



Essential laparoscopic skills course - General surgery

Early Bird
Cost:

£732 - 25% discount

£549

Including VAT

Learn Practice Reflect Excel



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Who is this course for?

This 1 day intensive course is for doctors of any grade interested in building an excellent base in laparoscopic surgical skills, with a specific focus on general surgery. This course is suitable for grades from Foundation trainee to ST5, or those who have completed a basic laparoscopic skills course previously.

What will I learn?

This course will refresh your basic principles and skills in laparoscopic surgery and build on this and apply yourself to high-volume, simulated procedure-specific training. We will focus on appendicectomy, cholecystectomy and laparoscopic suturing. There will also be the opportunity to get signed off for LapPass during the day.

Why should I do this course?

Take advantage of the latest technology-enhanced training methodology to progress your skills faster than ever before. Improve your skills that will be directly applicable for common procedures. 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

Build a strong foundation in laparoscopic surgery with this 1-day high-intensity, hands-on course tailored for surgical trainees. Combining essential skills, procedure-specific training, and advanced suturing practice, this course ensures you develop key competencies with real-time feedback and expert guidance.

Prepare with pre-course e-learning modules covering laparoscopic principles, equipment, suturing basics, and emergency conversion, enabling you to focus fully on practical skills during the course.

On the day:

- | | |
|-----------|---|
| Module 1: | Warm up and sharpen basic laparoscopic skills with targeted exercises including object manipulation, disk cutting, and LapPass tasks, complete with metric tracking and reflection for improvement. |
| Module 2: | Practice laparoscopic appendicectomy using augmented reality simulators, mastering dissection of the mesoappendix and safe clipping of the appendicular artery. |
| Module 3: | Tackle laparoscopic cholecystectomy, focusing on identifying key anatomical structures, safe clipping of the cystic duct and artery, and completing multiple procedures with guided feedback. |
| Module 4: | Advance your skills with suturing techniques. Practice interrupted and continuous sutures on LapPass and enterotomy models, with structured video reviews and performance analysis. |

With a high number of procedures per module, real-time metric tracking, and expert facilitator feedback, this course offers an intensive and immersive training experience to elevate your laparoscopic surgical skills. LapPass sign offs will be available to complete throughout the course, working towards becoming LapPass accredited. Master the core of laparoscopic general surgery.

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

- Principles of laparoscopy (i.e ergonomics, what it is)
- Basic equipment
- Theatre considerations (patient positioning, team, equipment positioning)
- Port placement
- Laparoscopic access (then a practical with some basic suturing on the day etc)
- Emergency conversion to open
- Laparoscopic suturing principles



1 Day course:

Module 1: Basic laparoscopic skills

In this station, all activity will be video-recorded, and skill metrics will be recorded. These videos and metrics will be available on your Totum software.

Delegates will progress through each task:

- Manipulation stations (x2)
- Disk cutting
- LapPass manipulation task
- LapPass penrose task

[Pause to reflect on their metrics for each task.]

Repeat to see metric progression through each task.

This is a short warm-up session before procedural practice.

Module 2: Procedure-specific training: Appendicectomy

Delegates will have the opportunity to complete an AR appendicectomy with metric tracking. Each procedure will be videoed and uploaded to Totum, along with operative metrics.

Between each procedure delegates will reflect on metrics and ways to improve with facilitators.

Each delegates will perform a minimum of 3 LapAR appendicectomy procedures using different methods of dissection of the mesoappendix (blunt vs sharp) and clipping of the appendicular artery.



Module 3: Procedure specific training: Cholecystectomy

Live talk/seminar: Masterclass in laparoscopic cholecystectomy

- Anatomy and pathophysiology
- Key studies in appendicitis and appendectomy
- Operative considerations
- Basic steps (with video)

Delegates will have the opportunity to complete an AR cholecystectomy with metric tracking. Each procedure will be videoed and uploaded to Totum, along with operative metrics.

Between each procedure delegates will reflect on metrics and ways to improve with facilitators. Each delegates will perform up to 7 LapAR cholecystectomy with identification of key structures and safe clipping of the cystic duct and artery.

Module 4: Advanced skills – Suturing an enterotomy

Seminar/demonstration:

- Re-cap of suturing from e-learning
- Demonstration of suturing

Live practice:

1. Suturing practice on lap pass base placing interrupted sutures

Pause to reflect on metrics after 5 placed sutures

Continue to replace 5 further interrupted sutures and compare improvements in metric

2. Suturing practice on enterotomy model

Placing interrupted sutures and continuous suture technique

Pause to reflect on metrics

Timetable

Example timetable:

Time	Exercise	Location
09.00 – 09.30	Delegate arrival	
09:30 – 09.45	Introduction and re-cap of e-learning modules.	Boardroom
09.45 – 10.30	Basic skills warm up	Skills Lab
10.30 – 11.15	Appendectomy practical	Skills lab
11.15 – 11.45	Cholecystectomy masterclass tutorial	Skills lab
11.45 – 12.15	Cholecystectomy practical	Skills lab
12.15 – 13.00	LUNCH	Catering area
13.00 – 14.15	Cholecystectomy continued	Skills lab
14.15 – 14.30	Suturing seminar and demonstration	Skills lab
14.30 – 16.30	Suturing on LapPass Base and continuous base plus suturing an enterotomy practical	Skills lab
14.30 – 16.30	LapPass sign offs	Skills lab

Learning outcomes

1. To understand the principles of minimally-invasive surgery
2. To understand the benefits, limitations and ergonomic considerations of laparoscopic surgery
3. To understand the operation-specific considerations of a laparoscopic procedure (including the wider theatre team, set up)
4. To understand the basic principles of laparoscopic access (Hasson and Visi-port)
5. To practice and demonstrate basic laparoscopic skills including: object manipulation, sharp dissection of a disk and ligation
6. To practice and demonstrate laparoscopic suturing techniques in continuous and interrupted fashion.
7. To understand the principles and evidence-based practice of laparoscopic cholecystectomy
8. To practice and demonstrate laparoscopic appendicectomy on an augmented reality model
9. To practice and demonstrate laparoscopic cholecystectomy on an augmented reality model
10. To practice and demonstrate laparoscopic closure of an enterotomy on an augmented reality model
11. To reflect and improve on performance using video-recording review and analysis of operative performance metrics.





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