

## Surgical Research

Surgeons are at the forefront of finding new ways to fight disease. It is also essential for a surgeon to be able to evaluate new techniques and research findings. Trainees are encouraged to be involved in journal clubs but also to be more directly involved with research projects. These can range from individual audits to more larger scale projects and research which can be done as part of a group.

The Welsh Barbers Society is a group founded by surgical trainees in the Wales Deanery.

It can be joined by any Welsh surgical trainee or medical student with an interest in surgery. The society has been set up to inform, support and guide on all aspects of working life as a junior surgeon. It also encompasses the Welsh Barbers Research Group (WBRG) which can help trainees get involved in existing projects or set up new studies to enhance your skills and CV.

[www.welshbarbers.org](http://www.welshbarbers.org)



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Health Education and  
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## Useful Contacts:

### Health Education & Improvement Wales

**Website:** <https://heiw.nhs.wales>

**Email:** [HEIW.recruitment@wales.nhs.uk](mailto:HEIW.recruitment@wales.nhs.uk)

### Welsh Institute for Minimal Access Therapy (WIMAT)

[www.walesdeanery.org](http://www.walesdeanery.org): follow the links to WIMAT

### Association of Surgeons in Great Britain and Ireland:

[www.asgbi.org.uk](http://www.asgbi.org.uk)

### Association of Surgeons in Training:

[www.asit.org](http://www.asit.org)

### Training Programme Director Contact:

[csttpdwales@gmail.com](mailto:csttpdwales@gmail.com)



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## A CAREER IN:

## Core Surgical Training



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Succeed and inspire.

## A Career in Surgery

Surgery is a rewarding and exciting field of medical practice. It is a unique career which combines intellectual rigour, high levels of patient contact and technical skill. Although surgery requires commitment and dedication, it is a tremendously satisfying career.

Surgery sub-specialties include:

- General Surgery
- Vascular Surgery
- Trauma and Orthopaedics
- Urology
- Otorhinolaryngology (ENT)
- Ophthalmology
- Oral and Maxillofacial Surgery
- Paediatric Surgery
- Plastic Surgery
- Neurosurgery
- Cardiothoracic Surgery

Surgical specialties are among the most competitive areas of medicine in the UK.

To succeed in surgery you will need both technical skills and a broad knowledge base. You will also require determination and careful career planning.

## Core Surgical Training

After completion of Foundation Training, aspiring surgeons complete a two year Core Surgical Training (CST) during which they should pass their MRCS to allow them to apply for Higher Specialty Training (HST). Ophthalmology, Cardiothoracic and Neurosurgery are currently the only surgical specialties offering entry to Run-Through Training immediately after Foundation.

CST rotations provide the essential building blocks for a future career in Surgery and involve rotations across different specialties within surgery.

During these CST years you will be expected to develop competency in:

- Technical knowledge and clinical expertise with good hand-eye coordination
- Communication skills, leadership and team involvement
- Judgement under pressure, decision making and problem solving
- Situation awareness and professional integrity



## Core Surgical Training in Wales

In Wales, CST is organised by the Wales School of Surgery. It is delivered across three regions: South West Wales, South East Wales and North Wales.

Wales is part of the Improving Surgical Training pilot and offers IST training on 3 sites. **Aneurin Bevan University Health Board (Royal Gwent Hospital) Cwm Taf Morgannwg University Health Board (Royal Glamorgan and Prince Charles Hospital) , Betsi Cadwaladr University Health Board, (Ysbyty Gwynedd, Bangor)**

Others are hoping to join. Trainees enter at ST1 and are appointed to run through training provided they meet appointability criteria at ST3 interviews. IST offers focused training to ensure a seamless surgical training programme.

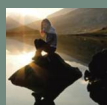
Trainees undertake posts in a diverse range of surgical specialties and training locations across North and South Wales.

The rotations are specialty themed and consist of a first year of 3 x four month placements and a second year of 2 x six month placements.

A successful teaching programme based on the Intercollegiate Surgical Curriculum is run in North and South Wales, rotating around postgraduate centres in each region.

The Welsh Institute of Minimal Access Therapy (WIMAT) is a Royal College of Surgeons Accredited Surgical Training Centre and provides numerous essential courses, e.g. Basic Surgical

Skills, ATLS® and CRiSSP®. Welsh trainees are encouraged to attend these courses.



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