

Minor Illness and Minor Injury^{475 476}

Task / Activity	Self-Assessment / Date	Competency Assessed Y / N	Competency Achieved	Signed off by Clinical Assessor / Date
<p>Knowledge and Education</p> <ul style="list-style-type: none"> • Demonstrate an understanding of the holistic care of a patient presenting with minor injury or illness • Demonstrate an understanding of the anatomy, physiology, and pathophysiology of common areas of illness and injury including but not limited to: <ul style="list-style-type: none"> ○ Musculoskeletal system ○ Ophthalmology ○ Ear, nose and throat ○ Abdominal ○ Respiratory ○ Wound and soft tissue ○ Dermatology • Demonstrate an understanding of effective history taking using a clear systematic approach⁴⁷⁷ 				

⁴⁷⁵ <https://www.city.ac.uk/prospective-students/courses/professional-development/assessment-of-minor-injuries-and-illness-for-advanced-practice#tabs495695-link641555>

⁴⁷⁶ <https://www.city.ac.uk/prospective-students/courses/professional-development/management-of-minor-injuries-and-illness-for-advanced-practice#tabs495711-link641553>

⁴⁷⁷ <https://www.britishjournalofnursing.com/content/advanced-clinical-practice/undertaking-consultations-and-clinical-assessments-at-advanced-level/>

<ul style="list-style-type: none"> • Demonstrate an understanding of the diagnostic, interpersonal and clinical examination skills needed to assess an individual presenting with minor illness or injury • Demonstrate an understanding of the formulation of evidence-based diagnosis and determination of appropriate therapeutic interventions • Demonstrate an understanding of the appropriate onward referral process as per local policy and procedures • Demonstrate an understanding of the use of multi-professional working to effectively manage minor illnesses and injuries to reduce or avoid hospital admissions • Demonstrate an understanding of the red flags that would suggest significant pathology⁴⁷⁸ • Demonstrate an understanding of the safe and effective use of diagnostic equipment <p>Patient Care</p> <ul style="list-style-type: none"> • Be able to elicit a thorough and age-appropriate medical history from the patient • Be able to use the presenting problem to guide your assessment strategy • Be able to complete a thorough physical examination of your patient and identify differential diagnoses • Be able to formulate an appropriate treatment plan • Be able to discuss plan with an appropriate senior clinician to ensure relevant investigation, onward referral, and treatment • Be able to provide a thorough wound assessment (if present) and care in line with wound care competencies • Be able to discuss with your patient any normal and abnormal findings • Be able to have a shared decision-making discussion with your patient about any recommended treatment ensuring that with any medications, mode of action, potential side effects and risks of non-treatment are included⁴⁷⁹ 				
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⁴⁷⁸ <https://www.minorillness.co.uk/downloads/redflags.pdf>

⁴⁷⁹ <https://www.nice.org.uk/about/what-we-do/our-programmes/nice-guidance/nice-guidelines/shared-decision-making>

<ul style="list-style-type: none">• Be able to refer to an appropriate prescribing clinician to ensure timely delivery of any medications• Be able to refer your patient to their local community pharmacist to access advice about over the counter medications where appropriate• Be able to provide follow up advice and robust safety netting advice ensuring red flag symptoms are highlighted⁴⁸⁰• Be able to identify when patient complexity exceeds competence and refer on to appropriate senior clinician or specialist where indicated				
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⁴⁸⁰ <https://www.minorillness.co.uk/downloads/redflags.pdf>