



**Cardiff MRCS Course: Intensive  
Preparatory Course for MRCS OSCE**

**Feedback - January 2021**

## Cardiff MRCS Course: Intensive Preparatory Course for MRCS OSCE

This two-day intensive preparatory course was specifically designed for candidates appearing for the MRCS exam in May 2021. The course primarily focused on practice of hands-on practical skills, clinical examination skills, and communication skills. In addition, there was a summary revision (question and answer format) of the core knowledge areas tested in the exam, although there was no teaching on these topics.

This attendance course was delivered to a small group of delegates and complied with the Health Authority and Government guidelines for social distancing and other appropriate measures.

### Course Information

<b>Venue:</b>	<b>College of Physicians and Surgeons of Cardiff, Frazer Building, 126 Bute Street, Cardiff Bay, Cardiff</b>
<b>Dates:</b>	<b>30<sup>th</sup> and 31<sup>st</sup> January 2021</b>
<b>Attendance:</b>	<b>16 Delegates</b>
<b>Aimed at:</b>	<b>Medical Students</b>
<b>Course Fee:</b>	<b>£465.00</b>



# Course Programme

## Day 1

0820 - 0830 Registration

0830 - 0930 Summary and Revision of Basic Sciences I (Knowledge Component)

0930 – 1245 Group Rotations (to include the following stations: Theatre Safety Principles; Handling (with staggered Instruments; Knot Tying; Sutures; Needles; Suturing Techniques (simple and break for advanced); Haemostatic Stitch; Chest Drain Insertion; Male Urinary Catheterisation; refreshments) Venepuncture of High Risk Patient; Cannulation; FNA; Interpretation of ABG Results; Lumbar Puncture)

**1245 - 1330**

**Lunch**

1330 – 1645 Group Rotations (to include the following stations: Theatre Safety Principles; Handling (with staggered Instruments; Knot Tying; Sutures; Needles; Suturing Techniques (simple and break for advanced); Haemostatic Stitch; Chest Drain Insertion; Male Urinary Catheterisation; refreshments) Venepuncture of High Risk Patient; Cannulation; FNA; Interpretation of ABG Results; Lumbar Puncture)

1645 - 1815 OSCE Discussion (Pre-Operative Assessment; Post-Operative Management; Antibiotics; Theatre List Prioritisation; Wound Healing and Reconstruction; Local Anaesthesia; Tourniquet; Diathermy; CSF physiology)

1815 - 1915 Summary and Revision of Basic Sciences II (Knowledge Component)

1915 Feedback and Close

# Course Programme

## Day 2

0830 – 0915 Summary and Revision of Basic Sciences III (Knowledge Component)

0915 – 1300 (with refreshment break from 1100 – 1120):

### **Clinical Examination Sessions**

Candidates will be divided into small groups and will go through the following clinical examinations on simulated patients:

- Examination of the abdomen and abdominal organs
- Examination of cranial nerves
- Examination of varicose veins
- Examination of the arterial system
- Examination of the cardiorespiratory system
- Examination of the hip and knee
- Examination of the shoulder and back

**1300 – 1345**

**Lunch Break**

1350 – 1715 (with refreshment break from 1530 – 1550):

### **Clinical Consultation Skills Sessions (Communication Skills):**

These stations will consist of, amongst others:

- Information giving and information gathering
- Challenging situation/patient
- Difficult consultation
- Breaking bad news
- Explaining a diagnosis or discussing management options
- Consent in surgery
- Telephone communication

1715 – 1730 Summary and Feedback

1740 End of Course.

# Faculty List

## Tutors

**Miss Aiyswarya Sukumar, MBBS, MRCS**

Specialty Trainee in Trauma and Orthopaedics  
Royal Wolverhampton Hospitals NHS Foundation Trust

**Mr Balu Ravi, MRCS**

Registrar in Orthopaedic Surgery  
Royal Wolverhampton Hospitals NHS Foundation Trust

**Mr Felix Karst, MBChB, MRCS**

Specialty Trainee in  
King's College Hospital NHS Foundation Trust

**Mr Joseph Merola, MBBCh, MRCS (Eng)**

Clinical Fellow in Neurosurgery  
University Hospital of Wales, Cardiff

**Mr Ronak Ved, MBBCh, MRCS**

Specialty Registrar in Neurosurgery  
University Hospital of Wales, Cardiff

**Mr Sandeep Pillai, MBBS, MS, DNB, MCh (Surgical Oncology), MRCS**

Consultant Oncological Surgeon  
Tutor – Doctors Academy Group

**Miss Swati Bhasin, MRCS**

Registrar in General Surgery  
Royal Wolverhampton Hospitals NHS Foundation Trust

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

Consultant Orthopaedic Surgeon  
Nevill Hall Hospital, Abergavenny

## Trainee Tutors

**Ms Bethany Miller, BMBS, MRCS**

Specialty Registrar in General Surgery  
All Wales Deanery

**Mr Eshan Mazumdar, MBChB (Hons), MMedSci, MRCS**

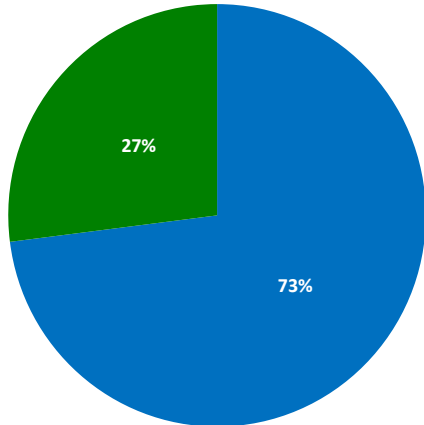
Specialty Trainee in General Surgery  
All Wales Deanery

