

# Syllabus

## Course contents:

### I. Cognitive domain

1. To impart training in theory and practices in Vascular Surgery.
2. To conduct monthly symposia in a chosen topic
3. To take part in weekly journal clubs and to have interactive sessions

Post graduate Trainee pursuing M.Ch. Vascular Surgery course is expected to have in-depth knowledge of following subject topics under Cognitive Domain.

#### A. Applied Basic Sciences

1. Embryology of the Vascular System
2. Molecular Biology
3. Physiology and pathophysiology of blood vessels
4. Hemodynamics and Atherosclerosis
5. Peptide growth factors
6. Endothelial cells
7. Vascular smooth muscle cells
8. Macrophages
9. Platelets
10. Response of the arterial wall to injury and Intimal Hyperplasia
11. Atherosclerosis: Theories of etiology and pathogenesis
12. Histopathologic features of non-arteriosclerotic diseases of the Aorta and arteries
13. Regulation of Vasomotor tone and Vasospasm
14. Venous system of the Lower extremities: Physiology and pathophysiology
15. Structure and function of the Lymphatic system
16. Diabetic vascular disease
17. Plasma Lipoproteins and Vascular disease
18. Cigarette smoking and Vascular diseases

19. Coagulation and disorders of Hemostasis
20. Blood rheology and the microcirculation
21. Drugs in Vascular disease
22. Scientific basis for Balloon Angioplasty
23. Basic principles underlying the function of Endovascular devices
24. Vascular grafts
25. Statistics for the Vascular Surgeon

**B. Clinical Competencies- Knowledge in subject**

1. Aneurysmal disease
  - a. Aneurysm involving aortic arch
  - b. Descending thoracic and thoraco-abdominal aorta
  - c. Abdominal aorta
  - d. Peripheral arterial
2. Peripheral vascular occlusive disease
3. Renal artery disease
4. Visceral ischemia
5. Carotid artery disease
6. Innominate, subclavian and vertebrobasilar arterial disease
7. Thoracic outlet syndrome
8. Acute arterial occlusion
9. Complications of vascular therapy
10. Management of vascular trauma
11. Venous thrombo-embolic disease, chronic venous insufficiency
12. Diagnostic techniques
13. Vascular grafts
14. Endovascular therapy in management of peripheral vascular disease
15. Endovascular therapy for aneurysmal disease
  - a. Basic evaluation and concepts of Endovascular Aneurysm Repair
  - b. Techniques and specifications at various aortic avenues
  - c. Complications, long term surveillance of Endovascular repair of Aneurysms
16. Risk stratification and risk factors

17. Coagulation disorders, anticoagulants, anti platelets
18. Miscellaneous vasculogenic problems
19. Diagnosis and management of Non- atherosclerotic vasculogenic problems
20. Arteriovenous malformations and arteriovenous fistulae
21. Varicose vein  
Endovenous laser /RF ablation for varicose veins – concepts & Techniques
21. Vascular access
22. Diabetic foot problems
23. Lymphodema
24. Sympathectomy
25. Amputation
26. Tissue engineering - current status

**For example,**

Aneurysmal disease of Aorta exemplifies a classic prototype disease entity in vascular surgery.

A. Aetiopathogenesis

1. To describe aortic architecture and functions.
2. To describe hemodynamic changes at major bifurcation and Laplaces law
3. To describe the role of aging and atherosclerosis in aortic enlargement
4. To describe the role of inflammation and proteases in aneurysm formation
5. To describe the differences in Marfans disease and Ehlers Danlo syndrome

B. Diagnostic evaluation

1. To understand incidence and prevalence of aneurysmal disease according to age
2. To understand the natural history of abdominal aortic aneurysm
3. To understand the genetic distribution of the disease
4. To understand the role of ultrasound, angiography, CT and MRI in screening and planning surgery

## C. Treatment

1. To understand the indications for surgical repair and factors which contribute to surgical decision making
2. To understand the technical aspects of aortic aneurysm repair and surgical options and alternatives
3. To describe the surgical management of complex aortic aneurysms (including horseshoe kidneys, aortocaval and aortoduodenal fistula)
4. To have knowledge of both the immediate and long term outcomes of surgery for aortic aneurismal disease (including the symptomatic, asymptomatic, thoracoabdominal, juxtarenal, and infrarenal)
5. To describe the management and prevention of surgical complications including spinal cord ischemia, distal embolisation, myocardial infarction, graft infection.
6. To understand endovascular repair-its indications, techniques and limitations

**The student should acquire the following skills:**

**Exposure to vascular and endovascular procedures:**

The trainees shall be familiarized in the indexed and complex open as well as endovascular procedures performed in their parent institutions or at centers of excellence for a period of two months during the period of their training (LATTER OPTIONAL).

