



Saturday 10th October 2026 | Beckbury 4 | 09:15 - 10:45

Speaker: Helen Stephens, VN, DipAVN (Surg)

Title: All Sewn Up – Suturing Workshop



Helen qualified as a veterinary nurse in 2001. After a few years in general practice, she moved into working in veterinary referral Centres to further her interest in surgical nursing. Helen gained the Diploma in Advanced Veterinary Nursing (Surgical) in 2006. After working as a veterinary nurse in Australia and Canada she returned to the UK to pursue a career in veterinary sales. In 2014 Helen joined the B Braun VetCare team. In her work Helen enjoys meeting vets and nurses who are passionate about the veterinary world and providing the best care for client's animals. Outside of work Helen has a wire-haired jack Russell called Harry who is her constant companion

and goes to work with her most days. Helen enjoys gardening, hiking, riding her horse.

Synopsis:

In this “hands on” practical workshop we will start by looking at the different types of sutures (structure, degradation profile) and needle types and how to choose the correct combination for the area of application. We will look at the basic instruments used for suturing, how to handle them and how to select the correct instrument for your suture, needle type and the area of application. We will practice handling of the instruments and sutures and go through some different knotting and suturing techniques. All delegates will have the chance to handle the different sutures and practice their suturing and knotting on skin pads with step by step guidance. Delegates will leave with greater confidence and knowledge of suture and needle types, how to select the correct suture type for the area you wish to close and what suture pattern and knot to employ.

Learning Objectives:

1. Identify different needle types and suture types
2. State the advantages and disadvantages of common suture materials
3. Recognise common suture patterns
4. Perform some common suture patterns on suturing pads