



THE
MOYNIHAN
ACADEMY
PURSUIT OF SURGICAL EXCELLENCE

YEARBOOK 2023



PURSUIT OF SURGICAL
EXCELLENCE



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EXCELLENCE - COLLABORATION - INCLUSION

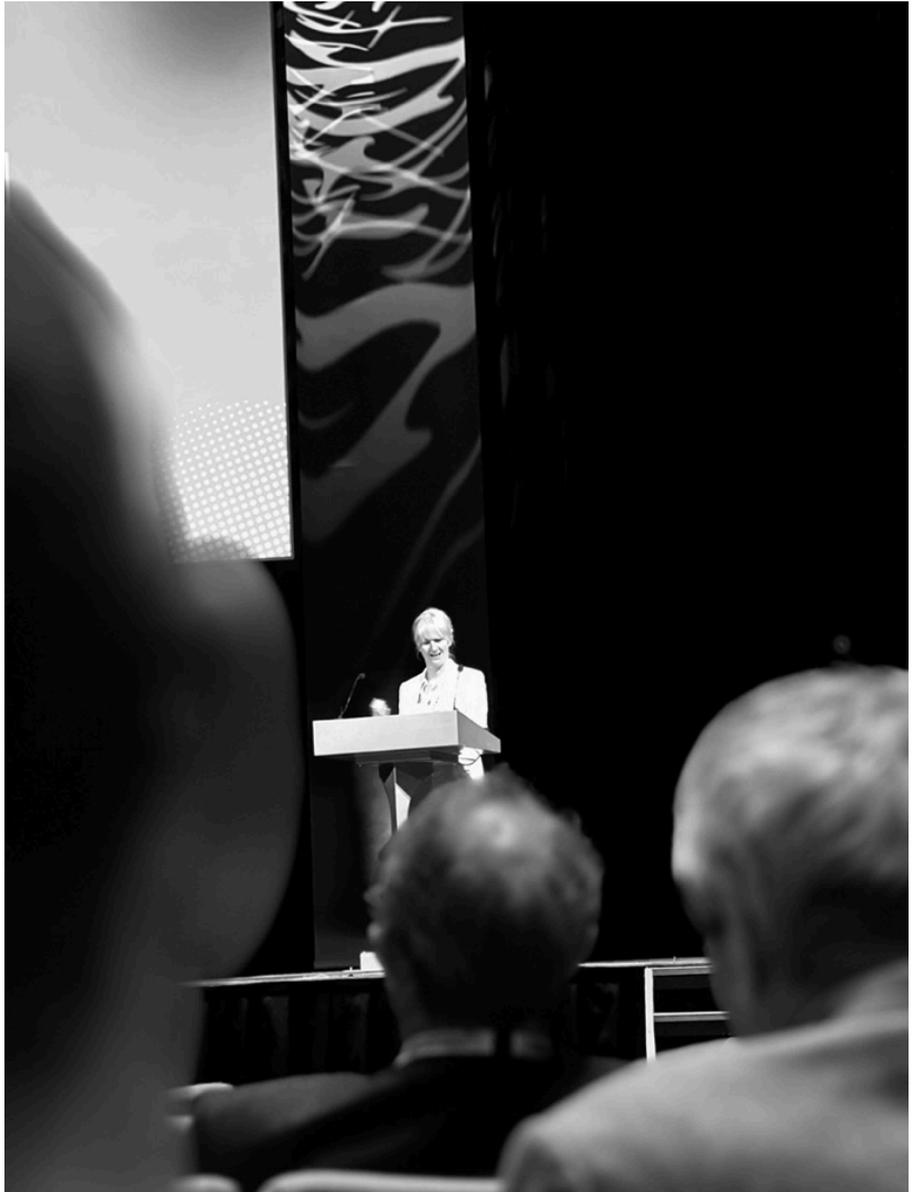


ASGBI
Association of Surgeons of
Great Britain and Ireland

INTRODUCTION ASGBI PRESIDENT: PROFESSOR GILL TIERNEY

I am honoured to have been asked to write the introduction to the Moynihan Academy yearbook. As President of the ASGBI, it has been a pleasure to watch the MA flourish. As a trainee-led organization, the Moynihan Academy represents the collective voice of surgical trainees, medical students, locally employed and SAS doctors, advocating for their interests and providing a platform for professional development and networking in the fields of general, emergency and trauma surgery.

