

CLINICALKEY STUDENT

# PRACTICAL SKILLS AND PROCEDURES FOR THE UK MEDICAL LICENSING ASSESSMENT; MLA

**A helpful guide to prepare for the CPSA  
with ClinicalKey Student**

We've collated resources from ClinicalKey Student that cover the practical skills that you need to know, and how to perform them, so you don't have to!

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ClinicalKey® Student

## What is the MLA?

The Medical Licensing Assessment (MLA) is a new exam in the UK designed specifically for medical students. Its main goal is to ensure that doctors seeking registration with a license to practice medicine in the UK meet a common standard for safe practice.

The MLA consists of two key components:

- **Applied Knowledge Test (AKT):** This is a written assessment that evaluates applied clinical knowledge.
- **Clinical and Professional Skills Assessment (CPSA):** This performance-based assessment focuses on clinical and professional skills, knowledge, and behaviours.

## THIS HELPFUL GUIDE WILL COVER THE CPSA PART OF THE EXAM

### What do I need to know for the CPSA?

As part of the MLA, you'll need to show your competence in various practical skills and procedures. The General Medical Council (GMC) provides a list of these skills in their "Outcomes for Graduates" document. This list is particularly important for the CPSA, as it outlines what you need to know and be able to do.

For more details, check out the [GMC's practical skills and procedures document](#).

Getting familiar with these requirements now will set you up for success as you prepare for the MLA!

### How can we help?

To make things easier, we've collated resources that detail these practical skills and how to perform them. Each skill or procedure links directly to relevant content from [ClinicalKey Student](#), so you can easily find the information you need.

Split into five main sections each section will provide:

- The procedure
- The description of the procedure
- Links to the content about each procedure on ClinicalKey Student



# Assessment of Patient Needs

Take baseline physiological observations and record appropriately

Measure temperature

[Link](#)

Respiratory rate

[Link 1](#)

[Link 2](#)

[Link 3](#)

Pulse rate

[Link 1](#)

[Link 2](#)

Blood pressure

[Link 1](#)

[Link 2](#)

[Link 3](#)

Oxygen saturations

[Link 1](#)

[Link 2](#)

Urine Output

[Link](#)

Carry out peak expiratory flow respiratory function test Measure temperature

[Link 1](#)

Explain to a patient how to perform a peak expiratory flow, assess that it is performed adequately and interpret results

[Link 2](#)

[Link 3](#)

Perform direct ophthalmoscopy

[Link 1](#)

Perform basic ophthalmoscopy and identify common abnormalities

[Link 2](#)

