

# *Clinical Skills Foundation Block*



**Objective Structured Clinical Examination**

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For your questions, comments and ideas:

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# General notes about the EXAM

- It's FIVE (5) marks.
- It will be 6 stations (3 station For OSCE and 3 station for REST ) 4 minutes per station.
- The staff will evaluate the students for each station according to **the checklists**.
- All students are required to wear their uniforms.( **white coat**)
- Don't forget you ID card
- Bring with you 3-5 stickers and write your name with the correct spelling and your ID. ( we will send to you a sample)
- Attend 30 mins before the examination starts and any delayed student will take ZERO ( there is no resit exam )
- leave your phone( or any electronic devices) outside, because if they catch you they'll deduct marks .
- Cut your nails ( for girls NO nails polish)
- SMILE, don't stress ( it will be more than EASY)

## شرح مُختصر للأختبار

تجون بدري للمبنى كلية الطب الجديد ( عند كلية العيال بالمستشفى) ، راح تحطون جواتكم صامت واغراضكم برا كلها وتدخلون كلكم بغرفة بعدين بيطلعون قروب قروب (غالباً حسب قائمة الاسامي ) اول شي راح تجلسون قدام غرفة الاختبار اربع دقائق تقرون فيها الورقة اللي على الباب وتستعدون بعدين بيرن الجرس وتدخلون للغرفة اول ماتدخلون عطوهم سكر واحد من اللي فيه اسمكم وسموا بالله وسوا المطلوب عليكم . في حال خلصتوا بدري اجلسوا لين يرن الجرس وفي حال رن الجرس قبل تخلصون وقفوا كل شي واطلعوا (غالبا مابتصير الوقت يكفي وزيادة ) بعدين بتروحون تجلسون قدام الغرفة الثانية نفس اول مرا اربع دقائق تقرون وتستعدون وهكذا لين تخلصون كل الغرف وبعدين تروحون تاخذون اغراضكم وتوقعون وبس بالتوفيق :)

# 1-Histology taking

## Preparation

1. Greet the patient and introduce yourself.
2. Explain the procedure, reassure the patient and get patient's consent.
3. Make sure the patient is in a comfortable position sitting or lying down.
4. Maintain good eye contact and establish rapport with the patient

Hello, I'm (student name), I'm a first year medical student. today I am here to ask you some questions is that okay with you?! Are ready and comfortable to begin?  
(Maintain good eye contact and establish rapport with the patient)

## Personal Information

- 5- Ask for the patient's Name, Age, Gender \*, Occupation, Nationality, and Address.

First of all Can you tell me your name plz . Okay (patient name) how old are you? Where are from? and where are you life . What do you do for living ?  
\*do not ask about gender ( المفروض تعرف/ين من الشكل )

## Presenting Complaint:

- 6- Ask the patient about the main problems that made him/her went to see the doctor

What brought you here?  
When did it start?  
How did you come to the hospital?

## History of Present Illness

7- Allow the patient to provide an account of recent events in his/her own words without interruption

8-Describe onset, course, duration; precipitating, radiating, and aggravating factors; and associated signs and symptoms. (Use the SOCRATES, in case of pain) Important associated symptoms, risk factors, and if previously investigated for the same problem. Ask the patient about history of any chronic problems like( DM, HTN, renal or cardiac diseases ..... ) when diagnosed, medications, follow up and any complication related to the chronic disease

### (SOCRATES)

(S=sight): where's the pain?

(O=onset): when did the pain start? Was it sudden or gradual? Is it progressive or regressive?

(C=character): what is the pain like? An ache? Stabbing?

(R=radiation): does the pain radiate anywhere?

(A=associations): any other signs and symptoms associated with the pain? Like headache, syncope, fever, nausea, vomiting?

(T=time course): does the pain follow any pattern or does the pain increase or decrease at night or morning or it's the same?

(E=exacerbating/relieving factors): does anything change the pain? Like medications or a set position?

(S=severity): how bad is the pain? From 1 to 10 and 10 is the worst?

## Past Medical History

9-Ask about any similar episodes in the past.

10-Ask about previous hospitalizations, allergy, blood transfusion, and trauma history

Did you have any similar episodes in the past?

Have you been hospitalized? If yes why? And have you had a surgery before if yes when? And why?

Do you have any allergy?

Have you had a blood transfusion before?

Did you have any trauma before?

## Family History

11-Ask about significant illness in the family. Similar illness in the family

Does anyone in your family has any chronic diseases like diabetes mellitus, hypertension?

