

# The Art of Teaching Hands-On Skills

ASHI and MEDIC First Aid programs emphasize practice sessions to allow students to use both cognitive understanding and hands-on practice to develop effective psychomotor skills.

## Task-Based Practice Sessions

- + Focus on learning a particular skill or skill sequence
- + Help students develop initial skills
- + Use program **skill guides** for step-by-step visual and written details of a skill or skill sequence
- + Use a peer-coaching approach, where student coaches follow along as care is provided, giving appropriate feedback when needed
- + Students rotate through playing the roles of a care provider, ill or injured person, and coach
- + Optional video-guided, practice-while-watching sessions are included for some lessons



## Scenario-Based Practice Sessions

- + Rely on role-playing to manage a simulated medical emergency
- + Use program **scenario practice sheets** for realistic practice for those students who already possess competent skills
- + Use a peer-coaching approach, where student coaches follow along as care is provided, giving appropriate feedback when needed
- + Students rotate through playing the roles of a care provider, ill or injured person, and coach



## Tips for successful hands-on practice sessions:



- + Prepare equipment in advance
- + Keep track of time
- + Monitor students closely to ensure they stay on task
- + Be alert for students who drop out, making sure all students participate
- + Help those who appear to be struggling
- + Provide additional practice time when necessary
- + Offer positive feedback

