



The NORTH General Surgery FRCS Mock VIVA Course

Overview

This intensive two-day course is designed as a revision tool for candidates preparing for the FRCS General Surgery Part 2 examination. It is held 3 times per year, strategically timed ahead of FRCS exam dates.

Venue & Sponsorship

- Location: **Depuy International Centre, St Anthony's Road, Leeds, LS11 8DT**
- Duration: **Two full days (08:00–17:00).**
- **Used to be one day course, but now changed to two full days beginning from Jan 2026**
- Sponsor: Partially supported by **Ethicon**.
- Breakfast, refreshments and lunch are provided during the course.

Faculty

- Experienced consultants from various surgical subspecialties and institutions across the UK.
- All faculty members have extensive clinical experience and familiarity with the FRCS examination format.

Course Structure

The course closely mimics the FRCS viva exam format, providing:

- Mock viva circuits, each with 3- 4 clinical scenarios.
 - Each scenario lasts 5 minutes, followed by 5 minutes of structured feedback.
 - Candidates receive scores and detailed feedback per scenario.
 - Candidates will have the opportunity to move through all viva stations
 - Additional feedback sessions are available upon request.
 - Depends on time allocations; candidates may do multiple turns on same day
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Course Components

The day begins with an academic teaching session:

- “How to Critique a Research Paper” and tips for the Academic Station

(08:00–08:45)

Following this, candidates rotate through viva stations in small groups. Stations include:

1. Upper GI / HPB Surgery
2. Colorectal Surgery
3. Trauma & Emergency Surgery
4. Critical Care
5. General Surgery & Principles of Surgery
6. Academic Viva & Basic Sciences
7. Breast Surgery

Each station is led by one or two examiners.

Example for one day previous course:

May 2025 Timetable (Sample – 9 Candidates)

- 08:30 — Registration & Introduction
- 09:00–09:45 — Academic Tips & Tricks Session
- 09:45–17:00 — Rotating Mock VIVA Circuits (including breaks)
- Each viva session:
 - 15 minutes of questions (3 scenarios)
 - 5 minutes feedback per candidate

time	General Surgery & Principle	Trauma Emergency	Academic reading/ break	Academic/ Basic Science	UGI/HPB	Break	Colorectal	Critical Care	Break
10:00-10:20	1	2	3	4	5	6	7	8	9
10:20-10:40	9	1	2	3	4	5	6	7	8
10:40-11:00	8	9	1	2	3	4	5	6	7
11:00-11:20	7	8	9	1	2	3	4	5	6
11:20-11:40	6	7	8	9	1	2	3	4	5
11:40-12:00	5	6	7	8	9	1	2	3	4
12:00-12:20	4	5	6	7	8	9	1	2	3
12:20-12:40	3	4	5	6	7	8	9	1	2



12:40-13:00	2	3	4	5	6	7	8	9	1
Lunch Break									
14:00-14:20	1	2	3	4	5	6	7	8	9
14:20-14:40	9	1	2	3	4	5	6	7	8
14:40-15:00	8	9	1	2	3	4	5	6	7
15:00-15:20	7	8	9	1	2	3	4	5	6
15:20-15:40	6	7	8	9	1	2	3	4	5
15:40-16:00	5	6	7	8	9	1	2	3	4
16:00-16:20	4	5	6	7	8	9	1	2	3
16:20-16:40	3	4	5	6	7	8	9	1	2
16:40-17:00	2	3	4	5	6	7	8	9	1
FINISH									

Outcome

This course provides:

- High-yield, exam-style viva practice
- Individual performance feedback
- Realistic simulation of the FRCS exam day

Fees:

Course fee 700 GBP per candidate

(For ALRSGBI members 650 GBP per member)

Reservation and enquiries:

To contact Mr Bassem Amr by sending email to **b.amr@nhs.net**
