

## **BSDS Stitch Up! Suturing Course – 10<sup>th</sup> July 2024**

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### **Delegate Report**

Thank you very much for the opportunity, it has been a great privilege to win the BSDS scholarship and attend the Stitch Up! Course, last July 10, 2024. This course has not only enhanced and refine my surgical technique, but also provided me the opportunity to network with my fellow surgical nurses and dermatology consultants whose expertise and support during the course are immensely appreciated. I am especially thankful for the eighteen suturing videos that I have accessed before the course, which will then serve as my reference in the course of my work and when I am teaching nurses or junior doctors in my department. I also find the lecture aspect of the course has benefited my knowledge base and accompanied with course module book, will improve identification of anatomical landmarks, skin preparation techniques, closure techniques to techniques that can prevent future complications. The practical aspects of this course, is brilliant for me as I have gained the “corrections” from my esteemed colleagues on the spot, enhancing my technique, therefore I can foresee a much more desirable aesthetic results for my patients.

Moving forward, this course has supported my path for advanced practice, in fact I am now conducting an additional two cutting list/ week, totalling to four cutting list/week. I am continuing my university courses but will be concentrating in Surgical Advance Practice, instead of General Dermatology. I also formed a forum for Dermatology Nurses in Surgery, which I have invited the nursing delegates that I have met in the Stitch Up course. This will be an informal forum, where we nurses can chat about our work and encourage each other, discuss new innovations, techniques, or ideas that nurses in dermatology surgery will find useful. So, watch this space.

Thank you again to the organizers, sponsors, behind the scenes support and to Dr Emma Pynn who continued to be the driving force behind the success of the Stitch Up! courses.