



**Cardiff MRCS Course (LONDON):  
Structured Revision for MRCS A**



## Cardiff MRCS Course (LONDON): 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.

### Course Information

<b>Course date:</b>	<b>7<sup>th</sup> and 8<sup>th</sup> December 2018</b>
<b>Venue:</b>	<b>Imperial College Charing Cross Campus, Hammersmith, London</b>
<b>Attendance:</b>	<b>18 Delegates</b>
<b>Aimed at:</b>	<b>Medial Students</b>
<b>Course fee:</b>	<b>£ 285.00</b>



# Course 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

# Course 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

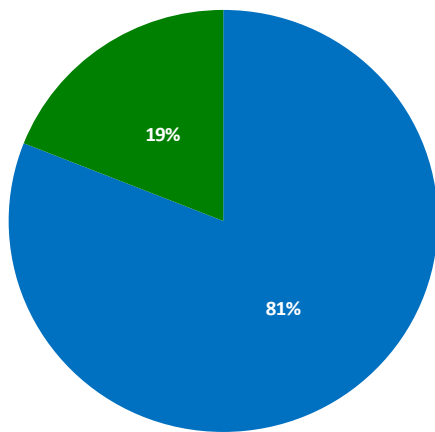
1730 - 1800 Principles of Local Anaesthetics; Sutures and Suture Materials

1800 - 1830 Vascular Surgery and Vascular Reconstruction

1830 - 1845 Summary and End of Course

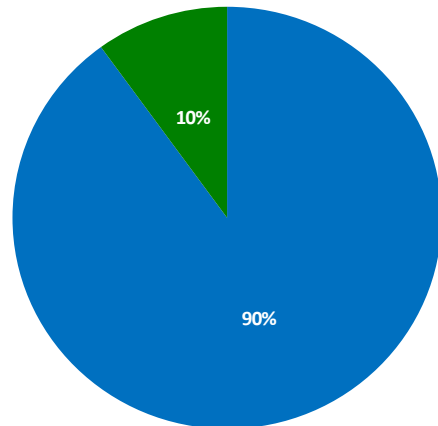
# Overall Course Feedback

How was the content of the course?



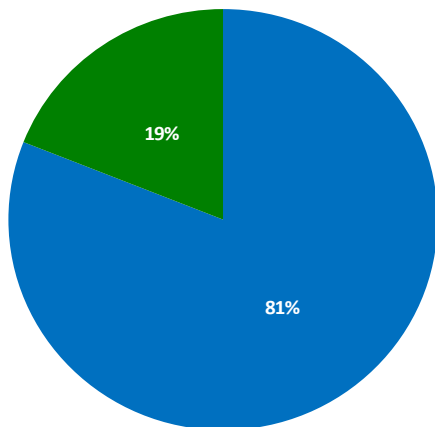
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How would you rate the general academic standard of the main lecturer?



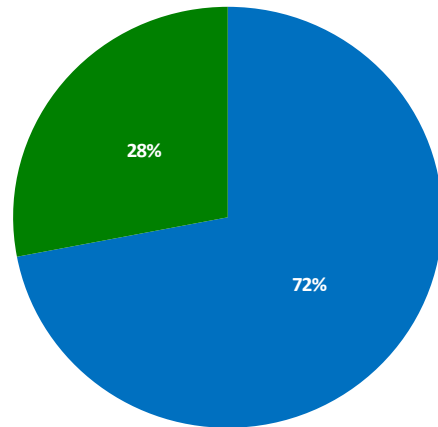
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How was the clarity of the lectures?



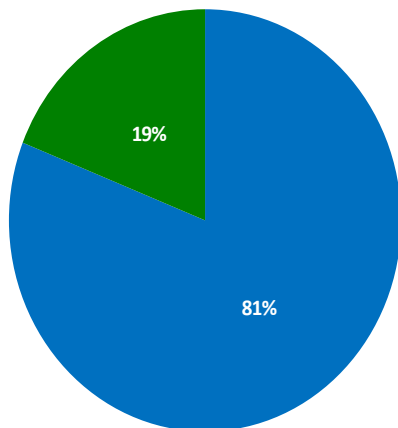
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Did the course cover the main topics you consider are important for the exam?



