

Creating your own 5-Minute Bedside Moment



Stanford 25 Session Topics

- Lymph Node Exam
- Oral Exam
- Shoulder Exam
- Knee Exam
- Lower Back & Hip Exam
- BMT Exam
- Abdominal Exam
- Foot Exam
- General Neurology Exam
- Thyroid Exam
- Neuro-Muscular Exam
- Neuro-Ophthalmic Exam
- Capillary nail bed
- Dermatology Exam
- Movement Disorders
- Rheum, Scleroderma
- Pulmonary Exam
- Vision Fields
- Fundoscopy
- Ankle Brachial Index
- Heart Sounds
- Neck Veins
- Pulsus Paradoxus
- Approach to Pituitary Exam
- Bedside Ultrasound
 - Cardiac
 - Abdominal, Pulmonary
 - Joint

Two most important buttons in Bedside Medicine! What are they for?



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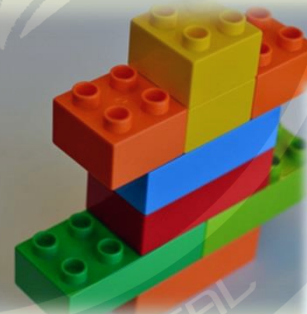


Two most important buttons in Bedside Medicine! What are they for?



5M² : THE 5 MINUTE BEDSIDE MOMENT

- It can be done in 5 minutes or less
- It is infinitely expandable
- The ingredients
 1. The Narrative
 2. The Physical Maneuver



5M² : THE 5 MINUTE BEDSIDE MOMENT

1. The Narrative

- Context and usefulness of the maneuver
- A vignette (eg: historical context, genesis of eponym, personal anecdote)
- Interpretation
- Caveats and common errors

The 5 minute moment. Chi J et al, Am J Med. 2016 Aug;129(8):792-5

5M² : THE 5 MINUTE BEDSIDE MOMENT

2. The Physical Maneuver

- Set up the environment
- Involve the patient and explain what is to be done
- Model gentle and skilled technique
- Model and imitate *incorrect* technique
- Have the learners “just do it”
- Have the learners teach the technique

The 5 minute moment. Chi J et al, Am J Med. 2016 Aug;129(8):792-5

Creating your own 5-Minute Bedside Moment

The students should...

Know What?

Know Why?

Know How?

Show How!

Teach How!



Creating your own 5-Minute Bedside Moment

The students should...

Know What? Explain what topic is being taught

Know Why?

Know How?

Show How!

Teach How!



Creating your own 5-Minute Bedside Moment

The students should...

Know What? Explain what topic is being taught

Know Why? Narrate history & clinical Vignette

Know How?

Show How!

Teach How!



Creating your own 5-Minute Bedside Moment

The students should...

Know What? Explain what topic is being taught

Know Why? Narrate history & clinical vignette

Know How?

- Explain to the patient what is being done
- Show gentle & skilled technique
- Show incorrect techniques & common errors

Show How!

Teach How!



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The students should...

Know What? Explain what topic is being taught

Know Why? Narrate history & clinical vignette

Know How?

- Explain to the patient what is being done
- Show gentle & skilled technique
- Show incorrect techniques & common errors

Show How! Let students do,
then feed back

Teach How!



Creating your own 5-Minute Bedside Moment

The students should...

Know What? Explain what topic is being taught

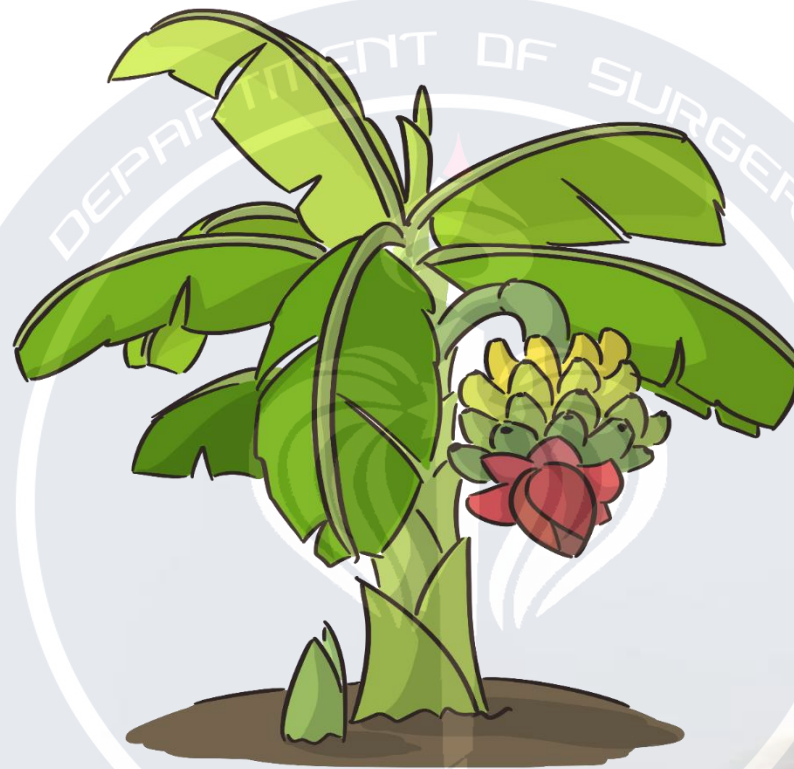
Know Why? Narrate history & clinical Vignette

Know How?

- Explain to the patient what is being done
- Show gentle & skilled technique
- Show incorrect techniques & common errors

Show How! Let students do,
then feed back

Teach How! Let students TEACH,
then feed back



Thank You