In its relatively short history, the Moynihan Academy has already made remarkable strides offering new resources to surgeons and aspiring surgeons across the UK and Ireland. The Academy has been at the forefront of introducing novel activities to enrich the learning and development of its members. It has collaborated productively with existing societies while offering a fresh perspective.



The Moynihan Academy has been actively engaged in organizing events, workshops, podcasts and educational activities to enhance learning and development with a particular focus on EGS and trauma.

The MA is an inclusive, diverse organisation offering resources not only directed at the technical aspects of surgery, but also acknowledging the wider issues of wellbeing and mental health and the challenges posed to our profession.

It has been a pleasure to work closely with the Presidents and Council members from whom I have learnt much.

In this yearbook, we celebrate the achievements of the Moynihan Academy and the contributions of its members to the field of surgery. We hope that this publication will provide valuable insights into the work of the Moynihan Academy and inspire future generations of surgical trainees to join this vibrant and dynamic community. I look forward to the continued growth and success of the Academy in the years to come.

PRESIDENT: MS LIZ VAUGHN

Dear Gill,

On the eve of the ASGBI conference I thought now would be as good a time as any to send you this. It's not addressed to anyone in particular, it's just my musings on my time spent with the ASGBI.

I was bitten by the trauma bug when I was a candidate on the Definitive Surgical Trauma Skills (DSTS) course in 2016. Ever since, my interest has been emergency general surgery (EGS) and trauma surgery. In the years that followed, I saw some harrowing trauma cases and wondered whether we could possibly better serve EGS and trauma patients in the UK and Ireland.



I couldn't imagine anything worse than being personally involved in a trauma or having a family member involved. Unlike say, cancer patients, EGS and trauma patients don't get a warning shot; they don't have time to put their affairs in order or even say goodbye. But a lot of these patients are seen as "high risk." They are not expected to survive. Not only this but they may present to a hospital where the surgeons dealing with them have little to no trauma experience. Now imagine that patient is a loved one. Would you not want the most experienced, well-trained surgeon over-seeing every aspect of their management?

The EGS and trauma services themselves can be approached and delivered in many different ways but the one thing I thought I could help with was improving access to training in these domains. Unfortunately access to high volume EGS and trauma training as well as mentorship can be limited in the UK particularly if training in a less urban environment. We also don't frequently have mass casualties in the UK and looking at it from a local perspective, although there are many different forms of trauma in the UK including crush injuries, burns, penetrating etc. even that training is relatively inaccessible. I wanted to address this and I didn't want to simply look at it on a UK level either, we need to really start thinking about global responses.

I hoped that by focussing on increasing access to EGS and trauma training in the UK, then as a profession we could build the necessary workforce to try address the trauma burden both home and abroad. I must have spoken about this a lot because the ASGBI got in touch and asked me to set up the trainee arm of their organisation. And so my good friend, Alan Askari, and I went about doing just that. In 2021, we established the Moynihan Academy (MA) which became the trainee arm of the ASGBI. The idea was to recruit surgeons in training with an interest in EGS and trauma surgery.



Alan and I wanted to use the MA as a platform and source of mentorship for those who are interested in pursuing this as a career or even part of their career. Specifically, I wanted it to be a space where trainees could access information e.g. on trauma courses, research, lectures, webinars and fellowships related to EGS and trauma training. I thought if we could establish a hub to try improve EGS and trauma training for UK and Irish trainees then this could be the first step in increasing the number of trainees required to meet the surgical needs in low to middle income countries where access to life-saving care is just not available.

Little did I know my own personal trauma would strike mid way through my MA presidency. But unsurprisingly Prof Tierney, Adam Peckham-Cooper, Mansoor Khan and many others at the ASGBI and DSTS swooped in and went from being on the periphery of my life to almost taking centre stage. I suddenly needed them more than they ever needed me and I wouldn't be where I am today without the love and support of the ASGBI.

For me, the ASGBI represents several things. It is the all-rounder in school, the cool kid in class, the friend who sits beside you and listens patiently to all your woes. For me personally, over this difficult last year, it symbolises a family roast, a Christmas pudding, a comfy sofa, a kind mother and a no pressure, no questions asked mentor. 😊

And so, in a final farewell before I kick back as immediate past president; for those surgical trainees out there who want to be part of something bigger but also want to feel included, then the ASGBI is the organisation for you.

