

Guide to  
PRACTICAL ANATOMY  
**FIRST EDITION**

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# Guide to **PRACTICAL ANATOMY**

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This book is dedicated to the late  
**Professor Abdelrazag Elfaki**



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Last, but not least, we appreciate the role of our families who contributed a lot to the environment in which this book has been written and produced.

**AAE**

**ASH**

**MN**

**QMA**



## PREFACE

The book is written systematically around one specific idea that anatomy practical has to be carefully structured. It has 34 sections and references. There are unique anatomical illustrations drawn by an anatomist. The book has certain number of practical sessions and each session starts with learning objectives, required materials and instructions. The practical session is concluded with review questions. The book is well organized.

The content of the practical is arranged as the review of the theoretical lectures. The terminology of the anatomical structures and their explanations are written in a checklist form. It gives students the opportunity to review the contents step by step and in a logical sequence, without missing any of information.

Each session is organized in a set of stations addressing specific themes. The students should not move around in the laboratory with no direction. This approach saves student efforts and time. The educational material in a certain theme is grouped in one area of the laboratory. With this approach, the practical session can be easily evaluated as a teaching technique, and students fairly assessed.

The systematical arrangement of the book helps faculty to follow the practical sessions and ensure coverage. The additional chapter on head and neck anatomy could be used for learning anatomy in the faculty of dentistry.

This book "Guide to Practical Anatomy" is unique in the market, both in content and style. It will be a breakthrough in the teaching of anatomy in a systematic manner. I strongly recommend using the book for anatomy education in the colleges of medicine and dentistry.

A handwritten signature in blue ink, reading "B. Sahin", enclosed in a thin black rectangular border.

**Prof. Dr. Bunyamin Sahin**

Professor of Human Anatomy  
Rector of Tokat Gaziosmanpasa  
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# INTRODUCTION

There are so many anatomy books on the theoretical bases of anatomy, less so on the practical aspects, and very few on structured practical sessions. There may not be any publication with such vision and detail on the topic of gross and imaging anatomy.

The book is written for undergraduate medical and dental students, who will find carefully structured practical sessions for the whole anatomy curriculum. Each chapter includes the specific objectives to be covered in the gross anatomy practical, the content of each session and the structures to be seen in morphology specimens and images in the lab. The student has the choice of revisiting the laboratory for an unsupervised self-directed session following the guidelines. Even during the scheduled session, the details listed allow the staff member to supervise and orient students rather than spoon-feed them or repeat the theoretical background.

Most students feel that the experience of spending hours in the traditional anatomy practical is a waste of time and effort, since no structuring has been introduced in many countries, except in the last 10 years or so. It has been left to the interest and pace of each student to study. This sequential arrangement of facts and applications allows students to ensure completion of the objectives set in every station of the practical. The staff member in charge of the station explains difficult areas and obscure relationship, when raised by

students. The specimens and material studied has been reviewed well before the session and all content to be added, or removed, will be managed.

No lecturing is required before the practical, since the objectives explain everything. The students having the practical scenarios before the session allows them to review content before the practical. The display of the specimens, the questions and steps to be followed closely resemble the quiz and examination setup.

Going into the details of anything involves mistakes and omission of many facts. As authors, we promise to include and reorganize content in the next editions, if our honorable colleagues and students would tell us the problems they faced in implementing this practical book.

**AAE**  
**ASH**  
**MN**  
**QMA**

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## ETHICS TO BE FOLLOWED IN THE DISSECTION ROOM

*The following are some rules and regulations for maintaining the highest standards of practice in a dissection room (DR).*

- 1. Human Anatomical Contributions:** most of our cadavers were obtained from the main mortuary, declared as unclaimed bodies, according to the country regulations. Therefore, it is crucial that proper respect be paid to the cadaver at all times. Any disrespect for the cadaver will be unacceptable. The mentors and the students should observe professional conduct inside the DR. Photographs of the cadaver or any part should not be taken without prior permission from the head of the department (HOD). It is the same if the educational material is plastinated human body or organ. As a dry specimen, students may dare moving it around, but respect and consideration is as well recommended.
- 2. Admission into the DR:** The DR should have strict limited access and has to be locked when not in use. Only students enrolled in the course are allowed to be inside the DR. The students should not bring their relatives, friends or visitors without prior permission of the HOD, based on good justification. It is important the HOD would advise the cleaners and technologist to observe access limitations for all unauthorized public.
- 3. DR Safety:** The students are required to wear disposable gloves while working in the DR. A long-sleeved white lab coat should be worn. Lab coats should not be taken out, except for laundry. Dirty coats are a health hazard. Only practical guides, dissection manuals, atlases or visual media are allowed inside the DR. Bags or other personal items should be left outside, or in student

lockers. Food and drinks are not allowed inside, or in the vicinity of the DR.

4. **Care of Cadavers:** The cadaver has to be maintained in a proper preservation format. While working, the cadaver should be covered with clean toiles, continuously moistened with embalming fluid. Students should only uncover the area to be studied.
5. **Preservation of the tissues and organs:** All tissues removed from the cadaver must be collected and placed in the designated containers. No body parts, tissues, etc. should be removed from the DR, unless when prepared for burial or other decent disposal. Cats, dogs and stray animals should not be brought, or allowed to stay in the or around the building of the DR. The excess liquid that has accumulated on the dissection table should be drained into the bucket located under the table, and disposed of appropriately.

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