Following procedures are mentioned, although from center to center, clinical practice and case volume would vary.

1. Embolectomy
2. Femoro-popliteal bypass
3. Aorto-femoral bypass
4. Femoro-distal bypass
5. Aorto-renal bypass

6. Aorto-visceral bypass
7. Repair of abdominal aortic aneurysm & thoraco-abdominal aortic aneurysm
8. Repair of popliteal artery aneurysm
9. Carotid endarterectomy and surgery for Carotid diseases
10. Decompression of thoracic outlet syndrome
11. AV access surgery/transplant surgery
12. Repair of arteries and veins (Trauma)
13. Extra-anatomic bypass
14. Thrombectomy/ Re-do procedures.
15. Surgical and non-surgical management of Varicose veins
16. Angioplasty with or without stenting of FP, Iliac, aortic stenosis
17. Carotid artery stenting
18. Iliac vein stenting
19. Endovascular repair of AAA (abdominal aortic aneurysm), thoracic aortic aneurysm, peripheral aneurysms
20. Catheter Directed Thrombolysis (CDT)

**Minimum number of procedures to be performed/assisted by post graduate students in 3 years**

(The numbers given below are optional and variable. Concerned teachers need to make sure that their residents perform adequate number of procedures taking into account patient safety and complexity of procedure)

1. AV Fistula:	30
2. Exposure of peripheral arteries:	30
3. Embolectomy:	03
4. Femoro-Popliteal / Aorto-Femoral graft:	05
5. Abdominal Aortic aneurysm:	03
6. Carotid Endarterectomy:	03
7. Peripheral arterial aneurysms:	02
8. Hybrid / Endovascular Aortic Aneurysm Repair:	02
9. Vascular graft anastomosis:	05
10. Thoracotomy (to facilitate exposure of Descending Thoracic Aorta)	05
11. Saphenous vein harvest	20
12. Femoral /Aortic Cannulation	05

***TEACHING LEARNING METHODS***

**A. FORMAL TEACHING**

All the post graduate trainees pursuing M.Ch. in Vascular Surgery will undergo formal teaching at the departmental and institutional level.

Teaching programs held on all working days 8.30 AM to 9.30 AM

<b>Day</b>	<b>Duration</b>	<b>Activity</b>
Monday	1 hour	Journal Club
Tuesday	1 hour	Didactic Lecture
Wednesday	1 hour	Subject Seminar
Thursday	1 hour	Hospital (Grand Rounds/Clinical meeting)
Friday	1 hour	Clinical Case Presentation
Saturday	3 hours	Presentations on exposure of blood vessels, operative surgery & discussion on operated/to be operated cases

**Journal Club:** The trainee will present a journal article, either an original article (RCT/Systematic review) or a short study along with a review article. The trainee is expected to present the article citing the relevance, background/context, study methods and statistical analysis, interpret results and discussion, summarize, present limitation and critically analyze the study methods and outcomes.

**Didactic Lecture:** Invited lectures on basic sciences, biostatistics, research methodology, teaching methodology, from external faculty of specialties related to the subject, medical ethics and legal issues related to Vascular Surgery practice etc. are conducted once a week.

**Subject Seminar:** The trainee will present a subject topic allocated after doing a comprehensive preparation, relevant literature search and presents the topic in detail covering all the relevant aspects, clinical applications and engages audience and answers questions.

**Hospital Grand Rounds:** The trainee will attend the Hospital Grand Rounds weekly, which involves presentations from various specialties, related to Vascular Surgery.

