

BSDS Stitch Up course – 12th July 2022

Jose Velazquez – Delegate Report

I was very honoured to win the 2022 BSDS scholarship and attend the Stitch Up Suturing Course. The organisation of the course was flawless - from the application process, registration, the selection of sponsors and exhibition displays up to the catering and clinical facilities of the venue. The pre-course material was also useful, especially the topics regarding local anaesthesia, types of sutures and suturing techniques, which were complemented with live seminars given by different guest speakers.

The practical sessions on pig skin were the highlight of the day. The laboratory set up was well organised; each participant had a workstation with all the necessary equipment and instruments to practise suturing on actual pieces of pig skin. The sessions were supported by experienced doctors and with the use of large TV screens we were able to closely see demonstrations of different suturing techniques.

During the practice sessions, we started using basic suturing techniques. Then we moved to advanced and specialist techniques according to the type and location of the wound to be closed. A number of tutors were always on hand to provide support for any questions we had and demonstrate how to improve our techniques if needed.

By the end of the course, I was feeling much confident suturing using different techniques and with much improved dexterity after all the practice we had.

This course has given me the knowledge and experience to feel confident suturing wounds during my day-to-day job in the Emergency Department - and also importantly, to identify suturing techniques that will help minimise scarring not only in adults but also in paediatric patients. Invaluable.

Thank you for this opportunity