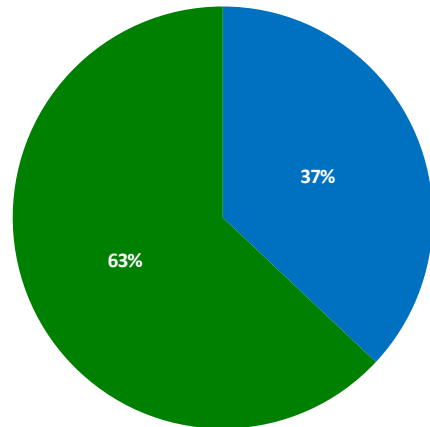
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Abdomen and Pelvis



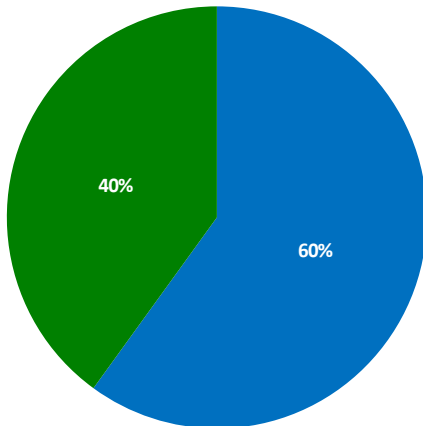
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Lower Leg



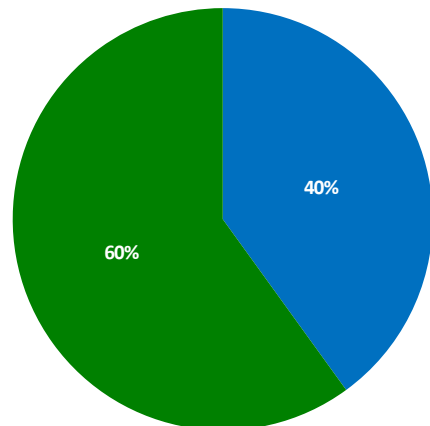
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Head and Neck Embryology



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

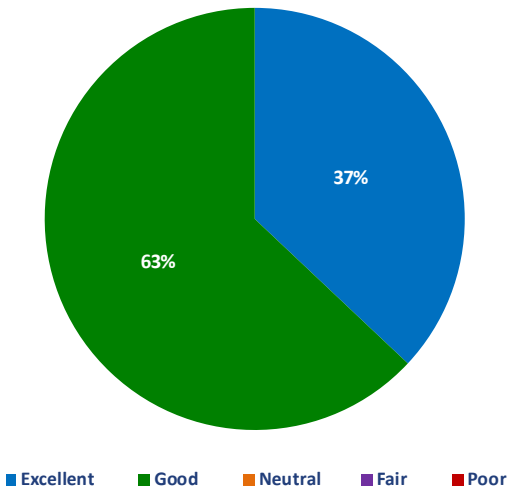
General Physiology (Shock, Splenic Injuries, Renal, Cardiac, Bilirubin)



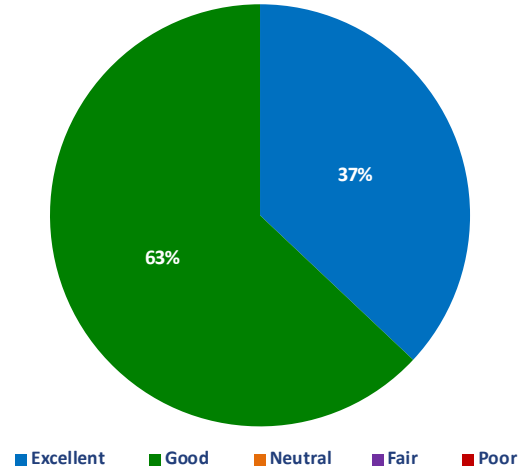
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Overall Feedback

Adrenal Gland Physiology



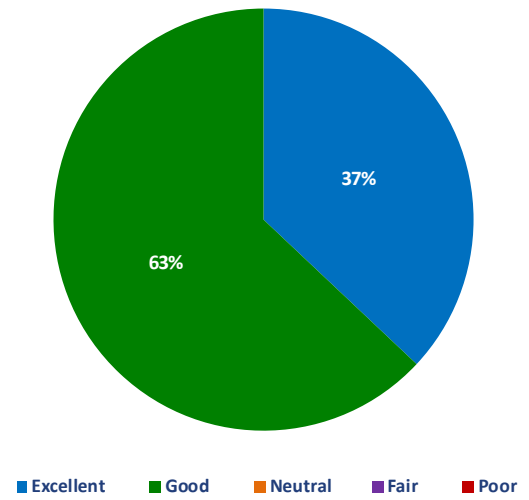
Wound Healing, Reconstruction and Plastic Surgery



