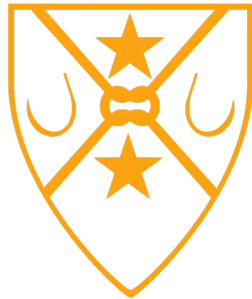

[View this email in your browser](#)



THE
MOYNIHAN
ACADEMY
PURSUIT OF SURGICAL EXCELLENCE

Welcome to our Winter Newsletter and what a busy time it has been! Hopefully you're all planning some rest and recuperation in December before the excitement of January and the Moynihan Academy EGS Weekend! Tickets are still available so sign up now!

It was a delight to see so many of you at the ASGBI EGS Day in Manchester. I really valued the variety of perspectives and innovative ideas for how we can continue to care for some of our sickest patients. We must endeavour to build a community of surgeons and trainees that can learn from our mistakes, inspire others and make things better in the emergency setting.

Another highlight was Mr Christian Macutkiewicz's Inagural Presidential Dinner. Whilst we celebrated new beginnings, it was a bittersweet goodbye to Prof Gill Tierney, who has done so much for trainees and the Moynihan Academy. Throughout her Presidency, she has always ensured trainees have a voice and she's been a strong advocate for promoting surgical training under ever increasing pressures. Gill's wisdom, kindness and powerful leadership has continually demonstrated to us, you can be kind and still get s**t done. We can not thank her enough for the mentorship and encouragement she has given us.

Below are some heartfelt messages from the MA council recognising her remarkable impact.

Jared Wohlgemut, Vice President, *'Thank you so much for your incredible, steadfast and enthusiastic leadership over the last several years. You have been encouraging to me personally, the MA generally and ASGBI globally. You are an excellent ambassador of the qualities of a general surgeon – leading with integrity and focused on patients. You will be missed!'*

Faiza H Soomro, EGS Lead, *'I vividly remember chairing a session at ASGBI with you in your pink power suite, I asked how one could navigate the inevitable pushback when striving to bring about*

change, and without hesitation, you stood up and said, “You go do it.” Your legacy will undoubtedly continue to shape future surgeons, and I feel privileged to have witnessed your leadership firsthand.’

Gita Lingham, Treasurer, *‘To the style icon of ASGBI. Thank you for being such a wonderfully glamorous president. I owe many of my career highlights to your mentorship and leadership. You have been an outstanding President and a true inspiration to all trainees!’*

Michael Okocha, Immediate Past President, has written a full letter of thanks available at the end of the newsletter but this final sentence encapsulates it beautifully. *‘On behalf of myself and countless others who have had the privilege to work with you, thank you for your unwavering support, your leadership, and your belief in us. You have shaped careers, inspired change, and left a legacy that will endure for generations’*

As we look to the future under the dynamic leadership of Christian Macutkiewicz, Jonathan Epstein and the new ASGBI Exec council, we carry forward the humanity and wisdom of Prof Gill Tierney’s presidency, guided by the wise words ‘If nothing else, be kind’





THE
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EGS AND TRAUMA SYMPOSIUM 2025

10TH & 11TH JANUARY 2025
AUSTIN COURT, BIRMINGHAM
AND ONLINE

Join us for a weekend of EGS and Trauma, featuring a comprehensive mix of lectures and practical sessions. With MRCS and FRCS streams, the symposium offers useful learning, revision and top tips to help you prepare for your upcoming exams.

PROGRAMME FEATURES

MRCS

- Surgical Anatomy and Pathology for MRCS
- Basic Surgical Skills stations including instrument tying, hand tying, laparoscopy and ward-based procedures
- Inspirational career talks
- Keynote Speaker: Dr Ammar Darwish

FRCS

- Emergency General Surgery
- Colorectal Emergences
- UGI Emergencies
- Trauma Radiology
- Breast Surgery
- Fellowships
- How to prepare for the FRCS
- FRCS viva practice stations with demonstration

REDUCED REGISTRATION RATES FOR MEMBERS UNTIL 1ST DECEMBER

FOR MORE INFORMATION OR TO REGISTER
[CLICK HERE](#)

Papers of the Month

Mike Bath, MA Research Lead

A real potentially game-changing paper in this issue published recently in the BJS - we highlight the

early results published from an ongoing trial into laparotomy closure.

Make sure to also check out our other recommended paper from BMJ Evidence-Based Medicine covering all things risk and ratio!

