

# Life in a Surgical Career



**Mark E. O'Donnell**

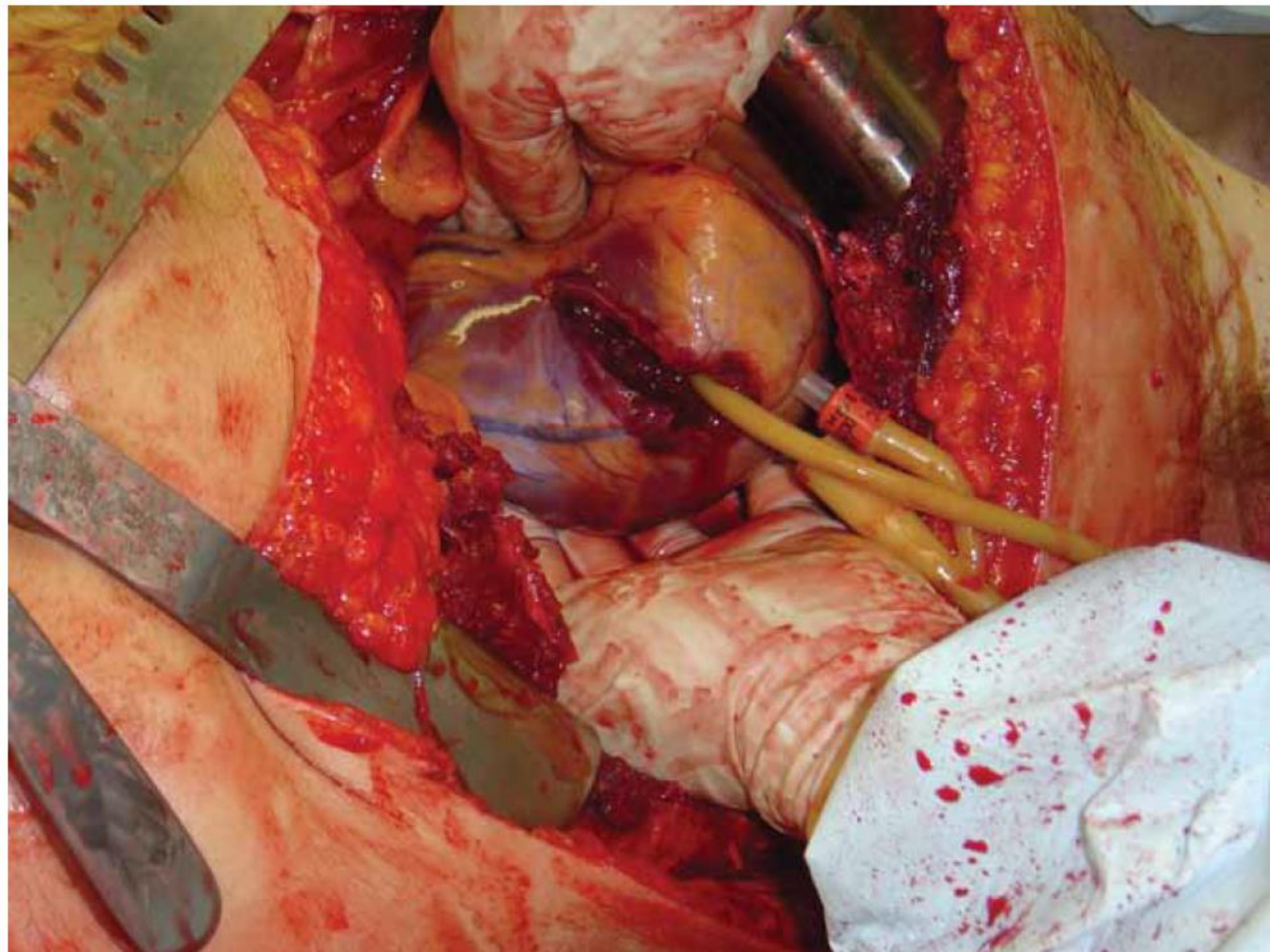
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**MFSEM (RCSI&RCPI) MFSEM (UK) RPVI (US) FRCS (Gen & Vasc Surg) FEBVS(Hon)**

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# Learning Outcomes

- Discuss current surgical training pathway.
- Identify requirements for career advancement.
- A week in the life .....
- Review caveats for success.
- Explore personal training pathway.









