

# Lesson or Session Plan for Teaching a Clinical Skill

As the title of Chapter 3 of the textbook suggests, the chapter examines various ways of teaching learners and facilitating learning in both university settings and practice settings, and also addresses teaching theories and principles, as well as the practice of clinical skills. Box 3.6 in the chapter presents a template of a lesson plan for teaching a component of theoretical knowledge, and Table 3.1 provides details of the sequence of activities involved in teaching skills effectively. The content of this section of the companion website technically completes the picture by providing an example of a lesson plan for teaching a clinical skill, which in this instance is manual measurement of blood pressure (MMBP). Very briefly, this comprises five steps, viz: introduce the skill > demonstrate the skill > explain key actions taken > demonstrate and give rationale for each action > practice by the learner(s).

Template for steps in lesson or session planning for teaching manual blood pressure measurement			
Date:	Cohort:	Number of students:	
Title of the course & module:			
Subject of lesson (clinical skill being taught): <b>Manual blood pressure measurement</b>			
Lesson aims:			
Lesson objectives:			
1.			
2.			
Duration of the lesson: 1 hour 50 mins		Classroom:	
<i>Time (minutes)</i>	<i>Lesson content</i>	<i>Teaching method</i>	<i>Teaching aids</i>
2	State and explain lesson topic and <b>objectives</b>	Verbal exposition (VE)	Ppt slide
5	Ascertain students' existing <b>knowledge</b> of MMBP, and rationales	Questions and answers (Q&A)	
5	Explain the clinical skill, and the <b>rationales</b> for performing them, including recapitulation of related anatomy and physiology	Q&A	Ppt slides
5	<b>Demonstrate</b> MMBP at normal speed	Demonstration	Equipment and student volunteer
10	<b>Explanation</b> / overview of rationale for each step	VE	
15	<b>Demonstrate</b> the skill at slow pace, explaining / ascertaining rationales for each step	Demonstration	Equipment and another student volunteer
30	Supervise students handle equipment and <b>practice</b> MMBP on each other	Supervision	Sets of equipment
3	<b>Recapitulation</b> , and invite and respond to any question	VE and Q&A	
3	Indicate location of paper or electronic copies of clinical <b>guidelines</b> or procedure for performing MMBP	VE	Ppt slide

20	Intensive <b>practice</b> of MMBP by each student	Practice	Sets of equipment
10	<b>Test</b> each student (if required), or evaluation of session	Test / evaluation	MCQ / gapped handout papers
2	<b>Evaluation</b> of session & announce title of next clinical skill session	VE	Time-table slide
Ppt = PowerPoint; MMBP = manual measurement of blood pressure; Q&A = questioning students and responding to their answers; Equipment = includes sphygmomanometer and stethoscope			

The template may need adapting according to whether the skill being taught is in a skills laboratory (in university or in the healthcare trust), and on the number of students being taught (which can be from 1 to 30), availability of extra lecturers to supervise practice of the skill, the complexity of the skill, whether each student has to be summatively assessed during the session, etc.