

# Teaching Physical Assessment


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Preceptor Workshop 2025  
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## Objectives:

- To discuss the role of the preceptor
  - To explore goals & expectations for students
  - To discuss a Physical Assessment Checklist
  - To discuss student challenges
  - To outline key teaching take home messages
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# The role of the preceptor:

Trained preceptors are optimal for student confidence and competence (Ball, Peacock & Winters-Chang, 2022).

Educators are crucial as they provide students with educational support through efficient supervision (Luckett et al., 2021).

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## The role of the preceptor

### **Support active learning through:**

- Scaffolding: close supervision & support initially and then fade out the supervision progressively.
- Relate physical assessment findings to theory.
- Encourage students to reflect .
- Allow time for questions.
- Prompt students when necessary.
- Provide ongoing timely feedback.

# Goals & expectations for students:

Ensuring students can perform physical assessment for infants, toddlers & preschoolers as per the KAS MCH Practice Guidelines.



To understand the importance of physical examination.



To ask parents questions & provide reassurance.



Promote confidence & prepare them to be competent MCH practitioners.

## Physical Assessment Checklist:

- Ensuring student is prepared.
- Hand hygiene.
- Ensuring room is comfortable & safe.
- Obtaining consent from parents/carer.
- Engage & communicate with the parents.





## Physical Assessment Checklist

- Head to toe assessment.
- Varying the sequence of physical examination to fit the temperament & activity level of the child.
- Progressive approach with eye contact.
- Provide toys to distract.
- Recognising anomalies.
- 2W, 8W, 8M requirement and when indicated-inspection



# Physical Assessment Checklist

- Identify red flags & use professional judgement to decide if additional activities are required.

Such as:

- additional consultations
- further assessment/ activities
- flexible approach to service delivery
- follow-up – this may be by phone or appointment
- referral to secondary services (MCH Practice Guidelines, 2019)



## Physical Assessment Checklist

- Using evidence-based information to reassure parents.
- Early Intervention
- CDIS documentation



# Student Challenges

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- Preparation and level of knowledge of physical assessments performed on children 0-4 years
- Different levels of experience & exposure
- Personality differences
- Rapport with preceptor
- Levels of confidence performing physical assessments

# Key Teaching take home messages



Please be patient with students- Remember physical assessments can be overwhelming for them.



Open communication with student about expectations of how to perform a physical assessment.



Allow for student reflection on their findings.



Acknowledge strengths and support areas needing further learning.



Please contact Uni if any concerns

# Questions ?



# References

Ball.,K., Peacock.,A., & Winters-Chang., P. (2022) A literature review to determine midwifery students perceived essential qualities of preceptors to increase confidence & competent in the clinical environment. *Women Birth* May;35(3):e211-e220. doi: 10.1016/j.wombi.2021.06.010.

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