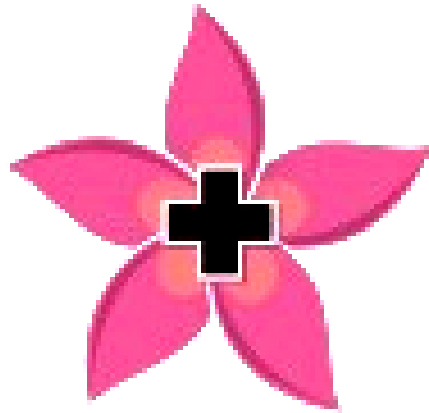


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# SURGICAL SKILLS & LAPAROSCOPY TRAINING REPORT

Venue: PASIFIKA CAMPUS, SUVA

Date: 12-14 AUGUST, 2014

Course Convener: Dr Sunil Pillay

Report compiled by: Dr S.Pillay & Dr H. Ah.Kuoi  
(Postgraduate Trainee in O&G)



## BACKGROUND

This was the first formal Basic Surgical Skills Course and Laparoscopy Workshop held in Suva for the trainee Gynaecology and Surgical postgraduate students at the Fiji National University. Acquiring these basic surgical skills as well as understanding basic principles of safe surgery and the correct use of equipment are quintessential in any residency training. These are even more pertinent in a low resource setting as the level of supervision is limited. Traditionally, acquisition of these skills were largely confined to ‘live surgery’ thus allowing only limited learning opportunities resulting in sub-optimal effectiveness. As a result, there is loss of premium theatre time and arguably patient care is also compromised.

There is good evidence that procedural simulations in a surgical skills laboratory with workshops running concurrently leads to better acquisition and retention of skills thereby improving overall operational performance and resulting in favourable outcomes for our patients.

To quote a participant from this course (Dr H.Ai Kuoi), **“With multi-collaborations and great efforts from many people; have resulted in a more innovating, successful and an ‘eye opener’ workshop to all participants.”**

### Participants

The participants were mainly postgraduate students from the Fiji National University which consists of representatives from Fiji, Samoa and Tonga; 10 Obstetrics and Gynaecology registrars, 1 surgical registrar. Fourth and final year medical students were introduced to these lectures.

**Faculty:** Lecturers involved came from FNU and Auckland, NZ were:

**Dr Sunil Pillay:** Course Convenor / Gynaecologist from New Zealand.

**Dr Maake Tupou:** Assistant Course Convenor, Fiji National University.

**Dr Rajend Kumar:** Gynaecologist from NZ.

**Dr Ravind Raj:** Gynaecologists from NZ.

**Dr Abhay Choudary:** General Surgeon (Fiji).

**Dr Costas Serafeidimidis:** General Surgeon (Fiji).

### **Product Representatives:**

**Hanlie Botha:** Olympus (NZ).

**Jan Robinson:** The Big Green Surgical Company (NZ).

**Wendy Bartlett:** Johnson & Johnson Medical (NZ).

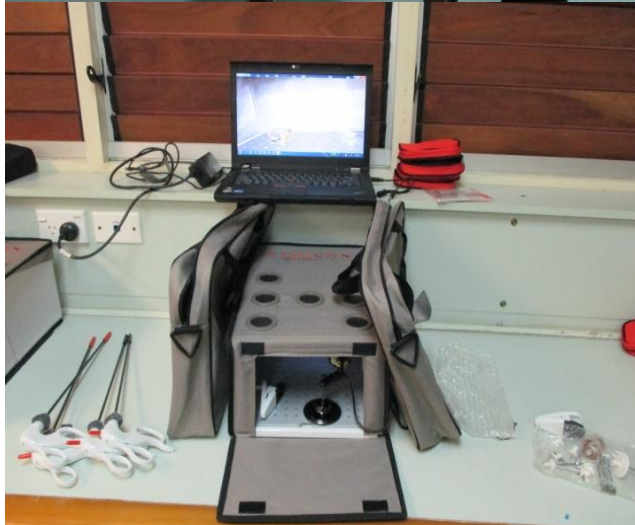
The Venue for the Course and opening evening



## Course Objectives

1. Responsibilities to patient, surgical team members and theatre etiquette
2. Understand Principles of safe surgery
3. Understand the importance of gentle tissue handling and meticulous hemostasis
4. Demonstrate appropriate 'gowning' and 'gloving' in accordance with recommended standard practice
5. Knowledge of different suture materials and demonstrate surgical knot tying
6. Care of correct handling and use of surgical instruments
7. Principles of electro-surgery
8. Essentials of Endoscopic Tower
9. Spatial skills at Laparoscopy
10. Perineal Repair

### Day 1 – Preparatory work for the course



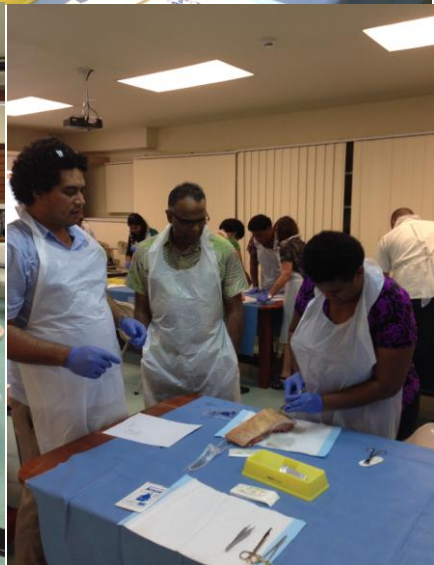
## The Journey for this Course

This journey for the Gynaecology arm of FOFH began after successfully completing a 3 year commitment to re-establish laparoscopy surgery at Lautoka Hospital. This involved equipping and training gynaecologists in basic laparoscopy surgery at Lautoka Hospital. The realisation was to engage in a more basic approach to surgery that may benefit the many disciplines involved with surgery inclusive of nurses, surgeons, gynaecologist and midwives. This involved discussions with local specialists in designing a programme suitable for Fiji and South Pacific. Assistance was provided by my fellow gynaecologists (Dr R. Kumar, Dr R. Raj and Dr S.Kumar), RANZCOG, FNU and product specialists. This resulted in a course booklet with synopsis on subject material and also multiple choice questions. The idea was to keep the course as interactive as possible.

