

# Essential Surgical Skills and Principles for Aspiring Surgeons [ESSPAS]



Feedback - March 2021

## Essential Surgical Skills and Principles for Aspiring Surgeons [ESSPAS])

This one-day course aimed to provide the attendee with an overview of the essential principles, core concepts and fundamental skills relevant for foundation years and early surgical training. The course predominantly comprised of hands-on training in surgical skills using animal tissue interspersed with structured and focused teaching on the principles of management of trauma and operative surgery. With a high tutor-to-delegate ratio, this course was designed to equip the attendee with the essential surgical skills that are expected of a clinical year medical student or junior doctor in the operating theatre. There were also discussions on the management of patients with trauma and those presenting with surgical emergencies.

### Course Information

<b>Venue:</b>	<b>College of Physicians and Surgeons of Cardiff, Frazer Building, 126 Bute Street, Cardiff Bay, Cardiff, CF10 5LE</b>
<b>Date:</b>	<b>6<sup>th</sup> March 2021</b>
<b>Attendance:</b>	<b>17 Delegates</b>
<b>Aimed at:</b>	<b>Medical Students; Foundation Year Doctors; Core Surgical Trainees; Junior Surgeons; Advanced Nurse Practitioners; Surgical Nurse Practitioners; Theatre Assistants;</b>
<b>Course Fee:</b>	<b>£88.00</b>



## Programme

- 0830 - 0840 Welcome and Introduction to Learning Objectives
- 0840 - 0920 Knot Tying - Reef Knots (Demonstration and Practice)
- 0915 - 0945 Knot Tying - Surgeon's Knot and Tying at Depth (Demonstration)
- 0945 - 1015 Handling Surgical Instruments, Art of Assisting and Disposing Sharps Safely (Demonstration)
- 1015 - 1045 Basics of Sutures and Needles (Interactive Discussion)

**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, Instrument Tie and Suture Removal (Demonstration and Practice)
- 1240 - 1310 Advanced Suturing Techniques (I): Vertical Mattress and Horizontal Mattress Sutures (Demonstration and Practice)

**1310 - 1345**

**Lunch**

- 1345 - 1430 Advanced Suturing Techniques (II): Continuous Sutures, Subcuticular Sutures and Aberdeen Knot (Demonstration and Practice)
- 1430 - 1440 Haemostatic Figure of '8' Stitch (Demonstration and Practice)
- 1440 - 1455 Excision of a Subcutaneous Cyst (Demonstration and Practice)
- 1455 - 1505 Principles of Draining an Abscess (Demonstration).

## Programme

- 1505 - 1525 Principles of Debriding a Contaminated Traumatic Wound (Demonstration)
- 1525 - 1535 Principles of Surgical Diathermy (Interactive Discussion)
- 1535 - 1545 Principles of Laparoscopic Surgery (Interactive Discussion)
- 1545 - 1715 Rotating Workshops: Surgical Diathermy (Demonstration and Practice); Laparoscopic Skills (Demonstration and Practice); Case Discussions in Emergency Surgery and Trauma (Interactive Discussion)
- 1715 - 1740 Debrief, Summary, Questions and Close
- 1740 End of Course

## Core Faculty

**Ms Clare Carpenter, BSc, MBBCh, MRCS (Eng), FRCS (T&O)**

Consultant Paediatric Orthopaedic Surgeon  
University Hospital Wales, Cardiff

**Ms Danielle Lowry, MBChB, MRCS**

Senior Registrar in Vascular Surgery  
University Hospital of Wales, Cardiff

**Mr Sriram Rajagopalan, MBBS, MD, FRCS**

Consultant Vascular Surgeon  
University Hospital North Midlands NHS Trust

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

Professor, Higher Surgical Education  
Doctors Academy Group (Intl)

**Miss Swati Bhasin, MBBS, MRCS**

Registrar in General Surgery  
Royal Wolverhampton Hospitals NHS Foundation Trust

**Miss Yan Li Goh, MBChB, MRCS, PGDip Clin Ed., ChM (Gen Surg)**

PhD Research Fellow  
Speciality Registrar in General Surgery  
West Midlands Deanery

