

## Intercollegiate Basic Surgical Skills Course

The ICENI Centre, Colchester  
29<sup>th</sup> & 30<sup>th</sup> October 2020  
**PROGRAMME**

| <b>Day One</b>     |   |
|--------------------|---|
| 0800 – 0830        | Faculty meeting   |
| <b>0815 – 0830</b> | <b>Registration and refreshments</b>  |
| 0830 – 0840        | <b>Introduction</b><br>Statement of course objectives, assessment overview  |
| 0840 – 0900        | <b>Gowning and Gloving</b><br>Double gloving and gown/glove removal   |
| 0900 – 0930        | <b>Handling Instruments</b><br>Scissors, haemostats, forceps and scalpel  |
| 0930 – 1030        | <b>Knots</b><br>One-handed reef knot and surgeon's knot   |
| <b>1030 – 1045</b> | <b>Refreshments</b>   |
| 1045 – 1145        | <b>Knots (continued)</b><br>Instrument tie and tying at depth   |
| 1145 – 1300        | <b>Suturing Techniques</b><br>Needles and incisions<br>Interrupted sutures, mattress sutures, subcuticular sutures  |
| <b>1300 – 1340</b> | <b>Lunch *</b>  |
| 1340 – 1430        | <b>Skin Lesions and Local Anaesthetic Techniques</b><br>Techniques for tissue dissection<br>Application of local anaesthetic<br>Excising a skin lesion and sebaceous cyst |
| 1430 – 1510        | <b>Ligation/Transfixion</b><br>Pedicule transfixion, continuity tie, pedicle tie  |
| 1510 - 1610        | <b>Tissue Handling 1</b><br>Bowel: end-to-end interrupted (hand tied knots, no assistance)  |
| <b>1610 – 1625</b> | <b>Refreshments</b>   |
| 1625 – 1715        | <b>Tissue Handling 2</b><br>Debriding a traumatic wound   |
| 1715 – 1725        | <b>Tissue Handling 3</b><br>Abscess drainage (no assistance)  |
| 1725 – 1745        | <b>Discussion and feedback *</b>  |
| <b>1745</b>        | <b>Finish</b>   |

\* Assessment and feedback sheets should be completed with individual participants.

| <b>Day Two</b> |  |
|----------------|--|
| 0830 – 0900    | <b>Reprise of knot tying</b><br>Common faults  |
| 0900 – 1030    | <b>Tissue Handling 4</b><br>Abdominal closure (assisted)<br>Aberdeen knot<br>Drain insertion<br>Continuous sutures<br>The art of assisting   |
| 1030 – 1045    | <b>Refreshments</b>  |
| 1045 – 1245    | <b>Tissue Handling 5</b><br>Vascular surgery principles<br>Vein patch exercise (assisted)  |
| 1245 – 1330    | <b>Lunch *</b>   |
| 1330 – 1415    | <b>Tissue Handling 6</b><br>Tendon repair (assisted)   |
| 1415 – 1445    | <b>Skin Suture OSAT</b>  |
| 1445 – 1500    | <b>Refreshments *</b><br><i>Ensure you have completed the entire assessment and feedback form including a development plan</i>   |
| 1500 – 1515    | <b>Introduction to Generic Endoscopic Surgery</b><br>Principles of camera technique<br>Depth cueing<br>Fulcrum effect  |
| 1515 – 1715    | <b>Box Trainers</b><br>Exercises: <ul style="list-style-type: none"> <li>• placing peas in a pot</li> <li>• stacking sugar cubes</li> <li>• cutting a glove</li> <li>• putting Polos on a string</li> <li>• tying knots on a skin pad</li> </ul> |
| 1715 – 1730    | <b>Discussion and feedback</b>   |
| 1730           | <b>Finish</b>  |

\* Assessment and feedback sheets should be completed with individual participants