**Mr Salman Ali, MBBS, MRCS**

Trust Grade Doctor in Urology  
Barking, Havering and Redbridge University Hospitals NHS Trust

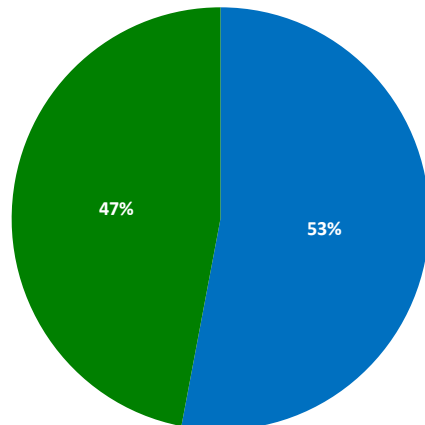
# Overall Feedback

How was the clarity of the lectures?



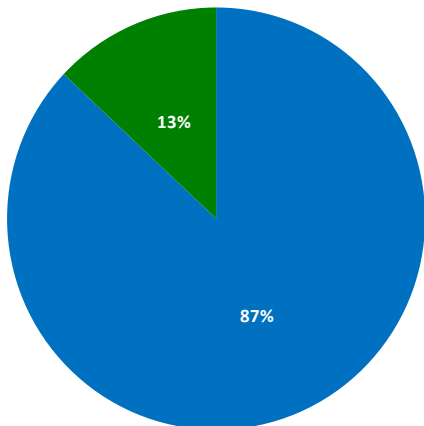
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

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



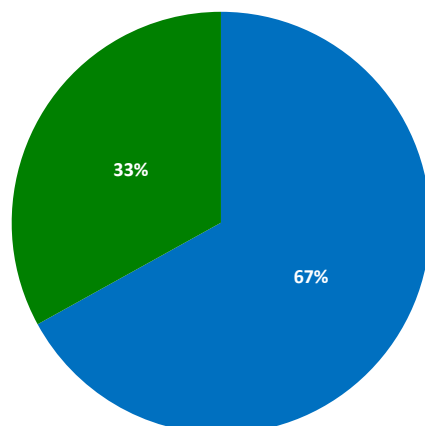
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How do you rate the relevance of the course to your studies?



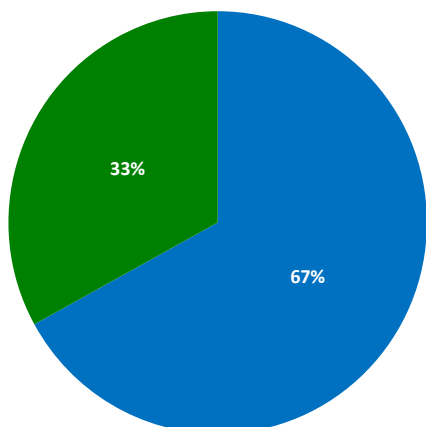
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Overview of Basic Sciences (Thyroid Cancers and Malignant Melanoma)



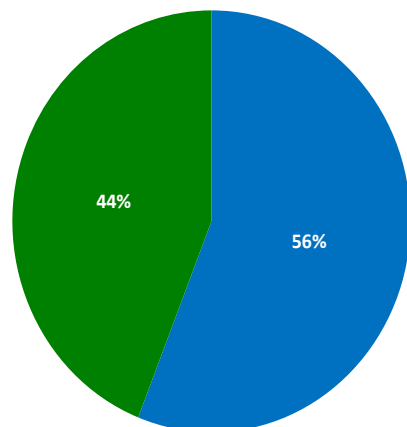
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

Skull Base



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

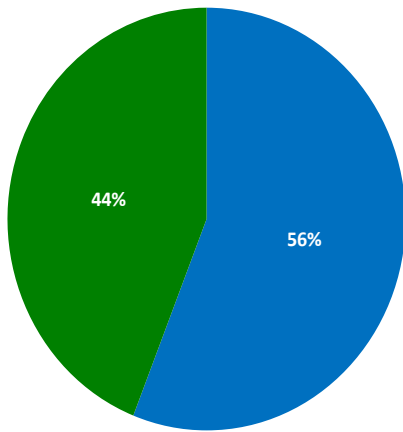
Neck



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

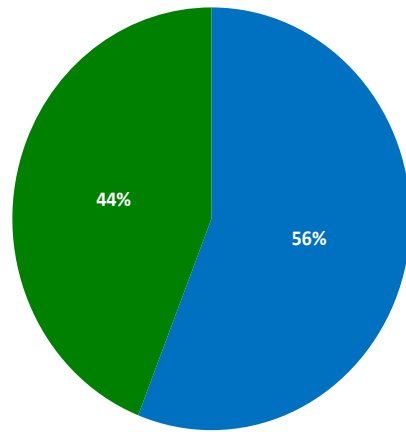
# Overall Feedback

Upper Limb



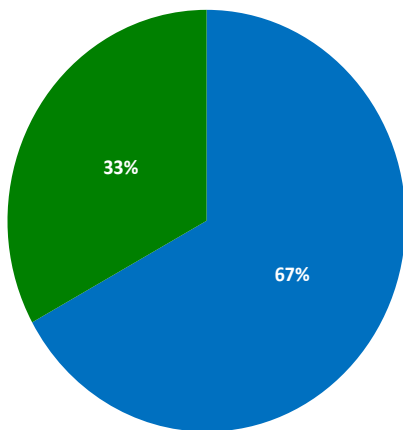
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