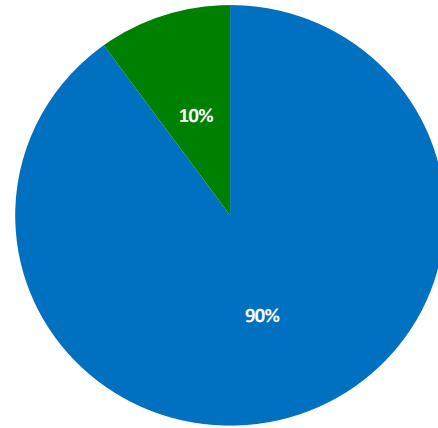
■ Most Certainly ■ Certainly ■ Probably ■ A little ■ Not at all

Brachial Plexus - Prof S Enoch



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

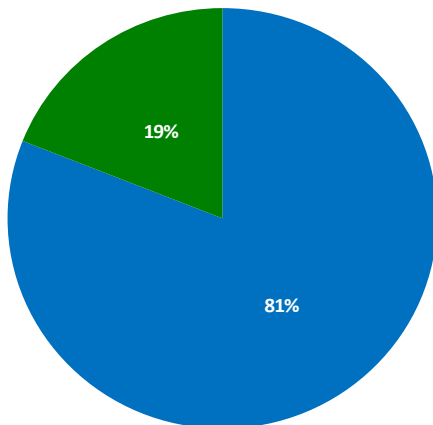
Upper Limb Anatomy - Prof S Enoch



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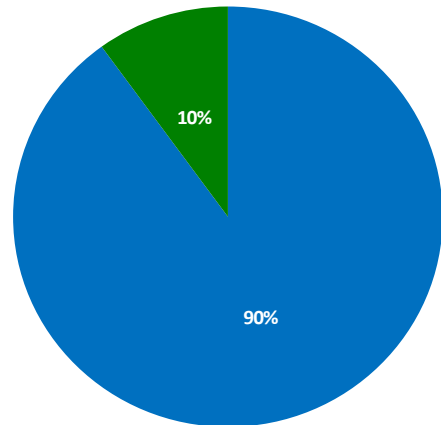
# Overall Course Feedback

Upper Limb Nerve Injuries - Prof S Enoch



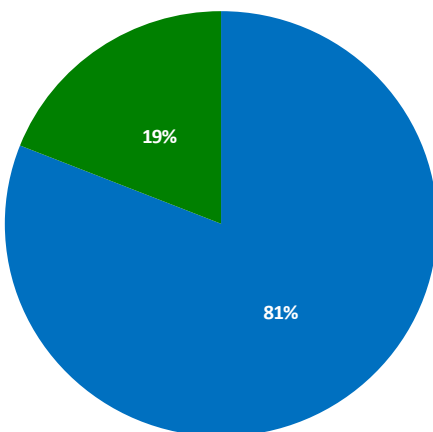
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Thorax and Thoracic Wall - Prof S Enoch



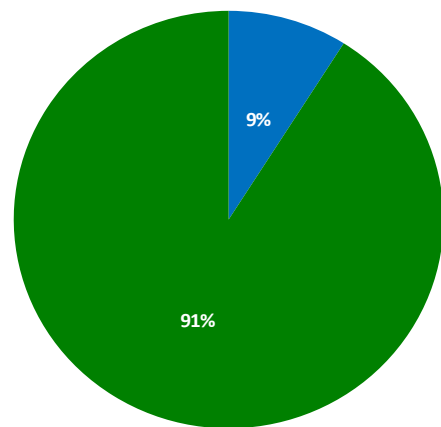
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Mediastinum, Heart and Lung - Prof S Enoch