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

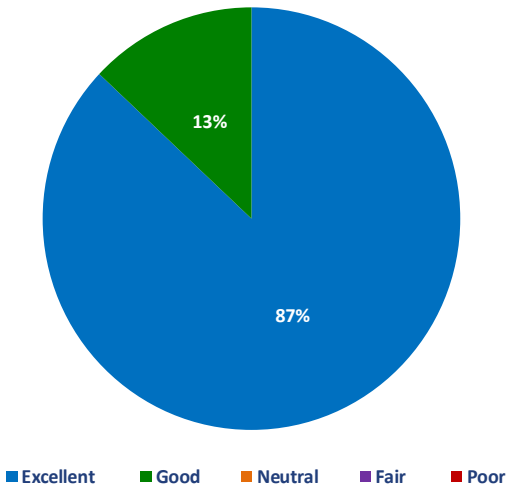
PhD Research Fellow  
Speciality Registrar in General Surgery  
Oxford Deanery

**Mr Yogesh Nathdwarawala, MBBS, MS (Orth), MSc (Orth), FRCS (Orth)**

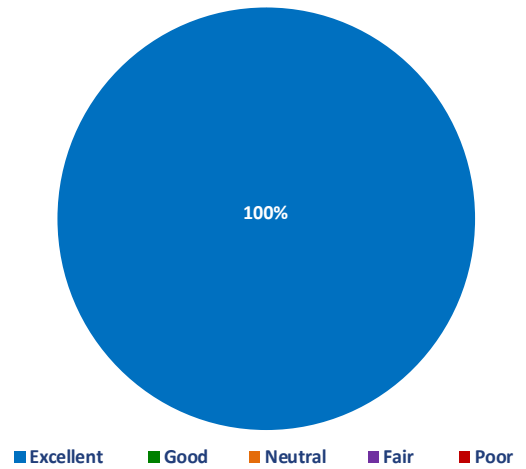
Consultant Orthopaedic Surgeon  
Nevill Hall Hospital, Abergavenny

# Overall Feedback

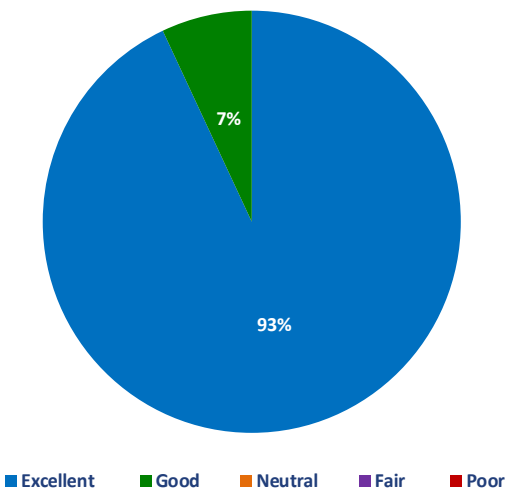
How was the content of the course?



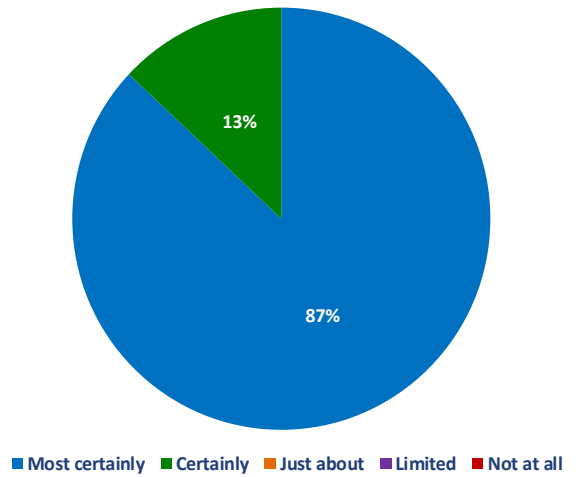
How would you rate the general academic standard of the tutors?



