

# iPRAS Presidency Manifesto

A huge thank you to everyone who has participated and helped at our events this year, it was incredibly rewarding to see many of you enjoy the journey iPRAS has taken us on together. It has been our honour to take plastic surgical education to greater heights through innovative simulation workshops and in-depth exploration of underrepresented sub-specialties and we hope to build on such foundations in the upcoming year.

## Key Achievements & Innovations

- 1. EIP Conference International**
    - First global edition in IPRAS history, attracting speakers and delegates from abroad.
  - 2. UK's First Student-Led Paeds Conference**
    - Pioneered a pediatric plastics conference addressing congenital anomalies and cleft care, entirely student-organized.
  - 3. Aesthetics Teaching Series Debut**
    - Launched IPRAS's first dedicated aesthetics curriculum, including new rhinoplasty and blepharoplasty workshops.
  - 4. Enhanced Collaborations**
    - Strengthened partnerships with Surg Soc, KCL PRASS, and BLAPRAS through joint conferences, shared resources, and cross-promotion.
  - 5. New Workshop Pilots**
    - Introduced innovative sessions like hand syndactyly, ear reconstruction, rhinoplasty, blepharoplasty, wise pattern workshop.
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## Event Timetable & Rationale

Event	Timing	Rationale
<b>Reconstructing the Stereotype (RTS)</b>	October	Introductory event to engage newcomers; scheduled before Surg Soc's Trauma Conference (November) to avoid competition with Surg Soc's Trauma Conference.
<b>Weekly Skills Sessions</b>	Weekly (Oct-Dec)	Address foundational skill gaps (e.g., suturing) through subcommittee-led

		workshops. Prepares delegates for advanced sessions.
<b>Paeds Conference</b>	December	First student-led pediatric plastics conference in the UK; pre-Christmas timing balances the calendar.
<b>Emergencies in Plastics (EIP)</b>	January	First international edition of EIP; post-Christmas scheduling avoids thematic clashes when it was held around trauma conference.
<b>Aesthetics Teaching Series</b>	February–March	New curriculum focused on aesthetics; bridges EIP and Micro Conference with advanced content.
<b>Micro Conference</b>	March	Retains spring slot for consistency; features advanced workshops
<b>Summer Cocktails Networking</b>	June	Closes the year with speaker/delegate networking; strengthens ties with partner societies. Invite all the speaker who have come and given talks during all the events in the year.

## Key Changes & Rationale

1. **Balanced Pre-Christmas Schedule**
  - Increased from **1 event** to **2 core events (RTS, Paeds)** + biweekly online talks, reducing publicity strain and maintaining engagement.
2. **External Event Coordination**
  - RTS (October) and EIP (January) strategically avoid Surg Soc's Trauma Conference (November), confirmed via collaboration.
3. **Subcommittee Empowerment**
  - Weekly skills sessions delegated to subcommittees to streamline workload and foster leadership.
  - Ensure Subcommittee becomes more accustomed and easily take on core committee roles in the future.
4. **Year-Round Skill Progression**
  - **Oct–Dec:** Foundational skills → **Jan–Mar:** Advanced topics (EIP, Aesthetics, Micro) → **June:** Networking closure.

## **VP Pubs Subcommittee Roles (2 Members)**

### **Core Responsibilities:**

- 1. Content Calendar Creation**
  - Collaborate with the VP Pubs to plan a monthly/termly content calendar for Instagram, LinkedIn, and TikTok.
  - Align posts with upcoming events (e.g., conferences, workshops), holidays, or committee goals.
- 2. Scheduling Posts**
  - Use tools like Canva to design and schedule posts in advance.
  - Ensure consistency in branding (colors, fonts, tone).
- 3. Basic Analytics**
  - Track engagement (likes, shares, comments) and report trends to the VP Pubs

## **Events Subcommittee Roles (4 members)**

### **Core Responsibilities:**

- 1. Delegate Communications**
  - Send event-related emails (e.g., reminders, surveys) to delegates.
  - Distribute and analyze post-event feedback surveys.
- 2. Teaching Series Support**
  - Assist in planning logistics for workshops/lectures (e.g., booking rooms, preparing materials).
  - Coordinate with speakers or instructors (e.g., sending schedules, confirming attendance).
- 3. Skills Workshop Coordination**
  - Help organize hands-on sessions (e.g., suturing workshops).
  - Manage sign-ups, gather supplies, and set up equipment on the day.

## **Ideas/Improvements**

1. Panel Discussion and Networking Evenings
2. Biweekly Online Teaching Series Throughout The Year
3. 2-Day Microsurgery Course
4. Flap Dissection Course
5. Drawing Course Through The Reconstructive Lenses
6. Sculpting Course
7. Anatomy/Microsurgery Competition or Pub Quiz Socials
8. Digital Hackathon
9. Christmas Dinner
10. Pre-Conference Socials

11. iPRAS awards hosted by President
12. Task Tracking and Regular Check-Ins with Publicity
13. Encourage all committee members to get involved in event organising through clear delegation of tasks, build an organising team for each event

## Committee Handbook:

### Conference Chairs To-Do List

Task	Start Time Prior	Person In Charge	Completed?
Room Bookings	ASAP		
Risk Assessments Submitted To ICSMSU (Jacob Lee)	ASAP		
Risk Assessment + Event Proposal Submitted to ICU (Union Website)	ASAP		
Set Theme and Structure	3 Months		
Speaker Recruitment	2-3 Months		
Request Speakers' Profiles for Promotions	2-3 Months		
Request Speakers' Contact Number for WhatsApp Group Chat	2-3 Months		
Demonstrator Recruitment	2-3 Months		
Request Demonstrators' Contact Numbers for WhatsApp Group Chat	2-3 Months		
Email Sponsors	2-3 Months		

Pick a Charity for Fundraising (Fun Run, Ticket Sales, Bake Sale)	2-3 Months		
BAPRAS Accreditation + Request for BAPRAS Lanyards	2 Months		
Inventory Check	2 Months		
Finalise Publicity Schedule	2 Months		
Call Finance Meeting to Finalise Budget and Ticket Prices	2 Months		
Decide on Poster/Oral Presentations, Open Abstract Submission	1-2 Months		
Ensure Publicity On Track	1-2 Months		
Plan and Advertise Charity Fun Run	1-2 Months		
Make Conference Brochure	1 Month		
Finalise Research Project(s) - Pre and Post Surveys, OSATS	1 Month		
Contact Bakeries for Charity Bake Sale	3 Weeks		
Charity Fun Run	2-3 Weeks		
Speaker Gifts (Chocolates and Cards)	2 Weeks		
Send Welcome Email and Pre-Survey to Delegates	1 Week		

Make Registration Spreadsheet for Conference Day	1 Week		
Make Committee Rota	1 Week		
Call Committee Brief	1 Week		
Print Delegate, Workshop Demonstrators and Speaker Name Tags, Opening Speeches	1 Week		
Collect CostCo, Medical Meats, Equipment from iPRAS Storage, Bring to RCS	1 Day		
Thank You and Feedback Email to Delegates	<7 Days Post-Conference		
Thank You Post by Publicity Team	7 Days Post-Conference		

How to apply for BAPRAS Accreditation and Badging?

Email Anisa Begum, [anisa.begum@bapras.org.uk](mailto:anisa.begum@bapras.org.uk), with a completed event badging form, use the paediatric plastics one for reference (on One Drive) and state in your email a consultant plastic surgeon who's a full member of BAPRAS who's happy to support your badging application and also CC this consultant in that same email to Anisa