

## **Foundation Programme Year 2 Anatomy Intensive Day**

### **Venue - The Vesalius Clinical Training Centre:**

The Vesalius Clinical Training Centre (VCTC) is a purpose built facility within the School of Anatomy at the University of Bristol for post-graduate and continuing professional development in anatomical and surgical education and research. The Centre is the only facility in south-west England to provide human cadaveric tissue-based training, with taught courses providing access to an expertly dissected array of all-region fixed prosection specimens, models, bones and radiographic images. The main wet lab provides space for up to 40 individuals, with multiple large screen high-definition monitors linked to presentation facilities and a demonstration camera, and adjacent reception area (lectures/catering), changing and toilet facilities. A further conference room and smaller break-out rooms are also available. Located in Bristol city centre, the Centre is easily accessible, within walking distance of Bristol bus/coach station and Temple Meads train station.

### **Course Aim:**

To offer a condensed review of whole body anatomy over one day, relevant to all junior trainees and particularly those with surgery-related career aspirations, through laboratory-based topographical demonstrations and discussion of pre-dissected cadaveric material.

### **Course Objectives:**

- To provide access to real human tissue for revision, trouble-shooting and consolidation of anatomical knowledge;
- To review the overall framework and key anatomical principles underlying the whole body;
- To demonstrate the important musculoskeletal, neurovascular and visceral components within each area of the body;
- To focus on key areas of regional anatomy relevant to clinical examinations and common procedures.

### **Intended Learning Outcomes:**

After attending the course, trainees should be able to:

- Describe the general anatomical layout of the whole body;
- Describe the clinically-relevant structural contents and 3D relationships within each area of the body;
- Apply normal regional anatomy knowledge to clinical examinations and common procedures;
- Identify relevant areas of weaker knowledge for future self-directed learning (e.g. in preparation for post-graduate assessments).

### **Course Style:**

- Laboratory-based: Designed to maximise trainee exposure to cadaveric tissue.
- All body region review, targeted for clinical relevance.
- Trainees divided into 3 groups (maximum of 10 trainees/group), rotating around 3 stations.
- Faculty demonstration teaching sessions with time for personal review/questions.

**Outline Timetable (Guide):**

0900-0915	<b>Coffee &amp; Registration</b>		
0915-0930	<b>Welcome &amp; Housekeeping Course Introduction</b>		
	<b>Group 1 Head &amp; Neck</b>	<b>Group 2 Trunk</b>	<b>Group 3 Limbs</b>
0930-1015	Head	Thorax	Upper Limb
1015-1030	<i>Review / Questions</i>	<i>Review / Questions</i>	<i>Review / Questions</i>
1030-1115	Neck	Abdomen and Pelvis	Lower Limb
1115-1130	<i>Review / Questions</i>	<i>Review / Questions</i>	<i>Review / Questions</i>
1130-1145	<b>Coffee Break</b>		
	<b>Group 1 Limbs</b>	<b>Group 2 Head &amp; Neck</b>	<b>Group 3 Trunk</b>
1145-1230	Upper Limb	Head	Thorax
1230-1245	<i>Review / Questions</i>	<i>Review / Questions</i>	<i>Review / Questions</i>
1245-1330	<b>Lunch</b>		
1330-1415	Lower Limb	Neck	Abdomen and Pelvis
1415-1430	<i>Review / Questions</i>	<i>Review / Questions</i>	<i>Review / Questions</i>
1430-1445	<b>Tea Break</b>		
	<b>Group 1 Trunk</b>	<b>Group 2 Limbs</b>	<b>Group 3 Head &amp; Neck</b>
1445-1530	Thorax	Upper Limb	Head
1530-1545	<i>Review / Questions</i>	<i>Review / Questions</i>	<i>Review / Questions</i>
1545-1630	Abdomen and Pelvis	Lower Limb	Neck
1630-1645	<i>Review / Questions</i>	<i>Review / Questions</i>	<i>Review / Questions</i>
1645-1700	<b>Feedback &amp; Conclusion</b>		

**Regional Content Outline (Approximate):**

<b>Head &amp; Neck</b>	<b>Trunk</b>	<b>Limbs</b>
<b>Head</b>	<b>Thorax</b>	<b>Upper Limb</b>
Osteology: skull	Osteology: vertebrae, ribs	Osteology
Cranial nerves, brain	Thoracic wall, diaphragm	Major joints
Orbit	Pleural cavities	Compartments (NV supply)
Face, scalp, TMJ	Mediastinum	Regions: Carpal tunnel, brach. plex.
<b>Neck</b>	<b>Abdomen and Pelvis</b>	<b>Lower Limb</b>
Osteology: vertebrae	Osteology: pelvis	Osteology
Triangles – ant., post.	Abdominal wall, peritoneum	Major joints
Pharynx, larynx	Abdominal contents	Compartments (NV supply)
Nose, mouth	Pelvis, perineum	Regions: Fem. Triangle, pop. fossa

**Recommended Preparatory Reading:**

The course assumes a basic undergraduate knowledge of regional anatomy. To gain the most benefit from the day some pre-course reading is recommended, guided by the outlined regional content above. The following text provides a good level of clinically-relevant general anatomy knowledge for all body regions:

- *Clinical Anatomy: Applied Anatomy for Students and Junior Doctors - Ellis, Mahadevan; 14<sup>th</sup> Ed*

**Location**

Vesalius Clinical Training Centre  
University of Bristol  
School of Anatomy  
32 Southwell Street  
Bristol  
BS2 8EJ

**On the Day**

- Please arrive promptly to start at 0900 at the School of Anatomy on Southwell Street (BS2 8EJ) and enquire at the porters' lodge (on the right side of the building as you face it) for the Vesalius Clinical Training Centre.
- Parking is not available on-site, however reasonable all-day parking is available at options such as the Cabot Circus and Trenchard Street car parks, as well as paid on-street parking nearby. Please be aware Bristol city centre operates a clean air zone ([Bristol's Clean Air Zone](#)). Nearest public transport options: Bristol Bus/Coach Station (5-10 mins walk), Temple Meads Train Station (25-30 mins walk).
- Coffee/tea will be provided in the morning/afternoon, but lunch and snacks are unfortunately not provided – there is space for you to eat your own lunch brought with you, or there are a number of cafes nearby (e.g. St. Michael's Hill – Parsons, Mocha Mocha; Co-op).
- You are advised to bring a jumper/ayers as the laboratory can feel quite cold (necessary for preservation of the specimens).
- Be prepared for an intense day of learning and focus – aim for a good night's sleep beforehand!

**Health & Safety and Regulations**

- Please read the provided Rules & Regulations documentation for your own safety, attire and conduct on the day. *You will be required to sign this disclosure agreement when you attend.*
- Lab coat and gloves will be provided.
- Please wear appropriate footwear (i.e. no exposed areas of the foot, e.g. open-toe sandals).
- Please note that cameras and mobile phones are not permitted in the dissection room.

**Anatomy Course Lead:**

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