Thank you Gill and all at the ASGBI.

This letter of recognition you have sent is one big and important love bomb to me and everything I stand for.

Forever grateful for the experience and support,

Liz.

INTERIM PRESIDENT: MR MICHAEL OKOCHA

Interim President Report – January to May

Dear Members of the Surgical Society,

I hope this report finds you all in good health and high spirits. It is with great pleasure and enthusiasm that I present to you an update on the progress made by the Moynihan [MOY-nuh-han] Academy during my tenure as the Interim President from January to May.

Besides finally mastering the pronunciation with aid from Past President Alan Askari and our general manager Jill, one of my key achievements during this period was the successful completion and implementation of the society constitution. Working closely with the dedicated committee, we crafted a document that embodies our shared values and principles. This constitution will serve as the guiding force behind the Academy's activities, ensuring transparency, accountability, and integrity in all our endeavours.

In line with our commitment to fostering strong partnerships, I am proud to announce that we have signed agreements with prominent sponsors such as Ethicon, Medall, Vernacare, and Skyrimcare. These strategic alliances have not only provided us with invaluable support but also opened doors to enhanced opportunities for collaboration, research, and knowledge exchange. Our continued efforts in strengthening relationships with industry partners have yielded fruitful outcomes, enabling us to stay at the forefront of surgical education.

Furthermore, I am delighted to report that we successfully created and delivered two pioneering courses. The first course, the MA x Asit Emergency General and Trauma Surgery Basic Skills Course, proved to be a resounding success. This comprehensive training program equipped aspiring surgeons with the necessary skills and knowledge to handle critical situations in emergency and trauma surgery and was delivered at the excellent ASiT 2023 conference.



In addition, we developed and delivered the first MA x Ethicon Small Bowel Course, which was provided to delegates locally and free of charge. This initiative is set to be delivered nationally over the next year, reaching a wide audience and empowering trainees with strong foundations in basic techniques. These courses not only contribute to the professional growth of our members but also solidify our society's aim to reduce costs in surgical education.

Our society's media output has had a substantial increase during this period. Our incoming VP Kellie Bateman's wellbeing Wednesdays have been hugely popular, providing insights into finding balance. By leveraging various platforms and channels, we have effectively disseminated informative content, research findings, and updates on the latest teachings in surgery. This expanded media presence has not only enhanced our visibility but has also attracted new members



to our society, further enriching our professional community.

It is with great pride that I reflect upon the achievements of our recent conference, where we not only met but exceeded our commitment to diversity, equity, and inclusion (DEI). In collaboration with the ASGBI EDI group, we introduced free reusable surgical hijabs purpose-built for the needs of our diverse surgical workforce. This step forward exemplifies our dedication to ensuring equitable opportunities and fostering an inclusive environment where every member can thrive.

As my interim term comes to an end, I am excited to fully assume the role of President and working with my new incredible committee. Together, we will showcase the tireless efforts and remarkable accomplishments of the Moynihan Academy. I am grateful to the previous committee who went through challenging times as we defined ourselves. I am grateful to Alan Askari our Past



president who has supported and encouraged me from the start, and I'm excited to work with and to continue to be inspired by Prof Tierney, and ASGBI Exec and management. I am confident that with our collective passion, expertise, and unwavering commitment, we will continue to shape the future of Emergency General and Trauma surgery, advancing patient care, providing a voice for trainees and strengthening professional bonds.

Thank you for your active participation. It has been an honour to serve as your Interim President, and I look forward to the exciting journey ahead as President building a brighter future for our society and the surgical profession.

Yours sincerely,

Michael



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VICE PRESIDENT: MR MATT LEE



This has been a year where MA has sought to secure its footing as well as grow. My main actions in the VP role have been in support of the President(s). This has included helping to draft the constitution, providing support and counsel on some of the 'political' issues that can arise in the running of a large society, and the occasional deputisation. I'm also proud of the work with Adam (secretary) to launch the newsletter, which is and will be a useful resource for members. The VP is a role that can be somewhat behind the scenes, and I have found supporting both Michael and Liz to be interesting and

rewarding. For the next incumbent, this post will act as a stepping-stone to the President role, and will provide useful formative experiences to enrich their skillset for the future. As I demit at the next election, I wish my colleagues remaining on the committee and newly elected members all the best for the exciting future of the Moynihan Academy.

