

## **Instructions before Going into Skills Lab Activities**

Medical education has been increasingly called upon to insure that medical students entering postgraduate stage should be competent practitioners possessing the skills and understanding necessary to be able to carry out therapeutic procedures with minimal risk to the patient.

However, learning therapeutic procedures in a stressful environment in the wards and OR can lead to errors that can increase morbidity. Also the constraints of operative time and prolonging of anesthesia may limit the chance of student learning. In some specialties dealing with female patients like Obstetrics and Gynecology, the examination of different cases may be unattainable.

Learning by using skill labs and simulators provide a stress free environment for the medical student to practice therapeutic skills. Repeated practice help the students to improve their motor skills and perfect their technique in a safe environment which poses no risk to patients, and also help students to obtain feedback and metrics on their performance. Computerized models provide a controlled environment with different scenarios which need integration of knowledge and a lot of skills; including communication and team working skills.

The Faculty of Medicine in Al Ahsaa had prepared and installed a well developed and equipped skill and simulation labs for all specialties. The labs include a lot of manikins of all Gynecology conditions and Obstetrics including different models of delivery as Noelle simulators both ordinary and computerized.

## **PRACTICAL TEACHING (Skills Lab Activities)**

**Skill Lab (8-9.30) am**      List of cases that will be trained are:

- 1- Differentiate embryonic stages (9 months Models)
- 2- Feel placenta and compare its surfaces and positions, attachment of cord (Placental model)
- 3- Blood pressure measurement and relation to pregnancy.
- 4- Lower limb examination for edema and varicose veins
- 5- Anatomy of the genital tract, female pelvis, fetal head
- 6- Per vaginal examination (PV) technique
- 7- Speculum examination technique and Pap smear
- 8- PV to feel different cervical dilatations and station of head and different malpresentations
- 9- Leopold's maneuvers and different malpresentations
- 10- Partogram,
- 11- Different CTG & Auscultation of FHS in normal and abnormal conditions
- 12- PV to feel different cervical conditions & different uterine lesions & adnexal pathologies
- 14- IUCD visualization and insertion
- 15- Female catheterization and female perineum
- 16- Episiotomy and repair

### **Conduct of skill lab training and teaching**

All the students will attend in the class attached to the skill lab to observe the skill with the staff members, and a checklist is provided to them about the skill and its practical application. (30 minutes). This period will be shorter in the following times with more time for hands on activity.

Then the students, WILL BE DIVIDED into batches for hands on activity, each subgroup will make the maneuver under observation of the group, according to the checklist. (60 minutes)

All the students will attend in the skill lab class again to revise the performance of skill lab session and large group discussions will be conducted. Again hands on training on the manikin will be done for re training.

**Overall distribution of the teaching plan in the Skill Lab during the first rotation**

	Video	CDs	Models	Topic	Time	Venue	Date	Day
y		1,2,7	Pelvis + genitalia+ Placenta	Anatomy	8-10.30	Skill Lab – Lecture room		Saturday
d		3,4,5	PV + speculum + PAP	Menstrual physiology	8-10.30	Skill Lab – Lecture room		Sunday
			Pregnant abdomen+ FHR	Pregnancy physiology	8-10.30	Any assigned area *		Monday
			LL+ BP + Leopold		8-10.30	Any assigned area *		Tuesday
y		9	CTG + Partogram		8-10.30	Skill Lab – Lecture room		Wednesday
d			Pelvis + fetal skull +urethra		8-10.30	Skill Lab – Lecture room		Saturday
			PV in labor + Normal labor		8-10.30	Skill Lab – Lecture room		Sunday
		10, 11	Bimanual + Procedures+IUD		8-10.30	Skill Lab Any assigned area *		Monday
y			Instruments , Jars, x ray		8-10.30	Any assigned area *		Tuesday
			Abn. Labor+ episiotomy		8-10.30	Skill Lab – Lecture room		Wednesday
			Revision		9-11	All Skill Lab area		Monday
			Revision		9-11	All Skill Lab area		Tuesday
			Final Exam		8 -12	All Skill Lab area		Sunday

Any assigned area \* = Assigned by the coordinator of the skill lab according to the rules