

Be brave and do office procedures

Community family physicians can often deal with minor lacerations and minor I+Ds of infected cysts or abscesses in the office, even in children. It can throw your schedule off kilter, but it's a good chance to keep up those procedural skills!

Don't be afraid, and make use of your office staff to support you!

TIP: If you think the patient needs sedation for the procedure, keep them NPO and send them in to the ER.

TRICK: If you feel you would like to improve your skills in lacerations and I+Ds (we all get a little rusty on some things), check out St. Paul's CME courses on ER or Rural Family Practice - they often have hands-on sessions dedicated to improving procedural skills.