## 6. Practical skills

The following is a list of *practical procedures and administrative tasks* with which you should be familiar. You will find a more complete list in your Course Guide for Year 6. Many of the skills listed below are readily explored in General Practice. The practice nurse and /or your teacher doctor will advise you and check your competence. The list is by no means inclusive and if there are other skills in which you may lack confidence, add them to your list and ask your teacher for help. It may not be possible to see or so all of these during your attachment, but bear in mind any omissions when you return to your next firm.

* Blood taking
* Injection

Intramuscular (IM)

Subcutaneous (SC)

Intradermal (ID)

* Urine stick analysis
* BM stick use
* Blood pressure measurement
* Dressings
* Ear examinations/syringing
* How to use a peak flow meter
* MD inhaler technique and other asthma devices
* Use of nebuliser
* Use of sonicaid
* Recording an ECG
* Writing a simple prescription
* Writing a prescription for a controlled drug
* Death Certification and Cremation regulations
* Notification of infectious disease
* Sick Certification

**Practice makes perfect!**