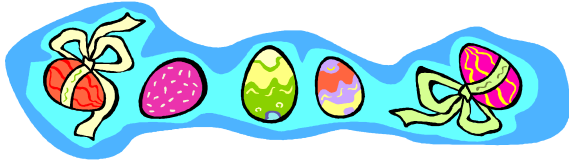


Sheffield Students' Surgical Society



NEWSLETTER

April 2007



Easter Edition



The Easter holidays are here and with exams fast approaching for many of us, there is no doubt frantic revision taking place! If you are in phase 1a or b, you may find our anatomy sessions will make revision a little easier.

In this Easter newsletter, you will find information about up and coming events of the Society in the next few weeks and the latest news. Also please do visit our website at:

www.rcssheffield.co.uk



Coming soon... Laparoscopy Workshop

Have you ever thought of becoming a general surgeon? Laparoscopy is a fundamental skill in many surgical procedures these days, but just how easy is it to operate under camera guidance? We are currently trying to organise a workshop so you can get a feel for the intricacies of such procedures. More details will be coming soon.

Events:

Anatomy Revision

Anatomy revision sessions for are due to run this month. If you have not already put your name down, please email:

sheffieldsurgsoc@hotmail.com

Dates will be emailed out shortly.

Elections

It's that time again when we say a sad farewell to some of the current committee and welcome new members. If you are interested in becoming part of the committee, details of how to apply will be sent to all Surgical Society members soon.



WIST evening (Women In Surgical Training)

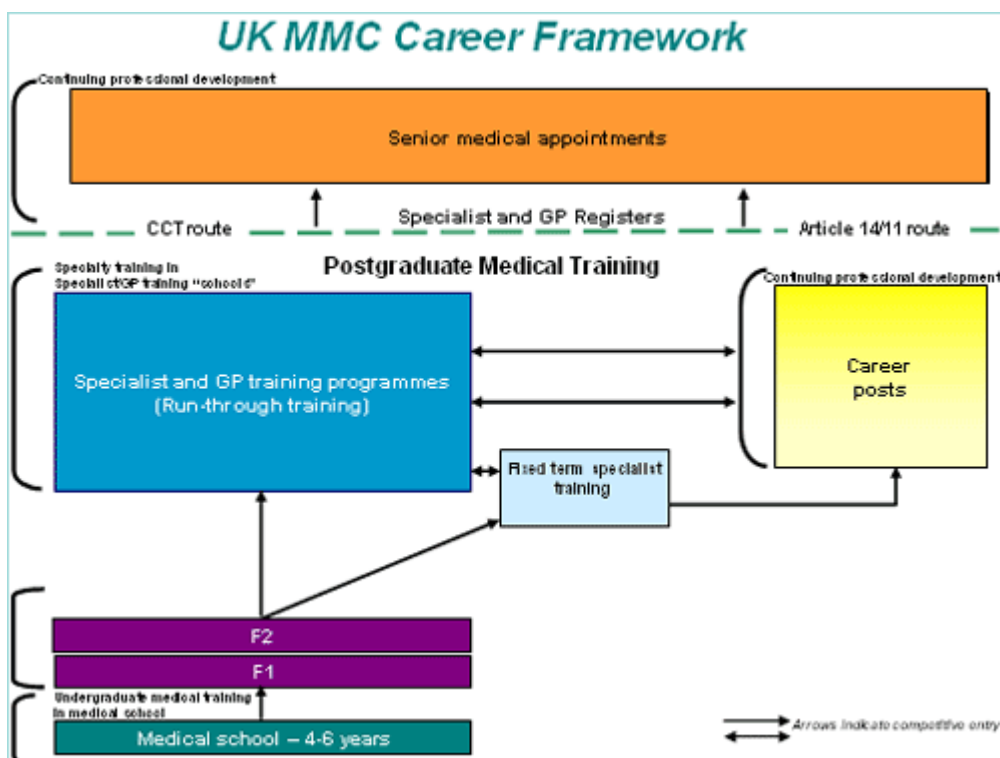
Dr Diana Fothergill, who is an Obs and Gynae consultant, delivered an interesting and useful talk on being a woman in surgery and on balancing a career with family. She gave an outline of her career and spoke about the practical aspects of fitting a family life into her career. She gave useful advice on childcare issues and stressed the importance of being organised, having a family diary containing everyone's weekly activities. Dr Fothergill thought that setting aside time for the family, such as eating together and having family holidays, is also an essential part of keeping the family united whilst being a surgeon. Miss Hunt (colorectal surgeon) proceeded to give a valuable talk on the new training system and how this fits with part-time work and maternity leave. She felt that it would be more difficult to have free time during the day to see our children, however we are able to get a year's maternity leave. Finally Miss Jenny Walker (Consultant Paediatric Surgeon) kindly came along and joined the other consultants in a question and answer session, which proved to be of great use.

MMC Talk - Dr Steve Ball

Dr Steve Ball, the Associate Postgraduate Dean of South Yorkshire South Humber Trust, and his colleague Dr Buchanan, kindly agreed to come and talk to us about Modernising Medical Careers.



After some refreshments and a brief talk by Medical Protection Society, Dr Ball spoke about the new system of foundation years and ST jobs. Run-through specialty training starts after the two foundation years, which merges the old SHO and Specialist Registrar (SpR) into Specialty Registrar (StR). This means that we will not have to apply for individual jobs once onto the training programme. In addition, there are now national curricula of competences we will have to meet at each stage of the training. Students asked questions such as, "will it be possible to get back into specialty training if you are in one of the Career posts?" The answer was that we do not know at the moment, but theoretically it is possible. Dr Ball also took us through the degree of specialisation at each level, ST1 to 4. Some jobs become specialised at earlier stages than others, and different specialties have different durations of training, surgical training being the longest.



<http://www.mmc.nhs.uk/pages/specialities/specialityframework>

Dr Ball also gave the audience an idea of the application system for jobs, including the content of the application form and example questions that could be asked, for example about how we have coped under pressure in the past. He also pointed out the pitfalls of not answering all the points of a question and not reading the question properly! Dr Buchanan emphasised the importance of thinking about our future careers at this stage and putting together a list of specialties we think would best suit us. It may not be possible to get our first choice of specialty, therefore a degree of flexibility will be required.



Overall, the talk was a good opportunity for students to find out about future career paths and gave some insight into the application process. Students also had the chance to ask Dr Ball any questions they still had at the end, which was particularly useful for those facing the application process in the coming months.

If you want more information on Modernising Medical Careers, visit www.mmc.nhs.uk

Suturing Class Review *by a keen Surgical Society member*

At the beginning of the session, Raj and Sophie ran a PowerPoint presentation to supplement the talk on the various suturing techniques that are used and what methods they are used with. We then each had hands-on practice on basic suturing with a nifty contraption that held some surgical rubber in place with 2 slits in it. There was plenty of equipment to go round and Raj shared his wide range of experience in suturing by assisting people one on one when they needed help and answering any questions we had. The session was very useful and extremely well organised, and we even got an individual certificate of attendance at the end to take home. I definitely recommend the classes to all members. It's a fantastic chance to practice without the glaring supervision of surgeons and theatre staff, in a friendly and encouraging environment.

If you have anything you want to include/announce/advertise in the next newsletter, email me (Sophie) at: mda04slc@sheffield.ac.uk