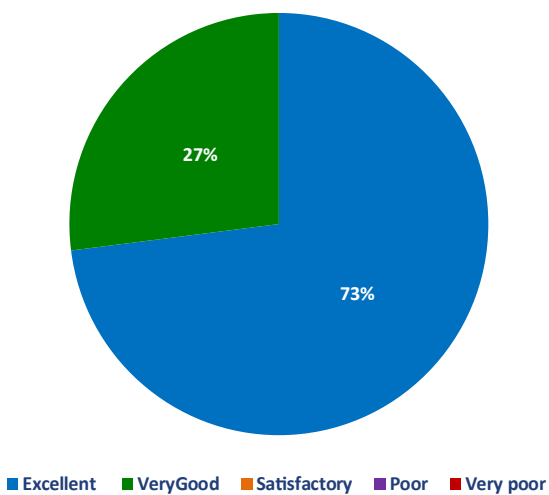
How was the clarity of the demonstrations?



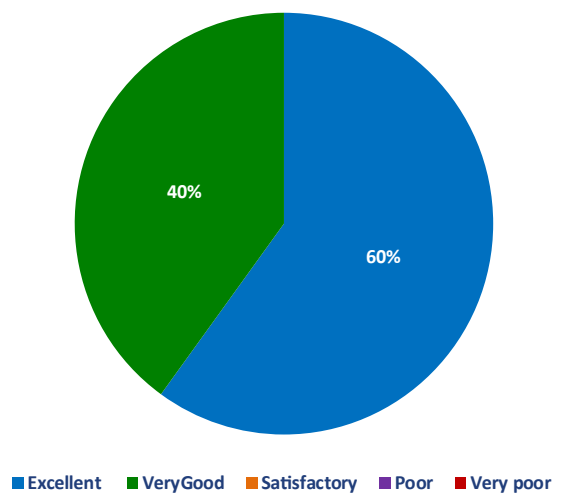
Did the course meet your learning objectives?



Knot tying

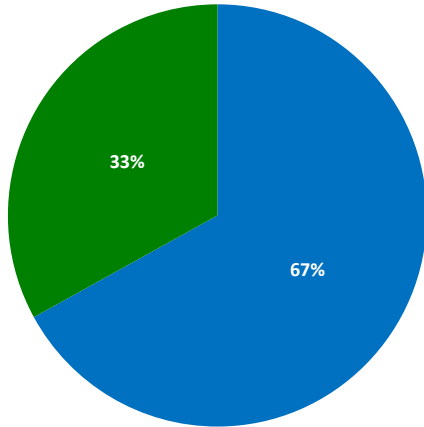


Pre-theatre precautions



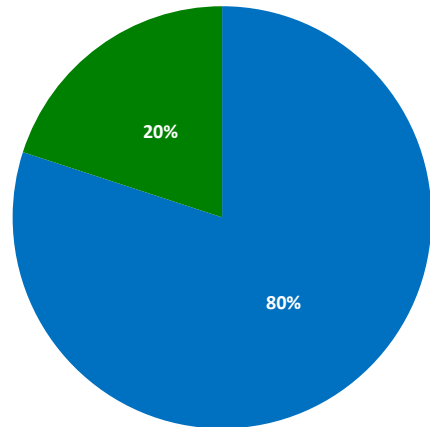
# Overall Feedback

Gowning and gloving



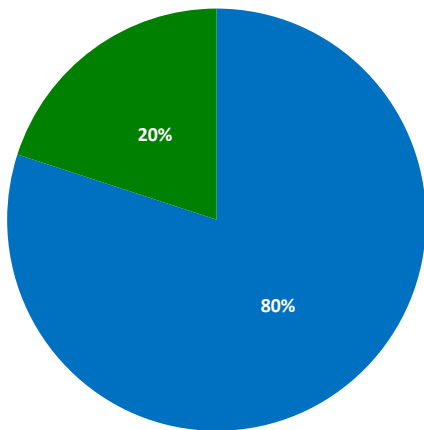
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Instrument handling and managing sharps



