The JDocs: Introduction to Surgical Skills workshop aims to assist Junior Doctors in attaining an improved level of competence in the basic techniques required for minor surgery. Designed in response to feedback from Junior Doctors, this workshop features content specifically designed to meet the essential surgical skills required to apply for specialty training and follows the RACS Junior Doctors Curriculum Framework.

This introductory one-day workshop focuses on the most commonly performed surgical procedures. Safety is emphasised as well as the hands-on consolidation of existing skills and the acquisition of one sound technique in each skill area. Junior doctors will be equipped with a reliable foundation in minor surgical skills, utilising RACS certified techniques. It is an excellent introductory level workshop in a supportive environment for participants with limited background in procedural skills.

Workshop Content
Presentation and Animal Tissue
Practical Sessions:
• Electrosurgery: the set up and safe use of diathermy. Includes bi-polar, mono-polar, sonicision and laser techniques
• Planning the excision: alternatives to excision, excision planning for sebaceous cysts, mucous membrane wounds and punch, incision excision biopsies
• Suturing technique: interrupted sutures, eversion of wound edges and vertical mattress, subcuticular, continuous and three point sutures
• Suture removal: timing and correct technique and instruments
• Skin stapling and staple removal
• Skin glue: when to use; timing - healing and postoperative removal and correct technique and instruments

Presentation and Practical Sessions:
• Surgical set-up: instrument set-up, hand hygiene, gowning and surgical prepping
• Instrument choice, handling and safety
• Knot tying: appropriate to a variety of suturing techniques, including both single and double hand ties

Presentations:
• Consent procedure
• Local anaesthesia
• Understanding wound healing
• Sutures
• Wound complications
• Traumatic wounds
• Wounds and dressings

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