



INTRO TO CLINICAL SKILLS

Study Hub OSCE Sessions – INTRO SERIES



Pre-clinical students to be introduced to the basics of clinical skills



Also, useful as a refresher for older years to refresh their knowledge ahead of placements starting again!



I've tried to present it in a way that should be applicable no matter what medical school you attend.

Who is this session aimed at?

What we won't cover

- Placements and OSCEs will be touched on a little but these will be covered in future Study Hub sessions

Structure



What are clinical
skills



What you need to
know



How to best
prepare/ revise



WHAT ARE CLINICAL SKILLS?



History taking



Communication



Examinations



Acute scenarios



Prescribing
skills



Procedures



Data
interpretation

Clinical skills include



First steps

- History → get talking to patients
- Examination → listen to someone's heart
- Prescribing → look at drug charts
- Data interpretation → look at ECGs
- Communication → observations
- Acute scenarios → A to E

How are clinical skills assessed?

Different at different
medical schools

Usually

- OSCEs
- *Case presentations*
- *Clinical evaluation exercise (MiniCEX)*

Important for future work
as a doctor



WHAT DO YOU NEED TO
KNOW?





How to find out

- Course and module handbooks
- Your medical school's guide to OSCEs
- GMC Practical skills and procedures
- GMC Outcomes for graduates
- The logbook for your rotation
- Asking older years and doctors
- Online resources such as Geeky Medics



Logbooks

- Laminate
- Don't write any patient identifying details
- Work consistently throughout the term
- Take photos of pages for back-up
- Make sure you are comfortable with the skill before a sign off

ROUTINE ACTIVITIES: REPORTED AS A 'REGULAR' PART OF WORK BY AT LEAST 75% OF F1 OR F2 QUESTIONNAIRE RESPONDENTS

Vance et al 2015

	Type of activity	Frequency regular part of F1 job (%)
Use electronic systems to retrieve patient data including results	Administration	1717 (99%)
Interpret the results of investigations	Clinical judgement	1717 (98%)
Seek advice from other health professionals in a situation of clinical uncertainty	Communication with colleagues	1698 (98%)
Seek advice from other health professionals to formulate a plan for treatment management and discharge	Communication with colleagues	1692 (98%)
Plan drug therapy for common indications including pain and distress	Prescribing	1731 (97%)
Provide a safe and legal prescription	Prescribing	1725 (97%)
Interpret findings from history and or examination	Clinical judgement	1701 (97%)
Make clinical judgements and decisions in conjunction with colleagues	Clinical judgement	1704 (97%)
Perform venepuncture	Practical skill	1740 (96%)
Provide explanation advice reassurance and support to a patient	Communication with patient	1667 (96%)
Seek professional opinion from another specialty or professional	Communication with colleagues	1659 (96%)
Use electronic systems to enter patient information eg discharge plan	Administration	1656 (96%)
Access reliable information about medicines	Prescribing	1686 (95%)
Maintain handwritten medical notes	Administration	1648 (95%)
Formulate a plan for treatment and management	Clinical judgement	1645 (95%)
Perform a full physical examination	Practical skill	1648 (94%)
Formulate a plan of investigation	Clinical judgement	1650 (94%)

How much to learn/ in how much detail



Don't worry about going into too much detail the first time round as you are likely to return to things and add on knowledge each time.



Keep in mind that OSCEs are relatively short so you would not be able to go into huge amounts of detail for assessment.



Learn the more core topics in greater detail.



You'll be repeatedly exposed to things that are the most clinically relevant.



HOW TO COVER ALL THE CONTENT?



On placement

- I found it generally good to have one main goal each day
- This could be focusing on one clinical skill to a good standard

Common
things are
common

It's better to have a very well practiced cardiovascular examination and chest pain history than to be able to pick up on the rare signs.



HOW TO BEST PREPARE



PRACTICE TESTING



SPACED REPETITION

Learning effectively

General preparation advice

- Prioritise the most important clinical skills
- Prioritise spending time doing practical skills
- With many things it's worth having a go even if you feel unprepared – equally it's okay to say no if you feel you aren't comfortable
- Trust that spending time on placement is good revision and you'll absorb a lot – despite it not feeling like revising did in pre-clinical



Placements

- Be prepared to spend lots of time searching for opportunities
- Follow patients' journeys
- Know where to go in the hospital for a particular skill
- Be opportunistic
- Help patients
- Make an effort with staff on the ward and help junior doctors
- Have a goal



Placement basics

- Hospital etiquette
- Professionalism
- Infection prevention
- Confidentiality
- Raise concerns
- Represent your year group

Look after yourself

- As with the rest of medical school it is important to make your physical and mental health your priority
- Looking after yourself is good for learning

Patients



Patients will teach you so much



Many patients have very interesting stories to tell



Learn about what patients want from their doctors



Learn about what different patients care about



Sometimes the more you help a patient and the longer you spend with them, the more they'll help you in return

Places for skills

Of course, follow your med school guidance and ask older years and doctors, but some ideas include:

- History taking → the rapid access medical assessment unit
- Phlebotomy → Phlebotomy outpatient clinic
- Female catheter → Obs & Gynae

Helping junior doctors

- Writing the jobs list whilst on the ward round
- Bloods/ cannulas

Bloods/Cannulas

- Don't worry if you fail these as even nurses and doctors can't do it sometimes.
- Try to go to a phlebotomy clinical.
- Palpate and anchor the vein well.



Practicing with friends

- Forming a group that works well together
- Friends on placements
- Near peer teaching
- Study Hub OSCE sessions
- Video or voice record yourself

Online resources

- Speaking clinically Medical Interviews
- Geeky medics
- OSCE stop
- YouTube
- University resources
- BMJ Best practice
- NHS website

The easy guide to
OSCEs for final
year medical
students

Essential
examination

The easy guide to
OSCEs for clinical
specialities

Clinical skills for
OSCEs

Succeeding in
your medical
school OSCEs

Focused history
taking for OSCEs

Macleod's clinical
OSCE

Textbooks for OSCEs



THE AT A
GLANCE SERIES



THE LECTURE
NOTES SERIES



THE CRASH
COURSE SERIES



OXFORD
HANDBOOKS

Textbooks for
content



HE WHO STUDIES MEDICINE
WITHOUT BOOKS SAILS AN
UNCHARTED SEA, BUT HE
WHO STUDIES MEDICINE
WITHOUT PATIENTS DOES NOT
GO TO SEA AT ALL.

Summary



- The transition to clinical years is challenging
- Spend time with patients
- Practice history and examination with friends



FEEDBACK?



THANK YOU!