

Foreword

The editors, contributors and publisher of this book have achieved their objectives of “covering the breadth of plastic and reconstructive surgery including burns” with their choice of subjects and questions, the clarity of their answers and the pertinence of their references. Any reader interested in what we do or think we do will find this book an excellent experience in learning. It is not a potpourri of facts to be digested and disgorged in order to pass an examination. It is Continuing Medical Education the way it was intended.

Most who will be consulting this book will be preparing for an examination. I remember the unpleasantness associated with what I then considered a stressful intrusion into my already overfilled life. Like my patients, however, who had to undergo surgery to continue their lives, I had to endure these exams to continue my career. My advice then to myself and now to you who may be in a similar situation is not to fight the process. Convert the nuisance, if you regard it as such, into an opportunity to be a more knowledgeable, better doctor. Admittedly information is not the same as wisdom but neither is it a deterrent.

Many of those required to take a written examination have asked me why is it necessary in this era of instant retrieval of information to still store so much data in their heads? A good question. Those who ask it are seldom satisfied with the likely predicted answer that knowing as many facts as possible will provide more quickly a sturdier and wider platform on which to build intellectually and professionally.

Let us not forget that it is more important how we perform as a doctor - as a plastic surgeon with a patient - than at a credentialing session. One needs, however, the formal imprimatur.

In a multiple choice question that has more parts than Caesar said did Gaul, one has an unusual, if not necessarily wanted, opportunity to think about a problem from several angles, thereby enlarging one's horizon beyond what it would have been with a single answer question: yes or no? Socrates well understood this principle.

Hopefully this book will help the reader consolidate what he or she already knows and will stimulate creativity and spur scientific advance.

The American economist and social critic Thorstein B. Veblen (1857-1929) stated: "The outcome of any serious research can only be to make two questions where one question grew before." (*Evolution of the Scientific Point of View*, 1908).

Again my congratulations to the editors and contributors for so effectively and pleasantly enlarging our knowledge and perspective of the broad range of our specialty and its potential.

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Who doesn't love a quiz, especially one you can conduct alone and where the answers are immediately available? Quizzes can serve as learning aids, knowledge testers, as reassurance or as a spur to further study. They can be a check of currency for one's own knowledge as well as a test for those revising for exams. But most of all, they are fun.

This collection of tests of plastic surgery knowledge is well ordered, well structured and most of all enjoyable. This is plastic surgery in note form, only turned around from the dreary litany of fact to the much more engaging challenge: "Did you know that...". I will be surprised if it does not gain a very wide audience, not only among those preparing (in whatever country) for the exit exam in plastic surgery, but also amongst trainers, established surgeons and anyone curious about the level of their own knowledge. It also stands as monument to the extraordinary scope of our specialty, and anyone who knows most of this will know most of the depth and breadth of the specialty, as defined by a wide range of contributors from many nations and many areas of subspecialisation. I value it highly and hope others will too.

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Preface

The final examination is one endpoint in the training pathway of the plastic surgeon - but there are others, and this important perspective must not be forgotten in the approach that any young surgeon in training has towards their education in the specialty. The questions in this book have been designed to test not only the factual knowledge base, but also an understanding of the key principles of plastic surgery. While the questions are based upon the various higher examination structures (Boards, EBOPRAS, FRCS, MCh), they are intended to be challenging and provide readers with a gauge of their abilities as well as an aid to study and revision. Some questions may not be in the syllabus of all jurisdictions for examination purposes, but the knowledge base required or gained in the process of reading this book is intended to enrich the learning experience of the reader and gives a firm base upon which further knowledge can be built.

