

## **BSDS Trainee Day Review – November 2013**

The surgical aspect of dermatology has always created a speck of concern to me as a first year registrar. Having spent the majority of my time in previous years learning medicine surgery is fairly unfamiliar territory. For this reason, I had mixed feelings about attending a surgical course, I was eager to learn on the one hand but on the other I felt a little apprehensive about my lack of experience.

The BSDS Trainee Day at the BAD House, London attracted my attention because of the wide selection of talks, the opportunity to attend a reconstruction workshop and the fact that it was very reasonably priced.

The morning lectures were delivered in a relaxed yet informative manner and this, combined with the friendly welcome on my arrival, quickly dispelled any previous worries.

A wide variety of topics were covered before lunch from surgical mistakes to achieving flaps. These lectures were delivered in an interactive, fun manner and I quickly realised that the course provided for all levels of ability and that every effort was made to include every single delegate. I particularly enjoyed the “Surgical Pearls” lecture by Dr Graeme Stables which gave concise, instructive advice on an array of surgical issues.

The reconstruction workshops were an opportunity to apply some of the theory covered in the morning talks to practice. These sessions were divided into three categories of varying complexity (suturing, wound closure and flaps) which meant that delegates could choose which aspect of surgery they wanted to improve. This also ensured that each workshop was appropriate for each level of ability and no one group was too advanced or too basic for any candidate.

After lunch and refreshments we moved onto an interactive dermoscopy talk which correlated well with the morning lectures and emphasised its value in aiding diagnosis. This was followed on by a quiz (with a real prize!) which helped consolidate the salient learning points.

The day was drawn to a close with lectures on the academic side of surgery and comprised of valuable guidance on how to publish ideas as well raising my awareness to current influential surgical papers.

This really was a well organised, fun and highly informative course where I not only gained confidence in my own ability but also found motivation and inspiration to aim higher.

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