

# HOW TO:

PATHWAYS FOR SUCCESSFUL SURGERY TRAINING

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# Study Programme

- a) Prepare for each weekly topic(s) from the programme even when not presenting
  - i. Surgical Anatomy
  - ii. Intermediates/Finals Topics
  - iii. GI Tutorials
  - iv. Journal Club
- b) Read cases of the week, X-rays and exam cases even those presented by others

# Operative Technique

- a) Familiarise yourself with instruments and equipment
- b) Learn what instruments to use for what and how. Get your senior to guide you.
- c) Prepare for elective operations
  - i. Read about operative technique (Kirk's Gen Surg Ops)
  - ii. Prepare your patient – physiologic status, pathology and complications
  - iii. Plan for the operation
    - Obtain or confirm informed consent
    - are there special instruments or consumable needed
    - do you need to appraise anaesthetic about comorbidity difficulties
    - does your patient need ICU/High Care

# Study Schedule

- a) Have a set pattern for studying
- b) Negotiate with your partner (children) for “fixed” family day(s) and honour it.
- c) Have a planned weekly leisure day
- d) Have a weekly programme written out a month ahead.
- e) Stick to your programme
- f) If you miss a day, stick to the programme.
- g) Make up missed day during leisure period.
- h) Choose one or two textbooks for basic reading for theory (Sabaston) and one for operative technique (Kirk)

# Reading Journals

- a) Choose articles from reputable journals
- b) Read
  - (i) Leading articles – Br J Surg
  - (ii) Review articles – North American Clinic series mainly Surgery but also GIT
  - (iii) Current Problems in Surgery
- c) Read recent advances on the week's topics
- d) Summarise the weeks topics
  - Record it so you can listen to it when driving, jogging or in the gym

# Preparing for Journal Club

- a) Choose research article ( no review) but meta-analysis allowed
- b) Choose reputable journal
- c) Choose reputable authors/institutions
- d) Scan a handful before selecting one journal.
- e) Remember old articles may still be the most authoritative findings on the topic
- f) Always go back to older references to confirm or understand the main points being made.

# Presenting Journal Club

- a) Circulate chosen journal at least 3days before
- b) The presentation
  - Background/introduction to the study
  - Research question and research methodology
  - Results and discussion, do you agree
  - Conclusion, do you agree
  - Does the data show something else or in addition to what authors point out
- c) What are the Pros (positives) about the research and the article
  - Was the research well conceived, well executed and correctly interpreted
  - Is the article well written
- d) What are the Cons (Negatives)
  - refer to Pros
- e) Your own conclusion

# Preparation for Presenting a Talk

- i. Know your audience
    - do not insult them with unnecessary and simplistic detail
    - Fully explain any obscure concepts in the talk
  - ii. Do not use jargon
  - iii. Do not use abbreviations without setting out what they mean
  - iv. Slide must not carry too many concepts – better one concept per slide
  - v. Do not write out whole paragraphs in a slide
  - vi. Choose simple primary colours – black on white always best.  
Use colours for emphasis only. Remember 10% people colour blind.
- i. Do not telescope slide line by line
  - ii. No animations = distraction



# Presentation of a Talk

- a) Rehearse your presentation well: Use your partner or mirror to practise
  - time yourself. Better to deliver in less time than go over time.
  - Chairman may and should rudely stop you if going over time and you will lose your punch line
- b) Get to the venue and confirm that slide projection technology accepts your medium
- c) Look at your audience (not your slides)
- d) Speak at even tempo and audible voice
- e) Choose 3 or 4 people – 2 at the back, one in the centre and one in front to help scan the audience as you speak
- f) Give brief outline of your talk: take home message(s)
- g) Leave time for questions!

# Preparing for exams

- Prepare well ahead of time to cover syllabus
- Attempt previous exam papers for each topic before you revise and same questions after revision
- Try and answer previous questions as though in exams
- Get into study group for support and gauging yourself
- Get your lecturers/trainers to guide you
- Best revision is live clinical cases including operations

# Procedures and requirement during training

Training entails both FCS and MMed (Chir)

- Yearly valid HPCSA registration to practise medicine
- Yearly registration with HPCSA as trainee/registrar
- Yearly registration with University Pretoria as MMed (Chir) student
- Must pass Primary FCS within 12 months – Basic Surgical Skills needed to write
- Must select and prepare research protocol during 1<sup>st</sup> year- TNM course
- Must have Research Protocol Approved within 18 months – needed before writing Intermediate FCS
- Must write FCS Final before 5yrs expire – need supervisor approval of draft dissertation.
- Need external examiner pass the dissertation in order to graduate with MMed
- Need both FCS and MMed to register with HPCSA to practise as specialist!

**THE END**

**THANK YOU  
QUESTIONS  
COMMENT**