



# Basic surgical skills course

Learn Practice Reflect Excel



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## Who is this course for?

This 1 day intensive course is for anyone looking to lay a strong foundation in basic surgical skills or build on and finesse your current experience, including medical students, doctors and nurses.

## What will I learn?

This highly practical course will help you perfect your suturing, knot tying and basic procedural skills. We will explore basic and advanced suturing techniques, with skills then put to practice in a simulated tendon repair model.

## Why should I do this course?

Take advantage of the latest technology-enhanced training methodology alongside expert faculty, to progress your skills faster than ever before. All videos, assessments and metrics will be stored on your Totum profile where you will be able to access this for a full year's complimentary subscription.

## Course description

Develop core surgical skills with this 1-day hands-on course, ideal for surgical trainees and healthcare professionals seeking to build confidence in essential surgical techniques. Combining practical training, expert demonstrations, and reflective performance analysis, this course equips you with foundational skills crucial for surgical practice.

Prepare with pre-course e-learning modules on suturing techniques, hand-tying, suture types, and local anaesthetic principles to ensure you hit the ground running on the day.

### On the day:

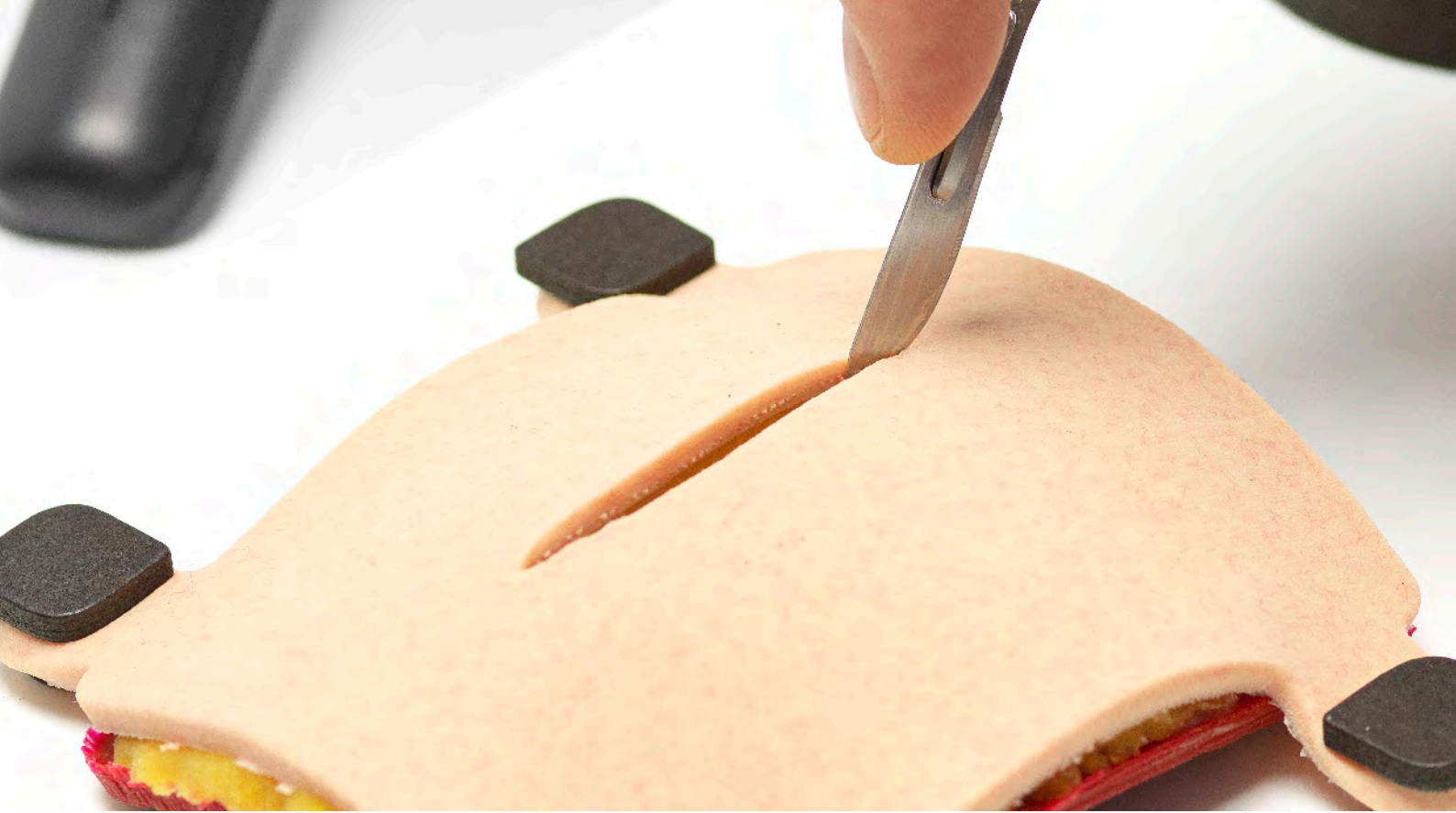
Module 1:	Master basic suturing techniques, practicing interrupted and continuous closures on skin pads with video feedback.
Module 2:	Perfect hand-tying techniques using knot-tying jigs and apply them in simulated depth closures.
Module 3:	Progress to advanced suturing, including subcuticular, mattress, haemostatic techniques, and drain securing.
Module 4:	Practice procedural skills with excision of a skin lesion and closure, integrating local anaesthetic administration and surgical principles.
Module 5:	Gain experience with the incision and drainage of an abscess and the excision of a sebaceous cyst, focusing on precision and safe dissection.
Module 6:	Implement your suturing skills and tackle a tendon repair using the modified Kessler technique, closing the epitendon with finesse.

