

# Essential Surgical Skills for Surgeons-in-Training (ESSSiT) Course

**9<sup>th</sup> and 10<sup>th</sup> January 2021**

Doctors Academy, Frazer Building, Cardiff Bay, Cardiff

## Programme

### Day 1

- 0830 - 0840 Welcome to the Course and Introduction to Learning Objectives for Day 1.
- 0840 - 0910 Basics of Sutures and Needles (Interactive Discussion).
- 0910 - 0940 Handling Surgical Instruments, Art of Assisting, and Disposing Sharps Safely (Demonstration).
- 0940 - 1010 Knot-Tying - Reef Knots (Demonstration and Practice).
- 1010 - 1045 Knot-Tying - Surgeon's Knot, Tying at Depth and Tying a Vessel (Demonstration and Practice).

### **1045 - 1100 Break for Refreshments**

- 1100 - 1115 Pre-Scrubbing and Entering the Operating Theatre (Interactive Discussion).
- 1115 - 1145 Gowning and Gloving (Demonstration and Practice).
- 1145 - 1240 Infiltration of Local Anaesthetic, Mounting a Scalpel, Excision of a Lesion, Interrupted Sutures, and Suture Removal (Demonstration and Practice).
- 1240 - 1310 Advanced Suturing Techniques (1): Vertical Mattress and Horizontal Mattress Sutures (Demonstration and Practice).

### **1310 - 1345 Lunch**

- 1345 - 1430 Advanced Suturing Techniques (2): Continuous Sutures, Subcuticular Sutures and Aberdeen Knot (Demonstration and Practice).
- 1430 - 1450 Excision of a Subcutaneous Cyst (Demonstration and Practice).
- 1450 - 1500 Assessing a Hand Injury (Interactive Discussion).
- 1500 - 1600 Repair of a Flexor Tendon (Demonstration and Practice).

### **1600 - 1620 Break for Refreshments**

- 1620 - 1630 Classification of Open Fractures (Interactive Discussion).
- 1630 - 1640 Principles of Managing Patients with Shock (Interactive Discussion).
- 1640 - 1650 Methods of Wound Closure and Reconstructive Ladder (Interactive Discussion).
- 1650 - 1720 Debriding a Contaminated Traumatic Wound (Demonstration and Practice).
- 1720 - 1740 Drainage of an Abscess (Demonstration and Practice).
- 1740 - 1745 Summary and Close of Day 1.

## Day 2

- 0830 - 0840 Welcome and Introduction to Learning Objectives for Day 2.
- 0840 - 0850 Layers for Abdominal Incisions (Interactive Discussion).
- 0850 - 1000 Laparotomy and Closure (Demonstration and Practice).
- 1000 - 1020 Indications and Types of Colectomies (Interactive Discussion).

**1020 - 1040**

**Break for Refreshments**

- 1040 - 1140 Mesenteric Exercises - Pedicle Ligation, Ligation in Continuity, and Transfixing the Pedicle (Demonstration and Practice).
- 1140 - 1155 Mesenteric Lymph Node Dissection (Demonstration and Practice).
- 1155 - 1310 Small Bowel End-to-End Anastomosis (Demonstration and Practice).
- 1310 - 1420 Assessment of Specific Competencies (along with staggered lunch break).
- 1420 - 1430 Principles of Vascular Surgery - Bypass and Stents (Interactive Discussion).
- 1430 - 1440 Arteriotomy (Demonstration and Practice).
- 1440 - 1530 Vein Patch to Close Arteriotomy Defect (Demonstration and Practice).
- 1530 - 1540 Safe Use of Surgical Diathermy (Interactive Discussion).
- 1540 - 1600 Principles of Laparoscopic Surgery - Camera Technique, Ergonomics and Safety (Interactive Discussion).
- 1600 - 1615 Surgical Diathermy (Demonstration and Practice).
- 1615 - 1715 Laparoscopic Skills - Cutting and Threading (Demonstration and Practice).
- 1715 - 1730 Debrief, Summary, Questions and Close.
- 1730 End of Course.

**The College of Physicians and Surgeons of Cardiff awards 14 CPD points for attendance at this two-day course.**