



EACTS Pre-Trainee Surgical Skills in Cardiothoracic Surgery

Welcome! We are thrilled to have you join our virtual “hands-on” workshop, designed to equip you with essential skills for a career in cardiothoracic surgery.

We want to stress that all equipment is optional and there is plenty to learn from attending the webinar; however, we encourage you to prepare as much as possible to maximise your learning experience to take advantage of the practice time and develop your skills.

This equipment list outlines the tools and materials needed to engage in practical sessions, from basic knot-tying to advanced coronary anastomoses. You may wish to acquire what is necessary for the general skills or all skills.

Equipment List for General Skills

Almost all the equipment required for the general skills would be found in a basic surgical skills suturing practice pack:

- ✦ Needle holder
- ✦ Forceps – examples include Addison Pick Ups and DeBakey forceps
- ✦ Scalpel – any size acceptable for practice.
- ✦ Surgical scissors – any kind acceptable for practice.
- ✦ Sutures – various types acceptable. Examples include silk, proline, nylon/ethalon.
- ✦ Material to suture. Examples include suture pads and bananas. We encourage having both.
- ✦ String and cotton thread are good for practising knot tying. You may wish to buy a knot-tying trainer, but if not, a mug or cup handle works well.

Equipment List for Coronary Anastomoses

- ✦ Castro needle holders
- ✦ Ring-tipped forceps, Castro forceps, or fine forceps.
- ✦ Pott's scissors
- ✦ 11/15 blade scalpel
- ✦ Prolene suture – 6-0, 7-0, or 8-0
- ✦ Bananas for proximal anastomoses
- ✦ Synthetic or biological coronary conduit simulation material.
- ✦ Suitable tape to hold conduit material in place

Other optional equipment:

- ✦ Aortic hole punch
- ✦ Mosquito clips.
- ✦ Third-hand soldering aid to help hold the coronary material while parachuting.

Example Equipment Sources

We have tried to include a range of resources that should work internationally at varying price ranges.

You can see alternative coronary anastomoses simulation setups at:

<https://mmcts.org/tutorial/1672>

<https://mmcts.org/tutorial/1205>

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Basic surgical skills kit / partial kits

<https://amzn.eu/d/9jd8W7N>

<https://amzn.eu/d/4w0uvtf>

<https://store.upsurgeon.com/products/macrosurgical-instruments-kit-for-skinpad>

<https://store.upsurgeon.com/products/skinpad>

Basic surgical skills kit + knot trainer

<https://limbsandthings.com/uk/products/stp-kit-suture-tutor-plus-hands-on-kit>

Suture pads

<https://limbsandthings.com/uk/products/00091-professional-skin-pad-mk-3-light-small-pack-of-4>

<https://amzn.eu/d/1GBnroM>

General sutures

<https://amzn.eu/d/4OB8d5M>

<https://amzn.eu/d/e0zhe87>

Knot tying trainer

<https://amzn.eu/d/gQvGubZ>

Micro-surgery equipment

<https://store.upsurgeon.com/products/microsurgical-instruments-kit-for-micro>

<https://store.upsurgeon.com/products/surgical-instruments-kit>

<https://www.eosurgical.com/collections/eomicro/products/eomicro-core>

<https://amzn.eu/d/c5mxflj>

<https://www.sigmalance.com/shop-all/p/nexus-pro-vessel-anastomosis-and-tendon-repair-simulator>

Coronary conduit

<https://store.upsurgeon.com/products/3-vessels-pack-2-mm>

<https://amzn.eu/d/i3eLhK>

<https://limbsandthings.com/uk/products/60681-microvascular-anastomosis-vessels-pack-of-5>

Third-hand soldering aid

<https://amzn.eu/d/cDJNDcI>