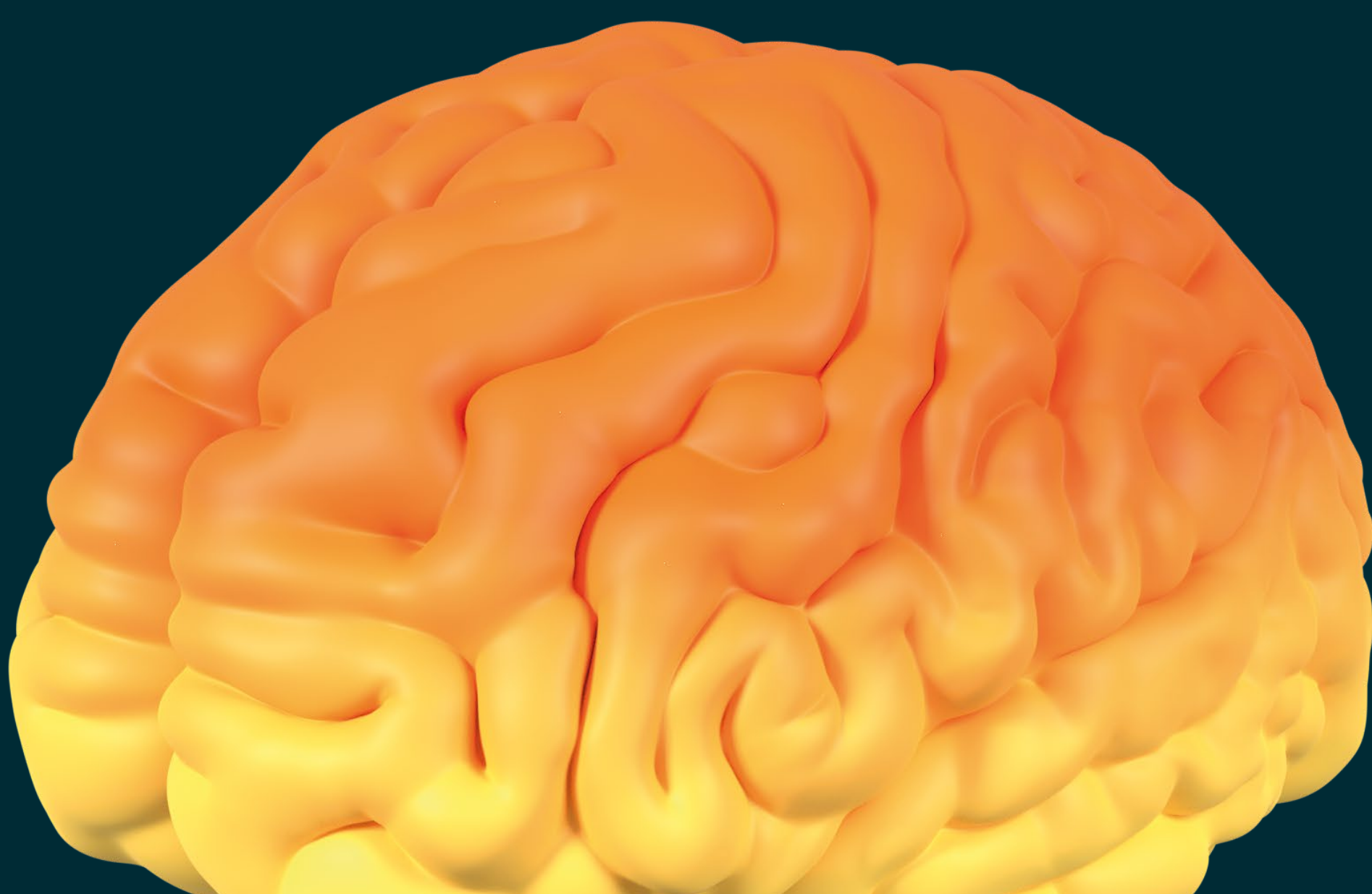
Perform otoscopy

[Link 1](#)

Perform basic otoscopy and identify common abnormalities.

[Link 2](#)

[Link 3](#)



# Diagnostic Procedures

## Carry out venepuncture

Insert a needle into a patient's vein to take a sample of blood for testing.

[Link 1](#)

Make sure that blood samples are taken in the correct order, placed in the correct containers, that these are labelled correctly and sent to the laboratory promptly.

[Link 2](#)

## Take blood cultures via peripheral venepuncture

Take samples of peripheral venous blood to test for the growth of infectious organisms.

[Link](#)

## Carry out arterial blood gas and acid base sampling from the radial artery in adults

Insert a needle into a patient's radial artery (in the wrist) to take a sample of arterial blood and interpret the results

[Link 1](#)

[Link 2](#)

## Measure capillary blood glucose

Measure the concentration of glucose in the patient's blood at the bedside using appropriate equipment. Record and interpret the results

[Link 1](#)

[Link 2](#)

## Carry out a urine multi dipstick test

Explain to patient how to collect a midstream urine sample. Test a sample of urine to detect abnormalities. Perform a pregnancy test where appropriate.

[Link 1](#)

[Link 2](#)

[Link 3](#)

## Carry out a 3- and 12-lead electrocardiogram

Set up a continuous recording of the electrical activity of the heart, ensuring that all leads are correctly placed

[Link 1](#)

[Link 2](#)

## Take and/or instruct patients how to take a swab

Use the correct technique to apply sterile swabs to the nose, throat, skin and wounds. Make sure that samples are placed in the correct containers, that these are labelled correctly and sent to the laboratory promptly and in the correct way.

[Link](#)



## Patient Care

### Perform surgical scrubbing up

Follow approved processes for cleaning hands and wearing appropriate personal protective equipment before procedures or surgical operations.

[Link 1](#)

[Link 2](#)

### Set up an infusion

Set up and run through an intravenous infusion. Have awareness of the different equipment and devices used

[Link](#)

### Use correct techniques for moving and handling, including patients who are frail

Use, and/or direct other team members to use, approved methods for moving, lifting and handling people or objects, in the context of clinical care, using methods that avoid injury to patients, colleagues, or oneself.

