

Further information:

- The **minor surgery course** is based on the syllabus of the old RCGP 2-day course. To reduce the time spent in an indoor meeting, I have shifted the theory lectures to an online platform which can also be accessed afterwards as a reference resource. This leaves the practical skills which are taught, practiced and assessed in 1 whole day. The programme starts off with the minor skin procedures, through ingrowing toenail surgery to the invasive excision and suturing techniques as the day progresses. The sessions in the afternoon involving suturing uses raw pig skin as artificial foam pads do not give an accurate representation of how human skin behaves.
- Following the course, certificates of CPD and of DOPS assessment are awarded. Delegates have ongoing advice on clinical, administrative and commissioning issues – at least until I retire! The course fee is £500.

Programme:

Online Theory Modules:

Minor Surgery – an overview	The what, who, where, when, why and how of GP minor surgery
Lesion Recognition	Pigmented and non-pigmented lesions
Anticipating Problems	The unavoidable risks of bleeding, infection and scarring and how to minimise them
Local anaesthesia	Basics and clinical aspects
Consent	The who, when and how of valid consent
Notekeeping and Audit	The why and how
The additional services	Cryotherapy, curettage and cautery
Toenails	Ingrowing toenail management
The Elliptical Excision and Closure	Marking, cutting and skin closure
Cysts	Marking, cutting and alternative methods of skin closure

The last four topics above (apart from cryotherapy) are taught in the face-to-face practical day. The other topics cover the essential knowledge required to complement the skills. It should take roughly 7 hours to complete all these sections.

F2F Practical Modules

AM		PM	
0900 -0920	Intro: contracts and competencies	1340 – 1520	The elliptical excision and skin closure
0920 - 1020	Snip, shave & curettage	1520 – 1540	DOPS
1020-1100	Toenails	1600 – 1700	Cysts and alternative methods of skin closure
1100- 1115	Break		
1115 - 1215	Superficial Suture Electrosurgery & Thermocautery		
1215 - 1300	Scarring		

- The **joint injection course** is based on the old RCGP 1-day course which has been converted to a hybrid online/attended format as well. It covers the diagnostic tests, injection techniques and rehab exercises for the most injected condition in primary care for the elbow, shoulder, hand/wrist and knee. The 3-hour practical sessions will be carried out on synthetic simulation mannequins. There will be a maximum of 8 delegates per session and a choice of 2 sessions (9.30-12.30 or 1.30-4.30). Following the course, a certificate of CPD is awarded. The course fee is £250.

Programme:

Online Theory Modules:

MSK Steroid Injections	The why, who, what, when and how of corticosteroid injections.
Elbows	Pathology, clinical diagnosis, conservative management, injection and surgical options for common conditions.
Shoulders	
Hands & wrists	
Lower Limb	

F2F Practical modules:

Intro	20min
Elbow (tennis and golfers' elbow)	30min
Shoulder (ACJ, genohumeral disorders and rotator cuff tendinopathies)	50min
Hand (Trigger digit, deQuevain's, carpal tunnel syndrome and OA base of thumb)	50min
Lower limb (knee, gluteal tendinopathy and plantar fasciopathy)	30min

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