

Clinical Skills Centre

Skills training for health care professionals and students



A learning environment

There is a growing need for training in different health care professions, and all professional groups in the health sector need to develop their knowledge and skills on an ongoing basis. This is particularly true with fewer in-patient beds available, rapid advances in medical technology, and greater awareness of patient safety than ever before. These trends create new demands in terms of educational methods, teaching materials and learning environments.

The Clinical Skills Centre is an educational unit at Uppsala University Hospital. Rooms can be booked here for taught sessions, in-service training days and self-directed training, individually based or in groups. Health care students can practise on their own skills that have been covered on their courses, and health professionals can undertake further training in their particular fields.

The Centre provides a platform for further development of interprofessional training for different education programmes, specialties and professions. Facilities include a lecture room, a simulator unit, a computer suite, and rooms for training in both cardiopulmonary resuscitation and other skills.



Skills training

Clinical ability has both a theoretical and a practical basis. An opportunity to practise one's skills – for example in venous blood sampling or intubation – in a relaxed and safe environment lays a foundation for greater confidence in dealing with patients.

Skills training may also involve learning how to use medical equipment, such as oxygen treatment equipment, or how best to help move patients.

Using video and audio recording facilities, professional–patient interaction, interview and communication skills can be practised and developed.

We are careful to ensure that the training given in different methods has a solid foundation in both theory and practice. Considerable importance is attached to using the right materials and applying appropriate hygiene principles, and ensuring that the training is based on the latest clinical evidence.

The Centre collaborates closely with the Hospital's Infection Control Department and the County Council's Purchasing and Supply Service, which purchases health care consumables. Education and training with us thus also familiarize participants with new products.



Lecture room and computer suite

The methods needed to learn the practical skills which almost everyone working in health care needs to master can vary widely from one individual to another. For some, repeated practical training in peace and quiet will be the key, while others are best able to apply a technique if it is first explained to them in theory. A professional who is properly prepared for the real-life situation will be better placed to grasp the overall picture and to reflect on the situation of the patient.

The Centre's lecture room, which seats 32, is equipped with a computer, projector, network access etc. After a lecture, students can immediately put their new knowledge to the test in the computer suite, where virtual reality software is available for training in anatomy and physiology, and also in dealing with patients with acute conditions.

Next door to the lecture room is a coffee and lunch room, with a coffee machine and facilities for students to heat their own meals.



Cardiopulmonary resuscitation (CPR)

Everyone working in health care, in whatever field, has to know what to do if someone is unconscious or suffers a respiratory or cardiac arrest. All staff must undertake regular training to ensure that they have the knowledge and skills they will need when an emergency occurs. There are semi-automatic defibrillators placed strategically around the hospital, and staff have been trained to use them.

The Clinical Skills Centre has equipment for training in various forms of cardiopulmonary resuscitation of adults and in life-saving first aid for children.

A senior instructor trains new resuscitation instructors, according to the needs and wishes of the hospital. These instructors in turn provide training for other staff.

Often this training is given at the Centre itself, in the rooms equipped for this purpose. But equally often the training equipment is lent out to the units where staff work, enabling them to practise in the specific situations they encounter there.

The senior instructor is able to provide information and support should any questions arise concerning CPR training or emergency equipment.



Simulator training

Simulator training is used in the training of nursing, medical and other health care students.

Using the simulator, training is provided in dealing with different types of cases, depending on the learning goals of the students. Students need to be able to practise skills over and over again, without putting patients at risk.

Simulator training also gives clinical staff a chance to practise their responses to rare but possibly life-threatening conditions and situations. Patient safety is enhanced, and staff can feel more confident about dealing with acute situations.

In addition, the simulator situation provides training in cooperation and communication between different professions and clinical areas.

Our SimMan manikin can breathe, talk and be controlled as required. The manikin is placed in a room where training can be recorded on video to provide learning feedback. As from the autumn of 2006, the Centre also has a portable SimMan, which can be taken to other units, and a SimBaby for similar training on infants with acute conditions. Our instructor/operator gives advice and assists with practical aspects of training, creation of patient cases and feedback.



Practical information about the Clinical Skills Centre

Where to find us

Uppsala University Hospital, Akademiska sjukhuset, basement level between entrances 61 och 70. Follow signs from entrance 61.

Postal address

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Opening hours

Monday–Friday 8–16.30 Tuesday evenings 17–20

Staff

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