Is there anyone in your family that has the same problem as you?

## Personal and Social History

12-Occupation, education, socioeconomic status Ask about use of alcoholic beverages, cigarette smoking or illicit drugs

13-Ask politely about emotional problems at home or at work

What is your job?

Do you smoke? If yes, how many per day?

Do you drink alcohol?

Are you married? if yes how many children do you have?

Are you feeling happy with your family and your work?

## Obstetric and Gynecologic History (if patient is female)

14 -Ask about the LMP (last menstrual period), regularity and quality of menstruation. Ask age of menopause if patient is elderly

15-Ask about number of pregnancy, abortion, number of children, and history of complications during pregnancy ( if patient is married or divorced)

14- when was your last menstrual period ? It's regular? ( come every month ) . Can you describe the Blood in terms of color and quality!?

How old are you when your period stops? ( if the patient is in menopause age)

15-How many pregnancy do you had ? Did you have any complications in one of your pregnancy?

Did you have any case of abortion ? How many children do you have?!

## Systemic Review (inquiry about all the cardinal symptoms in each of the major systems)

16-Cardio-respiratory symptoms :Ask about having cough, shortness of breath, chest pain, ankle swelling, etc

17-GIT symptoms . Ask about having weight loss, nausea or vomiting, changes of bowel movement, abdominal pain, etc.

18-Neurological symptoms Ask about having headache, dizziness, ringing in the ears, changes in hearing, vision, smell or taste, etc

19-Urinary and Reproductive symptoms . Ask about having burning on passing urine, frequency of urination, blood in the urine, etc. Ask about having penile or vaginal discharge, hesitancy or urgency of urination r urine stream or dribbling, etc

20-Dermatologic symptoms .Ask about having skin rashes, redness, or itchiness, etc.

21-Musculoskeletal symptoms Ask about having joint pain or stiffness, muscle pain or weakness, etc

Ask (yes/No) questions.

**CVS and RES**

- Are you suffering from shortness of breath?
- Do you have pain in your chest?
- Do you feel decreasing or increasing in your heart beats?

**GIT:**

- Are you suffering from diarrhea or vomiting?
- Do you have pain in your abdomen?
- Are you suffering from constipation?

**CNS:**

- Are you suffering from headache?
- Are there any problems with your vision, hearing, smell?
- Do you feel any weakness or numbness while your using your upper or lower limbs?

**UT and Reproductive:**

- Do you feel pain while urination?
- Have you noticed blood with your urine?
- Do you have kidney diseases?
- Do you have penile/vaginal discharge?
- Do you have problems to reach the bathroom on time?
- Is your urine stream normal?

**Dermatologic:**

- Are there any skin rashes, redness or itchiness?

**MS:**

- Do you rash or dryness in your skin?
- Have you noticed weaknesses in your joints, bones or muscles?
- Do you have fractured bones or joins?

## Closing

22- Make explanations to the patient, answer questions and discuss management plan. If appropriate, order diagnostic investigations (e.g. ultrasound scan, CBC, LFTs, etc.).

23. Ensure that the patient is comfortable

24 Thank the patient. Wash hands and document the procedure

Okay are you comfortable?

Thank you, do you have any questions?

I'll wash my hands

I'll document the procedure. (تقولون وش سويتوا مثلا اخذت هيبستري من المريض باسم كذا عمر كذا كان يشتكي من كذا بس.)

**Don't give a diagnosis**

## 2-Taking the Pulse Rate (PR)& the Respiratory Rate (RR)

### Preparation

1. Introduce yourself to the patient.
2. Confirm patient's ID.
3. Explain the procedure and reassure the patient
4. Get patient's consent.
5. wash hands
6. Prepare the necessary materials.

If the patient is anxious, irritable or has been a physically active or if he/she has smoked, drunk stimulant drinks (tea, coffee, energy drinks etc.) in the last 30 minutes, give him/her 10 minutes to rest before measuring the BP.

7. Position the patient in a sitting position and uncover one of his/her arms. (Make sure the patient is relaxed and comfortable).

### Procedure for Pulse Rate (PR)

8. Gently place your two or three fingers (index, middle and ring fingers) on the selected artery. (Do not use your thumb because it has its own pulse that you may feel).
9. Count the beats for one full minute. (في حال تحسون ما يكفي الوقت خذوه نص دقيقه واضربوه ب٢)  
Check for the rate (Normal rate), rhythm (Normal rhythm), character (Normal character), vessel wall, collapsing pulse (No collapsing puls)  
Check radio-radial delay Check for radio-femoral delay (No radio-radial delay+ No radio-femoral delay)

### Procedure for Respiratory Rate (PR)

10. Proceed with taking the Respiratory rate (RR) while your hand is still on the patient's radial artery (Do not inform your patient that you are taking the RR).
11. Observe the rise and fall of the patient's chest and count the number of respirations for another one full minute. (One respiration consists of one complete rise and fall of the chest, or the inhalation and exhalation of air).