**Clinical Case Presentation:** The post graduate student will present a clinical case after performing thorough history and physical examination. The post graduate students will elicit physical and non-

physical aspects in history, all physical signs, formulate diagnosis/differential diagnosis and plan a comprehensive care plan for the patient.

## **B. BED SIDE TEACHING**

All the post graduate trainees will carry out their clinical work under supervision of faculty. This involves around 2 hours of dedicated teaching ward rounds in the morning, and on the run teaching in outpatients, consultation liaison, home care, and hospice.

## **C. ADDITIONAL TEACHING/TRAINING**

All the post graduate trainees pursuing M.Ch. Vascular Surgery are expected to attend regular CMEs, Conferences, Workshops; Small group teaching organized by local/national/international institutes and required to be abreast with the current knowledge and recent advances in the field of Vascular Surgery.

### **Core Training:**

Education - Both learning and teaching should be integral part of the programme. The chain of learning from peers and teaching the juniors should never be broken.

- Ward rounds and hands-on teaching in the operating theatre should be the main stay of the teaching programme, rather than didactic lectures.
- Journal Club Meetings should be held at least once a month.
- A mortality/morbidity review and departmental audit should be held at least bimonthly to review all deaths and complications.
- Subject seminars to be held bimonthly to review selected topics.
- The unscheduled and informal discussions to be held as often as possible depending upon the variety and the number of diseases/procedures seen. This method could be an excellent teaching tool rather than totally regimented scheduling at this level of education.
- The post graduate students should be encouraged to undertake epidemiological and clinical research programme on selected topics. They should be taught the basic methods of research and reporting.



- A post graduate student of a post graduate degree course in broad specialities/super specialities would be required to present one poster presentation, to read one paper at a national/state conference and to present one research paper which should be published/accepted for publication/sent for publication during the period of his post graduate studies so as to make him eligible to appear at the post graduate degree examination.
- The post graduate students shall be required to participate in the teaching and training programme of undergraduate students and interns.
- The Department should encourage e-learning activities.

### **LOGBOOK**

Logbook serves as a document of the trainee's work. The trainee shall maintain this Logbook of the special procedures/ operations performed during the training period right from the point of entry and its authenticity shall be got periodically verified by the faculty and certified by the concerned postgraduate Teacher / Head of the Department. This shall be made available to the Board of Examiners for their perusal at the time of his / her appearing at the final Examination. The logbook should record details of clinical cases, details of surgical operations assisted or done independently, procedures or tests performed, and Seminars and journal clubs attended. Logbook entries must be qualitative and not merely quantitative, focusing on learning points and recent advances in the area and must include short review of recent literature relevant to the entry. It should also contain detailed documentation of relevant photographs of interesting clinical and operative procedures. The Log books shall be checked and assessed periodically by the faculty members imparting the training.

### **RESEARCH**

The post graduate student shall present at least two papers/posters at conferences of national or international levels. He/she should be encouraged to undertake retrospective/prospective study of clinical paradigm. Each post graduate student should be exposed to Modern principles of Clinical epidemiology, Biostatistics and Research methodology by Medical epidemiology Unit of the Institution.

## Posting in Allied Departments

The post graduate student should be posted by rotation to various allied departments/units of Radiology, Cardiology and Cardio-Vascular Thoracic Surgery to acquire related knowledge (Table 1).

## Training timeline during three years of residency

**Table 1**

<b><u>First year</u></b>	9 months	Vascular Surgery
	3 months	Radiology
<b><u>Second year</u></b>	9 months	Vascular Surgery
	3 months	Radiology
<b><u>Third year</u></b>	10 months	Vascular Surgery
	1 month	CVTS & Cardiology
	1 month	Radiology

### 1. Radiology - To learn the basic and advanced skills in imaging techniques.

- a) Principles of duplex imaging and technical skills.
- b) Contrast imaging of Vascular System - Arteriography, Venography, Lymphangiography
  - ‘Tools’ used in contrast imaging and interventions.
  - Basics in other imaging modalities, such as CT angio and MR angiography.
- c) Endovascular Surgery/ Interventions: For this essential part of the training candidate should be allowed to rotate through Departments of Radiology and Cardiology.

### 2. Cardiology: As the major cause of mortality in all vascular procedures is cardiac related, a short rotation of one month through cardiology would be helpful.