Reinforced tension-line suture after laparotomy: early results of the Rein4CeTo1 randomized clinical trial. Wenzelberg CL et al., British Journal of Surgery (2024)

DOI: <https://doi.org/10.1093/bjs/znae265>

Question: Does the addition of a reinforced tension-line (RTL) suture to a standard 4 : 1 small-bite closure reduce the incidence of incisional hernia after colorectal cancer surgery?

Findings: 134 patients were analysed at 1 year post-op, with incisional hernia identified in 4 patients (6%) in the RTL group and 15 patients (21%) in the PDS group (OR 3.95)

Take home thoughts: The control group was appropriate (small-bite closure) and these early results are promising. However, current data limited to elective colorectal cancer patients, will be interesting to see if this gains momentum wider field.

Risk ratios, odds ratios and the risk difference. Richardson R et al. BMJ Evidence-Based Medicine (2024)

DOI: <https://doi.org/10.1136/bmjebm-2024-113088>

Provides a summary of how to interpret risk ratios and odds ratio, at an ideal level suitable for all surgical trainees

>>> SURVEY <<<

WE WANT TO KNOW

How are you navigating animal material
in General Surgery?



Calling all trainees+ SAS/LED + consultants in
General Surgery

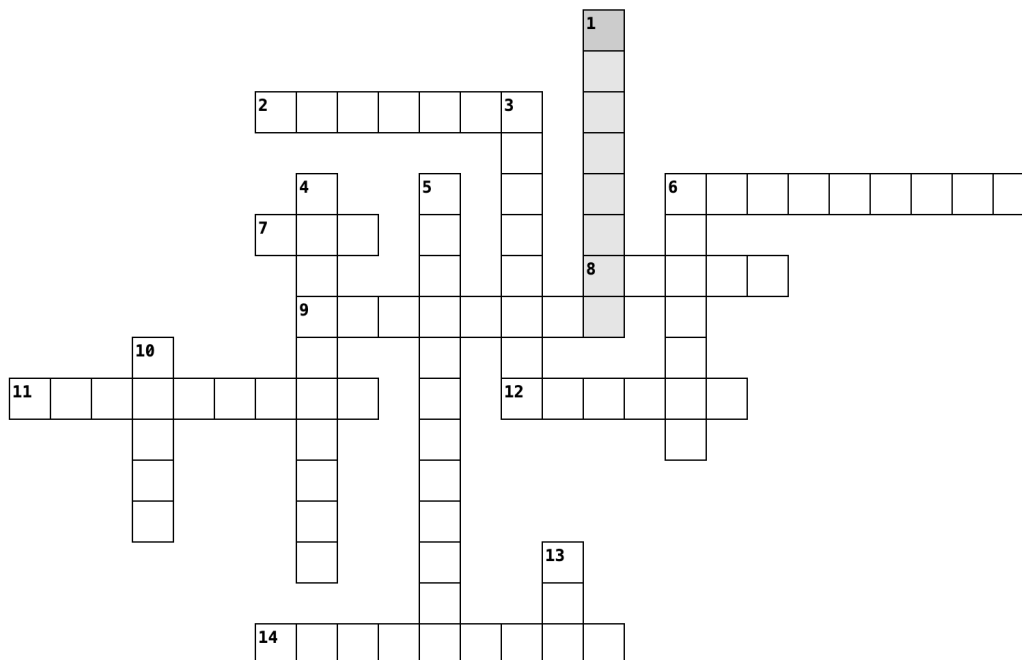
<https://formurl.com/to/MoynihanSurveyAnimalProducts>



Equality, Diversity and Inclusion

with Marwa Jama, MA EDI Lead

It is winter again! Want to find something fun to do without having to brave the cold and dark outside world? Do our [EDI crossword](#) and learn all about Inclusivity and find some clues on what we are working on at MA!



And don't forget to check out our Diversity podcasts at <https://asgbi.podbean.com/>

Latest in Surgical Education

presented by

Garima Govind, MA Education Lead

We have been busy with ASGBI Webinars recently! Don't miss the Live Surgery Webinar Series featuring an experienced surgical consultant alongside an MA Council member to give a trainees' perspective too:

- 18th November – The Evolving Anastomosis
- 25th November – Incarcerated Hiatus Hernia
- 2nd December – How to Perform an Emergency Bariatric Rescue
- 9th December – How to do a Laparoscopic Cholecystectomy Safety

If you missed them live, you can still watch them on demand [here](#).