### After the Procedure

12. Ensure that the patient is comfortable.
13. Make explanations to the patient, answer his/her questions.
14. wash hands
15. Document the procedure.

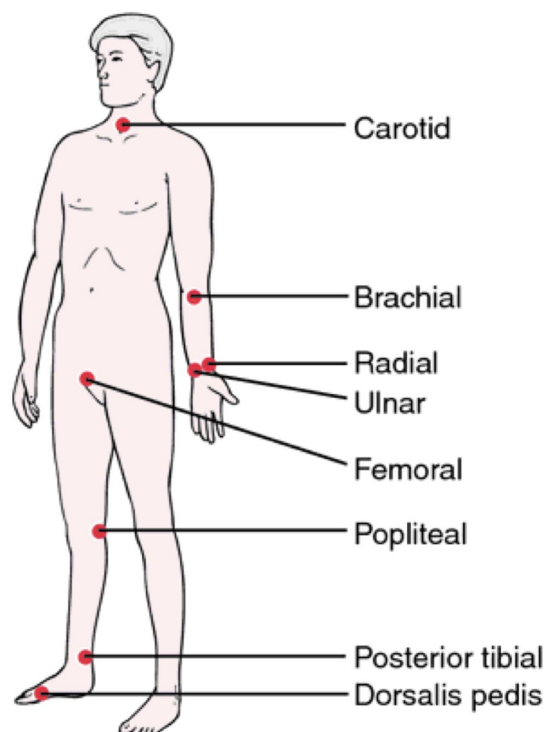
Hello, I'm (student name), I'm a first year medical student. Can you tell me your name plz .today I am here to measure your pulse rate is that okay with you?! I already washed my heads  
 Before I start I want to ask you are you anxious, irritable or has been doing a physically active or smoked, or drunk stimulant drinks (tea, coffee, energy drinks etc.) in the last 30 minutes  
 ( مفروض وغالباً يقولون لا بس في حال قالوا ايه قولوا ان مفروض ننتظر ١٠ دقائق بس ان مافي وقت)  
 make sure the patient is sitting and comfortable  
 Do the procedure خذوا النبض وتأكدوا ان المكان صح نفس اللي مكتوب بالورقه برا  
 Comments on the rate, rhythm,character + Check collapsing pulse and radio-radial delay  
 Take the respiratory rate while you take the pulse rate  
 After you finish tell the doctor what you found and ask the patient ( are you comfortable? Do you have any questions?) and I will wash my hands

مهم تحفظون ال Normal + والأماكن الثانية لل Pulse rate

Respiratory Rate (RR)	
Normal*	12-20 breaths per minute
Bradypnea	< 12 bpm
Tachypnea	> 20 bpm

Pulse Rate (PR)	
Normal*	60-100 beat per minute
Bradycardia	< 60 bpm
Tachycardia	> 100 bpm

\*Normal limits for a resting adult.



[video for the presecure](https://m.youtube.com/watch?v=BCKqYiFtubw)

<https://m.youtube.com/watch?v=BCKqYiFtubw>



# 3-Measuring Blood Pressure (BP)

## Preparation

1. Introduce yourself to the patient.
2. Confirm patient's ID.
3. Explain the procedure and reassure the patient
4. Get patient's consent.
5. wash hands
6. Prepare the necessary materials.

If the patient is anxious, irritable or has been a physically active or if he/she has smoked, drunk stimulant drinks (tea, coffee, energy drinks etc.) in the last 30 minutes, give him/her 10 minutes to rest before measuring the BP.

7. Position the patient in a sitting position and uncover one of his/her arms. (Make sure the patient is relaxed and comfortable).

