

ETHENTS Fellowship Training Module

Workshop + Self-Paced Learning for Two-Hand, Eye-Monitor Coordination

Module Overview:

This training module is designed for ETHENTS fellows to develop two-handed endoscopic skills, focusing on eye-monitor coordination, instrument handling, and depth perception. It combines guided workshops with self-paced exercises for progressive skill enhancement.

1. Workshop Structure (Hands-on Training Sessions)

Duration: 4 weeks (divided into structured sessions)

Format: Combination of dry lab, simulation, cadaveric dissection, and live OT observership

Week 1: Foundation of Coordination & Dexterity

- Session 1: Introduction to two-handed endoscopic techniques.
- Session 2: Eye-hand coordination drills (Coin Stack Challenge, Threading the Needle).
- Session 3: Non-dominant hand strengthening (Rice Grain Pick & Place, Rubber Band Resistance).
- Session 4: Depth perception drills (Thread Passing Through Tubes, Multi-Layer Paper Lift).

Week 2: Instrument Handling & Multi-Tasking

- Session 5: Suction-dissection coordination (Wet sponge dissection, controlled water drop transfer).
- Session 6: Fine motor control & instrument switching (Alternating hand tasks, Two-handed instrument switch).
- Session 7: Endoscopic maneuvering (Glass bead sorting, Endoscope target tracking).
- Session 8: Simulated model dissection (Training on ENT anatomical models).

Week 3: Advanced Dissection & Coordination Challenges

- Session 9: Goat head cadaveric dissection – two-handed technique.
- Session 10: Tissue handling & micro-dissection (Cotton Thread Dissection).
- Session 11: Endoscopic suturing & knot-tying (Loop & Pull Suture Practice).
- Session 12: Continuous running suture under endoscopic visualization.

Week 4: Live Surgery Observership & Assessment

- Session 13-14: Live surgery observation – focus on coordination.
- Session 15: Final assessment – timed precision tasks and instrument coordination.
- Session 16: Feedback & certification.

2. Self-Paced Learning (Daily Practice Routine)

Fellows will practice structured exercises daily for 15-30 minutes to reinforce skills.

Daily Practice Schedule (Sample)

Morning (15 min)

- ✓ Eye-hand coordination (Mirror Drawing, Bead Transfer)
- ✓ Non-dominant hand dexterity (Writing, Rubber Band Stretching)

Evening (15 min)

- ✓ Instrument handling (Endoscope target tracking, Two-Handed Instrument Switch)
- ✓ Depth perception drills (Rice Grain Pick, Glass Bead Sorting)

3. Performance Tracking & Certification

- Skill Checkpoints: Weekly video recordings of exercises for review.
- Mentor Feedback: Structured scoring of coordination improvement.
- Final Evaluation: Precision-based timed challenges in a simulated surgical setting.

Fellows who successfully complete the program will receive an ETHENTS Two-Handed Endoscopic Coordination Certification.

ETHENTS Fellowship: Final Competition-Based Skill Challenge

Objective:

Encourage fellows to refine their two-handed endoscopic skills under time constraints and realistic surgical conditions, fostering precision, efficiency, and confidence.

Competition Format:

• Stage 1: Precision Drills (Elimination Round)

• Task: Complete a set of coordination exercises within a given time.

• Example Challenges:

• Coin Stack Challenge (stack 5 coins in 90 seconds).

• Threading the Needle (3 successful attempts in 2 minutes).

• Bead Transfer with Two Hands (5 beads in 60 seconds).

• Scoring: Speed + accuracy • Top 50% proceed to Stage 2.

• Stage 2: Simulated Dissection (Semi-Finals)

â€¢ Task: Perform a structured cadaveric dissection on a goat head or synthetic ENT model.

â€¢ Scoring Criteria:

â€¢ Stability and smoothness of movements.

â€¢ Use of both hands effectively.

â€¢ Tissue handling precision.

â€¢ Completion within time limits.

â€¢ Top 3 fellows advance to Stage 3.

â€¦ Stage 3: Live Surgical Simulation (Finals)

â€¢ Task: Perform an endoscopic suturing task or controlled dissection on a high-fidelity ENT simulator.

â€¢ Judging Panel: ETHENTS faculty + guest surgeons.

â€¢ Winner: The fellow demonstrating the highest precision, efficiency, and stability.

ðŸ† Prize: ETHENTS â€œMaster of Two-Handed Endoscopic Surgeryâ€ Certificate + Faculty Recommendation.

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