

Training module

Abdominal Examination

Comprehensive Abdominal Examination: Clinical Skills Training Module

Description:

This module is designed to ensure learners gain both the theoretical knowledge and practical skills necessary for competent abdominal examination in clinical practice.

Academic Contents

- **Introduction to Abdominal Examination:**
 - o Importance and clinical relevance
 - o Overview of abdominal anatomy and surface landmarks
- **Preparation and Patient Communication:**
 - o Hand hygiene and PPE
 - o Patient identification and consent
 - o Positioning and draping for privacy and comfort
- **Systematic Examination Steps:**
 - o General inspection: observation of the patient and abdomen
 - o Palpation: light and deep, identification of tenderness, guarding, masses
 - o Percussion: assessment of organ size, fluid, and masses
 - o Auscultation: bowel sounds, bruits
 - o Special tests: shifting dullness, rebound tenderness, Rovsing's sign
- **Interpretation of Findings**
 - o Normal vs. abnormal findings
 - o Clinical significance of key signs
- **Documentation and Communication**
 - o Recording findings
 - o Explaining results to patients
- **Common Pathologies Detected**
 - o Examples: ascites, hepatomegaly, splenomegaly, hernias, peritonitis

Learning Outcomes

By the end of this module, participants will be able to:

- Describe the anatomy relevant to abdominal examination.
- Prepare the patient and environment appropriately for examination.
- Perform a systematic abdominal examination, including inspection, palpation, percussion, and auscultation.
- Identify and interpret key clinical signs and their implications.
- Communicate effectively with patients before, during, and after the examination.
- Document and present examination findings clearly.

Teaching Aids

- Demonstration Videos (e.g., OSCE guides).
- Anatomical Models (e.g., abdominal examination trainer).
- Role-Play Scenarios for patient interaction and communication.
- Checklists and Step-by-Step Guides.
- Power Point Slides summarizing key points.
- Handouts with diagrams for normal/abnormal findings.
- Simulated Patients or peer examination practice.

Duration and Time schedule:

- Total Duration: 150 minutes
 - o Introduction & objectives: 10 minutes
 - o Demonstration: 45 minutes
 - o Hands-on practice: 60 minutes
 - o Discussion & Q&A: 20 minutes
 - o Assessment & feedback: 15 minutes

Final remarks and future contact and feedback

Training Module: Chest Examination

Comprehensive Chest Examination: Clinical Skills Training Module

Description:

This module is designed to ensure learners gain both the theoretical knowledge and practical skills necessary for competent Chest Examination in clinical practice.

Academic Contents

- **Introduction to Chest Examination.**
 - o Importance and clinical relevance.
 - o Overview of anatomy and surface landmarks of the respiratory system.
- **Preparation and Patient Communication.**
 - o Hand hygiene and PPE.
 - o Patient identification and consent.
 - o Positioning and draping for privacy and comfort.
- **Systematic Examination Steps:**
 - **Examination of the chest anteriorly:**
 - o General inspection: looking for general signs related to respiratory system and inspection of the chest for chest expansion, scars, deformity, symmetry, dilated veins, visible pulsations, gynecomastia, and use of accessory muscles of respiration.
 - o Palpation: for tracheal position, tracheal tug, chest expansion, apex beat, and breast.
 - o Percussion: to compare both sides for intensity and equality of percussion note.
 - o Auscultation: bilaterally of apex, upper zone, middle zone, and axillary area for (types of breath sounds, added sounds, and vocal resonance).
 - **Examination of the chest posteriorly:**
 - o Inspection: for chest expansion, scars, deformity, symmetry, and intercostal recession.
 - o Palpation: for chest expansion, and tenderness.
 - o Percussion: to compare both sides for intensity and equality of percussion note.
 - o Auscultation: bilaterally for (types of breath sounds, added sounds, and vocal resonance).
- **Interpretation of Findings:**
 - o Normal vs. abnormal findings.
 - o Clinical significance of key signs.

- **Documentation and Communication:**

- o Recording findings.
- o Explaining results to patients.

- **Common Pathologies Detected:**

- o Examples: decreased chest expansion, dull percussion, wheeze.

Learning Outcomes

By the end of this module, participants will be able to:

- Describe the anatomy relevant to Chest Examination.
- Prepare the patient and environment appropriately for examination.
- Perform a systematic Chest Examination, including inspection, palpation, percussion, and auscultation.
- Identify and interpret key clinical signs and their implications.
- Communicate effectively with patients before, during, and after the examination.
- Document and present examination findings clearly.

Teaching Aids

- Demonstration Videos (e.g., OSCE guides).
- Anatomical Models (e.g., cardiac examination trainer).
- Role-Play Scenarios for patient interaction and communication.
- Checklists and Step-by-Step Guides.
- Power Point Slides summarizing key points.
- Handouts with diagrams for normal/abnormal findings.
- Simulated Patients or peer examination practice.

Duration and Time schedule:

- Total Duration: 180 minutes
- o Introduction & objectives: 10 minutes
- o Demonstration: 60 minutes
- o Hands-on practice: 60 minutes
- o Discussion & Q&A: 25 minutes
- o Assessment & feedback: 25 minutes

Final remarks and future contact and feedback.

Training Module: Cardiac Examination

Comprehensive Cardiac Examination: Clinical Skills Training Module

Description:

This module is designed to ensure learners gain both the theoretical knowledge and practical skills necessary for competent cardiac examination in clinical practice.