WELLBEING LEAD: MISS KELLIE BATEMAN

I'm Kellie Bateman, a General Surgery ST5 in Wales, and I am the Moynihan Academy Wellbeing Lead and Interim Education Lead.

This year I have been regularly involved in supporting the MA activities and promoting the role of wellbeing at events. One of my key roles has been delivering the weekly #wellbeingwednesday tweets and it has been such a privilege finding new content and topics to support our diverse membership. It has been so rewarding to engage with our members and gain positive feedback on the impact the tweets have had on them in making them feel seen, heard and valued. Another highlight was attending the recent ASIT x Moynihan Academy pre-conference trauma course and the MA Small Bowel workshop, I always pick up some many tips and tricks from the other facilitators and it's so rewarding seeing the progress everyone makes in their skill development across the range of training levels.



Going forwards, I'm so excited to start my role as Vice President for the Moynihan Academy and can't wait to achieve bigger and better things to support the education and personal development of our members. If you have any ideas for how we can continue to improve and support our members, in addition to the fantastic webinars, podcasts, courses, e-learning modules and social media posts, then please do get in touch with me! @kelliebatman

TRAUMA LEAD: MAJOR MAX MARSDEN

Hello, I am Max Marsden ST7 Upper GI trainee with an overactive interest in Major Trauma management and specifically Resuscitative Trauma Surgery. I am the MA's Trauma Surgery representation. I'm based in London and currently working at King's College Hospital, London.

Over the last year on the MA committee I've been able to contribute to our Twitter channel with educational trauma scenarios, write about recent trauma literature in our monthly Newsletter, work on an article outlining the trauma training pathway, and assist in the delivery of teaching both the MA's pre-ASIT conference Trauma Course and the Royal College of Surgeons' Definitive Skills in Trauma Surgery. Being on the MA committee also give us a chance to contribute to the running of the committee, and dare I say it, help with the output of the MA which aren't immediately related to trauma... shocking, I know.

Next year I'm really looking forward to pushing on with some educational podcasts straight outta the Moynihan Academy's resus room. The brainchild of the MA's own el Presidente, the "surgeon 2 resus" podcast is going to bring thought leaders on emergency general surgery and trauma surgery to MA members. The format will be varied but the main aim will be to provide pithy, punchy and relevant educational content in an engaging and easy-to-understand format. On a personal level, with the FRCS hopefully behind me by June I'll be able to dedicate a bit more time to delivering these exciting outputs of the MA



RESEARCH LEAD: MR JARED WOHLGEMUT



My name is Jared Wohlgemut, an ST5 in General Surgery based in the West of Scotland, currently out of programme for research, studying for a PhD based at the Centre for Trauma Sciences, Queen Mary University of London and the Royal London Hospital.

I am the current Research/Audit lead for MA, and my aims for this role have been to collaborate with ASGBI MA members to support academic learning and to support research, service improvement, and audit in EGS/Trauma. I have a passion for mentorship and supporting those who are starting out in research. I have contributed to regular MA newsletters highlighting important publications in the field, and engaged members on MA Twitter. I have also led the design of a study surveying surgeons on aspects of Emergency General Surgery (will launch in Autumn 2023). I have joined the Research Committee of ASGBI and will collaborate with research activities of the Trauma Committee. I hope these links will meaningfully bolster the research activity supported by the ASGBI and ASGBI MA.

Regarding personal accolades in the past year, I have been fortunate to have had the opportunity to present research at a number of meetings, including the European Society of Trauma and Emergency Surgery (ESTES, Oslo, Norway, April 2022), the Military Health Services Research Symposium (MHSRS, Florida, Sept 2022) where our team was awarded a poster prize, the American Association for the Surgery of Trauma (AAST, Chicago, Sept 2022), the London Trauma Conference (Dec 2022), and the National Collaborative Research Meeting (Cardiff, Mar 2023). As Primary Investigator, I have gained HRA (Health Research Authority) approval for two PhD-related studies, registered a systematic review on PROSPERO (CRD42021292014), and gained research funding from the Royal College of Surgeons of England Research Fellowship Programme.

