

## Book Review

# Clinical and procedural skills – A step by step approach

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Clinical and procedural skills are especially important in the education of undergraduate medical students. The issue of patient safety recently has also come to the forefront and balancing student learning with patient safety is important for educators. Clinical skills laboratories are recommended to help students learn these skills before they approach patients so that discomfort and possible harm to patients can be minimized.

There is a scarcity of textbooks to guide students and faculty in the learning of clinical and procedural skills in South Asia. A new

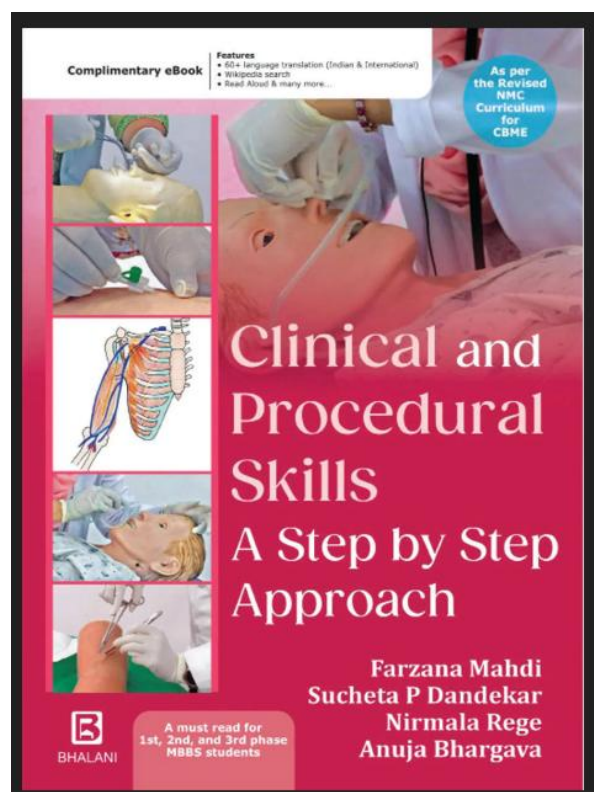
book titled 'Clinical and procedural skills – a step-by-step approach' fills in this gap to a considerable extent. The book has been written by educators from Era's Lucknow Medical College in Lucknow, India.

The book is divided into multiple sections according to specialties. The book starts with an introduction by Dr Avinash Supe, a renowned Indian medical educator. The first six chapters deal with clinical skills laboratories. Teaching learning of clinical skills, assessment, debriefing and innovations in this area are addressed. The subsequent sections are arranged according to specialties. The first section deals with general medicine and important skills that are commonly required like venipuncture, intravenous access, intramuscular and intradermal injections, subcutaneous injections, setting up an intravenous line, bladder catheterization among others.

Each competency in a chapter starts with a link to the competency in the guidelines of the Indian National Medical Commission (NMC),

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learning objectives, related competency/ies, background knowledge required, contraindications, complications, and other sections. Anatomical landmarks and equipment required will be helpful. Teaching-learning strategies to be employed, the steps and the checklist will be useful to educators to plan the sessions. Each competency has a video that can be accessed through the complimentary ebook. Several videos have been created to demonstrate the various procedures mentioned. The videos are clear and of good quality.



The second section is on General Surgery. In this section, wound suturing, basic wound care, and incision and drainage are among the competencies addressed. In the Orthopaedics section, application of basic splints, basic fracture and dislocation management and compression bandage are covered. The Obstetrics section covers obstetric examination, episiotomy and normal labour.

The procedures are demonstrated using models and mannequins in the videos. Gynaecology is a separate section from Obstetrics and per speculum examination, per vaginal examination, pap smear and intrauterine contraceptive device insertion and removal are addressed. The emphasis is on competencies that an undergraduate medical (MBBS) doctor should attain on graduation. In addition to the clinical specialties, laboratory ones like applied biochemistry, microbiology and pathology are also addressed. Competencies in anatomy and applied physiology are also addressed. As a clinical pharmacologist I was happy to note competencies in pharmacology. Among the pharmacology competencies are writing a prescription, audit of a written prescription, recognize and report an adverse drug reaction and preparing a list of essential drugs for a health facility. These are linked to the guidelines from relevant Indian authorities. P-drug selection is an important skill and competency that may not have addressed in the NMC list and subsequently in the textbook.

There is also a section on competencies in biomedical waste management. The book ends with a list of certifiable competencies as per the NMC lists of 2019 and 2024. With increasing student numbers and lesser numbers of faculty, acquiring the competencies is becoming challenging. The book ends with a comprehensive index.

The book is beautifully produced and uses different colours for different sections. The paper used and the printing is top class. The eBook is easy to use, and the reader can read one page at a time or use the slider to scroll through sections. The eBook can be accessed using a desktop, laptop, tablet or mobile.

The book though written primarily for an Indian audience will also be useful for faculty and students in other countries both in the South Asian region and beyond. The authors, those who developed the write up for different competencies and others who helped with the demonstrations should be congratulated on an excellent initiative.

**About the book:**

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