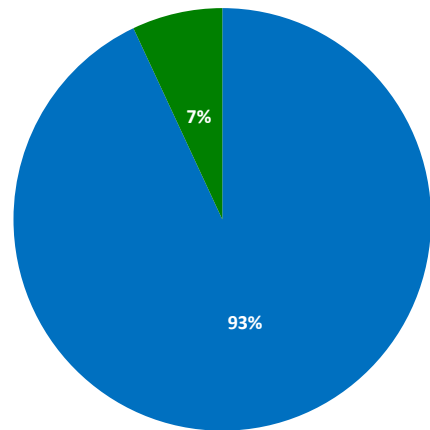
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Sutures, suture materials and needles



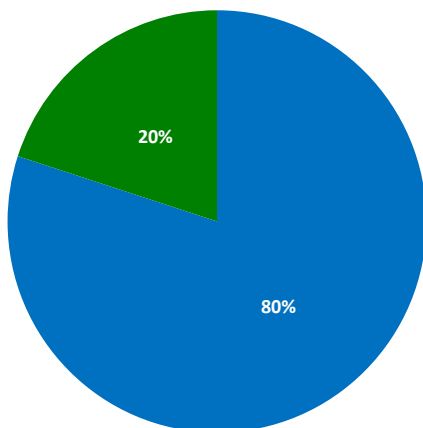
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Suturing technique – simple interrupted



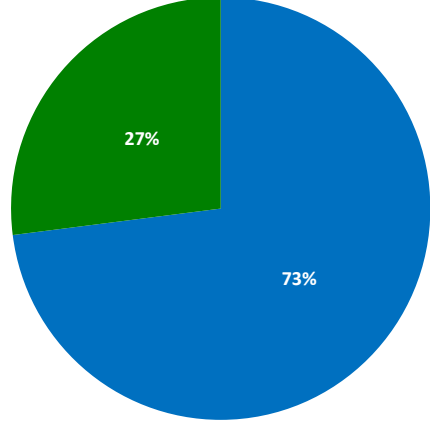
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Suturing technique – vertical and horizontal mattress



■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

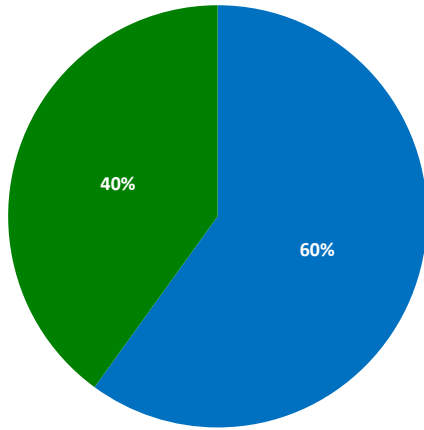
Suturing technique – continuous and Aberdeen knot



■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

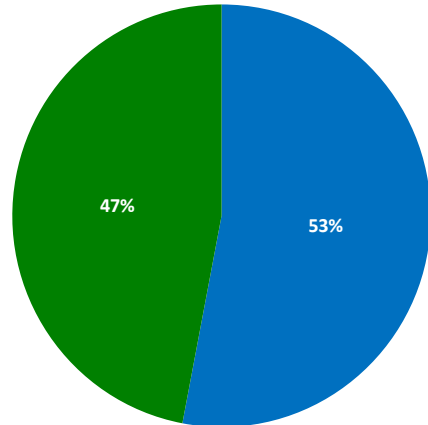
# Overall Feedback

Suturing technique – subcuticular



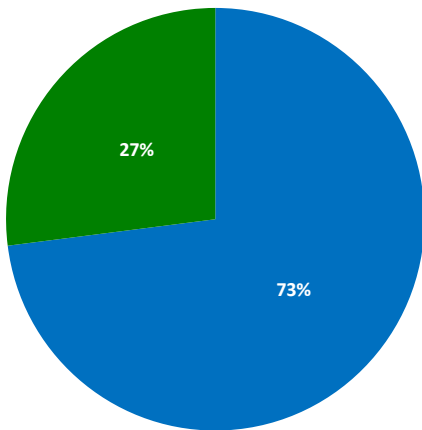
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Safe infiltration of local anaesthesia



