

The Objectives of the Interactive Suturing Training Programme

The programme is in its developmental stage.

This is highly interactive combining written instructions, PowerPoint presentation and videos. Specially designed suture practiced blocks are available.

Print off the Training Manual before you start training

Designed for inexperienced suturers and experienced suturer.

Ergonomics

The techniques are ergonomically designed to allow the least amount of energy and back strain to be exerted during surgical procedures.

Classification of Movements

Learn to Keep the Elbows down to avoid unnecessary strain.

Requires patients, plenty of practice and Repetition

Walk around while doing other things practicing the different grips

Learning to use the appropriate surgical grips that allow the least amount of physical strain during operating.

How to use the different types of suture

How to protect the operator, assistants and the patient from needle damage

How to tie secure knots

Rules of Surgery

The operator must see the Tips of the Scissors when a suture is cut by an assistant to prevent unnecessary damage to the patient.

Cut at Right Angles to the Suture Thread