I have contributed to several published articles in the last year, including a diagnostic accuracy study in trauma (doi.org/10.1186/s13049-023-01083-z), a Letter to the Editor related to clinical prediction modelling (doi.org/10.1016/j.jvs.2021.10.059), an epidemiological study in EGS (doi.org/10.1093/bjsopen/zrac032), a delphi study related to EGS (doi.org/10.1186/s13017-022-00432-0), a reporting guideline for AI clinical decision support systems (doi.org/10.1038/s41591-022-01772-9), two protocols for collaborative trauma research (doi.org/10.1093/bjsopen/zrad012 and doi.org/10.1093/jsprm/snac011), and awaiting the fate of some submitted articles.

I am pleased to have been elected for a second year in this post. I have thoroughly enjoyed promoting and supporting EGS/Trauma research with MA in the past year, and hope to continue doing so in 2023/2024!

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SECRETARY: MR ADAM WALSH

My first year as the secretary of the Moynihan Academy has certainly been an interesting one, from running the newsletter and learning how to format so much information for the masses to consume, to teaching on our first emergency surgery skills course at ASiT 2023.



The hard work and dedication shown by my colleagues has been astounding and helped me appreciate how much goes in to making a successful society. On a personal level this has inspired me to push forward in my own research into EGS including the first “State of the Nation” survey to be published in the RCS Eng Annals later this year.

Along with the recovery of training in the last 18 months following Covid, teaching on a few ATLS courses, as well as the day to day job we all face in medicine I look back surprised I’ve found time for anything else!

I was very proud to achieve re-election as secretary following our first open vote elections in the MA, and look forward to all the exciting opportunities the next 12 months bring!



SOCIAL MEDIA LEAD: MR RUI WEI

It has been a pleasure to serve as the Webpage and Social Media Lead for the past year and a half and to be part of the Moynihan Academy Council.

The webpage has gone through various changes during my time to try incorporate all the different facets of the MA. Although there are areas to expand, the core principles and foundation of the MA can now be found there, along with useful information and links relating to General Surgery (GS), Emergency General Surgery (EGS) and Trauma Surgery (TS). The webpage continues to develop and we hope to start uploading our Podcast series, webinars and e-Learning Modules in the near future. Past and future upcoming events can also be found on the webpage as the MA expands its contribution in education and training.

Despite being in its relative infancy, the MA has taken major leaps in building its profile over the past few years, particularly through Twitter. This platform has allowed us to engage with students, colleagues and like-minded individuals from across the globe and increase awareness of the MA’s role in promoting GS, EGS and TS. All members of the MA council contribute regularly to the Twitter feed, which has become an important way in which we communicate with the wider surgical community and disseminate information about our activities. Regular updates about research, interesting cases and wellbeing has hugely increase engagement with our members and other societies. This has helped us grow and expand, bringing in fresh ideas and exciting new collaborations.

The years ahead is certainly looking very bright for the MA. It has been a real honour to be part of its growth and I very much look forward to our ideas and ambitions coming to fruition in the not too distant future.

HIGHER SURGICAL SPECIALITY TRAINEE REP: MR OSMAN CHAUDHARY



It has been an honour to be part of the Moynihan Academy over the last 2 years. I have witnessed the growth of this society into an important platform for surgical trainees with a special interest in EGS and trauma and cannot be more proud of the team for what we have established. As a member of this diverse and inclusive committee I have built lifelong friendships that I hope will continue to thrive throughout my career.

There have been countless initiatives that I have been proud to be part of. They include the first cross specialty Emergency General Surgery and Trauma Symposium alongside Roux, Dukes and ASiT. This was a standout moment for the Moynihan Academy, as it brought together a wealth of experience and expertise on one platform for over 500 delegates. My dual role as the Dukes' Club EGS representative and member of the Moynihan Academy helped me to co-ordinate speakers for the successful event.

Furthermore, I was part of the Friday twitter journal club which provided an excellent opportunity for the Moynihan Academy to interact with colleagues over interesting cases and provide regular educational activities for our emerging community.

As my higher surgical trainee representative role comes to an end, I can safely say that having voted for our new committee members for 2023-24, the Moynihan Academy will remain in excellent hands, and I look forward to continuing to support the team throughout the rest of my training. Lastly, I wish to take this moment to express my heartfelt gratitude to the current and previous Presidents of the Moynihan Academy for their tireless dedication and leadership throughout my tenure.



