Suturing & wound management are skills that are used almost daily in any Emergency Department or Urgent Care centre. Whether you are an Emergency or Family physician working in these facilities you must understand:

- Your suture tray equipment
- Local anesthetic
- Skin anatomy
- How to perform digital blocks, field blocks, direct wound infiltration
- Different suture materials
- Suture placement techniques:
  1. simple, interrupted
  2. subcuticular
  3. vertical mattress
  4. horizontal mattress
- Wound debridement
- How to repair
  1. flap lacerations
  2. extensor tendons
- How & when to employ skin staples
- How & when to use wound glue

The importance of the skills & knowledge involved in suturing & wound management cannot be underestimated by the clinician: it impacts our patients significantly. Whether SUTURED is a refresher course or a supplement to your training this event is a great learning opportunity with >50% hands on training & practice.

**SUTURED Lectures**

1. Skin anatomy
2. Wound healing & factors that affect cosmetic outcomes
3. Local Anaesthesia Pharmacology:
   - Lidocaine & bupivacaine
   - Mixing Epinephrine with lidocaine & bupivacaine
   - Mixing Bicarbonate with lidocaine & bupivacaine
4. Local Anaesthesia delivery
   - Field blocks
   - Topical anaesthesia
   - Direct wound infiltration
   - Digital blocks
5. Understanding suture materials & choosing the most appropriate
6. Primary closure, secondary closure & delayed primary closure
7. Wound irrigation & debridement
8. Principles of basic laceration repair: wound edge eversion, Horizontal & vertical mattress sutures
9. Advanced techniques in wound repair: subcuticular sutures, corner & flap laceration repair
10. Alternative wound closure techniques:
    - Tissue adhesive
    - Staples
    - Wound tape
11. Suture aftercare
12. Tendon injuries & their repair

**Practical**

1. Getting comfortable with your suture tray equipment - how to use your equipment
2. Local anaesthesia – how to perform:
   - Direct wound infiltration
   - Field blocks
   - Digital blocks
3. How to apply & use a finger tourniquet
4. Topical anaesthesia
5. How & when to use a skin stapler
6. How & when to use adhesive tape
7. How to place:
   1. simple interrupted sutures
   2. subcuticular suture
   3. horizontal mattress sutures
   4. vertical mattress sutures