EP.TU.40**Tendon Repair Training: An Alternative Approach**

Parisa Moori¹, Shafiq Rahman²

¹Bradford Royal Infirmary, ²Sheffield Teaching Hospitals NHS Trust

Aims: The COVID-19 pandemic has seen reduced training opportunities for surgical trainees. Tendon repair is an important surgical skill for all core surgical trainees. It is particularly essential for those training within Plastic and Orthopaedic surgery. Tendon repair simulation often involves the use of expensive materials or animal tissues, posing ethical predicament. Here we aimed to devise a simple and reproducible method for tendon repair simulation.

Methods: Our tendon simulation model is an inexpensive and easily set up arrangement consisting of edible strawberry laces.

Results: The tendon simulator gives reasonable replication of a tendon, with the laces depicting an inner and outer core of a severed tendon. In addition the materials are easy to acquire, handle, dispose of and are free from ethical limitations.

Conclusions: Surgical trainees will be able to practice varying tendon repair techniques on this model, applying basic surgical principles such as instrument and tissue handling and develop their expertise.