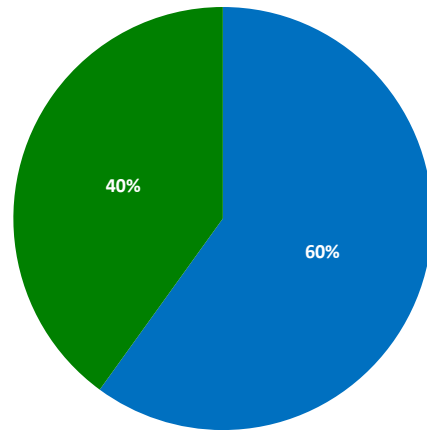
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Excision of a lesion



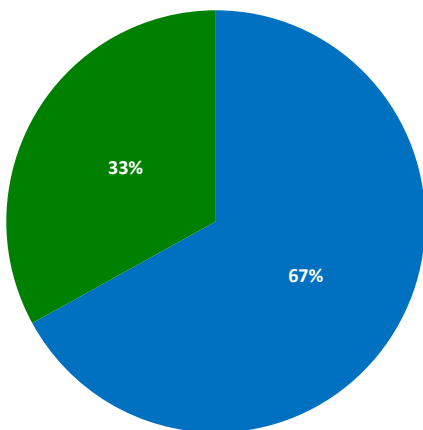
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Excision of a cyst



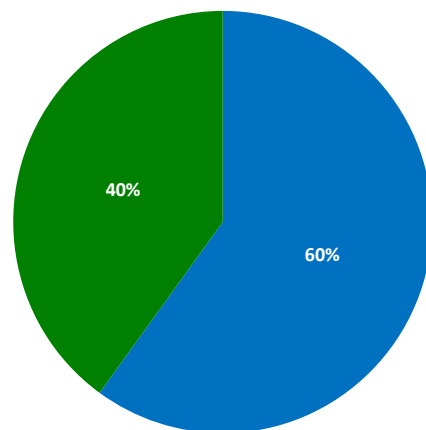
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Debriding a contaminated wound



■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Draining an abscess

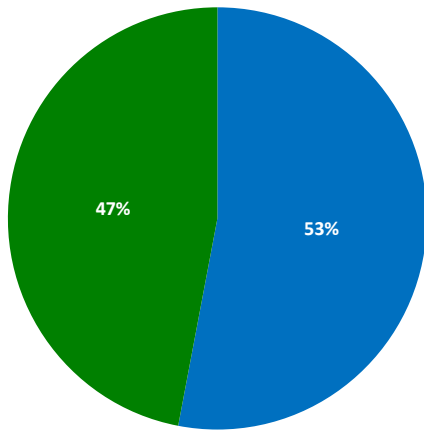


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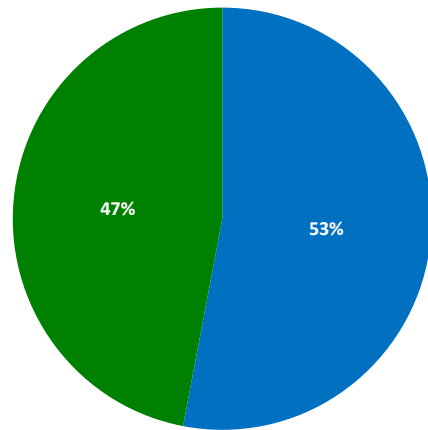
# Overall Feedback

Principles of surgical diathermy



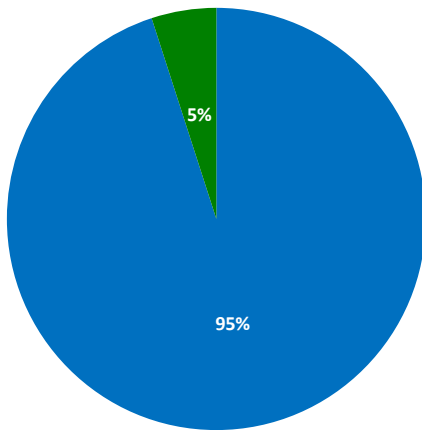
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Laparoscopic surgery



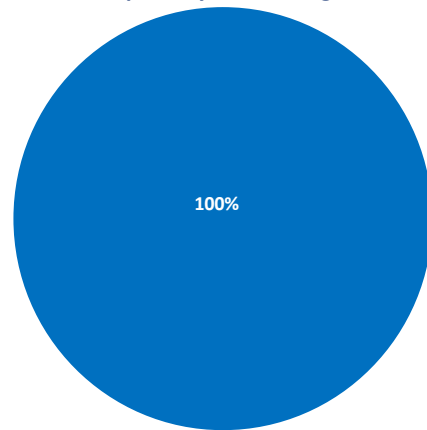
■ Excellent ■ Very Good ■ Satisfactory ■ Poor ■ Very poor

Were you given sufficient time to practice the skills?