Academic Contents

- **Introduction to Cardiac Examination.**
 - o Importance and clinical relevance.
 - o Overview of anatomy and surface landmarks of the heart.
- **Preparation and Patient Communication.**
 - o Hand hygiene and PPE.
 - o Patient identification and consent.
 - o Positioning and draping for privacy and comfort.
- **Systematic Examination Steps:**
 - o General inspection: looking for general signs related to CVS and inspection of the precordium for scars, deformity, and pulsations.
 - o Palpation: to localize apex beat and determine its character, left parasternal heave, thrill, and palpable sounds.
 - o Percussion: Useful only to determine increased cardiac dullness in cases of pericardial effusion.
 - o Auscultation: examine 5 cardiac areas, listen for normal heart sounds, added sounds, murmurs, and pericardial rub.
- **Interpretation of Findings:**
 - o Normal vs. abnormal findings.
 - o Clinical significance of key signs.
- **Documentation and Communication:**
 - o Recording findings.
 - o Explaining results to patients.
- **Common Pathologies Detected:**
 - o Examples: displaced apex beat, systolic thrill, loud S1, rumbling murmur.

Learning Outcomes

By the end of this module, participants will be able to:

- Describe the anatomy relevant to cardiac examination.
- Prepare the patient and environment appropriately for examination.
- Perform a systematic cardiac examination, including inspection, palpation, auscultation, and percussion in certain conditions.
- Identify and interpret key clinical signs and their implications.
- Communicate effectively with patients before, during, and after the examination.
- Document and present examination findings clearly.

Teaching Aids

- Demonstration Videos (e.g., OSCE guides).
- Anatomical Models (e.g., cardiac examination trainer).
- Role-Play Scenarios for patient interaction and communication.
- Checklists and Step-by-Step Guides.
- Power Point Slides summarizing key points.
- Handouts with diagrams for normal/abnormal findings.
- Simulated Patients or peer examination practice.

Duration and Time schedule:

- Total Duration: 150 minutes
 - o Introduction & objectives: 10 minutes
 - o Demonstration: 45 minutes
 - o Hands-on practice: 60 minutes
 - o Discussion & Q&A: 20 minutes
 - o Assessment & feedback: 15 minutes

Final remarks and future contact and feedback.

Training Module: General Examination

Comprehensive General Examination: Clinical Skills Training Module

Description:

This module is designed to ensure learners gain both the theoretical knowledge and practical skills necessary for competent General Examination in clinical practice.

Academic Contents

- Introduction to General Examination:
 - o Importance and clinical relevance.
 - o Overview of surface landmarks for General Examination.
- Preparation and Patient Communication:
 - o Hand hygiene and PPE.
 - o Patient identification and consent.
 - o Positioning and draping for privacy and comfort.
- Systematic Examination Steps:
 - o General inspection: observation of the patient's surrounding, posture, conscious level, facies, mood, breathing, apparent age, height& weight, and abnormal movement.
 - o Examination of H&N: hair loss, lumps, wasting, eyes (pallor, jaundice, arcus), edema, oral cavity (dental hygiene, thrush, cyanosis, ulcers, pigmentation, dry tongue) skin rash, neck (scars, cervical LAP, goiter, JVP, and carotid pulse)
 - o Examination of both upper limbs:
 - Inspection for: obvious swellings, deformities, joint swellings, tremor, wasting, scars, bleeding spots, and rash.
 - Hands: pallor, palmar erythema, contracture, wasting, Osler's nodes, Janeway's lesions).
 - Nails: clubbing, koilonychia, leukonychia, peripheral cyanosis, splinter hemorrhage.
 - Palpation for: sweating, temperature, axillary LAP, skin turgor, and thickness.
 - o Examination of both lower limbs:
 - Inspection for: color (ischemia, venous insufficiency, cellulitis, gangrenous), swelling, nail changes, scars, bleeding spots, skin rash, varicose veins, and ulcers).
 - Palpation for: temperature, tenderness, inguinal LAP, and pitting leg edema.
 - o Special test: palpation for peripheral arterial pulsations, and vital signs.

- Interpretation of Findings:
 - o Normal vs. abnormal findings.
 - o Clinical significance of key signs.
- Documentation and Communication:
 - o Recording findings.
 - o Explaining results to patients.

Learning Outcomes

By the end of this module, participants will be able to:

- Describe the anatomy relevant to General Examination.
- Prepare the patient and environment appropriately for examination.
- Perform a systematic bilateral General Examination.
- Identify and interpret key clinical signs and their implications.
- Communicate effectively with patients before, during, and after the examination.
- Document and present examination findings clearly.

Teaching Aids

- Demonstration Videos (e.g., OSCE guides).
- Anatomical Models (e.g., abdominal examination trainer).
- Role-Play Scenarios for patient interaction and communication.
- Checklists and Step-by-Step Guides.
- Power Point Slides summarizing key points.
- Handouts with diagrams for normal/abnormal findings.
- Simulated Patients or peer examination practice.

Duration and Time schedule:

- Total Duration: 180 minutes
 - o Introduction & objectives: 10 minutes
 - o Demonstration: 60 minutes
 - o Hands-on practice: 60 minutes
 - o Discussion & Q&A: 25 minutes
 - o Assessment & feedback: 25 minutes

Final remarks and future contact and feedback.

Venue and delivery mode: Qimam foundation KSB- MED Center halls

- Physical: Clinical skills simulation center equipped with examination couches, anatomical models, and AV facilities.
- Online: Virtual classroom with video demonstrations, interactive case discussions, and breakout rooms for role-play.

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