

## “BASIC SURGERY PRINCIPLES”

<b>Date</b>	November 19 <sup>th</sup> 2017
<b>Schedule</b>	9h00m – 18h00m
<b>Duration</b>	8 hours
<b>Instructors</b>	Dr. João Coutinho; Dr. António Ruivo; Dr. José Girão; Dra. Cristina Lavado
<b>Objectives</b>	To obtain knowledge concerning the fundamentals of basic surgical techniques and how to apply them in clinical practice
<b>Workshop</b>	<p>At the end of this workshop participants should be able to:</p> <ul style="list-style-type: none"> <li>Understand how to correctly and safely handle surgical instruments, as well as their specific purpose</li> <li>Perform basic suturing techniques and surgical knots safely and correctly</li> <li>Understand the principles of asepsis and their importance in wound management</li> <li>Have basic notions of local anesthesia</li> <li>Identify and correctly use different types of suture materials in different situations</li> </ul>
<b>Recipients</b>	Residents of both medical and surgical specialties; senior medical students who take interest in surgical practice
<b>Methodology</b>	Exposing, questioning, participating; practical training of technical gestures
<b>Assiduity</b>	Frequency of training in full (8 hours)



### WORKSHOP SCHEDULE

<b>09:00 – 09:15</b>	<p>Course opening (15 min) – Dr. João Coutinho</p> <p>Meeting Room of the Department of Surgery, 5th floor, Hosp. Santa Maria</p>
<b>09:15 – 11:00</b>	<p>Theoretical introduction (Experimental Surgery – 9th floor)</p> <ol style="list-style-type: none"> <li>1. Basic principles of tissue manipulation and wound healing (15 min) – Dra. Carlota Ramos</li> <li>2. Surgical instruments and their correct handling (15 min) – Enf. Maria João Coutinho</li> <li>3. Aseptic technique: aseptic hand washing; aseptic surgical field preparation (10 min) – Enf. Maria João Coutinho</li> <li>4. Local and loco-regional anesthesia – types of local anesthetics and how to use them (20 min) – Dra. Alexandra Resende</li> <li>5. Types of suture material (15 min) – Dr. Luís Castro</li> <li>6. Types of suturing techniques and surgical knot placement (20 min) – Dra. Joana Vaz</li> <li>7. Forms of energy usage in surgery / Electrosurgery (10 min) – Dra. Andreia Barão</li> </ol>
<b>11:00 – 11:20</b>	Coffee break
<b>11:20 – 13:30</b>	<p>Practical exercises in traditional models: knot placement; simple interrupted suture (1h 10min) – Dr. António Ruivo; Dra. Cristina Lavado</p>
<b>13:30 – 14:30</b>	Lunch break
<b>14:30 – 17:30</b>	<p>Practical exercises: pig skin; animal intestine; animal esophagus and aorta (3h) – Dr. António Ruivo; Dra. Cristina Lavado</p>
<b>17:30 – 18:00</b>	<p>Course closure (30 min) – Dr. João Coutinho</p> <ol style="list-style-type: none"> <li>1. Q&amp;A</li> <li>2. Delivery of certificates</li> </ol>

