



HIGHLAND SURGICAL BOOT CAMP



Course runs from evening of 17th May until midday 23rd May 2012.

Next run: 27th Sept pm until 3rd Oct 2012.

**CLINICAL SKILLS CENTRE
CENTRE for HEALTH SCIENCE
INVERNESS**



**A head start to your surgical training:
Non-technical and technical skills
Simulation-rich course
Accessible expert faculty**

4* hotel accommodation and restaurant meals included in course fee of £975.

Optional outdoor pursuits day.




www.centreforhealthscience.com/highland-surgical-bootcamp.asp

www.surgicalbootcamps.com (under construction)



The ROYAL COLLEGE of
SURGEONS of EDINBURGH



OVERVIEW	<p>The surgical departments and the Clinical Skills Centre in NHS Highland, with the Royal College of Surgeons of Edinburgh and NES North Deanery, have developed a course for new Core Surgical Trainees.</p> <p>The aim is for delegates to gain confidence in a number of key skills fundamental to early success as a Surgical Trainee, but less taught in other courses – the kind of things that were previously learned the long way, by “apprenticeship”. As the name suggests, the programme will be intense and enjoyable. Simulation will feature strongly, and the methods will be well-validated.</p> <p>Faculty will be drawn from this and other centres, including leaders in their fields. The resources in the Clinical Skills Centre include wet lab, simulated ward area and experienced actors. A draft programme is included below.</p> <p>In addition an outdoor day is provided by Active Outdoor Pursuits.</p>
KEY PROGRAMME COMPONENTS	<ul style="list-style-type: none"> • HUMAN FACTORS / SAFER OPERATIVE SURGERY • POLYTRAUMA FOR THE SURGICAL MIDDLE GRADE • COMMUNICATION SKILLS FOR SURGEONS • HANDLING THE EVIDENCE • MANAGING SURGICAL TEAMWORK • ESSENTIAL OPERATIVE SKILLS • LEARNERS’ DIGESTS 
TESTIMONY OF PARTICIPANTS	<p>“I started a new rotation and had to lead a ward round. The Ward Round session at the boot camp really made a difference! ... instead of feeling stressed I was able to control the distractions using your tips.”</p> <p>“Faculty were very attentive and willing to teach.” “It was the most enjoyable course I’ve done.”</p> <p>“Great opportunities to reflect and direct learning.”</p>
DATES	<p>Evening of 17th May to midday 23rd May 2012. (Next course 28/9 pm – 3/10 midday, 2012.)</p>
VENUES	<p>Centre for Health Science, Inverness www.centreforhealthscience.com New Drumossie Hotel, Inverness, a 4* hotel with leisure facilities www.macdonaldhotels.co.uk/our-hotels/new-drumossie-hotel/</p>
ELIGIBILITY	<p>CT1 (or ST1) trainees in General Surgery and Orthopaedics, and FY2 trainees with an interest in surgery. Booking priority may be given to CT1 / ST1. Knot-tying skills are required.</p>
ORGANISERS	<p>Kenneth Walker, Consultant Surgeon & Associate Postgraduate Dean Angus Watson, Professor of Colorectal Surgery & Director of R&D Mary MacKay, Administrator, Highland Clinical Skills Centre</p>
COST	<p>£975 course fee (includes Boot Camp pack, accommodation, meals) £85 Outdoor Pursuits day (optional, indicate on booking form)</p>
INFORMAL ENQUIRIES	<p>Mr Walker or Prof Watson (01463) 705414 / 255734 kennethwalker@nhs.net, angus.watson@nhs.net</p>
TO BOOK	<p>Mary Mackay (01463) 255810, mary.mackay2@nhs.net</p>

OUTDOOR ACTIVITIES

The one-day outdoor activity programme is optional, but highly recommended as a defining feature of the Highland Surgical Boot Camp. Applicants should indicate on booking if they wish to take part, for an additional fee of £85.

This activity is provided by Active Outdoor Pursuits
www.activeoutdoorpursuits.com.



The group will be driven from the hotel to Rothiemurchus Estate in Speyside, for a walking / canoeing / mountain-biking trip through a remarkable Highland landscape, with knowledgeable local guides, and then returned to Inverness for a shower or swim and dinner. Moderate fitness, stout footwear, a waterproof jacket and a change of clothes are required.

GETTING THERE

Road: Inverness is 2 hours North of Perth on the A9, or 3 hours from Aberdeen on the A96. From Glasgow the A9 route via Perth takes 3 – 3½ hours (or the A82 West Coast route takes 4½ hours).

