

Clinical examination and Procedural skills logbook

Participant Name:

RACGP number

The range of procedures that are appropriate for general practice are included in this logbook. Some are considered essential skills for all general practitioners and others are suggestions for you to consider (extended expertise). Also included are some clinical examination techniques that you need to consider, although the list is not comprehensive.

Review the range of procedures outlined below and consider which you feel confident in performing unsupervised. These you can mark off in the rating section as “Confident to perform”.

Next identify additional procedural skills that you need to gain through reflection on your own learning needs. Take into account your practice setting, patient demographics and community needs., “Can perform but need support / supervision” or “Need to acquire this skill”.

Consider what actions you will need to take to learn any new skills, when you will complete this by, what support and resources will be required and how you will measure your progress. This forms part can be added to your learning plan as part of your ongoing self-reflection and learning planning.

Keep a log of the procedures that you have performed during each six-month term.

There is no requirement for sign-off of competence being achieved since this logbook is for your own learning and improvement. The degree of coverage of skills in the logbook is an important marker of progress.

You are responsible for maintaining your logbook and ensuring that each entry is accurate and up to date. It is important that you obtain informed consent for all procedures that you undertake; and document procedures performed, and their outcome and any follow up arrangements made.

You might review your log book with a Medical Educator to discuss your progress and plans for subsequent terms. At this stage you can review the procedures list and consider if you need to add any to your learning plan.

You can use this word document to help complete the Logbook in the PEP Portal

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System	Essential skills	Extended expertise	Confident (no supervision required)	Can perform but need support / supervision	Need to acquire this skill
General	Venepuncture				
	Urinalysis				
	Collection of swabs for pathology including post-nasal				
	Fungal scraping and specimen collection				
	Advice patients how to appropriately collect faecal, urine and sputum specimens				
	Injections - IM, IV, S/C, intra-articular	Joint aspiration			
	Sharps disposal				
	Hand washing				
	Sterile technique				
	Wound and other dressings				
Cardiovascular	ECG - recording and interpreting	Measurement of ankle brachial indices and arterial waveforms			
	Insertion of IV lines	Intraosseous infusion			
System	Essential skills	Extended expertise	Confident (no	Can perform but need	Need to acquire this skill

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			supervision required)	support / supervision	
Respiratory	Peak flow recording and interpretation				
	Perform (and interpret) spirometry				
	Instructions for use of Asthma Inhalers				
Gastrointestinal	Drainage of thrombosed external haemorrhoid	Proctoscopy			
Neurology specific	Use of dementia screening tools				
Renal/Urology	Insertion of indwelling catheter				
Endocrine specific	Blood sugar level (BSL)				
Haematology	Venesection for haemochromatosis	Intravenous iron infusion			
		Blood transfusion			
Rheumatology	Joint /soft tissue injection	Use of pneumatoscopy for detection of TM movement.			
Ear	Use of auroscope				
	Removal of foreign body				
	Insertion and removal of ear wick				
	Ear syringing				
Nose / throat	Epistaxis management anterior and posterior – cautery and packing.				
	Use of nasal speculum				
System	Essential skills	Extended expertise	Confident (no supervision required)	Can perform but need support / supervision	Need to acquire this skill

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Eye	Assessment of the eye: • Corneal reflexes • Fluoresceinstaining of cornea • Eyelid eversion • Visual fields • Colour vision assessment using Ishihara charts				
	Use of ophthalmoscope (+/- panophthalmoscope)	Slit lamp examination Tonometry			
	Eye drop administration - Use of fluorescein, topical anaesthetics, ocular cycloplegics for pupillary dilation				
	Removal of corneal foreign bodies				
Oral / dental	Management of avulsed tooth				

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Women's Health	Female pelvic examination						
	Cervical screening testing						
	Implanon (insertion, removal)	Hormone implants, e.g. Oestrogen					
	IUD removal	IUD Insertion					
	STI screening specimen collection						
Pregnancy	Breast examination						
	Fetal HR determination						
	Fundal examination (including fetal positioning)						
Paediatric	Pregnancy testing						
	6-week baby check						
	Paediatric Resuscitation and CPR						
	Suprapubic aspirate/catheterisation for clean urine sample						
	Assessment of hydration status						
Men's Health	Vaccination of infants and children						
	Testosterone (and other, e.g. Zolodex) implant	Penile injection for treatment of impotence					
	STI specimen collection	Drainage hydrocele					

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Musculoskeletal and sports	Ankle sprain strapping Aspiration and injection, knee						
	Aspiration and injection, shoulder joint						
	Aspiration and injection of bursae, e.g., patellar, subacromial						
	Injection of lateral epicondyle (tennis elbow)						
	Application of full and back slab plaster for undisplaced common fractures						
	Removal of plaster						
	Splinting of musculoskeletal injuries						
	Reduce dislocated radial head (pulled elbow)						
	Reduce dislocated shoulder						

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Dermatology	Biopsy: Punch, shave, curette, incisional	Dermoscopy					
	Biopsy: excisional	Advanced skin cancer techniques (flaps, grafts)					
	Therapeutic excisions – sebaceous cysts, lipoma, skin cancers						
	Electrocautery						
	Drainage of abscess						
	Cryotherapy						
	Repair of simple laceration – sutures						
	Repair of simple laceration - glue						
	Drainage of Subungual haematoma						
	Use of dermatoscope						
Resuscitation	Use of AED						
	Oral airway insertion/Airway adjuncts						
	NG tube insertion						
Trauma	Removal of superficial foreign bodies						
	Wound debridement						
	Simple and deep laceration suture						
	Local wound infiltration with anaesthetic.						
	Dressing application including burns						