The Early Bird Deadline for our EGS Weekend on 10/11th January is coming up, so remember to get your tickets [here](#)!

Finally, you can watch back all aspects of the ASGBI EGS Symposium online, however we would like to draw your attention to Prof Jon Lund's insightful and powerful talk on the current state of training in EGS in the UK. This highlights the incredible effort trainers and trainees put in in spite of the challenges that we can face in EGS training and motivates us to keep going!

Watch [here](#) (you'll have to login to access).

EGS Hot Topic

with

Faiza Hashim Soomro, MA EGS Lead

My update this month is focussing on all things EGS Symposium. The symposium achieved record registration numbers this year, making it a vital gathering for EGS experts to share advancements in research and techniques. Inaugurated by Sonia Lockwood, EGS Director for ASGBI, it featured a diverse range of talks, focusing on strategies to prevent complications, enhance patient care, and address challenges in surgical training. I've summarised some of the highlights of the day below, enjoy!

The first session emphasized preventative measures in EGS, beginning with insights into an electronic morbidity and mortality (M&M) reporting system presented by Graeme Couper from Edinburgh. This system offers a streamlined way to track and analyze complications, paving the way for targeted improvements. Jessica Ryan from Dublin highlighted the importance of effective handover practices, demonstrating how clear communication can significantly reduce errors. Marco Ceresoli from Milan expanded on enhancing perioperative care through multidisciplinary collaboration, while Caris Grimes from London discussed the proactive management of complications. A standout presentation by Jenna Morgan from Sheffield introduced the concept of Second Victim Syndrome, which addressed the emotional toll of complications on surgeons, particularly trainees, and emphasized the importance of mentorship and fostering a growth mindset.

The second session focused on high-risk patients and insights from the National Emergency Laparotomy Audit (NELA). Lynsday Pearce provided an overview of NELA's achievements, followed by Louise da Silva's compelling talk about the "Recover Well" patient information leaflet, which empowers patients and their families with clear recovery guidance. Ee Neng Loh from London discussed the NoLap initiative, showcasing strategies to improve outcomes for patients who do not undergo laparotomy. Carolyn Johnston's presentation explored innovative ways to reduce delays to theatre and improve patient experience. Together, these talks underscored the need for patient-centric approaches to enhance care.

The afternoon sessions shifted focus to training and innovation in EGS. Ana Maria González Castillo from Barcelona introduced an abdominal wall closure bundle to prevent incisional hernias, showcasing a practical solution for improving outcomes. Jon Lund from Derby delivered a powerful message highlighting the crisis in surgical training with his call to action: #notrainingtodaynosurgeontomorrow. He emphasized the urgent need for better opportunities for hands-on training and proposed solutions like mentorship and simulation-based learning. Joe Norton from Edinburgh explored how sabermetrics—a concept borrowed from sports analytics—can improve patient safety by using data-driven insights to predict outcomes and prevent complications.

The final session concluded with reflections on surgical careers. Hilary Brewer shared her experiences as the Averil Mansfield Fellow, offering inspiration to aspiring surgeons, while Professor Iain Anderson closed the event with advice on managing complications across a career. As he said *“When it’s tough, remind yourself of what good you are doing!”*

The symposium highlighted the importance of innovation, collaboration, and education in EGS, leaving attendees inspired to implement these strategies in their own practices. Hopefully this summary has left you as enthused as we were about EGS as a career!



EARLY CAREERS: CORE SURGICAL TRAINING

Have you just applied to Core Surgical Training? Are you planning on a career in surgery but not sure about changes to recruitment? Look no further, as we have summarised the 2025 CST recruitment!

<https://moynihanacademy.org.uk/early-careers-core-surgical-training/>

Wellbeing in Surgery with Rute

Hi everyone! Welcome to this addition of “Wellbeing with Rute”! I wanted to take a moment to talk about something I think we all need more of in our lives: opportunities to connect, learn, and recharge. Conferences and congresses aren’t just about CPD points or ticking boxes—they’re a real chance to grow, share, and reflect on why we chose this amazing (and sometimes overwhelming) career in

surgery.

Learning points from EGS Symposium

On 13th November, I had the pleasure of attending the Emergency General Surgery (EGS) Symposium in Manchester, and I can honestly say it was a day packed with incredible talks and energy.

