

F2 Anatomy Revision Days

Dates:	Thorax Anatomy	Friday 19th October 2018
	Abdo/Pelvis Anatomy	Friday 7th December 2018
	Musculoskeletal Anatomy	Friday 25th January 2019
	Neuroanatomy	Friday 15th March 2019
	Head & Neck Anatomy	Friday 3rd May 2019

Time: 08:30-16:30

Location: Vesalius Clinical Training Unit, Centre for Applied Anatomy,
University of Bristol, Southwell Street, Bristol, BS2 8EJ.

Five different regional anatomy teaching days tailored to the junior trainee.

These days will offer good anatomy revision of a specific region for all foundation year 2 trainees, including those with a future surgical career in mind. The study days will encompass a mixture of lecture presentations and two hour anatomy revision sessions using prosections, osteological and radiology resources.

- **Anatomy of the Thorax (Date: Friday 19th October 2018)**
 - Revision: Anatomy of the thoracic cavity, heart & lungs
 - Lectures - Anatomy for procedural safety in trauma
 - Embryology of the cardiovascular system and neonatal heart disease
- **Anatomy of the Abdomen/Pelvis (Date: Friday 7th December 2018)**
 - Revision: Anatomy of the GI tract, hepatobiliary and urogenital systems
 - Lectures - GI anatomy in practice: anatomy for safe abdominal procedures
 - Anatomy in obstetrics and gynaecology
- **Musculoskeletal Anatomy (Date: Friday 25th January 2019)**
 - Revision: Anatomy of the upper and lower limb
 - Lectures - Anatomy of safe joint injection techniques
 - Applied anatomy of sports injuries
- **Neuroanatomy (Date: Friday 15th March 2019)**
 - Revision: Anatomy of the brain, meninges, spinal cord, plexi and peripheral nerves
 - Lectures - Applied anatomy of clinical neurology and safe procedural techniques
 - Neurosurgery
- **Head & Neck Anatomy (Date: Friday 3rd May 2019)**
 - Revision: Anatomy of the head and neck including face, eye, ear, nose, and throat
 - Lectures - Applied anatomy of safety in anaesthetics
 - Plastic Surgery

Module Lead: Dr. Sarah Allsop, University of Bristol

F2 Anatomy Revision Days

Programme

Each of the five separate revision days will offer a different regional anatomy teaching course tailored to the junior trainee. These days will offer good anatomy revision for all foundation year 2 trainees, and are likely to be of particular interest to trainees with a future surgical career in mind. The study days will encompass a mixture of lecture presentations and two hour anatomy revision sessions using prosections, osteological and radiology resources. It is an interactive day without handouts, and you may wish to prepare a little in advance with a good anatomy textbook or website to read around the region being studied on the day.

General

You must arrive promptly ready to start at 09:00 at the University of Bristol Centre for Applied Anatomy on Southwell Street (BS2 8EJ) and enquire at the porters' lodge for the Vesalius Clinical Training Unit.

Please read the attached Health & Safety documentation regarding your attire and conduct on the day.
You will be required to sign a disclosure agreement when you attend.

Sample Timetable

08:30 – 09:00	Registration & Coffee	
09:00 – 09:15	Welcome	
09:15 – 10:00	Applied Lecture 1	To emphasise the use of anatomical knowledge for safe clinical practice
10:00 – 10:15	Health & Safety Briefing	You must be present for the Health & Safety lecture or you will not be permitted to enter the dissection room
10:30 – 12:30	DR Session 1	Session in the dissection room to study the pre-dissected specimens and revise regional anatomy. Session will cover clinically based anatomy to include surface markings, principles behind clinical examination, incisions sites, organs in situ and in isolation, adjacent neurovascular structures
12:30 – 13:00	Lunch	
13:00 – 15:00	DR Session 2	As above
15:00 – 15:15	Coffee	
15:15 – 16:15	Applied Lecture 2	To emphasise the use of anatomical knowledge for a specialist area of practice
16:15 – 16:30	Feedback and Close	

The Human Dissection Room: Rules & Regulations

Please read the following recommendations and rules regarding your health and safety and conduct whilst in the Human Dissecting Room (HDR).

The dissected specimens (prosections) are preserved in formalin, which can irritate eyes, respiratory tract and skin. However, we ensure that the levels in the HDR are well below the legal exposure limit. You should also adhere to the following rules in order to minimize your own exposure. **Please seek advice if you are pregnant or breast-feeding.**



- *Protect your clothes:* Wear a white coat at all times (please hang up coats on racks when leaving and never take white coats upstairs)



- *Protect your skin and hair:* Use clear plastic gloves when handling any wet specimens; tie back long hair; open-toed shoes are not permitted



- *Protect your eyes:* You are advised not to wear soft contact lenses; goggles are available on request
- *Protect your mouth and nose:* Do not eat, drink or chew gum; try not to bring your face close to the specimens; tell us if you have a respiratory problem (e.g. asthma) before coming into the HDR

- *Accidents:* Any minor cut must be immediately scrubbed with germicidal soap and covered, and an accident form must be completed; in the case of a more serious accident, seek advice from your demonstrator immediately
- *Allergies:* latex allergy is extremely unusual, and we only use latex free gloves in the HDR, but if you think you may be developing an allergy to any substance in the HDR, please notify your demonstrator immediately

Respect for the specimens

You are very privileged in being able to examine and learn from human bodies. We have both a legal and ethical responsibility to treat the material with respect and dignity at all times. You must also remember that each prosection takes hours of painstaking work to prepare and you should handle them with great care.



- Specimens must not be removed from the HDR.
- Students must not remove any specimens from tanks, buckets or cupboards.
- Students must not use dissecting instruments (e.g. forceps) to examine a specimen.
- A technician must be informed immediately if a specimen becomes damaged or if a label becomes detached from a specimen.



- No photographs are permitted in the dissection room
- No cameras or mobile phones are permitted in the dissection room

If in doubt about any aspects of health and safety, please seek advice from the demonstrators or HDR technicians