UGME Clinical Skills Program
Year 2

Block	Skills Session	Description	Pre-session material	Post-session material
Supporting Life A total of three clinical skills sessions will introduce the use of ABCDE approach for assessment of a patient. The sessions build onto each other and will introduce, demonstrate and allow for some practice, the following skills related to this topic are: - Airway devices - Oxygen delivery devices - Measuring observations and documenting using NEWS early warning score - Peak flow measurements and implementing on a nomograph for interpretation - Inhaled medications - Performing and interpreting a 12-lead electrocardiograph (ECG) - Setting up and managing a 3-lead ECG monitor -SBAR handover, assessment/history of a acutely unwell patient using ABCDE approach	Respiratory ABcde	Airward/Breathing Assessment (within ABCDE approach) Skills presented: - Airway devices - Oxygen delivery devices - Peak flow measurements and implementing on a nomograph for interpretation - Inhaled medications	Review year one lecture on clinical assessment, oxygen and asthma	-https://www.resus.org.uk/resuscitation-guidelines/abcde-approach/ -https://www.asthma.org.uk/advice/inhaler-videos/ -https://geekymedics.com/wp-content/uploads/2013/04/PEFR-Osce-Mark-Scheme.pdf -https://geekymedics.com/inhaler-technique-osce-guide/ -https://geekymedics.com/peak-expiratory-flow-rate-pefr/
	Cardiac abCDE	Circulation, Disability, Exposure (within ABCDE approach) Skills presented: - Performing and interpreting basic 12-lead electrocardiograph (ECG) - Setting up and managing a 3-lead ECG monitor	Review the normal structure and function of the respiratory system, cardiovascular system and central and autonomic nervous systems covered in Stage 1 to explain the clinical presentation of common and significant medical and surgical disorders affecting these systems. Review relevant anatomy, physiology and biochemistry to justify the selection and use of appropriate investigations in the management of common and major disorders affecting these systems in adults.	-https://www.nice.org.uk/guidance/cg50 -https://geekymedics.com/record-ecg/ -https://scst.org.uk/wp-content/uploads/2020/02/SCST_ECG_Recording_Guidelines_2017am.pdf -https://www.nice.org.uk/guidance/ng136
	ABCDE BLS	Using the ABCDE approach and BLS Skills presented: -SBAR handover, assessment/history of a acutely	https://www.resus.org.uk/resuscitation-guidelines/adult-basic-life-support-and-automated-external-defibrillation/	-https://www.england.nhs.uk/ourwork/clinical-policy/sepsis/nationalearlywarningscore/

		unwell patient using ABCDE approach - Measure and document vital signs, understanding escalation and the NEWS2 scoring system		
Ageing A total of three clinical skills sessions will introduce different skills vital to assess patients, provide interventions for safe care and discharge specific to the ageing population used within acute geriatric care, A and E and community environments and will introduce, demonstrate and allow for some practice. The following skills within this topic are: -Otoscopy and fundoscopy -Lying and standing blood pressure (measuring observations) -Time up and go -Use of Edmonton frailty score -Bladder scanning -teaching bladder retraining	Otoscopy and Fundoscopy	Introduction to basic ophthalmology assessment, equipment. Skills presented: -basics of otoscopy and visual assessment -understanding principles of fundoscopy	1. Review anatomy of ear and eye and cranial nerve feedback loops.	-https://geekymedics.com/hearing-ear-examination-osce-guide/ -https://geekymedics.com/fundoscopy-ophthalmoscopy-osce-guide/
	Frailty Assessment	Understanding the components of assessing patients for frailty Skills presented: Lying and standing blood pressure (measuring observations) -Time up and go -Use of Edmonton frailty score	1. Review limb anatomy and function and begin to appreciate pathological processes of the limbs to apply this knowledge to the assessment of older adults with limited mobility. 2. Review their knowledge of biochemistry, energy balance and nutrient metabolism, fluid balance, and the importance of nutrition to health to the care of older patients, and undertake a MUST assessment of an older patient. 3. Review cardiovascular, respiratory, musculoskeletal, and nervous systems related to the ageing	-https://www.nice.org.uk/guidance/cg161/evidence/falls-full-guidance-190033741 -Guidelines for the Physiotherapy management of older people at risk of falling, Agile (2012) - Physical activity guidelines for older adults (65+ years), Department of Health (2001) -https://geekymedics.com/falls -https://www.bgs.org.uk/sites/default/files/content/attachment/2018-07-05/efs.pdf -https://www.rcplondon.ac.uk/projects/outputs/measurement-lying-and-standing-blood-pressure-brief-guide-clinical-staff

-history taking			process to understand the complexity of care for older patient	
	Incontinence	Continence assessment, interventions for incontinence and patient teaching. -Bladder scanning -Teaching bladder retraining -History taking	1. Review the anatomy and physiology related to bladder, pelvis and urinary tract for both female and male, taking note of the different anatomical differences related to the aging process. 2. Review knowledge of the afferent/efferent feedback loops related to continence. 3. Review anatomy and physiology related to the brain and cognition specific to the differences throughout the lifespan, particularly related to the ageing process.	-https://www.the4at.com -https://www.guysandstthomas.nhs.uk/resources/patient-information/gynaecology/bladder-retraining.pdf -https://www.nhs.uk/conditions/urinary-incontinence/treatment/
Inflammation A total of three clinical skills sessions designed to provide skills for assessment, measuring, and providing treatment related to primary conditions related to inflammation. The sessions will introduce you to specific skills and allow for some practice. The following skills within this topic are:	Joints examination	Review basic joint exam in the hand and hip related to inflammatory conditions Skills presented: -Hip exam -Hand exam -History taking	1. Review anatomy and physiology of the hand, hip, knee joints. 2. Review the basic conditions related to inflammation and how they may lead to signs/symptoms of joint inflammation	-https://geekymedics.com/hand-examination/ -Curr Rev Musculoskelet Med. 2013 Sep; 6(3): 219–225. Published online 2013 Jul 7. doi: 10.1007/s12178-013-9175-x
	Glucose Monitoring	Understanding indications for glucose monitoring and practicing different methods. Skills presented: -Urine dip	1. Review the pathophysiology of the endocrine system with specific emphasis on glucose/glycogen, pancreas, liver and stress response related to cortisol.	-https://pdfs.semanticscholar.org/c6d3/6390efb998e3e77a42c582eb69b8b11f0ac3.pdf

-Urine dip indications and differentials -Teaching a patient to complete a mid-stream urine collection -Capillary blood glucose monitoring -Prepare and administer injectable (subcutaneous) drugs -Prepare and administer injectable (intramuscular) drugs -Prepare and administer injectable (intravenous) drugs e.g. antibiotic -History taking -Hip examination -Knee examination		-Teaching a patient to complete a mid-stream urine collection -Capillary blood glucose monitoring	2. Review the procedure for urine dip and indications, differentials.	
	Antibiotic Prescribing	Basic antibiotic prescribing and using the trust guidelines to monitor for effects of certain medications. Learning basics of drug administration. Skills presented: -Prepare and administer injectable (subcutaneous) drugs -Prepare and administer injectable (intramuscular) drugs -Prepare and administer injectable (intravenous) drugs e.g. antibiotic	1. Review the lecture on Keats on prescribing 2. Complete the homework related to antibiotic prescribing 3. Review GSTT guidelines for Vancomycin/Gentamicin 4. On Keats review sharps disposal and infection control modules	http://www.ihi.org/resources/Pages/ImprovementStories/FiveRightsofMedicationAdministration.aspx