One presentation that really stuck with me was on “The Second Victim Syndrome”, which tackled the emotional toll that adverse patient outcomes can have on clinicians. It’s something we don’t talk about enough, but it’s so important to acknowledge that we’re human too. The session offered practical ways to recognise and manage the feelings that can follow these events.

Why Conferences Matter for Our Wellbeing

Let’s be honest: surgical training can sometimes feel like a marathon you didn’t sign up for. Conferences are like those water stations along the way—they keep you going. Here’s why they’re so good for our wellbeing:

- **A Change of Scene:** Getting out of the hospital bubble and meeting others who just “get it” is like therapy but with CPD.
- **Learning without the Pressure:** Whether you’re presenting or just soaking it all in, it’s a chance to grow in an environment that feels supportive and exciting.
- **Shared Stories:** Hearing others share their struggles and wins reminds you that you’re not alone—it’s a real boost.
- **Fresh Perspective:** You leave feeling inspired and with new ideas to bring back to your day-to-day practice.

If you’re not following #WellbeingWednesday yet, now’s the time!

Here’s what’s coming up next:

- How to spot the signs of burnout before it’s too late.
- Quick mindfulness tips you can use in the theatre (yes, really!).

We’d love to hear from you, so jump in and join the conversation and tell us:

- What’s been your most memorable conference moment?
- What wellbeing topics do you want us to focus on next?

Let’s keep building a community where surgical training is about thriving, not just surviving.

Stay informed, stay engaged, and stay well!

Rute



Theatre Etiquette Dephi (TED) study

Collaborative authorship opportunity.

We aim to conduct a Delphi consensus to create standardised guidelines for surgical trainees and medical students on theatre etiquette.

Please help & collaborate by completing this 5 min [questionnaire](#).

Trauma in Depth

With the increasing recognition of trauma and emergency surgery as integral components of general surgery training, it has become imperative for trainees to stay abreast of the latest advancements in these fields. Engaging with leading journals that focus on trauma surgery and Emergency General Surgery (EGS) not only helps you navigate the wealth of information available but also offers numerous benefits. These include continuous learning through regular updates on the latest research, professional development by supporting exam preparation and informing clinical practice, networking opportunities

with peers and leaders in the field, and research inspiration by understanding current trends that can inspire your own projects and contributions. For those who are uncertain where to begin, these high-yield resources will enhance your learning experience and professional growth.

1. European Journal of Trauma and Emergency Surgery

Why Read It?

This journal offers an International perspective on trauma and emergency surgery, providing insights into practices across the continent, which are highly relevant to us in the UK.

Synopsis

Features original articles, reviews, and case studies on trauma surgery, emergency surgery, and related fields. Topics include surgical techniques, patient management strategies, and analyses of outcomes.

Subscription Details: Through Springer's website or via institutional access.

Formats Available: Online access with options for print subscriptions. Digital formats include HTML and PDF versions.

Benefits of Subscribing

- Great platform for insights into European standards and innovations in trauma care.
- Access to clinical guidelines and consensus statements.
- Recent highlights
- Pre-hospital care advancements.
- Trauma system organisation in different countries.
- Surgical management of complex injuries.

2. Trauma Surgery & Acute Care Open

Why Read It?

An open-access journal from BMJ, it's easily accessible and free, making it ideal for trainees.

Synopsis

Covers trauma surgery, emergency surgery, critical care, and associated disciplines. Emphasises rapid dissemination of research findings to improve patient care.

Subscription Details: No specific subscription needed available on the BMJ website!

Formats Available: Online in HTML and PDF formats.

Benefits of Subscribing

- Free access to current research.

- Ability to read and share articles with ease.
- Stay informed with global developments in trauma and acute care surgery.
- Recent highlights
- Damage control resuscitation techniques.
- Advances in trauma imaging.

3. Journal of Trauma and Acute Care Surgery

Why Read It?

A premier international journal providing global perspectives valuable to UK trainees.

Synopsis

Publishes original research, systematic reviews, and clinical studies focusing on all aspects of trauma care, emergency surgery, and critical care medicine.

Subscription Details: Through the journal's website (Wolters Kluwer) or via institutional access.

Formats Available: Print and online, with great multimedia supplements online.

Benefits of Subscribing

- Access high-impact research and evidence-based practices.
- Insights into international trauma protocols.
- Top Articles to Explore
- Trauma resuscitation protocols.
- Surgical interventions for complex trauma cases.
- Critical care management strategies.