[Link](#)

## Prescribing

### Instruct patients in the use of devices for inhaled medication

Explain to a patient how to use an inhaler correctly, including spacers, and check that their technique is correct

[Link](#)

### Prescribe and administer oxygen

Prescribe and administer oxygen safely using a delivery method appropriate for the patient's needs and monitor and adjust oxygen as needed.

[Link](#)

### Prepare and administer injectable (intramuscular, subcutaneous, intravenous) drugs

Prepare and administer injectable drugs and prefilled syringes

[Link](#)



# Therapeutic Procedures

## Carry out intravenous cannulation

Insert a cannula into a patient's vein and apply an appropriate dressing.

[Link](#)

## Carry out safe and appropriate blood transfusion

Following the correct procedures, give a transfusion of blood (including correct identification of the patient and checking blood groups). Observe the patient for possible reactions to the transfusion, and take action if they occur.

[Link](#)

## Carry out male and female urinary catheterisation

[Link](#)

## Carry out wound care and basic wound closure and dressing

Provide basic care of surgical or traumatic wounds and apply dressings appropriately

[Link 1](#)

[Link 2](#)

## Carry out nasogastric tube placement

Pass a tube into the stomach through the nose and throat for feeding and administering drugs or draining the stomach's contents. Know how to ensure correct placement

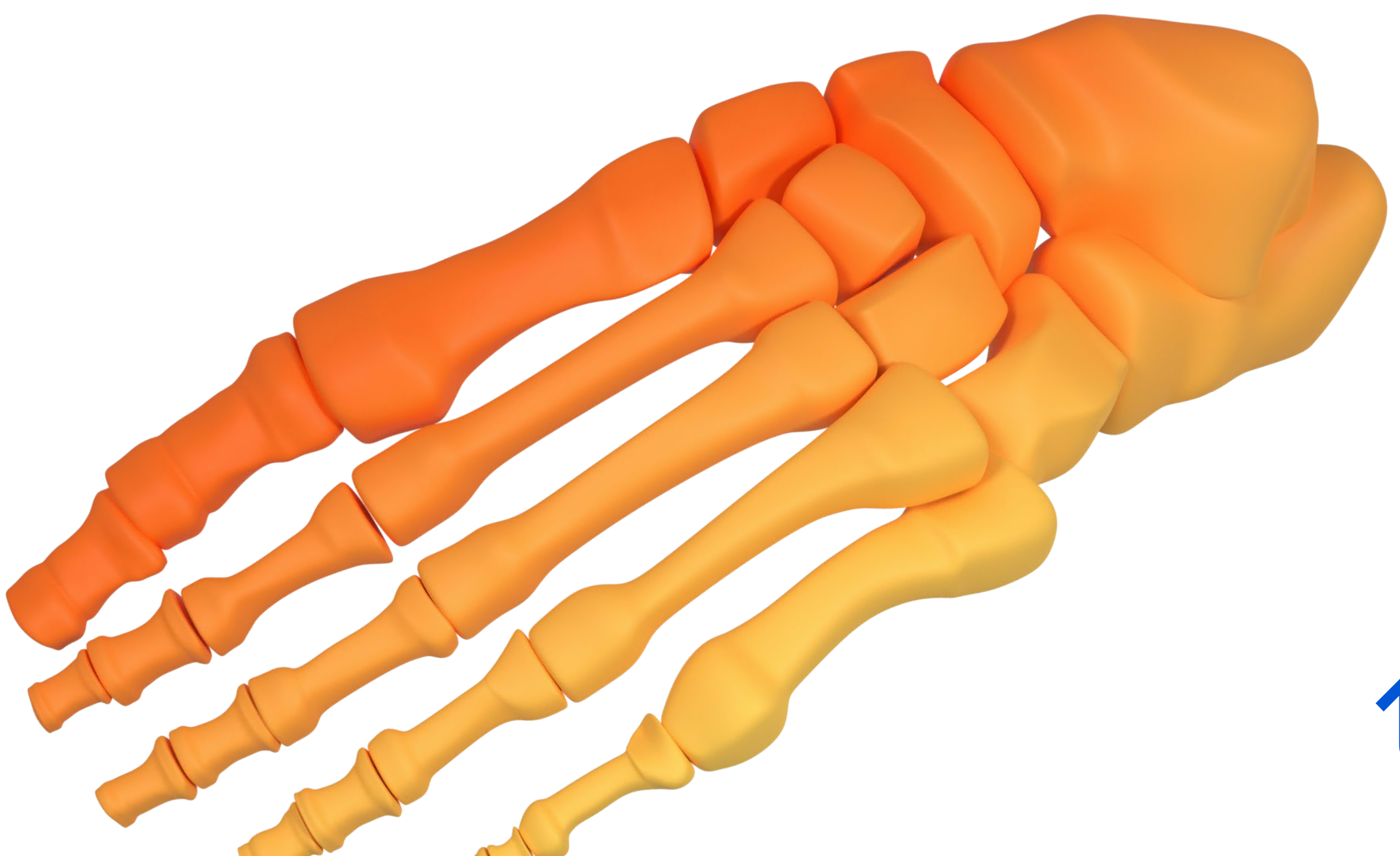
[Link](#)