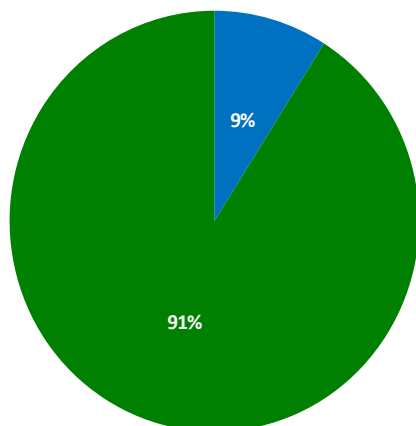
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Anterior Abdominal Wall and Inguinal Region - Ms YM Goh



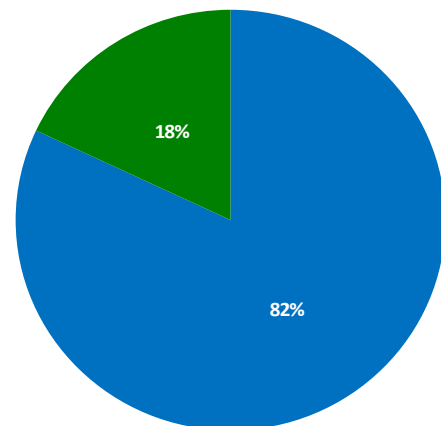
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Abdomen and its Contents - Ms YM Goh



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

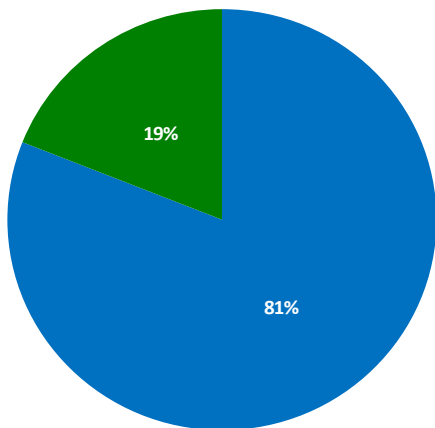
Neck - Prof S Enoch



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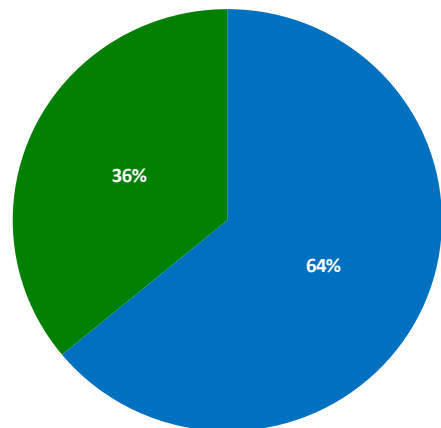
# Overall Course Feedback

Cervical Plexus - Prof S Enoch



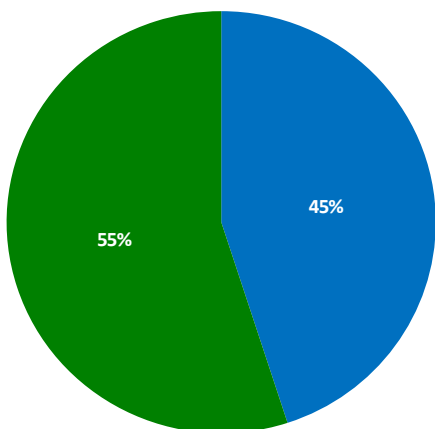
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Spine and Spinal Cord Lesions - Prof S Enoch



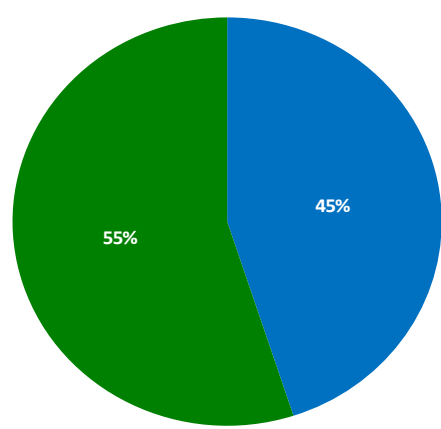
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Autonomic Nervous System - Prof S Enoch



