

## **Fundamentals of Laparoscopic Surgery (FLS)**

**Goal:** FLS is a comprehensive web-based education module that includes a hands-on skills training component and assessment tool designed to teach the physiology, fundamental knowledge, and technical skills required in basic laparoscopic surgery. Our goal is to provide surgical residents, fellows and practicing physicians an opportunity to learn the fundamentals of laparoscopic surgery in a consistent, scientifically accepted format; and to test cognitive, surgical decision-making, and technical skills, all with the goal of improving the quality of patient care.

### **Skills Training:**

- 2 Tuesday skills sessions per year will be dedicated to instruction and hands-on mentored practice on the FLS box trainers for PGY 2-3s
- Residents are advised to practice FLS tasks on their own time to ensure proficiency

### **Requirement:**

- *PGY 3s are required to complete and pass this exam before December 31 of the academic year*
- See testing policy below

### **FLS Exam:**

- Web-based multiple choice exam
- Technical skills component on the FLS laparoscopic box trainer

### **PREPARATION TIPS:**

Step 1: View the following training curriculum.

<https://www.flsprogram.org/wp-content/uploads/2014/02/Proficiency-Based-Curriculum-Word-File-updated-February-2014.pdf>

Step 2: Become familiarized with the 5 FLS tasks:

<https://www.flsprogram.org/wp-content/uploads/2014/03/Revised-Manual-Skills-Guidelines-February-2014.pdf>

Step 3: Read the FLS didactic content to prepare for the written portion:

<https://www.flsprogram.org/contents-2/>

Step 4: Practice, practice, practice!

**LINK:** <https://www.flsprogram.org/>

## STANFORD TESTING POLICY:

This policy applies to: The General Surgery Training Program Last

Approval Date: October 2018

Name of Policy: FLS Testing Effective

Date: November 1, 2018

Our intent for the FLS testing requirement is to have all PGY-3s and above tested by the end of the calendar year (December 31). The GSEC has built in testing times for residents. The proctors will offer available dates and times to residents and they will be first come, first serve. If a resident does not select a date and time, the proctors will assign one. Residents must make their appointments, and we cannot tolerate any schedule changes. We recognize the multiple commitments that the residents have but because of the extensive resources required for FLS and FES programs and because these tests are high stakes exams required for ABS certification, we will be insistent on the residents making these appointments. The only exception is if you have to miss work for a personal or family emergency. A scheduled case in the OR or a busy clinic is not a reason to miss your exam. If an emergency occurs, Anita Hagan must be contacted. The residency program pays for the initial testing voucher (\$525). If a resident fails the exam, they are responsible for paying for the cost of a retake voucher (\$125). Passing FLS is a requirement in order to advance to the PGY4 year. If a resident fails their first attempt, they must schedule a practice session with Drs. Lau or Korndorffer prior to taking their retake exam.