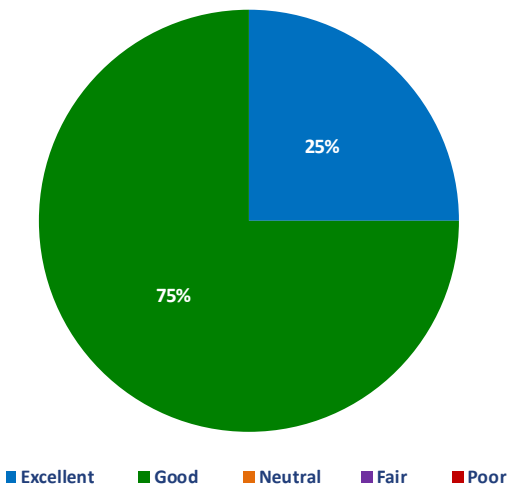
Vascular Surgery and Conditions



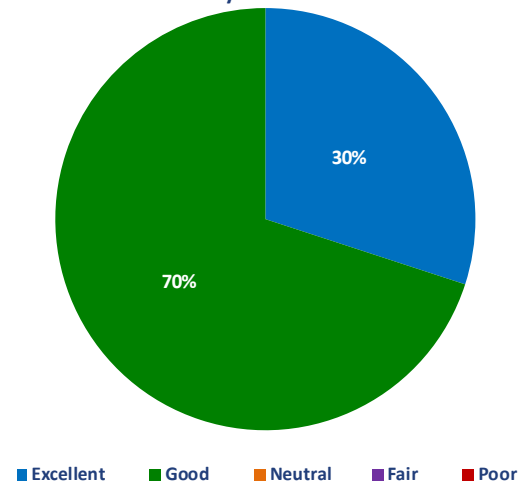
Head Injury and Neurophysiology



Management of Burns

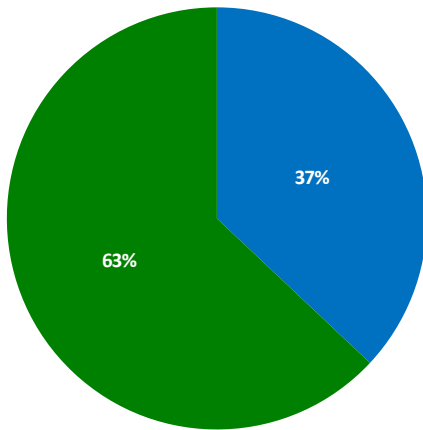


Management of Fractures and Compartment Syndrome



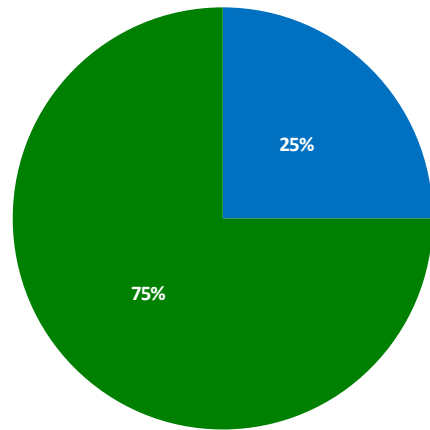
Overall Feedback

General Pathology



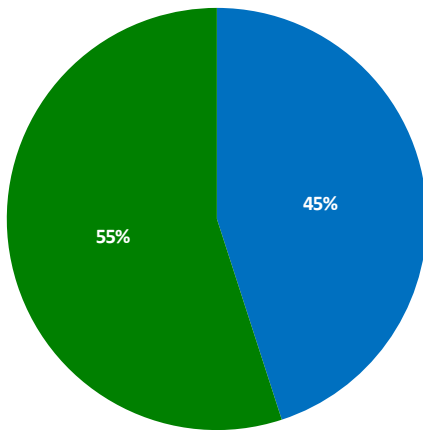
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Malignant Melanoma