Lower Limb



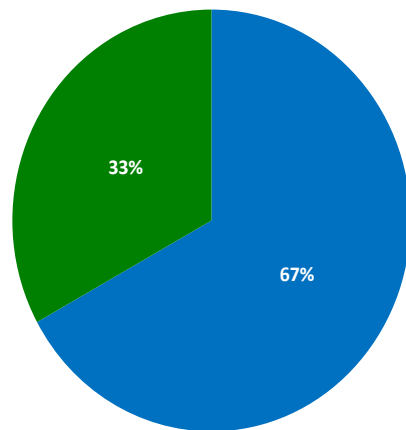
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

Thorax



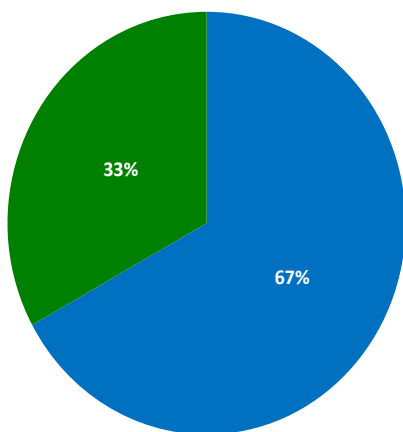
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Abdomen(1)



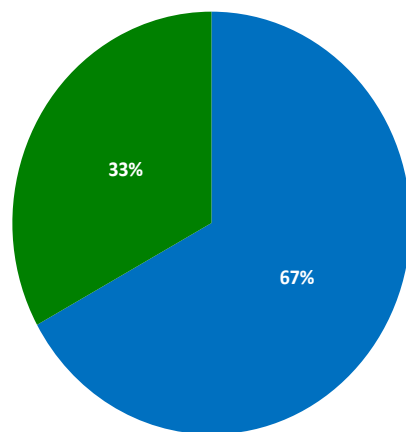
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

Abdomen (2)



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

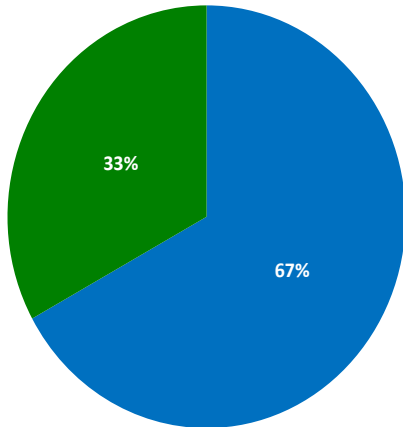
Fracture Management



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

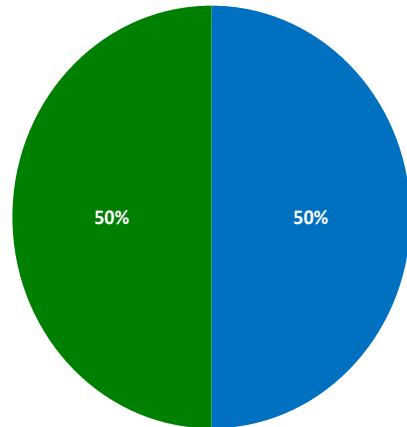
# Overall Feedback

Abdominal Trauma



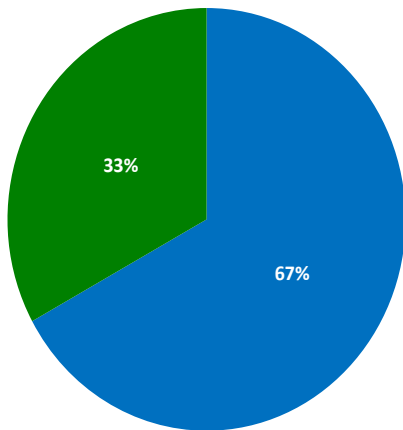
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Burns



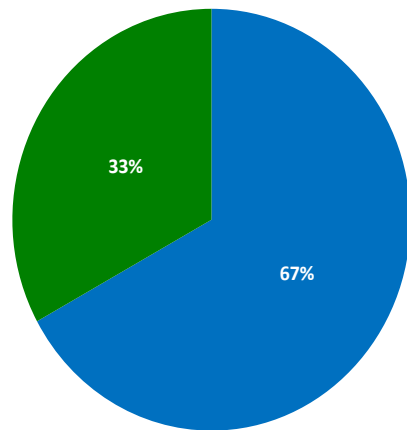
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

Thermoregulation



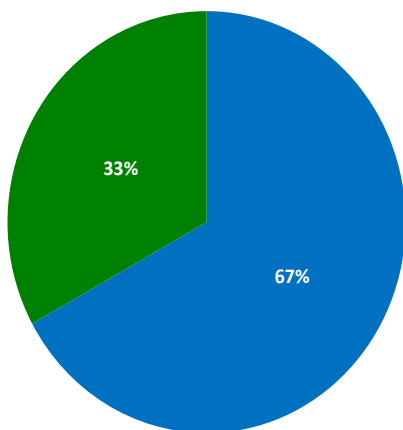
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