With activities recorded for performance reflection via Totum software, delegates will receive structured feedback to refine and enhance their skills.

## Pre course e-learning modules (5-minute videos):

- Demonstration video of simple suture technique with instrument tie
- Demonstration video of hand tying technique
- Introduction to basic suture types
- Introduction to local anaesthetic





## 1 Day course:

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All activity will be recorded via mobile phone camera and uploaded to Totum for reflection.

### Module 1: Suturing

Following demonstration of suturing principles and instrument tying, delegates will practice making an incision in their skin pad and closing this incision with interrupted and continuous sutures. At this point

Video footage will be used for reflection after upload to Totum.

### Module 2: Hand-tying

Following demonstration of hand tying, delegates will perfect this technique using the Inovus knot-tying jig. They will then practice and demonstrate this at depth and progress to demonstrating this technique on closure of an incision on their skin pad.

### Module 3: Advanced Suturing

Delegates will practice advanced suturing techniques including:

- Subcuticular
- Vertical and horizontal mattress
- Haemostatic
- Securing a drain

2. This will take place using the Inovus skin pad.



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#### Module 4: Excision of a skin lesion

Delegates will undertake and practice the excision of a skin lesion following local anaesthetic administration. Using surgical principles, delegates will excise the lesion and close this with either interrupted or subcuticular technique.

#### Module 5: Incision and drainage of an abscess

Delegates will undertake the incision and drainage of an abscess using surgical principles. They will pack the abscess as an open cavity.

#### Module 5: Excision of a sebaceous cyst

Delegates will undertake the excision of a sebaceous cyst using surgical principles. They will administer local anaesthetic, make the incision, carefully dissect out the cyst, being careful not to puncture and release fluid. They will then proceed to close the incision using an interrupted or subcuticular stitch

#### Module 6: Tendon repair

Delegates will undertake the repair of a tendon using the modified Kessler approach. They may then proceed to closing the epitendon using a smaller suture.

# Timetable

## Example timetable:

Time	Exercise	Location
09.00 – 09.30	Delegate arrival	
09:30 – 09.45	Introduction and re-cap of e-learning modules. Suturing and instrument tie video.	Boardroom
09.45 – 09.50	Instrument tie demonstration	Skills Lab
09.50 – 11.00	Basic suturing 1	Skills lab
11.00 – 11.10	Hand tying demonstration	Skills lab
11.10 – 11.30	Basic suturing 2	Skills lab
11.30 – 12.15	Advanced suturing	Skills lab
12.15 – 13.00	LUNCH	Catering area
13.00 – 13.30	Masterclass: Common surgical instruments, sutures and local anaesthetic	Boardroom
13.30 – 14.15	Excision of a skin lesion	Skills lab
14.15 – 14.45	Incision and drainage of an abscess	Skills lab
14.45 – 15.30	Excision of a sebaceous cyst	Skills lab
15.30 – 16.30	Tendon repair	Skills lab

# Learning outcomes

1. To understand the principles of wound healing
2. To understand the commonly used surgical instruments and sutures
3. To understand the principles of local anaesthetic and administration and demonstrate this in the context of basic surgical procedures
4. To understand, practice and demonstrate the incision of skin
5. To understand, practice and demonstrate basic suturing of an incision
6. To understand, practice and demonstrate suturing techniques including: interrupted, continuous, subcuticular, vertical mattress, horizontal mattress, haemostatic
7. To understand, practice and demonstrate instrument tying
8. To understand, practice and demonstrate hand tying
9. To understand, practice and demonstrate the excision of a skin lesion
10. To understand, practice and demonstrate the incision and drainage of an abscess
11. To understand, practice and demonstrate the excision of a sebaceous cyst
12. To understand, practice and demonstrate a tendon repair







## Surgical Training Remastered

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