



Resources in Preparation for Procedural Skills 1+2

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In order to fully benefit from the practical sessions, Residents should prepare for the workshops by referencing the following learning materials before the session.

The resources **highlighted** below are mandatory for the workshops. The other resources are complementary and for your future reference. If a resource is inaccessible through the document link, copy and paste it in your browser to be able to see it.

Note: The presented resources have been approved by the University of Calgary to be used for teaching purposes. Other links with direct access to similar procedural videos have not been approved to be used in this document.

Topic	Readings	Video training
1. Various topics	a) Pfenninger & Fowler's. Procedures for Primary Care. Third Ed. Elsevier Mosby. 2011 b) Dehn RW, Asprey DP. Essential Clinical Procedures. Third Ed. Elsevier. c) Mayeaux E.J. The Essential Guide to Primary Care Procedures. Second Ed. Wolters Kluwer.	
2. Suturing Generalities	a) Doud Galli, Suzanne K. and Minas Constantinides. "Wound Closure." <i>eMedicine</i> . January 29, 2002 http://www.emedicine.com/ent/topic35.htm b) Lai, Stephen Y. "Sutures and Needles." <i>eMedicine</i> . September 10, 2001 http://www.emedicine.com/ent/topic38.htm c) Terhune, Margaret. "Materials for Wound Closure." <i>eMedicine</i> . March 13, 2002 http://www.emedicine.com/derm/topic825.htm	Complete suturing information (You can do the whole session or specific parts as you may require): http://demo.openlabyrinth.ca/renderLabyrinth/index/206 Suturing preparation and types of knots (only one video): https://vimeo.com/124649159 Password for ALL vimeo videos: Pr0c3dures! Other video clips for sutures and excisions: http://www.pcids.org.uk/p/surgical-video-clips Universal Precautions (washing and putting on gloves) https://vimeo.com/124649157 Password: Pr0c3dures!

3. Local Anesthetic		http://www.nosm.ca/pocketsnips/videos/05/default.aspx
4. Simple interrupted		http://www.nosm.ca/pocketsnips/videos/14/default.aspx Alternative: Video at 7:23 min: https://vimeo.com/124649159 PW: Pr0c3dures!
5. Running Suture		http://demo.openlabyrinth.ca/renderLabyrinth/go/206/6964
6. Vertical Mattress		http://demo.openlabyrinth.ca/renderLabyrinth/go/206/6966
7. Horizontal Mattress		http://demo.openlabyrinth.ca/renderLabyrinth/go/206/6965
8. Corner Suture		https://www.youtube.com/watch?v=kvjigkm7Mzc
9. Subcuticular		https://www.youtube.com/watch?v=7Q3x_lqD-h0 http://demo.openlabyrinth.ca/renderLabyrinth/go/206/6962
10. Laceration repair		New England Journal of Medicine: http://www.nejm.org/doi/full/10.1056/NEJMvcm064238 or http://www.nejm.org/multimedia/medical-videos (Sign-in required; registration through university library)
11. Skin Stapling		Dr. Carlo Oller, CGTWM Part 1: Simple stapling of skin: https://www.youtube.com/watch?v=W7x0Ryy1y3A
12. Tissue glueing		VIPER - ALiEM Educational videos Wound Closure #10: Tissue Adhesives: https://www.youtube.com/watch?v=neb4OlqZeRo Fingertip Amputation Treated with Cyanoacrylate Tissue Adhesive: Dr. Larry Mellick: https://www.youtube.com/watch?v=E9_6ID35MRU

<p>13. Biopsy Punch</p>		<p>New England Journal of Medicine: Punch Biopsy by NEJM or http://www.nejm.org/doi/full/10.1056/NEJMvcm1105849</p> <p>CFP: http://www.cfp.ca/content/by/section/Video%20Series (Scroll down the list)</p> <p>ClinicalKey: https://www-clinicalkey-com.ezproxy.lib.ucalgary.ca/#!/browse/procedures (Sign-in required; registration through university library)</p>
<p>14. Excisional</p>		<p>Primary Care Dermatology Society: http://www.pcids.org.uk/p/skin-surgery-elliptical-excision</p> <p>CFP: http://www.cfp.ca/content/by/section/Video%20Series</p> <p>ClinicalKey: https://www-clinicalkey-com.ezproxy.lib.ucalgary.ca/#!/browse/procedures (Sign-in required; registration through university library)</p>
<p>15. Shave</p>		<p>ClinicalKey: https://www-clinicalkey-com.ezproxy.lib.ucalgary.ca/#!/browse/procedures (Sign-in required; registration through university library)</p>
<p>16. Cryotherapy</p>		<p>Cryotherapy: http://www.cfpc.ca/local/files/CFP/cryotherapy/Untitled-1.html</p> <p>ClinicalKey: https://www-clinicalkey-com.ezproxy.lib.ucalgary.ca/#!/browse/procedures (Sign-in required; registration through university library)</p> <p>Dr. Paul Thomas, Integrative Pediatrics, Freezing a Plantar Wart with Liquid Nitrogen: https://www.youtube.com/watch?v=Fxj7UXIQZ-g</p>