Cardiology



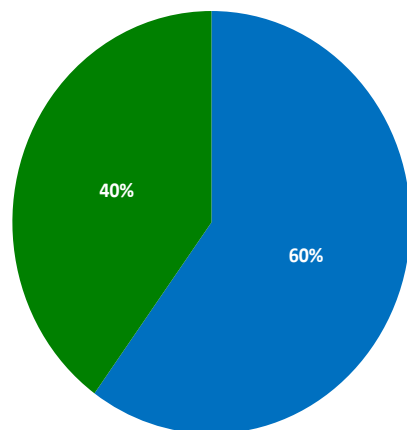
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

Gastrointestinal Physiology



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

Nutrition

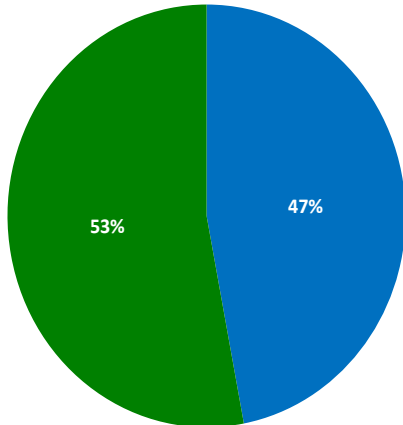


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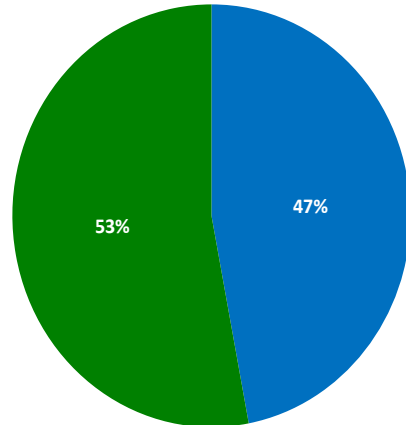
# Overall Feedback

Acid-Base Balance



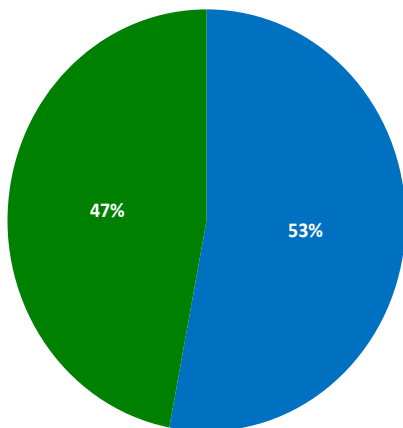
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

Knot Tying



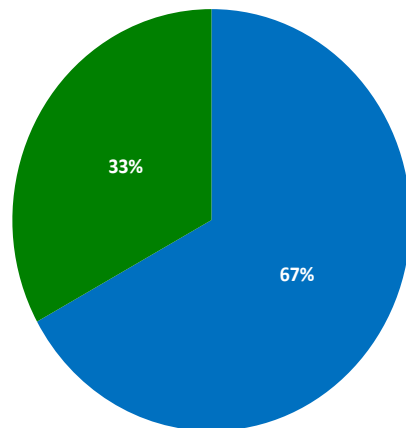
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Instrument Handling



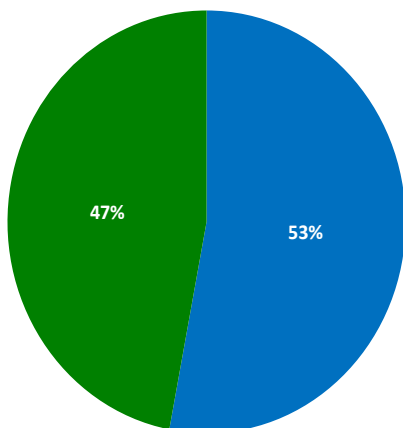
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

Suturing



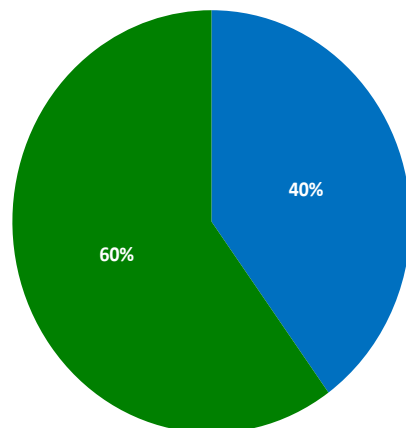
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

