Aim: Surgical training has been severely affected by stop, start and stop of elective surgical activity during the COVID pandemic. The aim of this study was to analyze the effectiveness of strategies put in place to tackle them.

Methodology: We looked at the four UK Statutory Education Bodies (SEBs) published guidance and trainee led resources to see what measures were put in place to mitigate the severe disruptions in surgical training due to COVID-19 pandemic.

Results: Across the world, training programmes have been affected and craft specialities have fared the worst. Lesser operative experience and redeployment to non-surgical critical areas being the top 2 causes. A Post Graduate Medical Education (PGME) Recovery Programme was established in April 2021 to reset, recover and reform PGME with one to one trainee recovery discussions. Simulations and virtual CME sessions are being put in place to help mitigate the deficiencies in the current training programmes. These measure may be suitable for Medical specialties, but Surgical specialties need hands on training on human cadavers in lieu to catch up and prevent extension of period of training.

Conclusion: The COVID 19 pandemic has not only affected the physical and mental well-being of trainees but has also restricted training opportunities, professional development and severely dented trainee confidence. The plans put in place are not good enough for surgical trainees who need hands on experience. Increased didactic teaching around cadaveric training programs is the quickest way of overcoming this deficit.