EDUCATION LEAD: MISS ELIZABETH MCLENNAN

A lot has changed for me in this past year! I became a mother for the first time and took Maternity Leave from my duties within MA for a short period. It continues to be a pleasure to serve within a committee that holds equality and modern thinking in their core values and to have “Maternity Leave” accommodated is just another example of how those values are applied.

I was the MA Education Lead for two years prior to this leave, having been part of MA since its establishment. In this role, I was part of various projects including collating the list of courses for our website, supporting our medical student reps with their fantastic medical student corner and writing our first MA submission to Surgical Life as our introduction to the world. My proudest achievement in this role is my work on the inaugural EGS and Trauma Symposium. The idea began in our first year as a committee when we wanted to fill a

gap in trainee educational need. We felt that utilising our relationships with the other three major surgical trainee representative associations (Dukes club, Roux group and ASiT) would allow for a novel blended approach to an EGS and Trauma teaching event.

In my role, and as MA were the founding group on the project, I was the main liaison between our secretariat, sponsors, speakers, and the other associations. After only four months of planning, we successfully held the first EGS and Trauma Symposium for trainees. We hosted over 500 delegates in an online format (due to COVID) and receiving extremely positive feedback from trainees and speakers alike. The success of our first symposium has led to this being an annual event and is now a major organisational role for our future Education Leads.



As I mentioned above, I've been part of the committee since 2020. Therefore, it was a joy to meet some of my committee colleagues this year at our first in-person January meeting. Debating and finalising our constitution together felt like a great accomplishment and certainly gave me a sense of the solidity of our academy's future.

I am currently working as a Clinical Teaching Fellow in Glasgow. I have accepted my ST3 number last month and will be starting higher training later in the year. I have been very grateful to take advantage of clinical fellow roles while applying to ST3 where I have gained so much experience. I know how valuable these roles are to trainees and equally how important they are for service provision within, an often stretched, NHS. Therefore, I am delighted to be continuing my tenure with MA as the Locally Employed Doctor Representative from next year. I hope to help give a voice to a sometimes-overlooked pool of valuable aspiring surgeons.

CORE TRAINEE REPRESENTATIVE: MISS GITA LINGHAM

It has been my absolute pleasure to be part of the Moynihan Academy for the last 2 years. I have thoroughly enjoyed the role and would recommend it to anyone who feels they may want to be part of this incredible committee!

Core training remains at the forefront of the academy. For many, core training represents the beginning of their surgical career and entrance into a fulfilling evolving career. The Moynihan Academy is first and foremost a junior surgeon group, which aims to ensure we get the most out of our training years but also unite us to succeed as a whole. As core trainee representative my role is essentially divided into 2 categories: (1) helping members getting into training and (2) ensuring they are able to get the most from their training years.

The absolute highlight for me without question has been the ASGBI Virtual Congress May 2021. During this congress I had the opportunity to chair a session the living legend that is Professor Averil Mansfield.

She regaled us with tales from her incredibly successful and exciting career, as well as taking the time to give us juniors a few top tips for our career. If you've not already seen the webinar, I highly recommend you catch the recording online!

The 2021 congress was also an excellent opportunity for trainee voices to be heard with a 'Focus on Training' session. This session covered key concepts including: common portfolio pitfalls, the latest JCST updates and how to make the most out of your training.

In spring 2022, I had the honour of chairing my own webinar with the ASGBI team entitled 'how to make the most out of core training'. Prior to this, I carried out extensive research into the core training programme and ensured I had a wide overview of the various specialities. I utilised my colleagues to ensure I could advise the academy members to the best of my ability.

The ASGBI conference in Liverpool 2022 was another personal highlight. As core trainee representative I co-chaired a session relating to burnout and mental health/wellbeing amongst surgeons. Although not specific to core training, this is a topic that affects us all. It was an incredibly useful session which invited both medically trained and non-medically trained professionals to speak about their experience and perhaps more importantly tips to overcoming difficult situations.

Moving forward I have a lot of hopes for the core trainee representative role. Congratulations to Tom Sullivan who will be taking over the role this summer- I have no doubt he'll do a fantastic job! If any budding/current core trainees have any thoughts on how we could improve your experience, we'd love to hear your input.

On a personal note, I am sad to say goodbye to this role but am pleased to announce my new venture as the Treasurer for the Moynihan Academy.

