

# İSTİNYE UNIVERSITY MEDICAL FACULTY

## I. YEAR APPLICATION GUIDE FOR CLINICAL SKILLS

*“Primum non nocere”*

*Hippocrates  
(B.C. 460 - A.D. 370)*

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## SKILLS IN USING A MICROSCOPE

**OBJECTIVE:** To gain the ability to use a microscope

**MATERIALS REQUIRED:** Microscope, microscope cover, table, slide

STEPS	PERFORMED	NOT PERFORMED
1. Placed the microscope on the table by holding it over its handle and supporting it underneath (Know that objective lenses are not fixed and may fall off when carrying the microscope)		
2. Checked whether the parts of the microscope were complete and whether they were movable		
3. Cleaned lens systems with a soft cloth		
4. Turned on lighting system		
5. Checked the aperture		
6. Adjusted the spacing of the eyepieces according to the pupil distance		
7. Checked whether sufficient light reaches the condenser lens		
8. The control process was repeated by looking through the eyepiece.		
9. Brought the table to the lowest level with the coarse adjustment knob		
10. Placed the slide on the table so that the sample remained on top		
11. Fixed the slide with the help of clamps on the table		
12. By rotating the revolver, the lens with the lowest magnification power (4x) aligned with the tissue on the slide		
13. Lifted the table up with the fine adjustment knob until a clear image was obtained.		
14. Turn the revolver clockwise and bring objective lens with 10x magnification power		
15. Fine focus was achieved by using the fine adjustment knob (When examining with lenses with 10x, 40x and 100x magnification power, only the fine adjustment knob must be used to ensure image clarity, and at this stage, sharpening was never done with coarse adjustment knob)		
16. Know that there is no need to use a 100x lens for simple imaging, but if it is used, it must be used with immersion oil, otherwise a clear image cannot be obtained. (After using immersion oil, knows to clean the objective lens and pslides with its special solution)		
17. After the examination is completed, take the slide from the microscope table		
18. The revolver is rotated to bring the lowest magnification objective (4x)		
19. Using coarse adjustment knob lowers the table to the lowest level		
20. Turn off the light (lighting system) source		
21. Clean the optical parts and table using a soft cloth		
22. Covers the cover of the microscope		
23. Lift the microscope from its handle and place it in its place/cabinet		

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## SKILLS OF HAND WASHING

**OBJECTIVE:** To gain the skill of hand washing

**MATERIALS REQUIRED:** Washbasin, clean water, soap, paper towel

STEPS	PERFORMED	NOT PERFORMED
24. Checked the required materials		
25. Took off his/her jeweleries and watch and rolled up his/her sleeves to get ready for washing		
26. Turned on the tap		
27. Wetted his/her hands with water		
28. Took 3-5 mL of soap in his/her hands		
29. Foamed the soap with adequate amount of water		
30. Soaped down the tap with foamy hands		
31. Turned the tap off		
32. Repeated the scrubbing procedure by taking his/her palm over the other palm		
33. Placed his/her left hand's back on right palm, scrubbed for five times. Repeated the same procedure for his/her other hand.		
34. Scrubbed his/her interdigital parts by placing his/her right palm over his/her left hand's back. Repeated the same procedure for his/her other hand.		
35. Scrubbed finger's back of his/her right hand by placing them over left palm. Repeated the same procedure for his/her left hand		
36. Scrubbed his/her right thumb rotationally by placing it over left palm. Repeated the same procedure for his/her left hand		
37. Placed his/her right finger tips over left palm and scrubbed. Repeated the same procedure for his/her left finger tips		
38. Turned the tap on		
39. Rinsed his/her hands thoroughly		
40. Rinsed the tap and turned it off		
41. Wiped his/her hands with paper towel thoroughly		

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## SKILLS OF BANDAGE APPLICATION

**OBJECTIVE:** To gain the skill of bandage application

**MATERIALS REQUIRED:** Model and elastic bandage

STEPS	PERFORMED	NOT PERFORMED
1. Informed the patient about the procedure		
2. Prepared elastic bandage 15 or 20 cm for lower extremity and 5,8 or 10 cm for upper extremity		
3. Took off/Told the patient to take off the clothes on his/her extremity to be bandaged		
4. Gave a suitable position for the extremity to be bandaged		
5. While holding the bandage in one hand and on the top, he/she held the free end with the other hand		
6. Wrapped the elastic bandage from distal to proximal, with the fingers of both extremities open and in the opening direction of the bandage, without being tight, covering half the previous bandage		
7. Applied bandage to cross the joint fold and form an "8" shape		
8. Fixed the free end of the bandage after bandaging		
9. Checked the tightness and blood circulation of the bandage after application		
10. Received feedback from patient about tightness of bandage		
11. Explained to the patient that the bandaged extremity should be kept on the elevation		
12. Informed the patient about possible circulation problems in the bandaged extremity		
13. Explained the period of bandage to the patient and directed for clinical control		

