

# Medicine

Example 10 hr bespoke programme for a pre-degree student

## Module 1: Introduction to surgery

- ▶ What is surgery and how can it be classified?
- ▶ Basic surgical instruments, their uses and common sterilization methods
- ▶ The importance of scrubbing in and how to do it

### Pre-tutorial preparation—independent learning to help you get ahead

1. Familiarise yourself with the standard [surgical terminology](#), it will be used throughout
2. Watch [A guide to surgical instruments](#)
3. Watch [Stanford Scrub Training Video](#)

### Formal submission—your tutor will give written feedback on each submission

Carry out research into abdominal hernias, including causes, diagnosis, treatment and prognosis. Write up your findings in the form of a short literature review. 1500 words

## Module 2: Surgical preparations and planning

- ▶ How to prepare your patient before they go under your scalpel
- ▶ Incision (definition, instruments, precautions and shapes)
- ▶ Dissection (definition, types and techniques)

### Pre-tutorial preparation

1. Read the following paper and be prepared to discuss: [Patient handover from surgery to intensive care: using Formula 1 pit-stop and aviation models to improve safety and quality](#)
2. Practice explaining a surgery in simple terms as you would to a patient or their family
3. Familiarise yourself with guidelines for science writing provided and identify areas to work on

### Formal submission

Planning is the most critical part of any surgical operation; you are about to perform your first abdominal hernia repair tomorrow, describe the necessary preoperative preparations in detail.

## Module 3: Techniques and post-operative care

- ▶ Haemostasis (definition, indications and methods)
- ▶ Surgical needles and suture materials (comparison and how to select the right ones)
- ▶ Wound closure (main suture materials and most commonly used suture patterns)

### Pre-tutorial preparation

1. Research and write an explanation for what, why and how for the terms: incision, dissection and haemostasis
2. Watch [Catherine Mohr's talk](#) on the history and future of surgery and prepare to discuss
3. Prepare a training suture kit and practice using a towel, orange or chicken thigh

### Formal submission

Your hernia patient is now ready for surgery, after the anaesthesia has been induced; describe your chosen operative techniques and the reason behind choosing them.

Example topics only. Exact content will depend on the expertise of the individual tutor and will be tailored to the prior knowledge, ability and interests of the student.