**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: AttendanceLearning objectives | Attendance register on Learning management system |
| 10 mins | Large Group: intro to neurological examination  | Signs and symptoms of upper limb neurological exam indicationsSummary1. Observation
2. Reflexes
3. Sensory testing
4. Motor Testing
5. Coordination
 |
| 10 mins | Intro and video demonstration: neurological observationPair practice: neurological observation  |  |
| 15 mins | Intro and video demonstration: upper limb reflexesPair 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 testingPair 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 testingPair 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 testingPair practice and record: pain/nociception testing  |  |
| 15 mins  | Video demonstration: light touch testingPair practice and record: light touch testing  | Talk about temperature testing- not practiced or assessed here. Just make students aware |
| 15 mins | Video demonstration: vibration testingPair practice and record: vibration testing | Emphasise notes on PowerPoint slides  |
| 15 mins | Video demonstration: proprioception testingPair practice and record: proprioception testing | Emphasise to test in dermatomes and to proceed proximally if altered  |
| 20 mins  | Video demonstration: coordination testingPair 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 |