## Procedure

8. Turn on the mercury valve (if it is mercury sphygmomanometer)
9. Select an appropriately sized cuff and apply it to the upper arm ensuring that it fits securely ( The Centre of the cuff bladder must be over brachial artery [ the bladder should cover 80 % of the circumference of the upper arm] and lower edge 2.5 cm above the ante-cubital fossa) disappears and keep inflating the cuff 20-30 mmHg more (This is the approximate level of the systolic blood pressure)
10. Palpate the brachial or radial artery while inflating the cuff till the point where pulsation
11. Slowly deflate the cuff, noting the pressure at which the pulse reappears.
12. Deflate the cuff completely
13. Place the stethoscope over the brachial artery pulse, ensuring that it does not touch the cuff (bell is better than diaphragm to pickup low pitched Korotkoff sounds)
14. Re-inflate cuff to 20-30 mmHg above palpated systolic pressure
15. Slowly deflate the cuff at a rate of 2-3 mmHg/second (Note where the beats appears in relation to the number on the gauge)
16. The first sound indicates the systolic blood pressure (continue deflation)
17. The muffling and disappearance of the sound indicate the diastolic blood pressure
18. Deflate the cuff completely
19. Turn off the mercury valve (if it is mercury sphygmomanometer)

## After the Procedure

20. Ensure that the patient is comfortable.

21. Make explanations to the patient, answer his/her questions.

22. Wash hands

23. Document the procedure.

Hello, I'm (student name), I'm a first year medical student. Can you tell me your name plz .today I am here to measure your blood pressure is that okay with you?! I already washed my hands

Before I start I want to ask you are you anxious, irritable or has been doing a physically active or smoked, or drunk stimulant drinks (tea, coffee, energy drinks etc.) in the last 30 minutes

( مفروض وغالباً يقولون لا بس في حال انقال ايه قولوا ان مفروض ننتظر ١٠ دقائق بس ان مافي وقت )

make sure the patient is sitting and comfortable

### Do the procedure

After you finish tell the doctor what you found and ask the patient ( are you comfortable? Do you have any questions?) and I will wash my hands

Category	Systolic	Diastolic
Normal	120-129 mmHG	80-84mmHG

[Here is a video for the whole procedure:](https://youtu.be/NLKLCNnCOjw)


<https://youtu.be/NLKLCNnCOjw>

# 3-Measuring Body Temperature

## Preparation

1. Introduce yourself to the patient.
2. Confirm patient's ID.
3. Explain the procedure and reassure the patient
4. Get patient's consent.
5. wash hands
6. Prepare the necessary materials.
7. Position the patient in a sitting position (Make sure the patient is relaxed and comfortable).
8. Put on clean gloves

## Procedure

9. Take the digital thermometer
10. Withdraw probe and observe for test display A digital human icon will appear on the screen)
11. State audible tone will sound, then display of probe type:
12. Load appropriate probe into probe cover (**Do not** press **ejection button**)
13. Change modes (oral, axillary or rectal) by pressing  button
14. Place probe under the tongue reaching the sublingual pocket. Holding the probe still will ensure fast and accurate measurement A "Walking cycle will appear on the display to indicate measurement is in progress.)
15. When final temperature is reached a tone will sound and temperature will be displayed
16. Remove probe by pressing "**ejection button**" and dispose cover according to infection control standards.
17. Insert probe in storage channel to clear display
18. Wipe all surfaces with damp (not wet) cloth with mild detergent, alcohol or non-staining disinfectant (**Do not** scratch LCD screen. **Never** autoclave digital thermometer)
19. Put thermometer back in its case

## After the Procedure

20. Ensure that the patient is comfortable.

21. Make explanations to the patient, answer his/her questions.

22. Remove the gloves.

23. Dispose waste material according to infection control standards

24. Wash your hands.

25. Document the procedure.

Hello, I'm (student name), I'm a first year medical student. Can you tell me your name plz .today I am here to measure your temperature is that okay with you?! I already washed my heads (put a clean gloves ) make sure the patient is sitting and comfortable

### Do the procedure

After you finish tell the doctor what you found and ask the patient ( are you comfortable? Do you have any questions?) "remove the gloves" and I will wash my hands

	Normal	Fever
<b>Mouth</b>	36.8°C	>37.3°C
Axilla	36.4°C	36.9°C
Rectum	37.3°C	>37.7°C



[Here is a video for the whole presecure:](https://youtu.be/nRjvFkl15zA)

<https://youtu.be/nRjvFkl15zA>

Hope you guys loved our team  
Good luck

Leaders :

Renad Alfirm , Ahad Algrain , Zeyad Alkhenizan

Members :

- Anoud Alotaiby
- Dimah Alaraifi
- Gharam Julaidan
- Leena Alrahmah
- Renad Alsuellmi
- Shahad Aljebreen
- Faisal Alsaif
- Ali Alammari
- Abdulelah Aldossari
- Abduljabbar Alyamani
- Fahad Alfaiz

*You can do it.*