

BSDS Stitch Up! course

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Delegate Report

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I would like to take this opportunity to express my sincere gratitude to the organisers for providing me with the invaluable opportunity to attend the BSDS Stitch Up Suturing Course. This experience was particularly meaningful as suturing, despite being an essential clinical skill, is not comprehensively taught during medical school or even throughout early years of training.

The course provided the chance to develop and consolidate a variety of suturing methods, including punch biopsy, dog-ear correction, and continuous sutures. Working under the supervision of senior dermatologists was especially valuable, as they shared not only technical instruction but also practical tips and small adjustments that can make a significant difference to outcomes. Their feedback gave me confidence in my technique and highlighted areas for further refinement.

In addition to the hands-on practice, the short presentations throughout the day offered important theoretical context. These talks enhanced my understanding of the fundamental aims of dermatological suturing, particularly the importance of reducing tension and carefully planning incisions in order to minimise scarring and optimise cosmetic outcomes for patients. This integration of theory with practical application made the learning experience both comprehensive and memorable.

I feel deeply honoured to have been awarded the BSDS scholarship this year, which enabled me to take part in this course. Looking to the future, I am eager to carry forward what I have learned by continuing to practise these suturing techniques and seeking further opportunities to refine them. During my foundation training, I hope to arrange dermatology taster days where I can apply and build on these skills in a clinical setting. The course has strengthened my interest in dermatology and reaffirmed my commitment to pursuing further experience in the specialty.

Overall, this has been an enriching and highly practical learning opportunity that I believe will have a lasting impact on my training. I would recommend the BSDS Stitch Up Suturing Course to junior doctors with an interest in dermatology, as it provides both the technical grounding and the clinical insight necessary to begin developing safe, effective, and patient-centred surgical skills.