**HBS1104: CLINICAL SKILLS 1**

**Session Outline**

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| **Week** | 2 | **Session** | N/A |
| **Topics** | Neurological Examination of the upper limb | **Workshop** | 1 |

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| **Time (mins)** | **Activity & Description**  **\*optional (time permitting)** | **Activity Resources** |
| Pre-class Activities | Neurological and Vascular Examination techniques videos | Learning management system |
| **In-class** | | |
| 5 mins | Large Group: Attendance  Learning objectives | Attendance register on Learning management system |
| 10 mins | Large Group: intro to neurological examination | Signs and symptoms of upper limb neurological exam indications  Summary   1. Observation 2. Reflexes 3. Sensory testing 4. Motor Testing 5. Coordination |
| 10 mins | Intro and video demonstration: neurological observation  Pair practice: neurological observation |  |
| 15 mins | Intro and video demonstration: upper limb reflexes  Pair practice and record: upper limb reflexes | Highlight the spinal level in bold is the main level being tested |
| 10 mins | Intro and video demonstration: motor tone testing  Pair practice and record: motor tone testing | Be sure to highlight the differences between hypertonic muscles, and physiological tone |
| 15 mins | Intro and video demonstration: motor tone and strength testing  Pair practice and record: motor tone testing | Be sure to highlight the differences between resisted isometric testing and neurological motor testing |
| 15 mins | **Break** | |
| 10 mins | Large group: intro to sensory system and examination | Be sure to highlight the differences between cutaneous nerve testing and dermatomes and patterns of testing |
| 15 mins | Video demonstration: pain/nociception testing  Pair practice and record: pain/nociception testing |  |
| 15 mins | Video demonstration: light touch testing  Pair practice and record: light touch testing | Talk about temperature testing- not practiced or assessed here. Just make students aware |
| 15 mins | Video demonstration: vibration testing  Pair practice and record: vibration testing | Emphasise notes on PowerPoint slides |
| 15 mins | Video demonstration: proprioception testing  Pair practice and record: proprioception testing | Emphasise to test in dermatomes and to proceed proximally if altered |
| 20 mins | Video demonstration: coordination testing  Pair practice and record: coordination testing | Rapid Alternating movements and point-to-point testing |
| If time remaining | Practice upper limb neurological examination from start |  |
| 5 mins | **Closing:**   * Summarise Leaning objectives * Any feedback or questions * Inform students about Post-class activity * Inform students about next session: Vascular examination * Inform students about Upcoming Assessment: |  |
| Post-class Activities | Vascular examination videos | Learning management system |