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## SKILLS OF CERVICAL COLLAR APPLICATION

**OBJECTIVE:** To gain the skill of cervical collar application to a cervical traumatic patient

**MATERIALS REQUIRED:** Model, cervical collar, two sponges or towels

STEPS	PERFORMED	NOT PERFORMED
1. Did not mobilize the patient		
2. Did not mobilize the patient's neck		
3. Explained the procedure to the patient		
4. Held the patient's head in a natural position and midline		
5. Took off the earrings and the jeweleries from the patient's neck		
6. Opened the cervical collar, curled up the chin part and set it ready for placing		
7. Without moving the patient's neck, he/she passed the flat and wide part of the collar under the patient's neck.		
8. Placed the curled part of the cervical collar to fit the chin and locked from the side		
9. Checked the stability of cervical collar slightly		
10. Checked the patient's airway patency and whether the neck vessels were under pressure		
11. Uncovered the earlobe and auricle from cervical collar		
12. Stabilized the head and neck by placing sponges or towels on both sides of the neck		
13. Washed his/her hands		

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## SKILLS TO PERFORM FIRST AID FOR FOREIGN BODY REMOVAL IN THE AIRWAY

**OBJECTIVE:** To gain the skill to perform first aid for foreign body removal in the airway by applying the skill steps in the correct and appropriate order

**MATERIALS REQUIRED:** Model

STEPS	PERFORMED	NOT PERFORMED
1. Decided whether the obstruction in the airway serious or mild		
2. Supported the patient's spontaneous breathing and coughing in case of mild obstruction and waited without intervention, moved to the next step if the situation became serious		
3. If the patient is conscious, standing next to or behind the patient, hit the patient's back (between the scapula) once quickly and forcefully with the palm of one hand		
4. If the foreign body did not come out, repeated the 3rd step five times		
5. If the foreign body came out, stopped. If the foreign body did not come out, moved to the next step		
6. Applied abdominal compression (Heimlich maneuver); (said it would not be done to those under 1 year old); Passed behind the patient, clenched one hand into a fist and placed it in the epigastrium with his/her thumb, with the other hand holding the fisted hand and pressing it in-upward		
7. Stopped if the foreign body came out; if it did not, repeated the 6th step five times		
8. If the foreign body did not come out, applied the 3rd-4th step and 6th step in order		
9. If the patient was unconscious, laid the patient on hard ground		
10. Activated Emergency Medicine System immediately (Dialed 112)		
11. Implemented Basic Life Support/Said that Basic Life Support should be implemented		

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## SKILLS OF MEASURING AND EVALUATING BLOOD GLUCOSE USING GLUCOMETER

**OBJECTIVE:** To gain the skill of measuring and evaluating blood glucose using glucometer properly in the correct order

**MATERIALS REQUIRED:** Glucometer, blood glucose measurement strip, lancet, cotton, antiseptic solution, gloves

STEPS	PERFORMED	NOT PERFORMED
<b>Calibration of glucometer</b>		
1. Checked the materials required for measurement		
2. Checked the expiration dates of calibration strips and measurement strips, and the codes on both boxes to be the same		
3. Placed the calibration strip on glucometer device (Checked the automatically calibration of device)		
4. Confirmed the codes on the device to be the same both for calibration strip and measurement strip		
<b>Blood glucose measurement using glucometer</b>		
1. Informed the patient about procedure		
2. Washed his/her hands and wore gloves		
3. Took out the glucose measurement strip from its box, closed the cover of box		
4. Placed the glucose measurement strip by pushing it slightly into glucometer device until it was seated totally (screen of device would switch on automatically)		
5. Wiped the inner surface of the patient's finger with an alcohol swab and waited waited for it to dry		
6. Placed the lancet to be used for piercing the finger tip in the piercing apparatus.		
7. Pierced the finger tip with lancet, which was wiped with alcohol swab and dried		
8. Allowed the blood to accumulate by slightly pressing the distal joint of the patient's finger		
9. Wiped out the first droplet of blood using dry cotton		
10. Pressed the finger slightly again and covered the measurement site completely with the second droplet of blood (test procedure would start automatically)		
11. Tamped on the finger tip using dry cotton		
12. Recorded the value seen on screen of glucometer device		
13. Dislocated the measurement strip from device		
14. Collected the medical waste like strips, cotton, lancet in the medical waste container		
15. Pulled off his/her gloves, washed his/her hands		

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