

## **Stitch Up! suturing course 2023**

### **Dr Cherry Choudhary – delegate report**

Suturing and the education of the underlying basis of skin surgery is something that's lacking in our current undergraduate curriculum and Foundation years. Thus, I felt privileged to have won the BSDS scholarship 2023 for this course. The 'Stitch Up' Suturing Course was an encompassing experience which allowed me to build on my confidence and knowledge by observing the techniques of and gaining accessible support from pioneering dermatologists. The various interactive presentations going through the underlying principles of suturing equipment, hemostasis and factors affecting wound healing complemented this practice to create a holistic learning environment. There was also ample opportunity to network with fellow dermatology colleagues from all regions and grades. Candidates also benefit from a comprehensive course module book outlining key anatomical landmarks, skin preparation techniques, and complications to look out for. I found the newly created 18 suturing videos an excellent point for reference in preparation for the course and will use them going forwards to aid to my practice. Ultimately, I feel I have gained a solid foundation for independent suturing skills and would like to thank the organizing team for granting me the supportive environment to learn from this course.