Figure of 8 Haemostatic Stitch



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

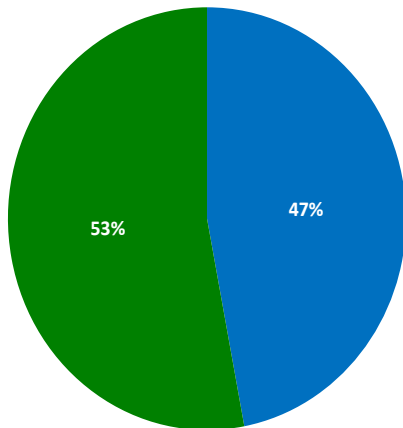
Excision of a Lesion



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

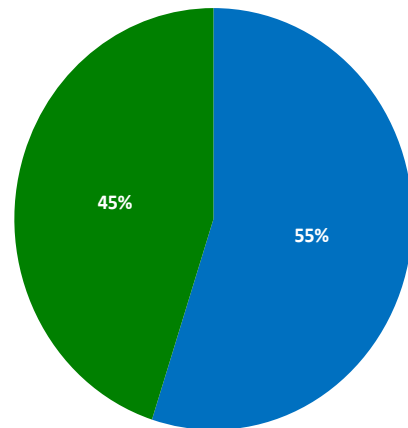
# Overall Feedback

Wound Debridement



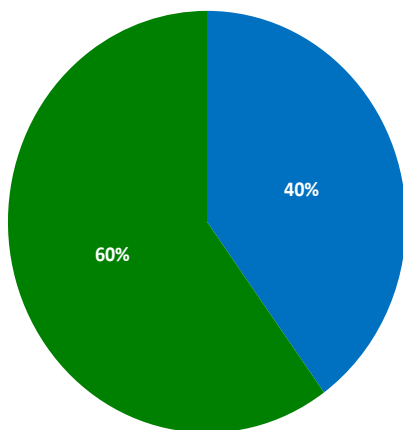
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

Cannulation and ABG



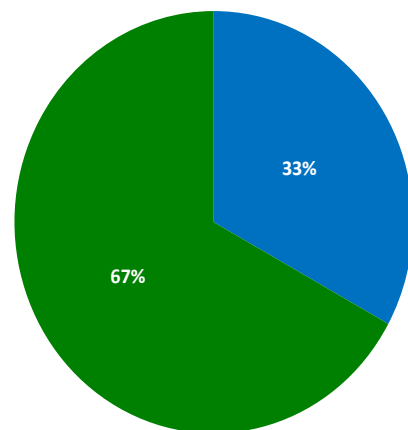
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

Catheterisation



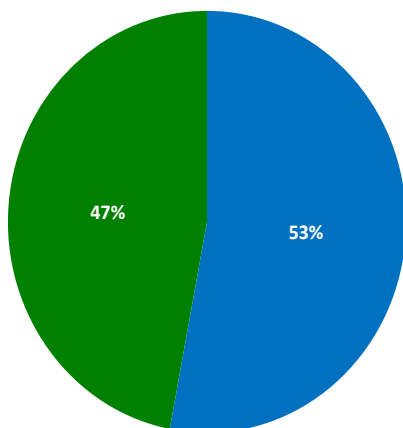
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

FNAC



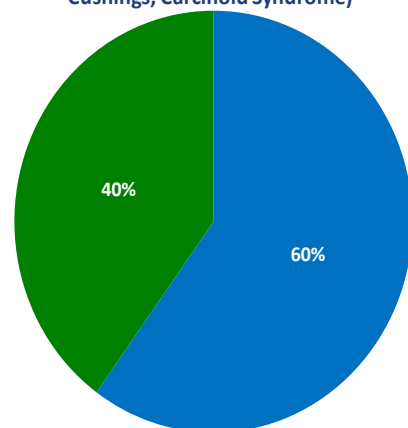
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

Overview of Basic Sciences (Sutures, Needles, Local Anaesthesia, Theatre List Prioritisation, Skin Cancers)



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

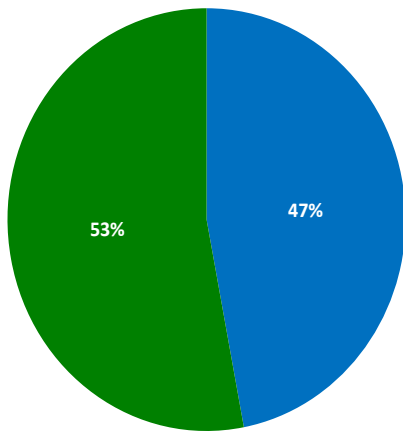
Overview of Basic Sciences (Basic Pathology, Cushings, Carcinoid Syndrome)



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

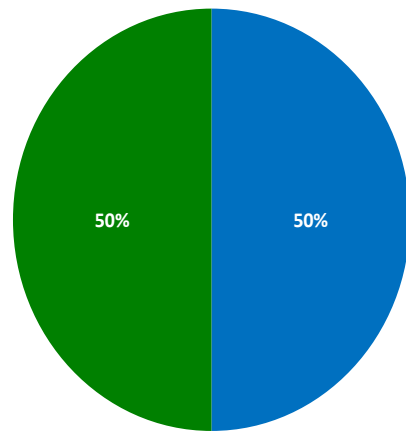
# Overall Feedback

Examination of the Hip



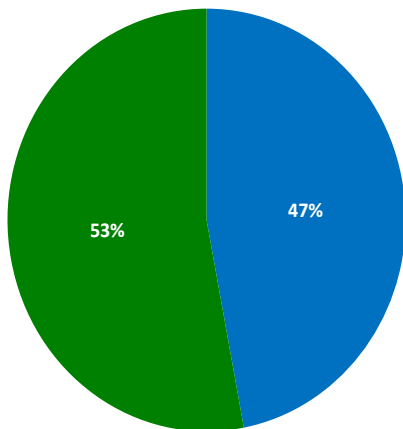
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