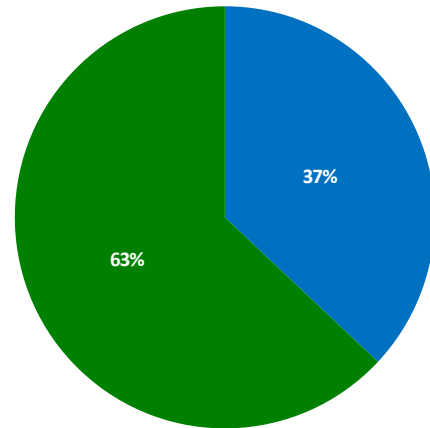
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Colorectal Pathologies



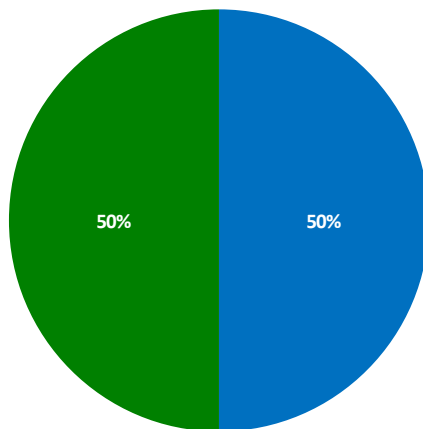
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Benign and Malignant Pathologies of the Thyroid



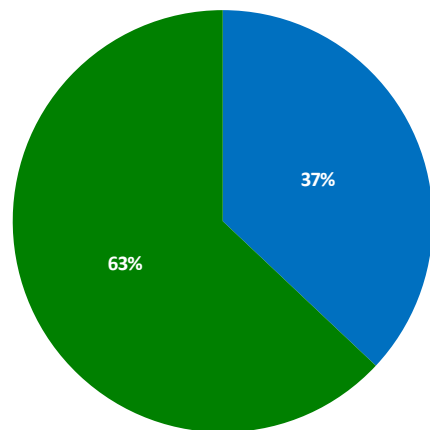
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Inguinoscrotal Swellings and Testicular Tumours



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

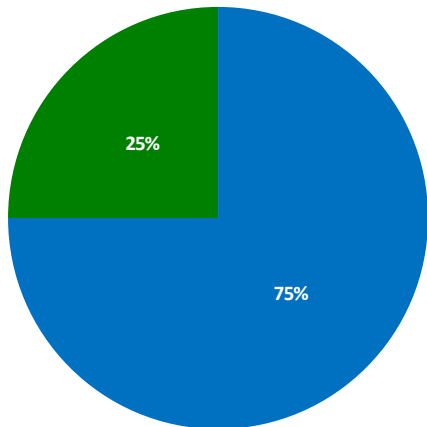
Breast Cancer



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

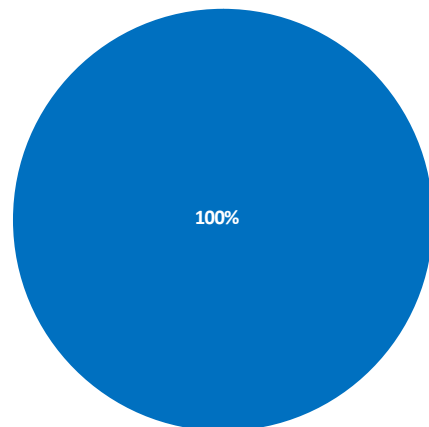
Overall Feedback

What was your impression of the venue for the course?



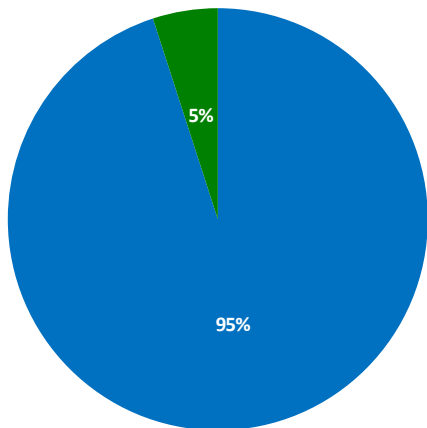
- Excellent venue; easy to reach.
- Good venue; easy to reach.
- Bad venue; easy to reach.
- Excellent venue; difficult to reach.
- Good venue; difficult to reach.

Were the directions you were sent useful and sufficient?