## Use local anaesthetics

Inject or topically apply a local anaesthetic. Understand maximum doses of local anaesthetic agents.

[Link 1](#)

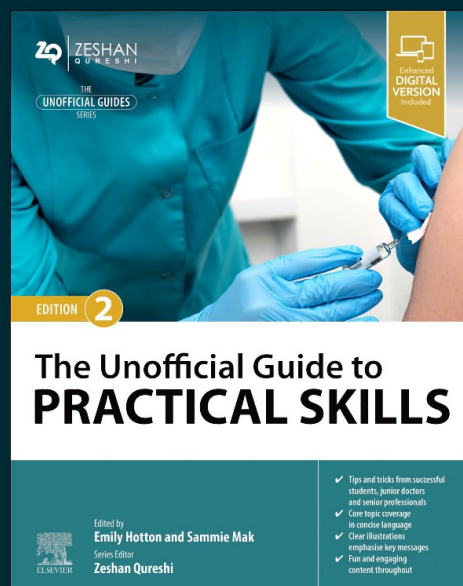
[Link 2](#)



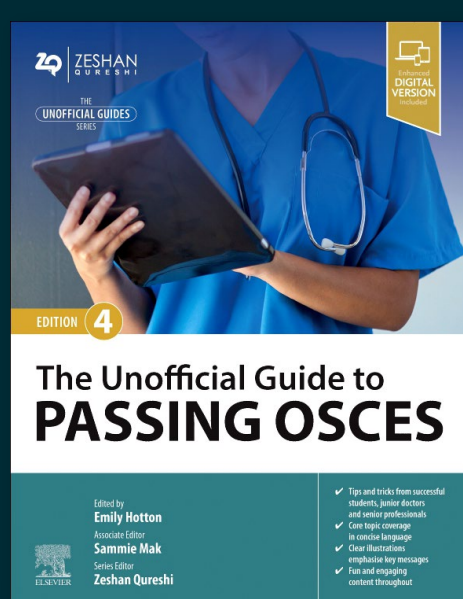
# How can I find more of this information?

All of the content in this booklet has been provided by the following books via [ClinicalKey Student](#) the books are all available in full on the platform.

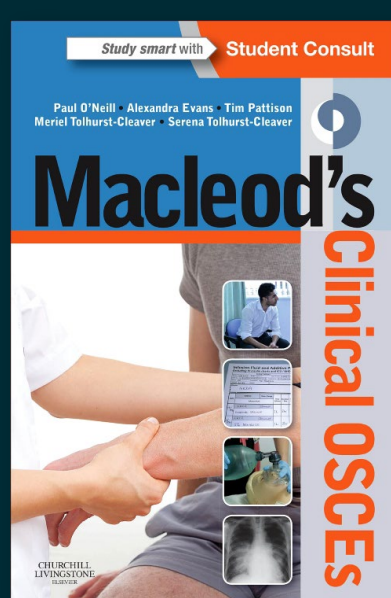
Please check with your librarian if your school has access to ClinicalKey Student



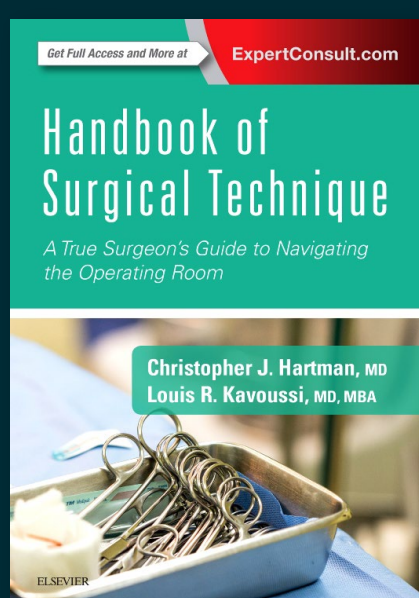
**The Unofficial Guide to Practical Skills, Second Edition >**