Examination of the Knee



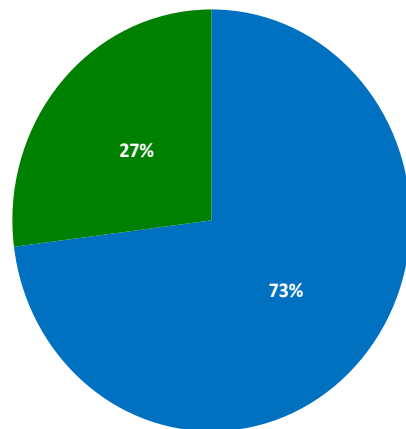
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

Examination of the Abdomen



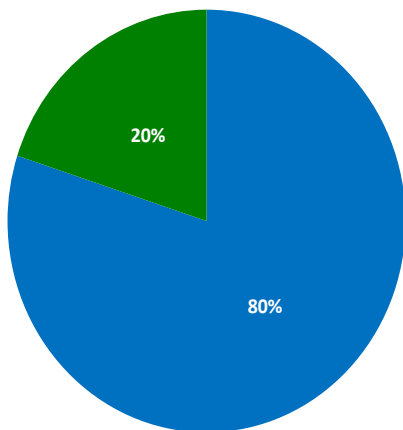
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

Examination of the Cranial Nerves



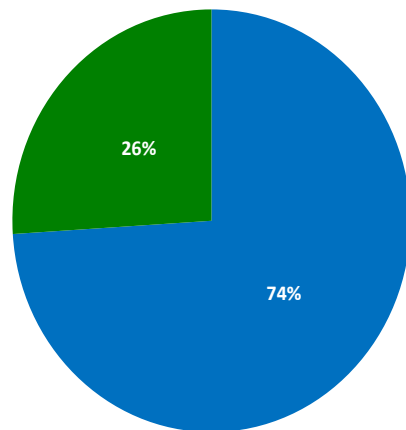
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

Examination of the Shoulder



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

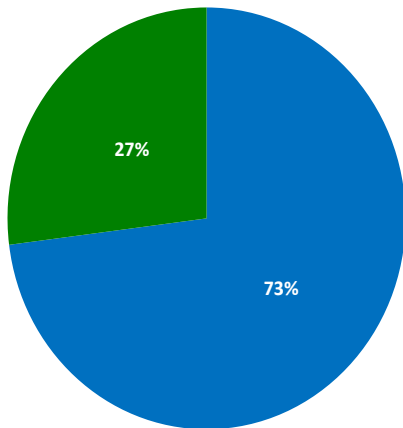
Examination of the Back



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

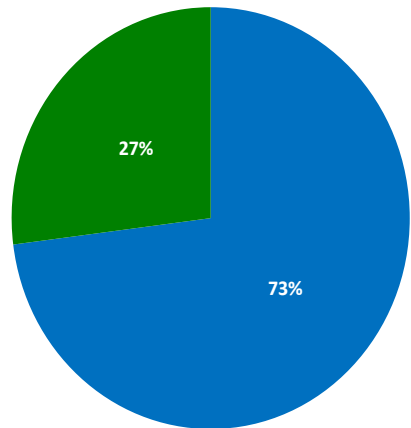
# Overall Feedback

Examination of Varicose Veins



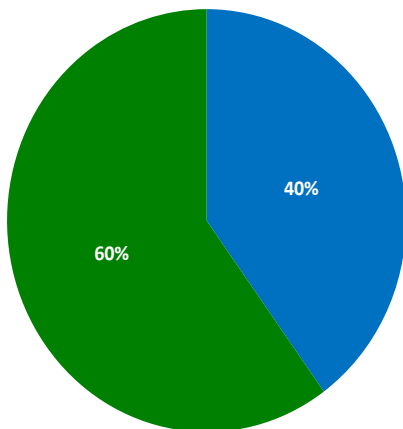
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

Examination of Arterial System



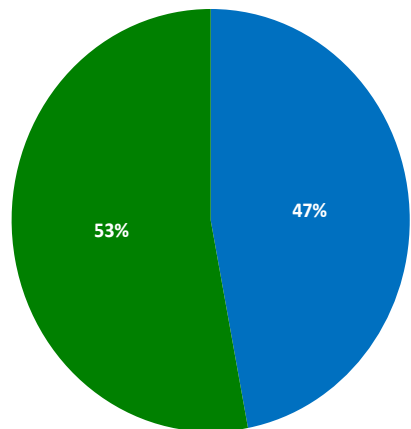
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

Breast Cancer (History Taking)



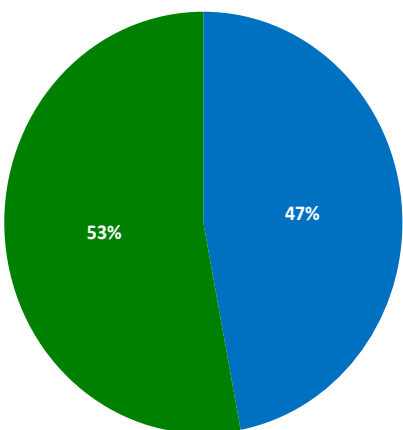
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

Breast Cancer (Breaking Bad News)