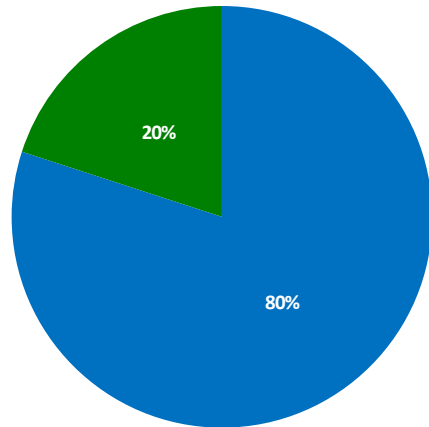
- Yes
- No

How were the refreshments and lunch?



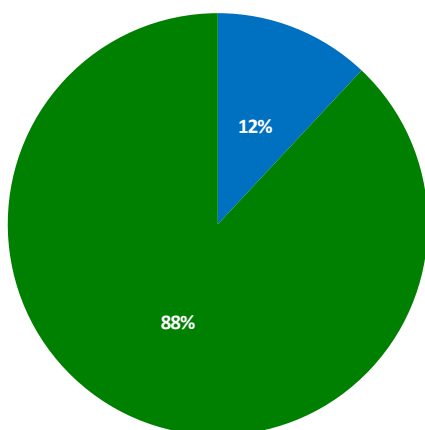
- Good and sufficient
- Average and sufficient
- Poor but sufficient
- Good but insufficient
- Average but insufficient
- Poor and insufficient

How was the general friendliness of the faculty and organisers?



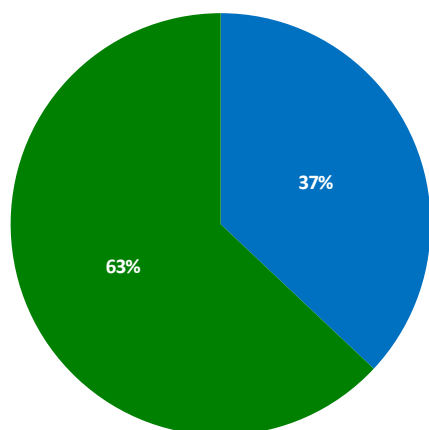
- Very friendly
- Friendly
- Neutral
- Not very friendly
- Can't comment

Would you recommend this course to a friend?



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

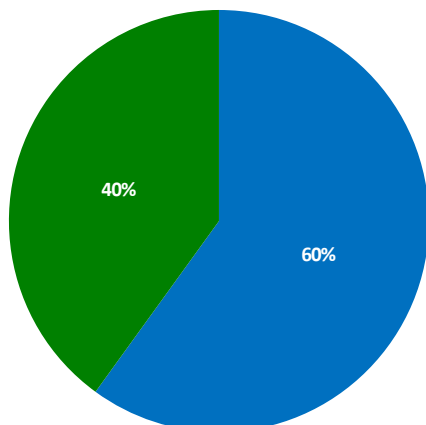
Do you think that this course provided good value for money?



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

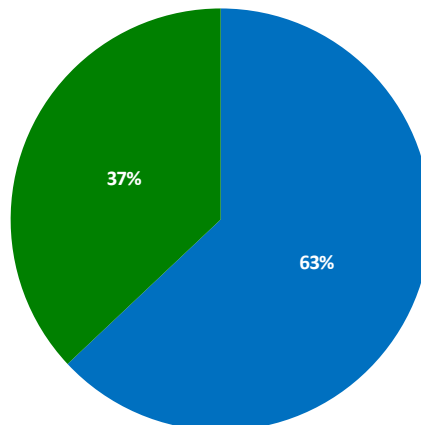
Overall Feedback

How do you rate the appropriateness (in terms of content) and delivery of the course?



■ Excellent ■ Good ■ Average ■ Not bad ■ Poor

How do you rate the appropriateness of the course in terms of aiding your revision?



■ Excellent ■ Good ■ Average ■ Not bad ■ Poor

Individual Comments

Brilliant.

MK

University Hospitals Coventry and Warwickshire NHS Trust, United Kingdom

This was a really good course; lots of information was given. Thank you.

SO

Southport and Ormskirk Hospital NHS Trust, United Kingdom

Thank you.

AH

Conquest Hospital, St. Leonards-on-Sea, United Kingdom

It was very good and the resources were excellent.

CC

Peterborough and Stamford NHS Foundation Trust, United Kingdom

This was a great course, I would highly recommend it.

BC

Princess Alexandra Hospital NHS Trust, United Kingdom



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- 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:

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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.

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