



Surgical Skills for Students and Health Professionals

2nd edition

Time	Session
0800 – 0830	Registration and refreshments
0830 – 0850	Introduction Learning outcomes Sharing experiences
0850 – 1000	Asepsis Scrubbing in Skin preparation and draping
1000 – 1015	Refreshments
1015 – 1200	Knot-tying One-handed reef knot One-handed surgeon's knot Instrument-tied reef knot Instrument-tied surgeon's knot
1200 – 1245	Lunch
1245 – 1500	Instruments and suturing Handling instruments Incision and retraction Interrupted simple sutures Vertical mattress sutures Subcuticular sutures
1500 – 1515	Refreshments
1515 – 1715	Handling tissue Local anaesthetic and excision of skin lesion Sebaceous cyst removal
1715 – 1730	Wrap up