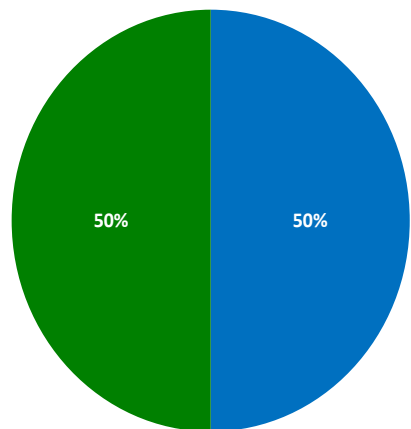
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

Colorectal Cancer (History Taking and Breaking Bad News)



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

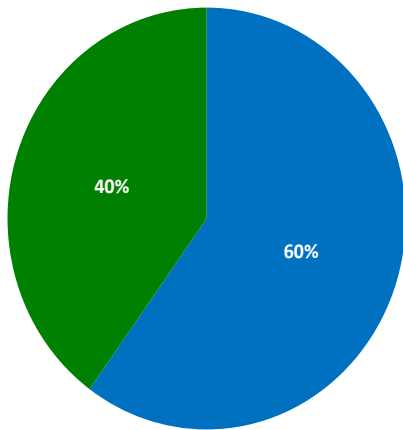
Consenting for Colonoscopy



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

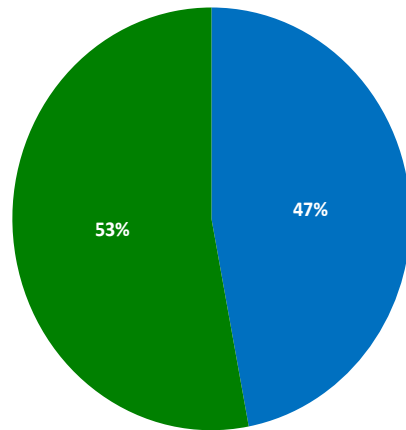
# Overall Feedback

Acoustic Neuroma



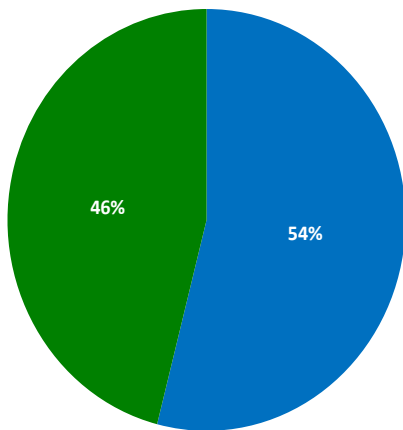
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

Back Pain with Metastatic Deposit



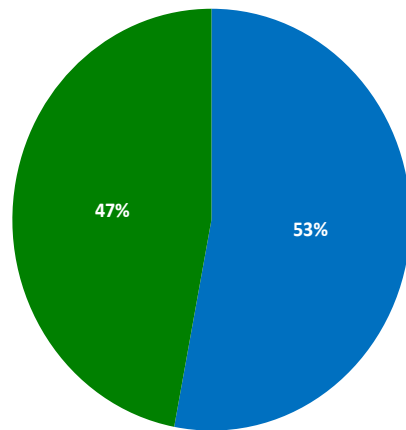
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

Cancelled Operation for Arthroscopy



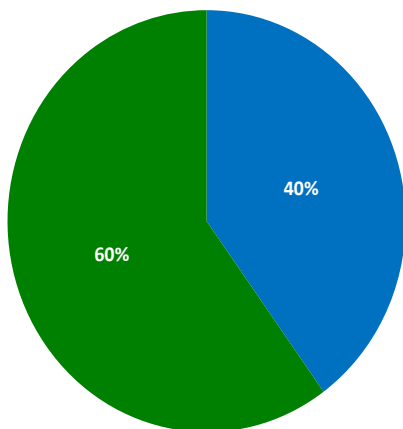
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

Consenting for Cholecystectomy



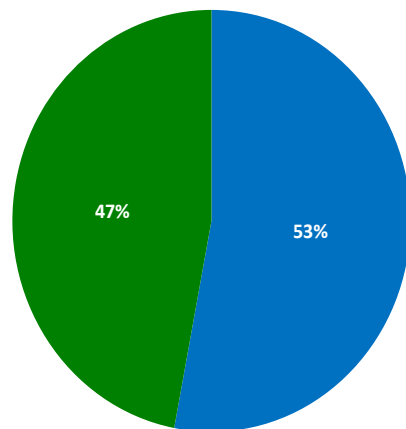
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

Consenting for Knee Arthroscopy



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

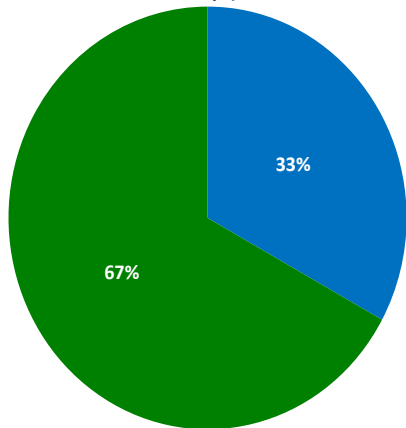
Telephone Call with Consultant



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

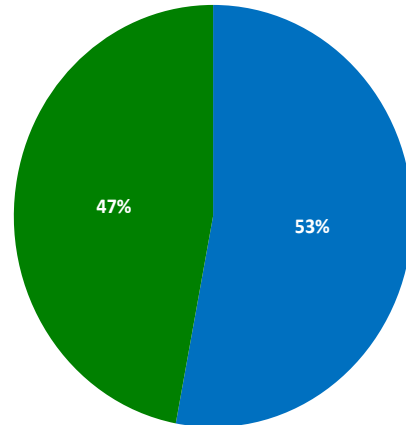
# Overall Feedback

Overview of Basic Sciences (Wound Healing, Reconstruction, Ulcers, Dupuytren's Disease, Skin Lumps)



