

KABIR MEDICAL COLLEGE PESHAWAR



Guide to Clinical and Practical Skills for Medical Students.

**Five Years Clinical Skills
First Prof. MBBS to Final Prof. MBBS**

This Document is list of the clinical skills which you should attained by the end of your medical studies. The skills objectives are taken from your current curriculum. The format presented in this guide book to make it as manageable as possible. Skills are arranged by system, and by year. By the end final year, you should be competent to each of the item listed.

Learning Clinical Skills

To Learn any skill, three components are important – **Knowledge** of how to do the skills, repeated **Practice** and **Feedback** and evaluation.

You may obtain **Knowledge** of how to do is skill from many sources – text books, being shown by someone, course guide, medical journals, videos, the internet. Bear in mind that they may be (and usually is) more than one “right” way of doing a skill and you will need to judge different method and decide which you think is best for your style of practice.

You need to **Practice** a great deal to become fluent and competent at a skill. Researchers suggest that about 10,000 hours of practice is required to become expert. You may practice in simulation on models, on each other’s, on relatives, on patients, (with appropriate consent). You may wish to practice initially in a safe environment, such as skill labs, and then when you have gained some confidence start practicing in more realistic environment.

Feedback and evaluation is essential, to make sure that your are learning the skills right. It difficult for you to see what your are doing when you are doing at, and asking your tutor to watch and give feedback is important, otherwise, you run a very significant risk of becoming very slick at performing a skill badly.

1st Professional MBBS

1. Cardiorespiratory Module
1.1 Pulses
1.1.1 You should be confident in locating via anatomical landmarks.
<ul style="list-style-type: none">• Radial• Brachial• Carotid• Dorsalis Pedis• Posterior Tibial
1.2 Blood Pressure
1.2.1 Able to take the BP on a normal person by estimating the systolic BP by palpation and accurately measuring by auscultation.
1.3 Jugular Venus Pressure
1.3.1 Able to recognize the pulsation of normal JVP and asses its vertical height above the menubrio sternal angle.
1.4 Cardiac Examination
1.4.1 Should know the surface markings of heart including apex, valves and main vessels.
1.4.2 Should be able to locate normal apex beat and report on its location by standered anatomical landmarks.
1.4.3 Should be able to auscultate the normal heart and time the heart sounds with you pulse in assessment of cardiac cycle
1.4.4 Should be aware four main areas to auscultate, and the use of bell and diaphragm of stethoscope.
1.5 Should be able to preform ECG using limb leads
1.6 Peek flow? Lung function test.
1.6.1 Should know the correct technique of peek flow in a normal subject
1.7 Respiratory Examination
1.7.1 Should know the surface markings of the lungs
1.7.2 Should be able to auscultate the lungs and normal breath sounds

2. Metabolism
2.1 Height Weight and BMI
2.1.1 Should be able to calculate height weight accurately and calculate the body mass index.
2.2 Gastrointestinal Examination
2.2.1 Should know the surface markings of the contents of abdomen including liver kidney, bowel, spleen and vessels.
2.2.2 Should be able to auscultate abdomen for bowel sounds
3. Brain and Behavior
1.1 Should be able to conduct a basic peripheral central examination
1.2 Should be able to assess basic reflexes Knee, Ankle plantar, Biceps triceps supinator reflex.
1.3 Cranial nerves eyes and ears should be able to assess visual acuity and color vision and visual evoked potentials.
1.4 Should be able to assess hearing.
4. Locomotor
MRCS Scale
GCS Scale
5. Professional Relationship
4.1 Should be able to demonstrate appropriate respect to the patient in relation to greeting (Verbal and Nonverbal Greetings).
4.2 Should be able to begin and end an interview with a patient appropriately.
4.3 Should be alert to the cultural variation.
4.4 Should be able to understand the importance of professional boundaries.