Rail: Inverness Rail Station is located in the city centre. There are overnight Sleeper trains direct from London Euston. The Centre for Health Science is approximately 3 miles away and the hotel is a further 1 mile out.

Air: Inverness Airport is approx 8 miles away and has direct flights from London Gatwick, Luton, Amsterdam, Birmingham, Manchester, Belfast, Bristol.

Google maps:

Centre for Health Science

<http://maps.google.co.uk/maps/place?cid=304723557138321947&q=centre+health+science+inverness&hl=en&gl=uk>

New Drumossie Hotel

<http://maps.google.co.uk/maps/place?q=drumossie+hotel&hl=en&cid=8474156402286051304>

HIGHLAND SURGICAL BOOT CAMP PROGRAMME MAY & SEPT 2012

	THUR	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WED					
0730		Breakfast & journal	Breakfast & journal		Breakfast & journal	Breakfast & journal	Breakfast					
0800		club (hotel)	club (hotel)	Breakfast	club (hotel)	club (hotel)	(hotel)					
		to CfHS	to CfHS	(hotel)	to CfHS	to CfHS	to CfHS					
0900		Non-Technical Skills for Surgeons 1 [Surgeon from Safer Operative Surgery faculty]	NoTSS 2 [psychologist from SOS faculty]	ACTIVE OUTDOOR PURSUITS (pre-book & pay) or FREE TIME	<u>Parallel simulation sessions</u>			<u>Parallel simulation sessions</u>			<u>Wet lab</u>	
1000		coffee	coffee		Wet lab: Surgery on the hoof	Comm ⁿ Skills w'shop	Ward Round Sim ⁿ	Comm ⁿ Skills W'shop	Ward round Sim ⁿ	Wet lab: surgery on the hoof	Tendon competition	
1100		Literature database practice [library team]	Polytrauma: now you're the surgeon 1 [military surgeon]								Feedback & prizes	
1200		Lunch	Lunch			Lunch			Lunch			Lunch Depart
1300						<u>Parallel simulation sessions</u>			<u>Wet lab:</u>			
1400		<u>Wet lab:</u> bowel anast-omosis	What your boss needs to know / Phone call scenarios		Polytrauma: now you're the surgeon 2 [military surgeon]	Ward Round Sim ⁿ	Wet lab: surgery on the hoof	Comm ⁿ Skills W'shop	Bowel anastomosis			
1500		What your boss needs to know / Phone call scenarios	<u>Wet lab:</u> "Surgery on the hoof" (tendon repair)									
1600												
1700			Learner's digest (3 gps)			Learner's Digest (3 groups)			Learner's digest (3 groups)			
1800												
1900		to restaurant	to cons' house	Dinner (H)	to restaurant			to restaurant				
	Buffet	Dinner (The Kitchen)	Dinner (Cons' House)	How to get	Dinner (Dores Inn)			Dinner (?)				
2000	Intro hotel)	Memorable case		the most from your trainer	Memorable case							

17th – 23rd May 2012

Booking Form

“Please note all correspondence will be sent to your home address unless you request otherwise”



TITLE (DR/MR/MRS/MS/MISS)

SURNAME

FIRST NAME

ADDRESS

.....**POST CODE**.....

HOME TEL. NO:

WORK TEL. NO:**BLEEP NO.**

E-MAIL:

CURRENT POSITION:

GMC No: **SPECIALITY:**

HOSPITAL.....

Course Fee: £975.00 (Cheques to be made payable to “Highland Surgical Boot Camps”)

Outdoor Pursuits Fee: £85.00 (Cheques to be made payable to “Highland Surgical Boot Camps”)

If your NHS Board/Trust is paying the course fee please state the specific finance department details i.e; (relevant contact, address & telephone Nos.) where the invoice should be sent. Please check with your finance department whether or not a purchase order number is required.

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Outdoor Pursuit Req'd **Yes / No**

Please advise any special Dietary requirements :

PLEASE NOTE THE FOLLOWING CANCELLATION FEES APPLY:

- | | |
|---|------------|
| a) More than 6 weeks before course date | No charge |
| b) 6-4 weeks before course date | 20% of fee |
| c) 4-2 weeks before course date | 50% of fee |
| d) Less than 2 weeks before course date | Full fee |

Please return this form and cheque to:

Mary Mackay, Admin Assistant, Clinical Skills Centre, Centre for Health Science, Raigmore Hospital, INVERNESS, IV2 3JH

Tel: 01463 255810 Email: mary.mackay2@nhs.net