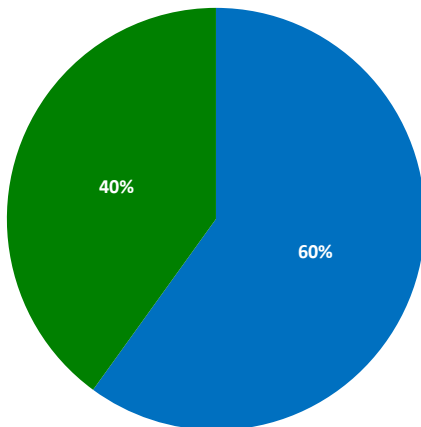
■ Excellent ■ Very Good ■ Good ■ Poor ■ Very poor

How were the facilities and venue?



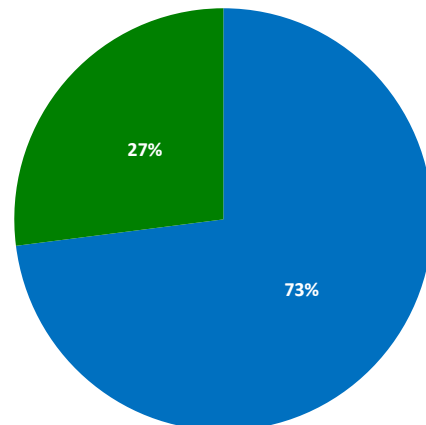
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How were the refreshments and lunch?



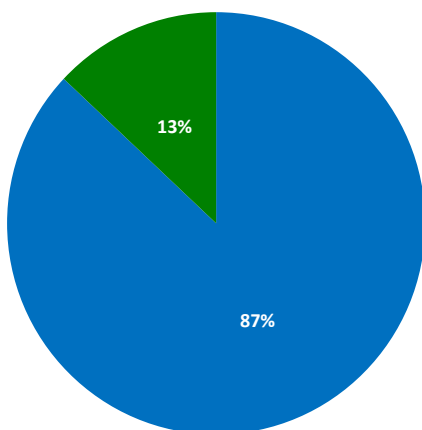
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the general friendliness of the faculty and organisers?



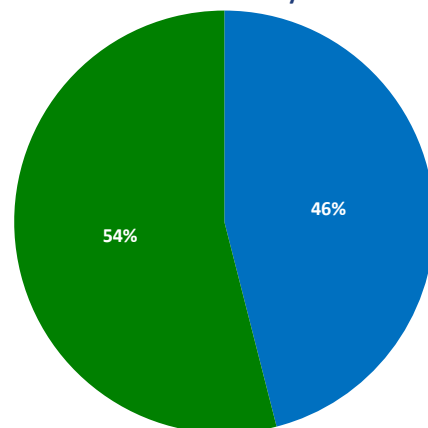
■ Very friendly ■ Friendly ■ Neutral ■ Not very friendly ■ Can't comment

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

## Individual Comments

Very enjoyable and useful course.

**MT**  
***Southmead Hospital, Bristol, United Kingdom***

Excellent.

**AM**  
***Wirral University Teaching Hospital NHS Foundation Trust, United Kingdom***

Really useful. Highlighted areas to work on. Very supportive and approachable faculty.

**ZH**  
***Norfolk and Norwich University Hospitals NHS Foundation Trust, United Kingdom***

Very impressive course, goal oriented. value for money.

**SM**  
***Morrison Hospital, Swansea, United Kingdom***

Excellent course.

**AC**  
***Causeway Hospital, Coleraine***

Fantastic course. Very good mix of didactic and osce style teaching.

**EK**  
***King George Hospital, Ilford, United Kingdom***

Very focused, condensed yet fairly easy to digest.

**CN**  
***Federal Teaching Hospital Gombe, Nigeria***



# DOCTORS ACADEMY

BETTER EDUCATION. BETTER HEALTH.

Doctors Academy is a UK-based International Non-Profit Organisation comprising of doctors, dentists and scientists that undertakes a diverse range of educational activities globally. The aim of the Academy is to disseminate information and exchange medical knowledge between professionals from diverse backgrounds working in a variety of healthcare settings. This is achieved by the provision of a number of attendance courses, publishing house, online resources and international events / competitions.

## 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
- International Academic and Research Conference
- World University Anatomy Challenge

## Publications



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

## World Journal of Medical Education & Research



Peer-reviewed academic journal  
with ISSN.

- No fee to view, read and download articles
- No subscription charges
- No submission fees
- No manuscript processing fee
- No publishing fee
- No cost to read, write or publish!

[wjmer.co.uk](http://wjmer.co.uk)

## 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
- DOHNS Exams

[www.doctorexams.co.uk](http://www.doctorexams.co.uk)

# [www.doctorsacademy.org](http://www.doctorsacademy.org)