

EP14.03

A teaching experience: keep calm and train minor surgery

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Background & Aim: Minor Surgery (MS) procedures are important for General Practitioners (GPs) and GP Trainees (GPTs). Hereby, a team (3 GP tutors and 2 nurses) from an urban Primary Care Center (PCC) implemented a structured MS training project for GPTs to improve GPs' resoluteness and GPTs' proficiency.

Method: From January 2015, operations were performed twice a month by the MS team and 5 GPTs. A cross-sectional, descriptive study analyzed with SPSS: lesions characteristics, evolution of procedures, techniques and patient and GPTs satisfaction. All patients signed previously informed consent and answered a satisfaction questionnaire after discharge.

Results: until December 2015, 81 patients attended pre-surgical visits (36% were not properly vaccinated for tetanus). The mean waiting time for surgery was 26 days. Finally, 75 patients were operated, 46 (61.3%) male, average age 45. Main conditions treated were: 38 (50.7%) epidermal cysts, 12 (16%) ingrowing toenails, 7 (9.3%) trichilemmal cysts, 6 (8%) lipomas, 4 (5.3%) compound nevi, 2 (2.7%) dermatofibromas, 2 (2.7%) angiomas, 4 (5.3%) other. Most frequent locations were: 33 (40.8%) back and thorax, 20 (24.7%) limbs, 11 (13.6%) head and 6 (7.4%) abdomen. Main techniques: total resection (85.3%) and complete or partial matricectomy (5.3%, 8%). Mepivacain 1% was used as local anesthesia, men needed more than women (9.6ml vs 8ml, $p < 0,004$). Kappa index between GPs' diagnoses and histological findings was 0.82. There were 5% post-surgery complications and 6 patients required additional nursing attention. GPTs' satisfaction with the training content and practices was 90%. The information and treatment received were the major determinants of patients' satisfaction.

Conclusions: a teaching PCC team could effectively develop MS including GPTs, with high agreement between GPs' diagnoses and histological findings. Patient satisfaction was excellent. According the results and the low rate of complications, an increase in the number of interventions is planned.