2nd Year Professional MBBS

1. Cardiorespiratory Module
1.1 Pulses
1.1.1 Should be comment on the strength, rate and rhythm of the following pulses
<ul style="list-style-type: none"> • Radial • Brachial • Carotid • Dorsalis Pedis • Posterior Tibial
1.1 Blood Pressure
1.1.1 Able to take the BP competently and should be able to assess for postural hypotension.
1.2 Jugular Venous Pressure
1.2.1 Competently recognize the pulsation of normal JVP and assess its vertical height above the manubrio sternal angle.
1.3 Cardiac Examination
1.3.1 Should be confident in recognizing the 1 st and 2 nd heart sounds, the systolic and diastolic spaces by timing the cardiac cycle against the central pulses.
1.3.2 Should be able to put together assessment of pulse, peripheral pulse BP and cardiac examination to form and examination of cardiovascular system.
1.4 ECG and Cardiac Monitor
1.4.1 Should have an understanding of 12 lead ECG and lead placement and general principles regarding what it assesses able to perform a 12 lead ECG able to assess electrical axis of the heart.
1.5 Peak Flow? Lung Function Test
1.5.1 Able to perform simple tests of Lung Function to measure FEV1, FVC and lung volumes.
1.6 Respiratory Examination
1.6.1 Should be putting together the examination of hands, pulse, JVP and lungs to conduct a systemic examination of the normal respiratory system.

2. Metabolism
2.1 Should be able to interpret BMI
2.2 Urine Testing
2.2.1 Should be able to use standard dip stick to analyses sample of ursine.
2.2.2 Should able too specifically test urine for glucose.
2.2 Gastrointestinal Examination
2.2.1 Should be able to examine the normal abdomen for tenderness and masses.
2.2.2 Should be starting to put together assessment of hands eyes JVP mouth and abdomen to conduct systemic examination of normal GI system able to assess accurate abdomen for bowel sounds.
3. Locomotor
3.1 Joint Examination
3.1.1 Should be able to conduct a screen for locomotor problems GALS.
3.1.2 Should be able to test the peripheral motor system.
3.1.3 Should be able to interpret X-Ray for common locomotor systems.
4. Brain and Behavior
1.1 Should be able to assess basic reflexes Knee, Ankle planter, Biceps triceps supinator reflex.
1.2 Cranial nerves eyes and ears should be able to assess visual equity and color visional and visual equity.
1.3 Should be able to perform basic autoscopy and normal anatomy of the ear.
1.4 Should know about the growth charts and centile scales.
5. Professional Relationship
5.1 Should be alert to the cultural variation.
5.2 Should be able to understand the importance of professional boundaries.

3rd Year Professional MBBS

1. Cardiorespiratory Module
1.1 Pulses
1.1.1 Should be able to locate on the strength, rate and rhythm of the following pules normal and abnormal pulses
1.1.2 Should be familiar with burgers test and examination of specific sign of Peripheral vascular disease
<ul style="list-style-type: none"> • Radial • Brachial • Carotid • Dorsalis Pedis • Posterior Tibial
1.2 Blood Pressure
1.2.1 Should be able to measure ankle brachial pressure Able to asses accurately the BP and interpret the findings, recognizing both normal and abnormal variation and their implication in various diseases in DM , Valvular disease, PVD
1.2.2 Should have clear understanding of factor which may influence the BP
1.2.3 Should be able to record the BP and pulse on chart and notes
1.2.4 Should be able to communicate results and interpretation to patient and colleagues
1.3 Jugular Venus Pressure
1.3.1 Should be able to know characteristic of pules wave and the implication in various conditions and diseases Clear differentiation of JVP from other pulse in neck To maneuvers to make JVP more prominent
1.4 Cardiac Examination
1.4.1 Should be confidant in conducting a full cardiovascular examination, including aortic and mitral maneuvers
1.4.4 Should be confidant in findings particularly in recognizing normal and deviation from normal.
1.4.5 Should be able to recognize common abnormalities and know when a patient requires further investigations.
1.5 ECG and cardiac monitor
1.5.1 Should be able to recognize the parents seen in normal ECG
1.5.2 Should be able to recognize when the ECG deviates from Normal ECG