The following is a summary of the BSSC and Workshop as reported by **Dr Hola Ah Kuoi** (Postgraduate Trainee Gynaecologist) after taking notes at the end of each day.

### **Day 2 and 3 - Live Presentations and Hands-on training**







## **Discussion & Training Activities**

An awesome 3 day workshop was launched by the **Acting Dean of the Fiji National University, Dr William May** with a humble speech greatly emphasising the importance of conducting such trainings and ensuring ongoing workshops for effective acquisition of these vital skills.

After the formality, Dr Pillay starts by eloquently reminding us all of **'Do No Harm'** and touched on strategies on how we can create a safe surgical environment, simultaneously ensuring a positive learning atmosphere for the students without compromising patient safety. Introduction of **'CHECKLIST'** concept was well accepted.

Dr R. Kumar & Dr A.Choudary stressed the importance of maintaining sterility, a must know information about our instruments and when to utilize them, moreover it is imperative to handle tissues gently. Wendy Bartlett expertly took us through suturing and knot tying and its implications. Day 1 left us with great enthusiasm and we were already curious what Day 2 would bring.

Day 2 was an even more overwhelming experience for both the pupils and the tutors. Jan Robinson and Dr Pillay introduced to the participants about the basics and principles of safe use of electro surgery. A quiz and different types of laparoscopy entry techniques was conducted by Dr Pillay. Interestingly, the students were eagerly grasping these new informations, processed and transferred this information into a surprisingly great 'hands on' demonstrations. Hanlie Botha, elaborated more on the endoscopy tower and manipulation techniques of the camera. This added a whole new dimension to camera tricks to assist with better visualisation and safety. The rest of the afternoon was spent on 'hands eye co-ordination' practicals which the students greatly appreciated and were just overjoyed at this wonderful opportunity.

Well everything must come to an end but it only heightened the participants passion towards another day of sharing newly acquired knowledge and ideas. Dr Pillay discussed the different surgical approaches of myomectomy and then together with Dr R. Kumar about ectopic pregnancy. This was a very interactive session and the tutors involved the many medical students present as well. Dr Serefeidimidis's session on appendectomy was very informative for those gynaecologists who need to perform an occasional appendectomy. Dr Ravind Raj gave a very informative illustration on vaginal repair. Students did not waste time. They occupied themselves with the laparoscopy skills, suturing, knot tying and vaginal repair on 'pig ani' all afternoon with an immense support from the lectures. Dr Pillay ends the programme with presentation of certificates and a group photograph.



## Certificate Presentation at the completion of the course



## **Recommendations**

What a very productive and an informative training for all the participants. We all felt stimulated. Creating a positive, relaxed and an enjoyable environment makes learning experience more effective and efficient when tutored by experts. **However strategies needs to be in place to ensure that we are able to demonstrate the transferrability of these skills to real patients effectively and more efficiently and the retention of these skills over time.**

### **Suggestions for Future Trainings are:**

1. Run this workshop on a regular basis for now i.e. Biannual but it will be a dream come true if this is incooperated into the **school's curriculum** ( basics for the undergraduates and advanced level for the postgraduate students)
2. Next session to include staff from the operating theatres, midwives, a different patch of registrars, medical students/trainee interns
3. Train the trainers so they can take it out to the peripheral hospitals
4. Run the theory sessions simultaneously with the practicals , references of lectures and need to compile presentations for participants
5. Need follow up 'hands on' workshops on real patients to evaluate how transferrability are these skills from a simulated environment to the the real world
6. Local faculty needs to ensure that all participants signed up must attend

### **Future outlook**

1. Planning for laparoscopy workshop in ~ 6 months
2. Possible donation of 2 towers
3. Convince the Fiji National University to incooperate surgical skills in the curriculum and to establish a surgical laboratory

## **Acknowledgements**

The participants would like to say a Big Vinaka vakalevu, Faafetai and Malo aupito to all the faculty and the sponsors for their time and support, without whom, this important training would not have been made possible. We are humbled and are grateful for such a wonderful experience and another great opportunity for learning and hoping to continue this proffessional development in the near future.

Sponsors :

1. Fiji National University (Host)
2. OLYMPUS, NZ
3. Big Green Surgical company
4. Johnson & Johnson Medical
5. Jackson Allison Medical & Surgical Ltd
6. REMS System Ltd
7. Friends of Fiji Health

The above was the summary of response of the participants as kindly summarized by Dr Hola Ah Kuoi. Please find enclosed the summary of evaluation.

### **Conclusion**

At the end of first such course and workshop, we tutors felt quite motivated to engage further with the students and FNU. All the tutors admired the dedication and skill levels at FNU.

FOFH now needs to engage with FNU and MOH to set up a proper laboratory for Basic Surgical Skills.

We thank all the participants for making this workshop enjoyable. A special thanks to FOFH, Dr Maake Tupou, Dr Hola Ah Kuoi and Professor Ian Rouse to make this seminar possible. Last but not the least, without the generosity and dedication of my colleagues, product specialists and their companies, this mission would have not been possible.

Dr S.Pillay

Gynaecologist

Convener BSSC