

PRACTICAL SKILLS

Student's data. These fields are completed by the student

First and last name

No of study book

In the next tables, total of **76 practical skills** are listed by topics that you should develop during the practice. Of these, **37 are mandatory** — you will recognize them by seeing **only** the box **S** (shown to the supervisor) and next to it the place for the supervisor's signature. At the end of the practice, all these skills should have a mark in the box **S** and supervisor's signature, name and job title (doctor, nurse) next to it.

Other skills are those that you should draw your attention to on our opinion, but nothing happens if you do not have enough time. These have boxes **O** (observed), **P** (performed) and **S** (shown to the supervisor). Make a mark if you can try something and observe your own development!

Do not be afraid to tell your supervisor if you have not performed some of these activities before! We encourage you to think ahead of what an activity consists of with the help of literature and videos, if required — so the learning would go faster. Try to distribute your activities evenly — if you leave the presentation of all your practical skills to the end of the last placement, it will need a lot of time from you and your supervisor.

It is your choice during which placement you will present your skills, but try to use common sense: for example, counselling activity is best practised during the family medicine placement, but clinical death could be most probably encountered during emergency medicine or internal medicine placements.

In case of some activities, it may be not possible to show them to the supervisor during the practice — here, we think about skills associated for example with a patient in critical condition. If it is so, do not worry — describe your activities to the supervisor orally. In addition, the supervisor may mark the activity as performed, if he/she has seen you performing it repeatedly during the practice.

Objective examination of the patient

The supervisor evaluates your general history collection and objective examination skills at the end of each placement. Here are some aspects of objective examination of the patient that we think must be especially emphasised and shown to the supervisor at least once during the practice.

1	Digital rectal palpation	<input type="checkbox"/> O	<input type="checkbox"/> P	<input type="checkbox"/> S
2	Performing a gynaecological examination	<input type="checkbox"/> O	<input type="checkbox"/> P	<input type="checkbox"/> S
3	Objective examination of an infant and/or child			<input type="checkbox"/> S
4	Objective examination of the nose, ear and throat			<input type="checkbox"/> S
5	Performing a breast examination	<input type="checkbox"/> O	<input type="checkbox"/> P	<input type="checkbox"/> S

Manual manipulations

When performing manual manipulations you should be ready to explain: (a) which are the general indications of this manipulation and why it is indicated in this patient; (b) which are the general contraindications of this manipulation; and (c) what are the possible complications of this manipulation

6	Cannulation of an artery	<input type="checkbox"/> O	<input type="checkbox"/> P	<input type="checkbox"/> S
7	Artery puncture	<input type="checkbox"/> O	<input type="checkbox"/> P	<input type="checkbox"/> S
8	Ascites puncture	<input type="checkbox"/> O	<input type="checkbox"/> P	<input type="checkbox"/> S
9	Performing an electrocardiography			<input type="checkbox"/> S
10	Placement and changing of epicystostoma	<input type="checkbox"/> O	<input type="checkbox"/> P	<input type="checkbox"/> S
11	Determination of glucose level in capillary blood	<input type="checkbox"/> O	<input type="checkbox"/> P	<input type="checkbox"/> S
12	Evaluation of wound healing and removal of sutures			<input type="checkbox"/> S
13	Suturing a wound			<input type="checkbox"/> S
14	Preparation of a infusion system			<input type="checkbox"/> S
15	Performing intra-, subcutaneous and intramuscular injection			<input type="checkbox"/> S
16	Performing local anaesthesia	<input type="checkbox"/> O	<input type="checkbox"/> P	<input type="checkbox"/> S
17	Rinsing of the acoustic meatus	<input type="checkbox"/> O	<input type="checkbox"/> P	<input type="checkbox"/> S
18	Joint puncture	<input type="checkbox"/> O	<input type="checkbox"/> P	<input type="checkbox"/> S
19	Lumbar puncture	<input type="checkbox"/> O	<input type="checkbox"/> P	<input type="checkbox"/> S
20	Replacement of a joint luxation	<input type="checkbox"/> O	<input type="checkbox"/> P	<input type="checkbox"/> S
21	Immobilisation of a bone fracture	<input type="checkbox"/> O	<input type="checkbox"/> P	<input type="checkbox"/> S
22	Placement of a nasogastric tube and gastric lavage	<input type="checkbox"/> O	<input type="checkbox"/> P	<input type="checkbox"/> S
23	Superficial abscess opening and drain placement			<input type="checkbox"/> S
24	Cleaning and bandaging of a superficial wound			<input type="checkbox"/> S
25	Removal of a superficial foreign body			<input type="checkbox"/> S
26	Pleural effusion puncture	<input type="checkbox"/> O	<input type="checkbox"/> P	<input type="checkbox"/> S
27	Placement of bladder catheter to a man and a woman			<input type="checkbox"/> S
28	Removal of a finger and a toe nail	<input type="checkbox"/> O	<input type="checkbox"/> P	<input type="checkbox"/> S
29	Placement of venous cannula			<input type="checkbox"/> S
30	Vein puncture			<input type="checkbox"/> S
31	Blood pressure measurement			<input type="checkbox"/> S