17. Electrocautery of skin lesion		ClinicalKey: https://www-clinicalkey-com.ezproxy.lib.ucalgary.ca/#!/browse/procedures (Sign-in required; registration through university library)
18. Sebaceous Cyst removal		PocketSnips Procedural Skills Project, NOSM: http://www.nosm.ca/pocketsnips/videos/06/default.aspx
19. Toenail Resection, Wedge Resection		Toenail resection: http://www.cfp.ca/content/by/section/Video%20Series Dr. Donald Pelto, Central Massachusetts Podiatry, Complete Nail Removal For Ingrown Toenail: https://www.youtube.com/watch?v=369Ti0brDo4 Vandenbos procedure: https://www.youtube.com/watch?v=-ZDGEHKr3M8 Alternative: http://www.cfpc.ca/local/files/CFP/CFP_Vandenbos_VID/Vandenbos.html
20. Digital block		PocketSnips Procedural Skills Project, NOSM: http://www.nosm.ca/pocketsnips/videos/11/default.aspx
21. Sterile technique		Core Skills, University of Calgary Universal Precautions (washing and putting on gloves) https://vimeo.com/124649157 Password: Pr0c3dures! PocketSnips Procedural Skills Project, NOSM Sterile Gloves: http://www.nosm.ca/pocketsnips/videos/13/default.aspx
22. Subungual drainage		Draining a subungual hematoma – Dr. J.A. Garcia: http://www.youtube.com/watch?v=05ONU_MgVaY&list=PLhz1gnvWnHczsac6IPLlsBbxLOueu4!1-&index=5
23. Infiltration of local anesthetic		ClinicalKey: https://www-clinicalkey-com.ezproxy.lib.ucalgary.ca/#!/browse/procedures (Sign-in required; registration through university library)

24. Paronichia drainage		
25. Scraping for fungus determination		
Session Two		
1- Intravenous Canalization Adult		<p>Intravenous (and intraosseous access) https://vimeo.com/124645916 PW: Pr0c3dures! MUST</p> <p>New England Journal of Medicine: http://www.nejm.org.ezproxy.lib.ucalgary.ca/multimedia/medical-videos (Sign-in required; registration through university library)</p> <p>PocketSnips Procedural Skills Project, NOSM: http://www.nosm.ca/pocketsnips/videos/03/default.aspx https://www.youtube.com/watch?v=-XxiRSf6n8Q</p>
2- Blood draw with a vacutainer		<p>PocketSnips Procedural Skills Project, NOSM: http://www.nosm.ca/pocketsnips/videos/04/default.aspx MUST</p>
3- Intra-muscular injection		<p>Oxford Medical Videos, Oxford University: https://www.youtube.com/watch?v=k1jvywxyBt0 MUST</p>
4- Intra-dermal injection		<p>https://www.youtube.com/watch?v=f3w-MlDAdg0 MUST</p>
5- Subcutaneous Injection		<p>https://www.youtube.com/watch?v=BJuHKTv7F-0 MUST</p>
6- Foley Catheter Insertion		<p>New England Journal of Medicine: MUST http://www.nejm.org/multimedia/medical-videos (Sign-in required; registration through university library):</p> <p>ClinicalKey: https://www-clinicalkey-com.ezproxy.lib.ucalgary.ca/#!/browse/procedures (Sign-in required; registration through university library)</p>
7- Suprapubic aspiration		<p>http://www.nejm.org.ezproxy.lib.ucalgary.ca/doi/full/10.1056/NEJMvcm1209888 MUST</p>
8- Lumbar Puncture		<p>Lumbar puncture U of C. https://vimeo.com/124427637 Password: Pr0c3dures! MUST</p> <p>Lumbar Puncture Procedure Module: https://www.mededportal.org/publication/8201</p> <p>Lumbar Puncture Step by Step:</p>

<https://www.mededportal.org/publication/326>

ClinicalKey:

<https://www-clinicalkey-com.ezproxy.lib.ucalgary.ca/#!/browse/procedures>

(Sign-in required- registration through university library)

Core Skills, University of Calgary:

<http://core.ucalgary.ca/lumbar-puncture/>