Current minimally invasive surgery popularized as endovascular intervention is also addressed along the changing trends world over. Medical (pharmacological) management including control of risk factors and graded exercises forms the first line treatment followed

by endovascular interventions and lastly the open surgical reconstruction for most vascular disorders. The recently popularized endovascular stent graft repair also will be introduced to the resident, procedure primarily being Radiological intervention.

During the training period, the post graduate student shall work full time under the head of the Division of Vascular Surgery, take part in all activities of the department including participation in seminars, conferences, teaching assignments, operating sessions, experimental surgery and other duties that may be assigned to him by the Head of the Department of Vascular Surgery.

## **2. Schedule of postings**

The training programme shall aim to provide sound knowledge in the diagnostic and investigative aspects of vascular surgery for the candidate. It will provide practical training in clinical and operative vascular surgery.

The programme of training shall be divided as follows:

### **FIRST YEAR**

#### **a) 09 months (Vascular Surgery):**

During this period, the post graduate student shall act as first assistant to the head of the department, and other senior surgeons in major/minor open vascular reconstructions. She/He will receive progressively greater responsibility for assisting in performance of major surgical procedures and will be responsible for preparation of operation notes and postoperative intensive care, Clinical work in inpatient and outpatient section: Methods of workup and follow up in vascular surgery.

#### **b) 03 months (Radiology)**

In the department of Radiology, the post graduate student will learn basis of vascular imaging including Duplex scan, CT scan, Magnetic resonance and digital subtraction angiogram, to observe minimal access endovascular intervention like angioplasty, stenting and thrombolysis.

## **SECOND YEAR**

- c) 09 months (Vascular Surgery)

In the Department of Vascular Surgery, training will focus more in operation room maneuvers including suturing technique, control of aorta, blood vessels and graft /Vein anastomosis to bypass diseased artery/repair of aneurysm.

- d) 03 months (Radiology)

In the Department of Radiology, the post graduate student will familiarise with indications, endovascular techniques, and post-procedural management and also to enhance imaging techniques and their interpretation and state of art advances in technology.

## **THIRD YEAR**

- e) 10 months in Vascular surgery

The post graduate student will obtain sufficient exposure to open procedures like lower limb revascularisation, carotid, renal endarterectomy and bypass procedures and repair of thoracic, abdominal aortic and peripheral arterial aneurysms. She/he will take up increasing responsibility in selection and postoperative management.

- f) 1 month (Radiology)

The post graduate student will assist in endovascular procedures, perform angioplasties and provide access for major aortic endovascular procedures.

- g) 1 month (CTVS and Cardiology-two weeks each)

The post graduate student will be posted in CTVS and cardiology respectively to learn principles of cardiology and open-heart surgery strategies in order to be acquainted with cannulation and bypass techniques.

**Note:** The exact duration of postings for a particular activity will be decided by the division of academic affairs in consultation with the Head of the Department at the commencement of each year.

A copy of the report of all the procedures performed shall be submitted by the candidate to the Head of the Department in the form of a periodically certified log book at least six weeks before the part 2 Examination. The Head of the Department will certify the completion of the minimum number of procedures specified. He will point out deficiency, if any and give his recommendations

with reasons as to whether the candidate should be allowed to sit in the examination or not. The Head of the Department will forward the Log book within a week of receipt, to the division of Academic affairs. Towards the conclusion of this period, the post graduate student shall have carried out a minimum 50 vascular procedures.

**During the training programme, patient safety is of paramount importance; therefore, skills are to be learnt initially on the models, later to be performed under supervision followed by performing independently; for this purpose, provision of surgical skills laboratories in medical colleges is mandatory.**

## ***ASSESSMENT***

**FORMATIVE ASSESSMENT, ie., during the training**

**Formative assessment should be continual and should assess medical knowledge, patient care, procedural & academic skills, interpersonal skills, professionalism, self directed learning and ability to practice in the system.**

**Quarterly assessment during the MCh training should be based on:**

1. Journal based / recent advances learning
2. Patient based /Laboratory or Skill based learning
3. Self directed learning and teaching
4. Departmental and interdepartmental learning activity
5. External and Outreach Activities / CMEs

**The student to be assessed periodically as per categories listed in post graduate student appraisal form (Annexure I).**

## **SUMMATIVE ASSESSMENT, at the end of the course**

The summative examination would be carried out as per the Rules given in **POSTGRADUATE MEDICAL EDUCATION REGULATIONS, 2000.**

The summative assessment examination shall include two heads:

- A. Theory examination.
- B. Practical, Clinical examination and Viva-voce.