Interpretation			
Here, you must be able to explain: (a) which are the general indications of this investigation or analysis and why it is indicated in this patient; (b) which are the possible factors influencing the result of investigation or analysis; and (c) how does this result influence the management of the patient. There is no need to know the reference limits of analyses by heart.			
32	Assessment of the composition of ascites, pleural fluid	<input type="checkbox"/> O	<input type="checkbox"/> P <input type="checkbox"/> S
33	Interpreting an electrocardiography		<input type="checkbox"/> S
34	Assessment of electrolytes, acid-base balance and blood gases		<input type="checkbox"/> S
35	Interpreting the investigations of pulmonary function	<input type="checkbox"/> O	<input type="checkbox"/> P <input type="checkbox"/> S
36	Interpreting a hormonal analysis		<input type="checkbox"/> S
37	Assessment of the composition of cerebrospinal fluid	<input type="checkbox"/> O	<input type="checkbox"/> P <input type="checkbox"/> S
38	Assessment of the function of liver, bile ducts and pancreas		<input type="checkbox"/> S
39	Assessment of the renal function		<input type="checkbox"/> S
40	Assessment of the patient's alcohol behaviour (AUDIT)	<input type="checkbox"/> O	<input type="checkbox"/> P <input type="checkbox"/> S
41	Assessment of the patient's emotional status (EEK)	<input type="checkbox"/> O	<input type="checkbox"/> P <input type="checkbox"/> S
42	Assessment of the patient's cognitive status (MMSE)	<input type="checkbox"/> O	<input type="checkbox"/> P <input type="checkbox"/> S
43	Interpreting a CT investigation of the head	<input type="checkbox"/> O	<input type="checkbox"/> P <input type="checkbox"/> S
44	Interpreting a chest x-ray		<input type="checkbox"/> S
45	Assessment of heart failure and myocardial damage		<input type="checkbox"/> S
46	Interpreting a urine test strip analysis		<input type="checkbox"/> S
47	Assessment of FOV, visual acuity and colour perception	<input type="checkbox"/> O	<input type="checkbox"/> P <input type="checkbox"/> S
48	Interpreting blood count, leukogram and red blood indices		<input type="checkbox"/> S

Management of a patient in critical condition

Showing these skills to the supervisor is mandatory and probably needs no justification. Here, you must also know the doses of the medicines — do not worry, there are not that many of them! These skills are most appropriate to be practised and shown during emergency medicine or internal medicine practice.

49	Management of a patient with bradycardia (ACLS)	<input type="checkbox"/> S
50	Management of a patient without pulse (ACLS)	<input type="checkbox"/> S
51	Determining clinical death	<input type="checkbox"/> O <input type="checkbox"/> P <input type="checkbox"/> S
52	Assessment of patient's consciousness (GCS)	<input type="checkbox"/> S
53	Management of a patient with angina pectoris	<input type="checkbox"/> S
54	Management of a patient in shock (ACLS)	<input type="checkbox"/> S
55	Management of a patient with tachycardia (ACLS)	<input type="checkbox"/> S

Initiating treatment and monitoring

Here, you must know: (a) with which medicines you start with; (b) what characteristics you use to evaluate the patient's treatment response; and (c) how would be most reasonable to make treatment more effective. Doses of the medicines would be reasonable to know by heart for the anticoagulant treatment, insulin treatment and pain treatment.

56	Anticoagulant treatment initiation and monitoring	<input type="checkbox"/> O <input type="checkbox"/> P <input type="checkbox"/> S
57	Hypertension treatment initiation and monitoring	<input type="checkbox"/> S
58	Type 2 diabetes treatment initiation and monitoring	<input type="checkbox"/> S
59	Infection treatment initiation and monitoring	<input type="checkbox"/> S
60	Insulin treatment initiation and monitoring	<input type="checkbox"/> O <input type="checkbox"/> P <input type="checkbox"/> S
61	Pain treatment initiation and monitoring	<input type="checkbox"/> S

Medical documentation			
It is important to know about the documentation: (a) to whom and why the document is directed; and (b) what are most important requirements for it.			
62	Drawing up a health certificate for a patient		<input type="checkbox"/> S
63	Drawing up a certificate of incapacity for work for a patient		<input type="checkbox"/> S
64	Referral of a patient to a care facility	<input type="checkbox"/> O <input type="checkbox"/> P	<input type="checkbox"/> S
65	Compiling a treatment invoice for Health Insurance Fund	<input type="checkbox"/> O <input type="checkbox"/> P	<input type="checkbox"/> S
66	Writing a prescription for a medicine and a medical device		<input type="checkbox"/> S
67	Drawing up a referral to specialist's visit or investigation		<input type="checkbox"/> S
68	Drawing up a referral for a pathoanatomical autopsy	<input type="checkbox"/> O <input type="checkbox"/> P	<input type="checkbox"/> S
69	Drawing up a death certificate	<input type="checkbox"/> O <input type="checkbox"/> P	<input type="checkbox"/> S

Counselling of the patient			
Here you must: (a) be able to assess the patient's readiness for counselling; (b) know the possibilities and risks of counselling activities in general and for a specific patient; and (c) know the basics of motivating interview. These skills are most appropriate to be practised and shown during family medicine placement.			
70	Counselling of the patient regarding alcohol behaviour	<input type="checkbox"/> O <input type="checkbox"/> P	<input type="checkbox"/> S
71	Counselling of the patient regarding contraception	<input type="checkbox"/> O <input type="checkbox"/> P	<input type="checkbox"/> S
72	Counselling of the patient regarding chronic illness	<input type="checkbox"/> O <input type="checkbox"/> P	<input type="checkbox"/> S
73	Counselling of the patient regarding active movement	<input type="checkbox"/> O <input type="checkbox"/> P	<input type="checkbox"/> S
74	Counselling of the patient regarding giving up smoking	<input type="checkbox"/> O <input type="checkbox"/> P	<input type="checkbox"/> S
75	Counselling of the patient regarding diet	<input type="checkbox"/> O <input type="checkbox"/> P	<input type="checkbox"/> S
76	Counselling of the patient regarding vaccination	<input type="checkbox"/> O <input type="checkbox"/> P	<input type="checkbox"/> S