1.6 Peripheral Vascular Examination
1.6.1 Should know the examination of varicose veins in lower limbs
1.7 Peek Flow? Lung Function Test
1.7.1 Should be confident and competent in measuring the peek flow in patients
1.7.2 Should be able to plot and documents the results
1.7.3 Should be able to interpret the results based on height age and gender
1.8 Respiratory Examination
1.8.1 Should confident and competent in conducting and gold slandered respiratory examination.
1.8.2 Should be confident in findings, particularly in recognizing normal and deviation from normal.
1.8.3 Should be able to recognize common and know when a patient requires further investigations.
1.9 Arterial Blood Sampling
1.9.1 Should be able to take arterial blood sample radial and femoral knowing the land marks.
2. Metabolism
2.1 Should be able to document weight high and head circumference on a growth chart
2.2.1 Urine testing
2.2.2 Should able too specifically test urine for pregnancy.
3 Gastrointestinal Examination
3.1 Should be confident and competent in gold standard GI examination including Liver spleen kidney, tenderness preconizing hernia and masses
3.1.2 Should be confident in findings particularly in recognizing normal and any variation from normal.
3.1.3 Should be able to recognize common abnormalities and know when further tests are required.
4 Catherization
4. 1 Should know the basic principles of catheterization Thyroid examination
4.2 Should be able to examine neck swelling including thyroid.
5. Nasogastric Tube
5.1 Should be able to know the basic principle of Nasogastric tube and able to insert Nasogastric tube.
6. Locomotor
6.1 Joint Examination
6.1.1 Should be able to examine spine knee foot and ankle shoulder hand wrist and forearm hip and elbow.
7. Wounds Dressing and Joint Immobilisation
7.1 Should be able to perform simple suturing Conduct a screen for locomotor problems GALS.
8. Locomotor X-Rays
8.1 Should be able to interpret X ray of bone and joint.
8.2 Should know Glasgow coma scale.
8.3 Should know the MRCS muscle power system.
8.4 Should be able to test the peripheral motor system.
8.5 Should be able to interpret X-ray for common locomotor systems
8.6 Should be able to perform peripheral motor examination including assessment of tone power and reflexes
9. Brain and Behavior
9.1 Should be able to conduct peripheral sensory examination assessing all relevant dermatomes, nerve roots nerve distribution and spinal cord.
9.1.2 Should be able to conduct peripheral motor examination, including assessment of tone, power, reflexes and coordination, and an awareness of nerve roots, nerve distribution, spinal in higher tracts that you are assessing.
10. Cranial Nerves, Eyes and Ears
10.1 Should be able to exam all 12 cranial nerves.
10.1.2 Should perform ophthalmoscopy and auroscopy.
11. Examination of Lymph nodes regional, breast, genital
12. Professional Relationship
12.1 Should respect patients' ideas, concerns and expectations examine a patient appropriately and sensitively

12.2	Should be able to identify barriers to communication and should use strategies to overcome the communication gap.
12.3	Should be able to use skills to take and write history in problem oriented medical record
12.4	Should be able to pompously use interviewing skill to acquire accurate and comprehensive history.
12.5	Should be able to take informed consent
13. Phlebotomy, Cannulation, Blood tests and needles	
13.1	Should be able at taking blood using the vacutainer system.
13.2	Should be able to insert and IV Cannula.
13.3	Should be able to run through and connect an intravenous line.
13.4	Should be able to give an intravenous, intramuscular and subcutaneous injection.
14. Emergencies	
14.1	Should be able to institute the immediate investigation for common medical and surgical conditions (Chest Pain, Abdominal Pain etc.)
15. Patient Handling	
15.1	Should be able to left a patient with health and using the appropriate manual handling techniques.
16. Scrubbings and Gowning	
16.1	Should be able to know and confident at scrubbing and gowning for theater.
16.2	Should be knowing the general principals of maintaining a sterile field and risk of contamination.
17. Prescribing	
17.1	Should be able to recognize drugs involved with common medical condition, and understating the therapeutic rationale of their use.
18. Practical Record Keeping	
18.1	Should be able to write concise, accurate and legible case notes, conforming to standards of good note keeping.