Theory examination and Practical/Clinical, Viva-voce shall be separate heads of passing.

Theory examination shall comprise of four papers. Passing percentage shall be cumulatively 50% with minimum of 40% marks in each theory paper.

Practical /Clinical examination consisting of at least one long case, three short cases and vivavoce. Passing percentage shall be 50%.

Passing shall be separate for each head and failing shall be common, meaning thereby that clearance at theory and failure at practical / clinical shall amount to failure at Summative examination and vice versa.

The M.Ch. examination shall be in two parts:

### **1. Theory**

There shall be 4 theory papers as follows:

Paper I: Basic Sciences applied to Vascular Surgery

Paper II: Vascular Surgery

Paper III: Vascular and Endovascular Surgery

Paper IV: Recent advances in Vascular Surgery

### **2. Clinical / Practical and oral examination:**

#### **(i) Clinical**

The post graduate students shall examine a minimum one long case and 3 short cases including at least one postoperative case.

**(ii) Oral examination:**

Practical examination shall consist of carrying out special investigative techniques for diagnosis and therapy. MCh post graduate students shall also be examined in surgical procedures. Oral examination shall be comprehensive enough to test the candidate's overall knowledge of the subject, investigative procedures, therapeutic techniques and other aspects of the specialty.

**LOG BOOK**

**Table 3: Diagnostic and Operative procedures Assisted/Performed**

**Name:**

**Admission year:**

**College:**

<b>Date</b>	<b>Name</b>	<b>I D No.</b>	<b>Procedure</b>	<b>Category O, A, PA, PI*</b>

**Key:**

- O – Washed up and observed
- A – Assisted a senior surgeon
- PA – Performed procedure under the direct supervision
- PI - Performed independently

### **Recommended reading Books (latest edition)**

1. Text book of Vascular Surgery: by Robert B. Rutherford.
2. Text book of Vascular Surgery : by Henry Haimovici
3. Text book of Vascular Emergencies: by Henry Haimovici
4. Vascular and Endovascular Surgery: A Comprehensive Review: by Moore, Wesley S. Philadelphia, Saunders Elsevier.
5. Text book of Vascular Surgical Emergencies: by John J. Bergen & James S. I. Yao.
6. Investigation of Vascular Diseases: by Andrew N. Nicolaides & James Yao.
7. Rob & Smith Operative Surgery Text book of Vascular Surgery: by James Deeweese.
8. Comprehensive Vascular Exposures: by Ronald J. Sloney & David J. Effeney
9. Wylie's Atlas of Vascular Surgery& Organ Transplantation: by Wayne Flye
10. Atlas of Vascular Surgery: by Rutherford

### **Journals**

3 international and 02 national (all indexed) journals.



**Postgraduate Student Appraisal Form  
Clinical Disciplines**

Name of the Department/Unit : Name of  
the PG Student :  
Period of Training : FROM.....TO.....

Sr. No.	PARTICULARS	Not Satisfactory			Satisfactory			More Than Satisfactory			Remarks
		1	2	3	4	5	6	7	8	9	
1.	Journal based / recent advances learning										
2.	Patient based /Laboratory or Skill based learning										
3.	Self directed learning and teaching										
4.	Departmental and interdepartmental learning activity										
5.	External and Outreach Activities / CMEs										
6.	Thesis / Research work										
7.	Log Book Maintenance										

Publications

Yes/ No

Remarks\* \_\_\_\_\_

\*REMARKS: Any significant positive or negative attributes of a postgraduate student to be mentioned. For score less than 4 in any category, remediation must be suggested. Individual feedback to postgraduate student is strongly recommended.

SIGNATURE OF ASSESSEE

SIGNATURE OF CONSULTANT

SIGNATURE OF HOD