MA love,

Gita Lingam x



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EDI LEAD: MISS GRETA MCLACHLAN

Over the past year, I have been part of the Moynihan Academy Committee as the Equality Diversity and Inclusion lead. My role has seen me contribute to committee meetings as well as twitter posts relating to case studies on emergency surgical cases. I have been a link to the Women In Surgery Forum and the Pride In Surgery Forum for the Royal College of Surgeons England. In Liverpool for ASIT, I was able to talk to medical students and other doctors about what the Moynihan Academy could offer them, and why general surgery is a great surgical choice. At this year's ASGBI I will be speaking at the Out at the Congress session that will be offering allyship tips to surgeons. I will also be giving an update and next steps on what the Working Party on Sexual Misconduct in Surgery has achieved to date. It has been a pleasure to be EDI lead and I wish my successor all the best.

Greta



MEDICAL STUDENT REPRESENTATIVE: SUNDY PAPALOIS



I have truly loved being a Medical Student Moynihan Academy Apprentice!

This post has given me a platform to raise the profile of medical students interested in pursuing a career in surgery and create ways information can become readily accessible and simplified for students. Medical school is a wonderful but often challenging and stressful time. In addition to university studies, medics are called to navigate multiple sources of information to explore future career plans with multiple sources of information which can often be overwhelming.

A feedback survey revealed that student members or medical students interested in joining the ASGBI and /or MA revealed that promotion and social media presence was a key facet which required attention.

One of the ways we aimed to remedy this problem was to launch the MA Newsletters as well as Med Student Corner on Twitter and other ASGBI social media platforms. Med student corner is a monthly edition myself and Zoe Papalois introduced, which includes a mix of articles related to surgical training, seminars and online modules to further the professional development of students including conferences as well as book and movie/ series recommendations. We have also integrated ASGBI webinars, e-learning modules and revision resources to aid students with exams and signposted helpful resources for support.

The feedback also revealed students called for more opportunities for students to join the Council and further their personal and professional development.

This inspired the creation of the ASGBI/MA e-learning modules which are now live! We have created e-modules covering the basics in surgery such as 'Surgical Scrubbing, Gowning and Gloving' and 'Non-technical skills in surgery' focusing on communication. In addition we have collated material to produce modules related to key surgical topics such as 'Acute Appendicitis', 'Acute Abdomen', 'Gallbladder pathology' and 'Managing of abdominal aortic aneurysm'. We are so grateful the response had been so favourable thus far and hope it has aided students and trainees in furthering their knowledge and building their portfolio.

It has been an honour to be part of MA and would unreservedly recommend it to any medical student interested in pursuing a career in surgery. All of the applicants for the Med Student Apprentice roles were excellent and we cannot wait to see all the exciting new projects from the incoming council members in the years ahead!

Kyriaki-Barbara (Sundy) Papalois

THE MOYNIHAN ACADEMY
PART OF SURGICAL EXCELLENCE

MED STUDENT CORNER

MAY 2023

ASGBI E-LEARNING MODULES

The ASGBI/MA Modules are now live!
Learn more about key surgical topics and receive a certificate for your portfolio!
Become and ASGBI member to access more modules via the members area

Acute Appendicitis

Risk Score

Alvarado Score

Surgical Management-Appendectomy

BOOK RECOMMENDATION

'The Invention of Medicine, from Homer to Hippocrates'
by Robin Lane Fox

THE INVENTION OF MEDICINE
FROM HOMER TO HIPPOCRATES
ROBIN LANE FOX

CORE SURGICAL TRAINEE REPRESENTATIVE: SAJEED ALI



In January 2023, the Moynihan Academy held its first Small Bowel Workshop, sponsored by Ethicon, held in the Engineers House, Bristol. Over the course of the day, delegates had lectures on the science of energy and stapling devices, and then several hours of practical sessions on small bowel surgery.

18 delegates were present, including 6 medical students and 12 trainee surgeons (CT1 - ST4) who were taught by senior trainees and consultants on techniques of

dividing small bowel and mesentery, hand-sewn anastomosis (both end-to-end and side-to-side) and rectal stapler anastomosis. Ethicon provided a range of devices to trial, as well as multiple hyper-realistic artificial models of bowel and mesentery.