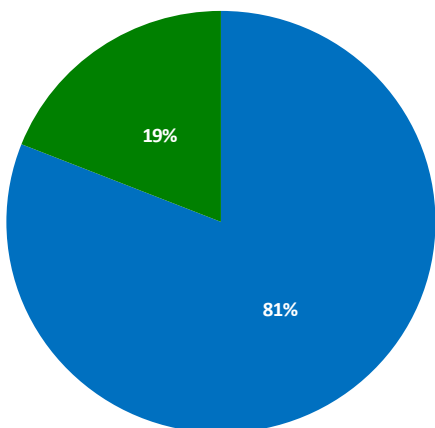
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Essential Embryology - Prof S Enoch



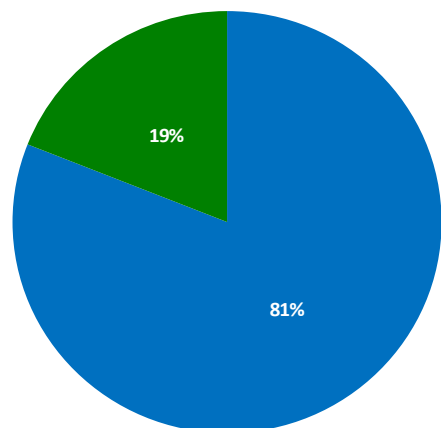
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Lower Limb Nerve Injuries - Prof S Enoch



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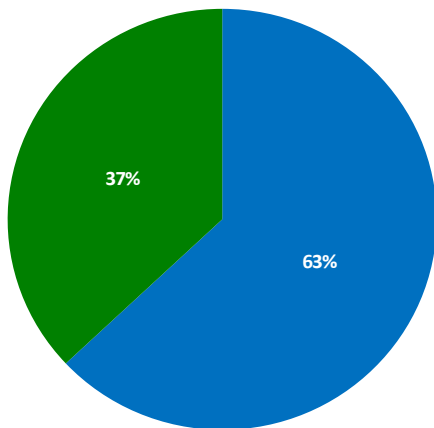
Lower Limb Nerve Injuries - Prof S Enoch



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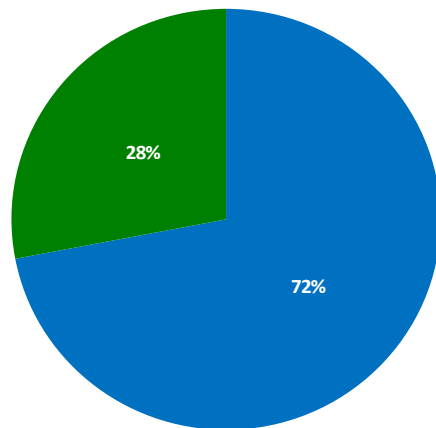
# Overall Course Feedback

Skull Base - Prof S Enoch



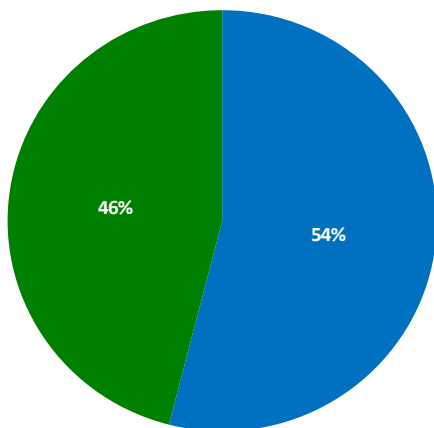
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Visual Field Defects - Prof S Enoch