# Current Training Pathway

- Undergraduate Training  4 - 5 years
- Foundation Year Program  2 years
- Core Training  2 – 3 years
- Research  0 – 3 years
- Specialty Training  5 – 7 years
- Fellowship  1 – 2 years
- Consultant ..... 12 – 22 years



# Career Pathways & Advancement



# Undergraduate Surgery

- Career Pathway:
  - Third year – Formal Surgical Clerkship.
  - Clinical Elective.
  - Final Year – Rotations.
- Career Advancement:
  - Prizes / Distinctions.
  - Intercalated Degree.
  - Research / Publications.
  - Conferences: Queens University, Ulster Medical Society, Association of Surgeons in Training.



# Foundation Program

- Career Pathway:
  - Generic Training.
  - May or may not involve a surgical rotation.
  - Completion of Foundation Programme competencies.
  
- Career Advancement:
  - Courses – Advanced Life Support.
  - Audit / Research.
  - Presentations.
  - Conferences – local, national or international.

# Core Training

- Career Pathway:
  - Two to three years.
  - Cover range of surgical specialties.
  - Experience ward, out-patient clinic and theatre.
- Career Advancement:
  - Examinations for Membership of Royal College of Surgeons.
  - Courses – ATLS, CcRISP.
  - Curriculum Vitae.
  - Masters Degree in Surgical Practice.

# Research

- Pathway:
  - One preparation year.
  - Two to three years depending on degree – MD, PhD.
- Career Advancement:
  - Research Presentations.
  - Papers.
  - Prizes.
  - Extra skills – clinical and academic.



# Specialty Training

- Pathway:
  - Years 1 – 3 – Generic Surgery.
  - Years 4 – 6 - Specialisation.
- Career Advancement:
  - Courses – practical / simulators.
  - Research / Publications.
  - Conferences.

# Fellowship

- Pathway:
  - 1 -2 years.
  - Operate – Operate – Operate !!!!
- Career Advancement:
  - Research.
  - Develop additional unique skill set.

# **A week in the life ....**



# Monday

- 7.15am - Arrive in hospital:
  - Change into scrubs / coffee.
  - Pre-operative patient review: notes, scans, consents.
- 8.00am - Ward round.
- 9.00am – Theatre all day.
- 6.00pm – Post-operative reviews / Ward Round.
- 6.30pm – On-call overnight - Hand-over from day staff.

# Tuesday

- 7.30am – Review of patients.
- 8.00am – Ward Round.
- 9.00am – Clinic at Belfast City Hospital.
- 1.30pm – Clinic Dictation.
- 2.15pm – Emergencies / Consults / Research.

# Wednesday

- 8.00am – Multidisciplinary Vascular X-Ray Meeting.
- 10.30am – Ward work and pre-operative planning.
- 12.45pm – Lunch.
- 1.20pm – Clinic.
- 5.30pm – Dictation.



# Thursday

- 7.15am - Arrive in hospital:
  - Change into scrubs / coffee.
  - Pre-operative patient review: notes, scans, consents.
- 8.00am - Ward round.
- 9.00am – Theatre all day.
- 6.00pm – Post-operative reviews / Ward Round.
- 6.30pm – On-call overnight - Hand-over from day staff.

# Friday

- 8.00am – Ward Round.
- 9.00am – Vein Clinic.
- 1.00pm – Lunch Meeting.
- 2.00pm – Emergencies / Research / Study.

# Weekend

- 8.00am – Ward round – all patients.
- 11.00am – Plan and perform emergency Surgeries.
- ??????????????

# Caveats for Success



# Caveats for Success

- Diligence and Reliability.
- Avail of every learning opportunity.
- Always know your patient in the operating room.
- Practice personal skill-set.
- Always PubMed someone before you embark on a research project with them.
- Work Hard – Play Hard.



# Personal History



# Mentorship



Professor Chee V. Soong  
MD FRCS  
(1962-2009)

- Ischaemia-Reperfusion Injury.
- Multi-centre worldwide clinical trials.
- Appointed MEOD as Vascular Research Fellow 2004.

# **Mark O'Donnell**

1999 – Medical Degree

2002 – Membership of Royal College Surgeons

2004 – Diploma in Sports Medicine

2008 – Medical Doctorate

2009 – Masters Medical Education

2011 – US Medical Licensing Examinations

2012 – FRCS Exit Examination

2015 – European Board of Vascular Surgery

# **I told you so !!!!!**

- Practice skills until proficient.
- Read about every aspect of case before you start.
- Life isn't perfect.
- Take time to develop relationships.
- Take a breath now and again !!!!!!!!!!!
- Enjoy what you do and try to cultivate mechanisms to deal with stress.

# Questions