The course offered tailored content depending on the level of training of the delegate, with core trainees being taught by our president, Mr Michael Okocha in forming a side-to-side hand sewn anastomosis, while senior delegates formed rectal anastomoses with circular staplers. The most impressive development during the day was with our medical students starting the day revising the principles of suturing, and ending the day with forming a stoma.

We are proud that the Moynihan Academy were able to hold a course with so many hands-on sessions, completely free-of-cost for the delegates. With excellent feedback, this will be the first of many.



ASIT & MOYNIHAN ACADEMY BASIC SKILLS IN EMERGENCY AND TRAUMA SURGERY COURSE REPORT: MICHAELA ROGERS

As a final year medical student with a keen interest in pursuing a surgical career, I was very excited to be attending this course. It was a great opportunity to revisit surgical topics prior to starting Foundation Training and put theory into practice. I experienced my first major trauma scenarios during my surgical elective in South Africa and was keen to improve my understanding of how the Trauma Call is usually ran in the UK and compare my experiences of how traumatic injuries are managed in other healthcare systems.

The course was delivered with a combination of lectures and practical skills sessions. There was an emphasis on the Trauma Call throughout the course and we considered pitfalls from anecdotal experience from faculty members. I particularly enjoyed the opportunity to develop my suturing skills and familiarise myself with techniques for small bowel anastomosis. The “Laparotomy in a box” section was a great experience and gave me an appreciation of working within a confined space whilst considering the anatomy of the abdomen. We practiced various simulated “Trauma Call” scenarios relevant to Emergency Surgery and had the opportunity to draw from the extensive knowledge of faculty members both from both a military and civilian background.

I would thoroughly recommend this course to those hoping to pursue a career in surgery and would be keen to attend the course again later in my training.

Michaela Rogers
Incoming Medical Student Rep





Help make healthcare training globally accessible.

Dear Colleague,

I'm Phil McElnay, a fellow Doctor and founder of MedAll. We need to train 18 million more healthcare professionals across the globe by 2030. However, we face grave deficiencies in our healthcare training capacity. Even worse, training can be limited by where you live and what you can afford. That's why I founded MedAll.

We strongly advocate for equal opportunities in healthcare, free from financial or geographical barriers. We want to help train millions more healthcare workers by increasing affordability, reducing travel barriers, providing flexibility around parental or other caring responsibilities and by offering alternative ways to study to support neurodiversity. We are also passionate about reducing the impact of healthcare events on the planet through online access.

Alongside thousands of incredible healthcare organisations across the globe, we have built an amazing resource of free online healthcare courses, conferences and teaching sessions that can be accessed anytime by everyone, everywhere.

Together, we have the power to make change and I would love to invite you to join us on our mission and be part of our amazing community.

Best,

Phil McElnay MBChB MRCS MSc PGCE
Doctor & Founder of MedAll





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DSTS COURSE REVIEW: MR MATT LEE

Definitive Surgical Trauma Skills (DSTS) Course. Brighton, Feb 2023

All surgeons with an acute commitment will have a healthy respect for trauma. Given the relative lack of 'general surgical' trauma in the UK, it can be difficult for most to keep their skills and theory primed & polished for rapid and comfortable deployment.

I attended the February sitting of the DSTS course in Brighton as an ST8 trainee. The aim of the course is to equip delegates with the knowledge and skills to 'turn off the tap' and perform damage control trauma laparotomy. This includes thoracotomy, securing the thoracic and supraceliac aorta, managing solid organ injury, and also some limb-based trauma management (major vessel access and fasciotomies).

The course is delivered with a mix of lectures/talks (approx 90mins per day), with the rest of the time spent doing small group practical skills. Amongst all this, anatomists will take you away to look at some prepared tissue in detail. The faculty are immensely knowledgeable, and can draw on a wealth of civilian and military experience - remember anecdote is the highest level of surgical data! There are ample online resources and a textbook which are all available to support learning.

I strongly recommend this course to trainees or colleagues with experience at st5 or beyond as your skills and clinical exposure would give you most yield from this (there were also consultants on the course, so all can attend). I think this is particularly relevant for higher trainees as it is now accepted as evidence of trauma learning as well as ATLS. In my opinion, DSTS is far more relevant to a surgeon as it picks up on the steps after ATLS finishes, and helps you work out what to do next. In fact, I used skills from this course within two weeks of completing it. My rating for this is 10/10, 5*, single most useful course I've attended, and the next one you need to book on to!



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