



**ISTINYE UNIVERSITY**

**MEDICAL FACULTY**

**I. YEAR**  
**APPLICATION GUIDE**  
**FOR**  
**CLINICAL SKILLS**

**2022-2023**

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## SKILLS OF HAND WASHING

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| <b>OBJECTIVE:</b> To gain the skill of hand washing                  |
| <b>MATERIALS REQUIRED:</b> Washbasin, clean water, soap, paper towel |

| STEPS  | PERFORMED | NOT PERFORMED |
|--|-----------|---------------|
| 1. Checked the required materials  |           |               |
| 2. Took off his/her jeweleries and watch and rolled up his/her sleeves to get ready for washing  |           |               |
| 3. Turned on the tap   |           |               |
| 4. Wetted his/her hands with water   |           |               |
| 5. Took 3-5 mL of soap in his/her hands  |           |               |
| 6. Foamed the soap with adequate amount of water   |           |               |
| 7. Soaped down the tap with foamy hands  |           |               |
| 8. Turned the tap off  |           |               |
| 9. Repeated the scrubbing procedure by taking his/her palm over the other palm   |           |               |
| 10. Placed his/her left hand's back on right palm, scrubbed for five times. Repeated the same procedure for his/her other hand.                          |           |               |
| 11. 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. |           |               |
| 12. Scrubbed finger's back of his/her right hand by placing them over left palm. Repeated the same procedure for his/her left hand                       |           |               |
| 13. Scrubbed his/her right thumb rotationally by placing it over left palm. Repeated the same procedure for his/her left hand                            |           |               |
| 14. Placed his/her right finger tips over left palm and scrubbed. Repeated the same procedure for his/her left finger tips                               |           |               |
| 15. Turned the tap on  |           |               |
| 16. Rinsed his/her hands thoroughly  |           |               |
| 17. Rinsed the tap and turned it off   |           |               |
| 18. 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<br>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

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| <b>OBJECTIVE: To gain the skill of cervical collar application to a cervical traumatic patient</b> |
| <b>MATERIALS REQUIRED: Model, cervical collar, two sponges or towels</b>                           |

| <b>STEPS</b>   | <b>PERFORMED</b> | <b>NOT PERFORMED</b> |
|--|------------------|----------------------|
| 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:**

| <b>STEPS</b>  | <b>PERFORMED</b> | <b>NOT<br/>PERFORMED</b> |
|---|------------------|--------------------------|
| 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 fist 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 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. Tapped 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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## SKILLS TO GIVE A PATIENT THE COMA POSITION

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| <b>OBJECTIVE: To gain the skill of coma positioning of the patient</b> |
| <b>MATERIAL REQUIRED: Model</b>  |

| <b>STEPS</b>  | <b>PERFORMED</b> | <b>NOT PERFORMED</b> |
|---|------------------|----------------------|
| 1. Controlled consciousness with a verbal stimulus and a tactile stimulus   |                  |                      |
| 2. Loosened the tight clothes   |                  |                      |
| 3. Removed the bulky items in his pockets and his glasses, if any.  |                  |                      |
| 4. Checked for any foreign bodies in the mouth  |                  |                      |
| 5. Considering the environmental conditions, he/she decided which side to turn the patient and went to that side and kneeled.   |                  |                      |
| 6. Placed the close arm of the patient with a right angle to his/her body; provided a right angle between arm and forearm of the patient by bending the elbow and placed the palms facing upwards |                  |                      |
| 7. Placed the distant arm of the patient crossing the thorax in the way that his hand was towards his shoulder, his palm towards to ground and his back of the hand towards his cheek             |                  |                      |
| 8. Pulled the patient's distant leg from the upper part of the knee joint and the back of the leg, holding it upwards. Ensured the sole of the foot remains on the ground                         |                  |                      |
| 9. Holding the hand next to the patient's cheek with one hand and holding the leg with the other hand, he/she turned the patient aside towards him  |                  |                      |
| 10. Adjusted the upper leg making both hip and knee joints as right angles  |                  |                      |
| 11. Pushed the head back to make sure the airway was open   |                  |                      |
| 12. If necessary, adjusted the hand under the patient's cheek to hold the head in the pushed back position  |                  |                      |

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