4. Annals of the Royal College of Surgeons of England

Why Read It?

As the official journal of the Royal College of Surgeons of England, it's highly pertinent to UK trainees and covers a broad spectrum of surgical practice, including trauma. In my opinion, it's an excellent resource for those preparing for the FRCS examination.

Synopsis

Publishes articles on clinical practice, research, and education in surgery. Includes case reports, clinical studies, and discussions on surgical training and professional development.

Subscription Details: Members receive it as part of their Royal College membership. Non-members can subscribe via the journal's website or access it through institutional subscriptions.

Formats Available: Print and online, with access to current and archived issues.

Benefits of Subscribing

- Stay informed about surgical practices and guidelines within the UK.
- Access articles focusing on surgical education and training.
- Opportunities to publish and contribute to the UK surgical community.
- Excellent resource for FRCS exam preparation.
- One of the many benefits of RCSEng membership

Top Articles to Explore

- Trauma care developments within the NHS.
- Updates on surgical training curricula.
- National clinical guidelines and consensus statements.

How to Access These Journals

Accessing these journals can be straightforward. Firstly, check if your hospital or university provides free access, as libraries often have subscriptions to these publications. If institutional access isn't available, you can purchase personal subscriptions directly from the publishers' websites—trainee discounts may be offered. Many journals also provide digital subscriptions through online platforms, giving you immediate access to new issues and archives. Additionally, you can utilise open-access journals like Trauma Surgery & Acute Care Open for free, unrestricted content.

Top Tips for Staying Informed

To stay up to date with the latest developments, consider setting up email alerts or RSS feeds from these journals to receive notifications about new publications. Joining a journal club—or starting one yourself—is another excellent way to discuss and critique recent articles with peers, deepening your understanding through collective insight. Additionally, contributing your own research or case reports to these journals can enrich the field and significantly enhance your CV.

Final Thoughts

Engaging with these journals will enrich your knowledge and enhance your clinical practice. To get the most out of these resources, ensure you're fully utilising your subscriptions and your institution's access to these publications.

For those preparing for the EGS and trauma components of the FRCS examination, I highly recommend the Annals of the Royal College of Surgeons of England as an excellent resource. Additionally, consider attending the Moynihan General Surgery and Trauma Symposium Weekend 2025 to further enhance your readiness for the exam!

Happy Reading!

Best Regards,



**CLARITY: SurgiCaL educAtion to
Reduce InCorrecT care pathwaYs and
enhance patient outcomes in right
iliac fossa pain**

Find out more about CLARITY [here](#).

Special Thank You to Prof Gill Tierney from Immediate Past President Michael Okocha

It is with immense gratitude and deep respect that I write this note to honor Professor Gill Tierney, a truly inspirational leader and unparalleled mentor. From the moment I took on the Moynihan Academy presidency, her support was unwavering. She reassured me that she would back my vision, offering not just encouragement but the tangible resources and time needed to achieve it. Her guidance was instrumental during moments of uncertainty, and her belief in my potential never faltered.

Professor Tierney's mentorship extended far beyond professional advice; she demonstrated a profound care for her trainees. Whether it was a late-night conversation to navigate challenges or thoughtful advice on how to approach delicate situations, she exemplified what it means to lead with compassion.

During tough times in my own training, her steadfast support was a source of strength. I have often revisited her words of encouragement and wisdom, which remain as relevant and motivating as ever.

As President of the ASGBI, Professor Tierney has been nothing short of transformational. She has elevated the organisation to new heights, engaging with diverse forums and stakeholders while maintaining a forward-looking vision for surgery. Her ability to unite surgeons, foster innovation, and prioritise the future of the profession, rather than dwelling on its past, has been nothing less than inspiring. Her leadership has left an indelible mark, creating a vibrant and inclusive surgical community.

Professor Tierney, you have shown us that excellence is not just about skill but also about humanity and vision. On behalf of myself and countless others who have had the privilege to work with you, thank you for your unwavering support, your leadership, and your belief in us. You have shaped careers, inspired change, and left a legacy that will endure for generations.

With heartfelt gratitude,
Michael “Dynamo” Okocha
RCSEd Council & Past President, ASGBI Moynihan Academy



Our mailing address is: info@moynihanacademy.org.uk

