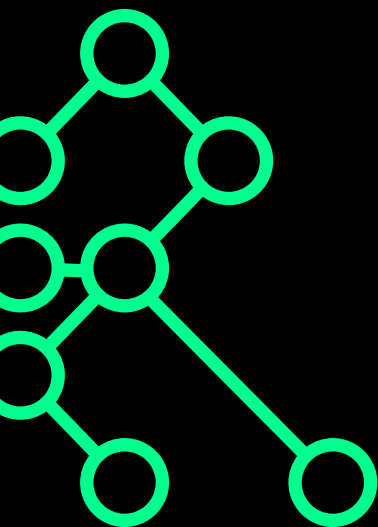




Hand and wrist
FRCS (Tr & Orth)
revision course



Date: 5—6 October 2023
Venue: Harlow, Essex (venue tbc)
CPD: 12 credits (applied for)

Hand and wrist FRCS (Tr & Orth) revision course

 **5—6 October 2023**
 **Harlow, Essex (venue tbc)**

Registration fees

**Lectures with vivas
and clinicals:**£375

Lectures only:£275

Book your space here: <https://oruk.org/upcoming-events/hand-and-wrist-frcs-tr-orth-revision-course-5-6-october-2023>

**This course has been organised
jointly by Orthopaedic Research
UK and Let's Talk Dr.**

Course convenors:

Mr Rishi Dhir
Consultant Upper Limb Surgeon,
[The Princess Alexandra Hospital NHS Trust](#)

Educational aims and objectives

This course is designed for candidates preparing for the FRCS (Tr & Orth) exam, and trainees who are in their earlier years of training and would like to gain hand and wrist surgery knowledge and viva experience. It is particularly unique as it is completely exam focused giving you the exact buzz words and key concepts to help you in the exam.

In the mornings, we will deliver a comprehensive lecture programme covering the core components of hand and wrist surgery topics for the FRCS (Tr & Orth) exam.

In the afternoons, mock viva & clinical stations will provide you with the opportunity to refine and test your hand and wrist surgery knowledge, practise your exam technique, and clarify any issues with an experienced specialist faculty.

Cancellation policy & filming notice

To view our cancellation policy and filming notice, please visit the ORUK website here: www.oruk.org/event-cancellation-policy

What delegates say about this course

"Good indication of the standard expected and excellent opportunity to practice"

"Helped me build a frame work for answering questions and key knowledge"

"Helped solidify knowledge and vocalise thoughts"

"It has given me more direction in terms of what I need to know"

Course programme (day 1)

Thursday 5 October 2023

08:40	Registration & refreshments
ELECTIVE LECTURES	
08:55	Morning introduction
09:00	Hand and wrist anatomy
09:15	General surgical approaches to hand and wrist
09:30	Clinical approach to wrist pain
09:45	Carpal and wrist biomechanics
10:10	Dupuytren's
10:25	Inflammatory arthropathy (RA, psoriatic, gout)
10:40	Break
11:00	Osteoarthritis
11:15	Kienbock's
11:30	Compressive neuropathies
11:45	Plexus and nerve conduction studies
12:00	Congenital hand
12:15	Hand and wrist lumps
12:30	Seminal elective papers
12:45	Lunch
VIVAS (delegates will rotate through stations)	
13:30	Viva practice
15:00	Break
15:20	Viva practice continued
16:50	Round the tables
17:00	Close of course

Course programme (day 2)

Friday 6 October 2023

08:40	Refreshments
TRAUMA LECTURES	
09:00	Scaphoid fracture
09:15	Distal radius fractures
09:30	PIPJ and MCPJ dislocations
09:45	Base of thumb fractures + thumb MCPJ injuries
10:00	Metacarpal and phalangeal fractures
10:15	Soft tissue including mallet injuries
10:35	Break
10:55	Soft tissue infection
11:10	Peripheral nerve
11:25	Fingertip injuries
11:45	Lunate and perilunate dislocation
12:05	Hand compartment syndrome
12:10	Seminal trauma papers
12:25	Top tips for short clinical cases
12:40	Lunch
SHORT CASE CLINICALS WITH PATIENTS (delegates will rotate through stations)	
13:25	Short case clinicals practice
14:55	Break
15:15	Short case clinicals practice
16:45	Round the tables
16:55	5 questions and closer
17:15	Close of course