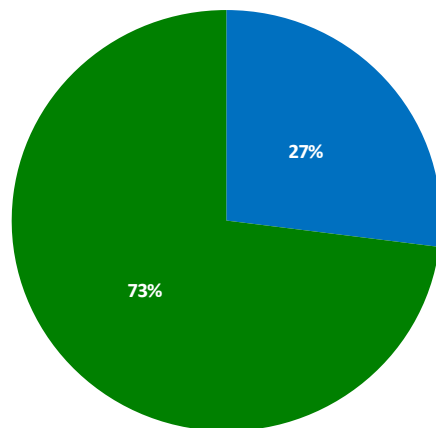
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Head and Face - Prof S Enoch



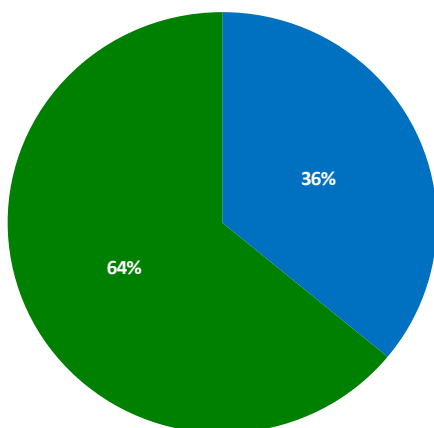
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Thyroid Cancer - Prof S Enoch



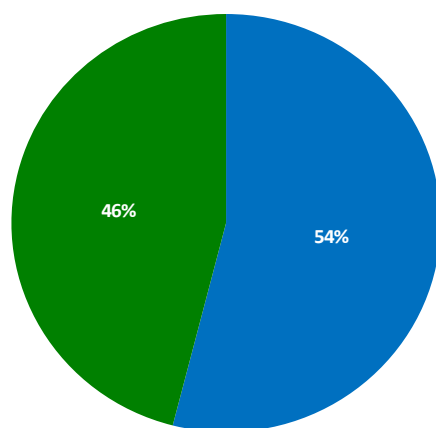
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Calcium Metabolism - Prof S Enoch



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Scrotal Swellings and Testicular Cancer - Prof S Enoch

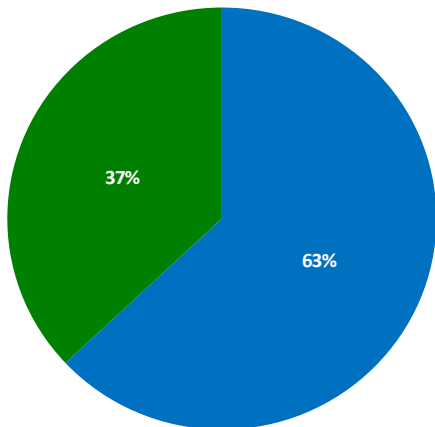


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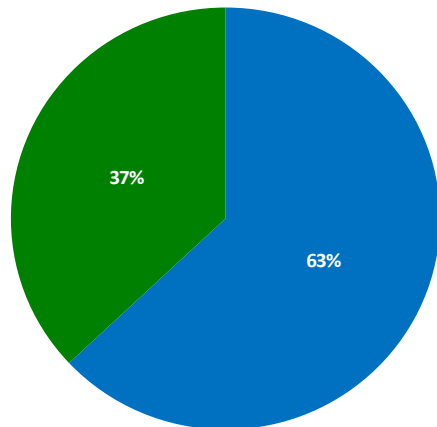
# Overall Course Feedback

Management of Fracture Neck of Femur - Prof S Enoch



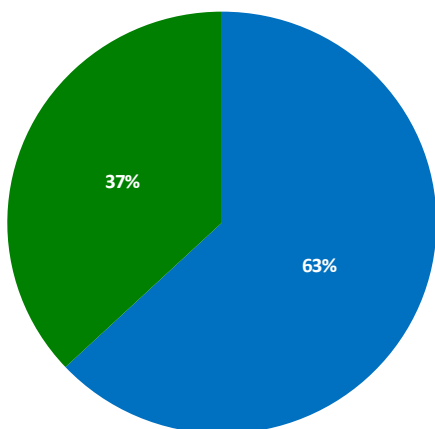
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Colectomies - Prof S Enoch