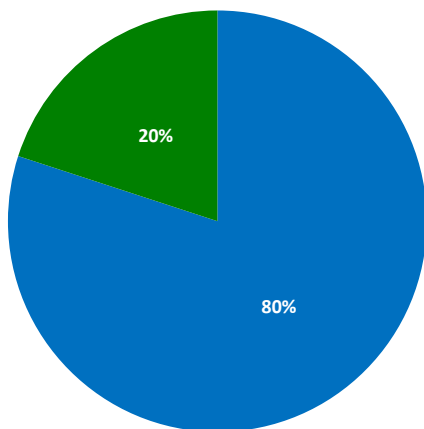
■ Certainly sufficient ■ Mostly sufficient ■ Neutral  
■ Just sufficient ■ Not sufficient

Was the live demonstration of the skills helpful to your learning?



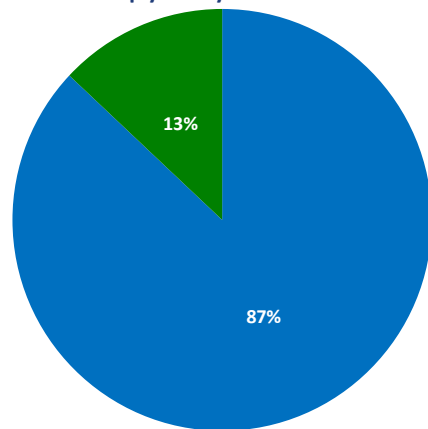
■ Most helpful ■ Helpful ■ Neutral ■ Little helpful ■ Not helpful

Did the topics covered in the course meet your objectives?



■ Most certainly ■ Certainly ■ Neutral ■ A little bit ■ Not at all

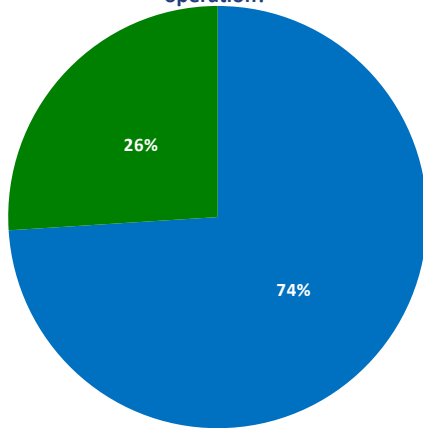
Do you feel that the skills you learnt will help you in your career?



■ Most certainly ■ Certainly ■ Neutral  
■ Might help ■ Won't help at all

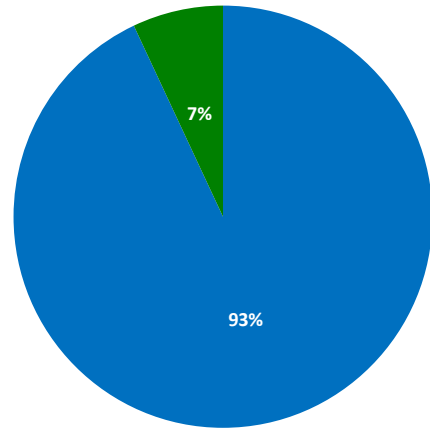
# Overall Feedback

Do you feel more confident in entering a surgical operating theatre and assisting in an operation?