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About the editors

Kayvan Shokrollahi graduated from Bristol University with both a Bachelor of Science degree with first-class honours in Cellular and Molecular Pathology (1996) and a degree in Medicine (1999). He went on to graduate with both a Master of Science degree in Clinical Engineering and a Master of Laws degree with commendation. His basic training was undertaken in Bristol where he gained the Membership Diploma (MRCS) of The Royal College of Surgeons of England in 2002. He undertook parts of his training in various aspects of plastic surgery in a number of units in the UK including Oxford, Chester, Swansea, the Canniesburn unit in Glasgow, and also the Children's Hospital in Los Angeles, and has been awarded fellowships in Nottingham, UK, and Ottawa in Canada. He became a Hunterian Professor of The Royal College of Surgeons of England in 2007 and gained his specialist fellowship diploma in plastic surgery FRCS (Plast) in 2009. He has won prizes from the British Association of Plastic, Reconstructive and Aesthetic Surgeons, Bristol University and the Pathological Society of Great Britain. He is on the editorial board of a number of journals, including his role as Associate Editor at the *Annals of Plastic Surgery*, having published extensively in medical journals and books. He peer reviews for a number of plastic surgery journals including the *Journal of Plastic, Reconstructive and Aesthetic Surgery*. He has an interest in medical education, having been an Honorary Lecturer in presentation skills, is an advisor to the National Library for Health, and has developed courses for interview and viva voce training. He is also an accomplished pianist-composer with weekly radio performances of his original music on rotation on national classical radio stations in Europe such as Classic FM and Klassikradio under the pseudonym Shokolat.

Iain Whitaker read medicine at Trinity Hall College, University of Cambridge, where he also obtained the degrees of Bachelor and Master of Arts. Iain completed his subinternship in plastic surgery at Harvard Medical School, USA, followed by his surgical house officer post at Addenbrooke's Hospital in Cambridge. After serving as an anatomy demonstrator at the University of Cambridge, he completed his general surgery training in the Yorkshire School of Surgery, and subsequently became a Member of The Royal College of Surgeons. During his specialist training at the Welsh Centre for Burns and Plastic Surgery, he has spent time overseas in both clinical and research activities in Uppsala (Sweden), Louisville and Connecticut (USA). Iain has published over 100 peer-reviewed papers, several book chapters and books. He has won academic awards from Cambridge University, The Royal College of Surgeons, the British Association of Plastic, Reconstructive and Aesthetic Surgeons (BAPRAS) and commercial bodies. He is an Associate Editor for the *Annals of Plastic Surgery*, and is a peer reviewer for the *Journal of Plastic, Reconstructive and Aesthetic Surgery* (JPRAS), *Microsurgery* and *Burns*. He is involved in collaborative research with Uppsala, Louisville, Connecticut and Melbourne while completing his PhD thesis.

Hamish Laing graduated in medicine from London where he also obtained a first-class honours degree in Physiology and the University Prize. During his training he has held both clinical and research appointments at several of the United Kingdom's top centres including Mount Vernon Hospital, the RAFT Institute, The Great Ormond Street Hospital for Children and The Royal Marsden Hospital. He has published widely in the plastic surgery literature, including book chapters for international texts on hand surgery. Now a Consultant Plastic and Reconstructive Surgeon at the Welsh Centre for Burns and Plastic Surgery with a special interest in skin cancer and upper limb surgery, he is a national clinical lead for Sarcoma. In addition to his clinical commitments, Hamish is the Communications Officer of the British Association of Plastic, Reconstructive and Aesthetic Surgeons (BAPRAS), National Advisor for Plastic Surgery in Wales, a member of the Faculty for Healthcare Improvement and Associated Medical Director in his Trust.

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Acknowledgements

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We are indebted to Charles Stalnaker Brown who has worked on the project as Editorial Assistant.

We are very grateful to Mr William Norbury for proof reading the text with a knowledgeable critical eye.

It is with great sadness that we report the passing of one of our contributors, Professor Paolo Santoni-Rugiu (1928-2009), during the final stages of manuscript production. Along with Mr Philip Sykes, he produced an excellent section on the history of plastic surgery. His dedication to plastic surgery training was immense, and he will be sadly missed by his many colleagues and friends around the world.

We are especially grateful to Nikki Bramhill and her colleagues at tfm publishing for seeing the potential of this project, and guiding us through the publication process so smoothly.

Guidance notes

NOTES ON CONTENT

The international contributors to this manuscript have provided over half of the questions herein. The editors between them have written over 150 questions. The questions have all been edited for content and style to ensure an appropriate and matched level of difficulty, clarity and unambiguity. Each question is often an amalgum of the concerted efforts of many individuals.

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APPROACH TO QUESTIONS AND ANSWERS

Almost every question has ONE correct answer from FIVE provided. This should be assumed unless stated otherwise. The occasional question is in a different format and, as with any examination, readers should ensure they read the question thoroughly to avoid mistakes.