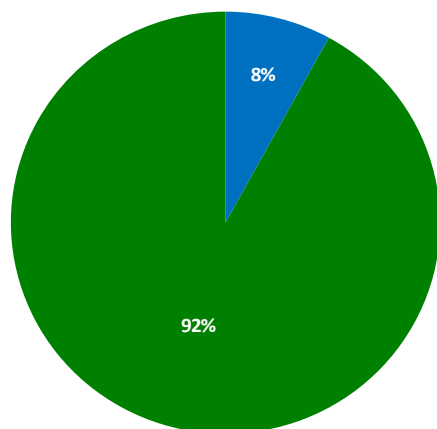
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Vascular Bypass Procedures - Prof S Enoch



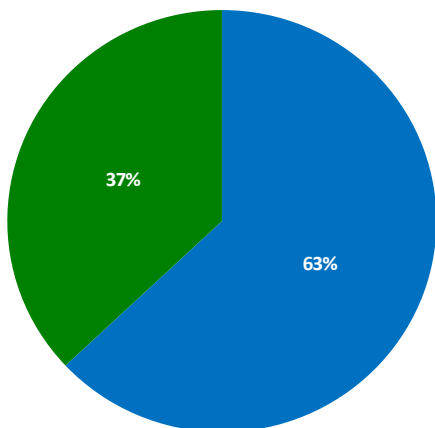
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Gastrointestinal Physiology - Ms YM Goh



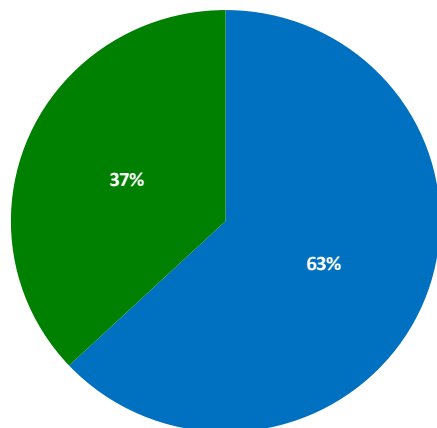
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Cutaneous Malignancies and Melanoma - Prof S Enoch



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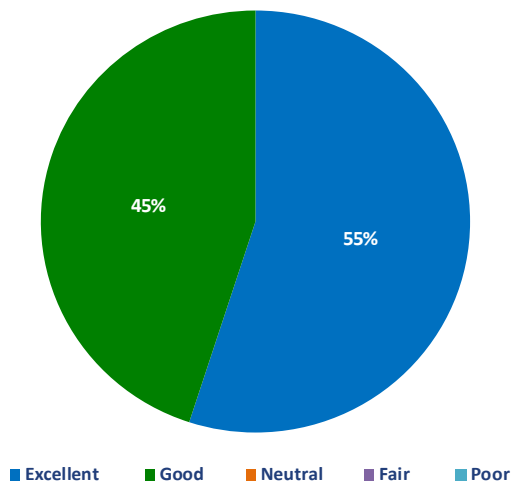
Ulcers - Prof S Enoch



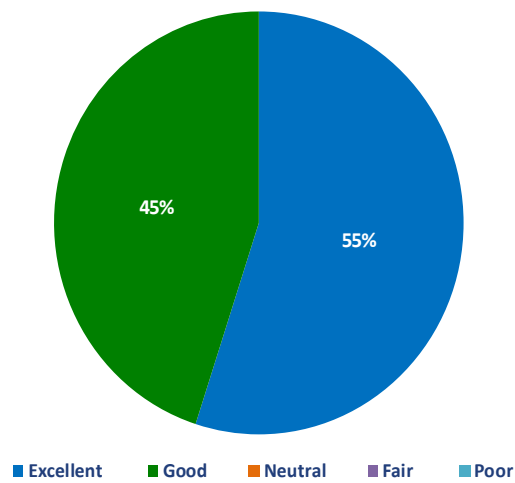
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# Overall Course Feedback