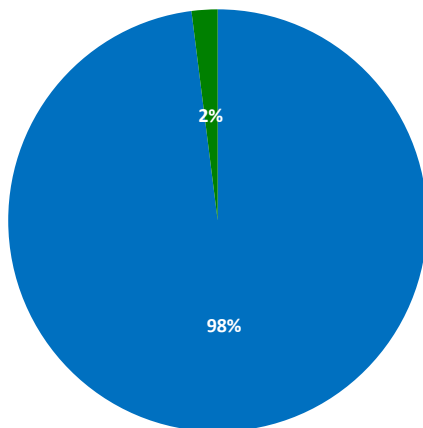
■ Most certainly ■ Certainly ■ Neutral ■ A little bit ■ Not at all

How satisfied were you with the venue, catering and hospitality?



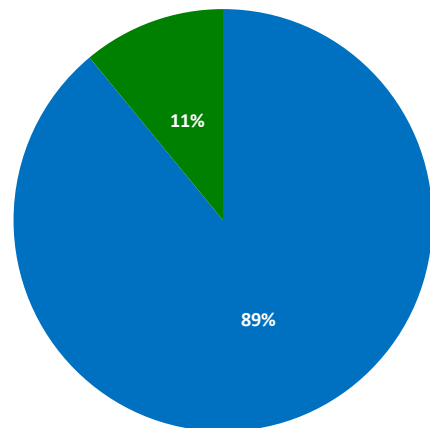
■ Most satisfied ■ Satisfied ■ Neutral ■ A little satisfied ■ Unsatisfied

Would you recommend this course to a friend?



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

Would you consider this course to be good value for money?



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

## Individual Comments

The course was absolutely great on the content and all the staff were so professional at the same time they were friendly and willing to help so much.

**AG**  
*Cardiff University School of Medicine, Cardiff*

There was plenty of assistance available and all presentations were very clear.

**JM**  
*Cardiff University School of Medicine, Cardiff*

The course met what was set out in the learning outcomes and was delivered in a manner that was enjoyable and allowed plenty of time to practice the skills being shown. The tutors were very helpful and it was very beneficial to have several members of staff being able to help us and check our technique. I would recommend this course to other students, whether they are specifically interested in surgery or not.

**JS**

Absolutely wonderful. Academically fantastic, great hands on day, lots of support. Staff were all lovely, venue was perfect and catering was good. Thanks very much, cannot wait to attend in the future.

**KS**  
*Swansea University Medical School, Swansea*

It was a really great day, I learnt a lot of skills, and the tutors were great in individually coming round and giving instruction on suturing and technique etc.

**KS**  
*Cardiff University School of Medicine, Cardiff*

Fantastic course with friendly and extremely good tutors. Thank you.

**CW**  
*Cardiff University School of Medicine, Cardiff*

Great learning experience. Topics covered were definitely fundamental and good reminders for all of us who are in clinical practice. Hands-on sessions were good practice. Very useful teaching on different types of sutures and diathermy. Excellent experience overall. Thank you.

**CC**  
*University Hospital of Wales, Cardiff*

I found this course really helpful. It's a good practice to learn special protocols of operation theatre especially when you are an international medical graduate. All topics were covered efficiently. Good way to learn some new skills. Appropriate delegate-to-tutor ratio. I really enjoyed the course. It was full of professionalism. Thank you for offering such a great opportunity to learn surgical skills.

**BA**

I admire how this session was inclusive of medical students (esp. 1st/ 2nd yrs) and junior doctors. Being able to practise the suturing on pig's foot and debridement on chicken legs were helpful.

**PT**  
*Cardiff University School of Medicine, Cardiff*

Excellent course, filled me with confidence going forth into a medical career and aiming for a surgical career as a medical student.

**LM**

## Individual Comments

Really great session. Not sure what I was expecting but it went above and beyond any expectations I had. The tutors were so friendly and helpful and taught extremely well.

**EF**

***Cardiff University School of Medicine, Cardiff***

So happy with the course, thoroughly enjoyed and great value for money.

**EM**

***Cardiff University School of Medicine, Cardiff***

Delegate-to-tutor ratio was very good and I felt that I had adequate help when needed. All tutors were very helpful and lovely.

**RH**

It was very clear and structured. I felt that the skills taught were related to clinical scenarios and relevant to my future training.

**AY**

***Cardiff University School of Medicine, Cardiff***



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### Postgraduate:

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