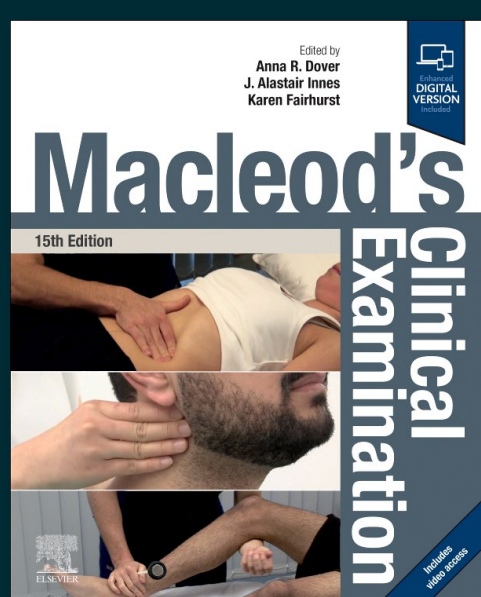
**The Unofficial Guide to Passing OSCEs >**



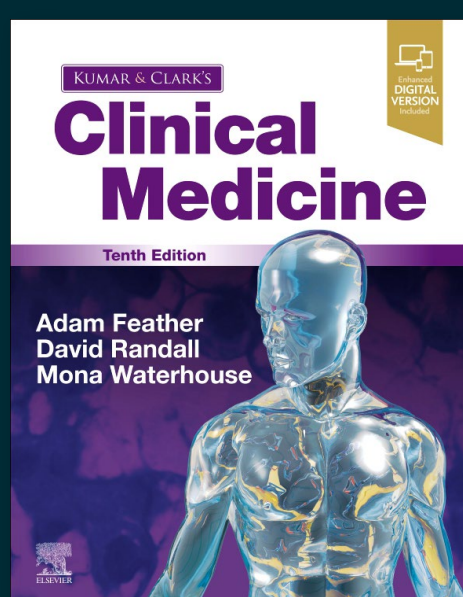
**MacLeod's Clinical OSCE >**



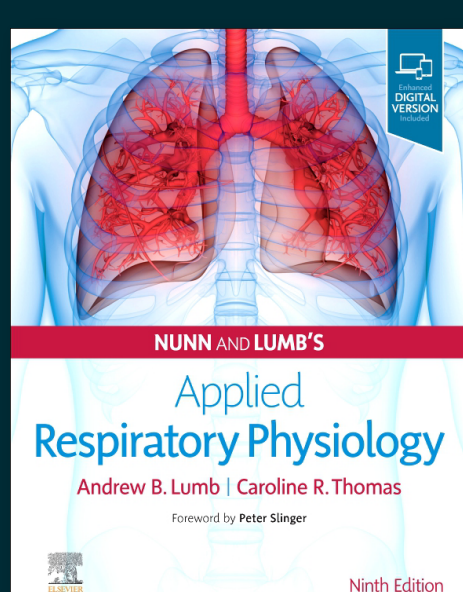
**Handbook of Surgical Technique >**



**Macleods Clinical Examination >**



**Kumar and Clark's Clinical Medicine >**



**Nunn and Lumb's Applied Respiratory Physiology >**



## Preparing for the Applied Knowledge Test, AKT?

... and looking for practice questions? look no further. **ClinicalKey Student Assessment** has thousands of questions on high – yield subjects tailored to meet MLA exam standards.

**NOW including three NEW Mock Exams!** Our MLA mock exams have been designed to reflect the real AKT. Each mock exam contains two 100-item papers (paper 1 and paper 2), matching the AKT format.

Practising with the questions on ClinicalKey Student will help to grow your confidence in this MLA exam style of question. You can also:

- Track your performance over time
- Indicate confidence level
- Use in exam or study mode

Ask your librarian or [Click here](#) to find out if your medical school has access ClinicalKey Student Assessment.

*“The Elsevier CK question bank has transformed my preparation for the UKMLA. The question stems are structured very similarly to the real UKMLA questions and the rationales are all based on NICE CKS, meaning the bank’s content is reliable, up-to-date and relevant for finals.”*

**Mehar, UCL Medical School**

<https://www.clinicalkey.com/student>