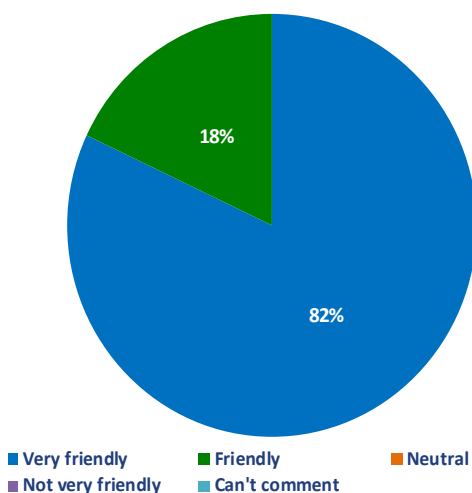
How were the facilities and venue?



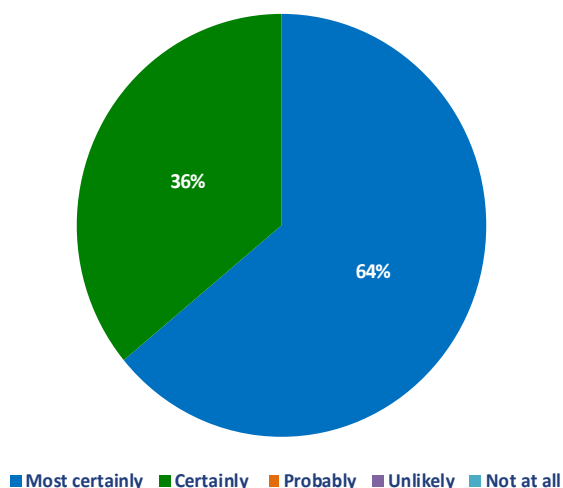
How were the refreshments and lunch?



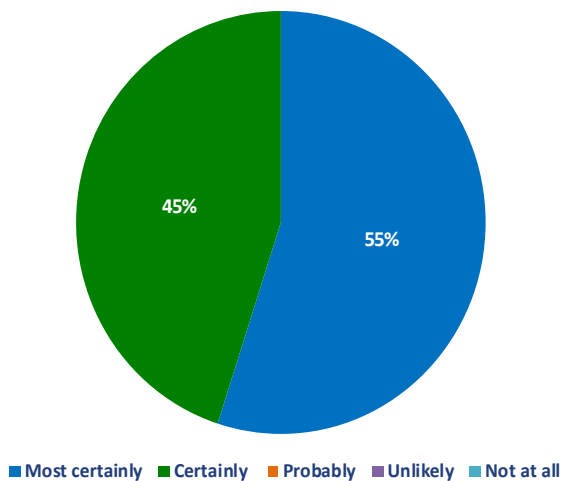
How was the general friendliness of the faculty and organisers?



Would you recommend this course to a friend?



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



## Individual Comments

Really good course , very friendly faculty and great value for Money ! Thank you so much.

**AM**  
*Northern Health and Social Care Trust*

Course was great.

**DS**  
*Colchester Hospital University*

Great sessions and teaching. Good value. Thank you!

**SI**  
*Queen's Hospital, Romford*

Extremely friendly team, lots of useful hints. Very relevant and focused for MRCS.

**RW**  
*Whipps Cross University Hospital, London*

Excellent.

**FD**  
*University Hospital Coventry & Warwickshire*

Brilliant very relevant.

**HW**  
*Hull and East Yorkshire Hospitals NHS, United Kingdom*



# DOCTORS ACADEMY

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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



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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
- DOHNS Exams

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