

9.5.26

1ST ED.



PRIMETIME

CLINICAL SKILLS WORKSHOP

LEADERSHIP

Primetime, co-directed by Ajmeet Pama-Ghuman and Avneet Mandair between 2025-2026, is a UCSF SJV PRIME medical-student-run organization at the UCSF School of Medicine that provides mentorship opportunities, networking events, educational seminars, and early clinical experience to pre-medical students in the San Joaquin Valley. Our mission is to mentor and inspire the next generation of culturally sensitive, well-versed physicians to serve this medically underserved region. Clinical Skills Workshop committee leads Ajmeet, Farhad, Avneet, Nickie, Alanis, Melanie, Arveen, Nirveen, Xinyu, and Therese, worked closely with Dr. Lily Hitchner and Dr. Scott Reichelderfer to make this event possible.

✉ primetime.sjv@gmail.com

🌐 <https://primetimesjvmentors.ucsf.edu>

📷 @primetime.mentors



MEDICAL STUDENT PANEL

BACKGROUND

Our annual clinical skills workshop was founded in 2025 with the primary objective of providing opportunities for 30 pre-medical students seeking clinical experience and ways to strengthen their resumes for the job market. The secondary goal of this workshop was to equip students with skills that they could use in real life emergencies.



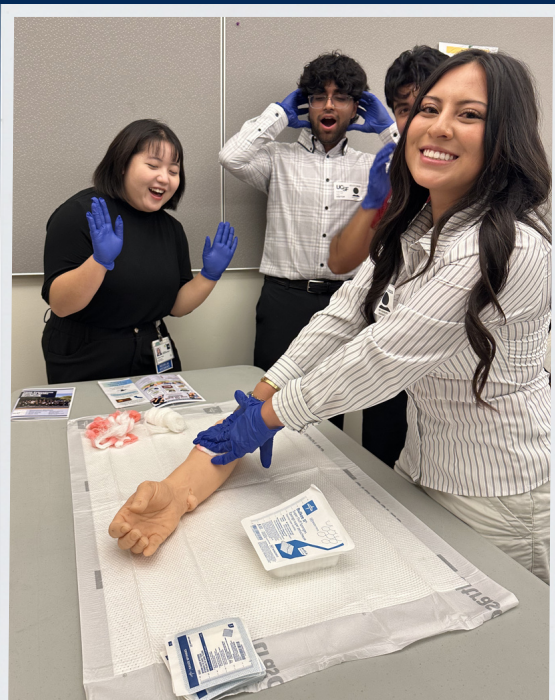
2025 & 2026 PRIMETIME CLINICAL SKILLS WORKSHOP PRE-MED ATTENDEES & ORGANIZERS

THE ANNUAL EVENT CONSISTS OF 5 WORKSHOPS:

- AMERICAN COLLEGE OF SURGEONS: STOP THE BLEED
- IMMIGRANT HEALTH & HISTORY-TAKING
- VITAL SIGNS & AUSCULTATION
- SUTURING DIDACTIC
- NARCAN ADMINISTRATION & AIRWAY MANAGEMENT

American College of Surgeons: Stop the Bleed

ACS STB provided students with valuable hands-on training on how to recognize and respond to life-threatening bleeding emergencies. The workshop introduced students to different types of bleeding and discussed the various mechanisms of injury that can lead to significant blood loss. Students then learned how to assess the severity of a bleeding injury and identify situations in which immediate intervention may be necessary to help prevent further blood loss while waiting for emergency medical services.



The workshop showcased techniques for controlling the bleed, such how to properly apply direct pressure to a wound and use a tourniquet. Students were guided by medical student and faculty instructors from the UCSF Fresno Dept of Surgery on the correct placement and application of a tourniquet before applying these skills during a hands-on scenario. 30 participants were ACS Stop the Bleed certified. This was supplemented by a summary of all the steps shown in the training in the CSW handbook.

Primary Instructor: Alanis Colon

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Immigrant Health & History-Taking



This workshop, which employed actor-patient simulations, equipped students with the skills to elicit a thorough and culturally sensitive history from patients who have recently or previously immigrated to learn key aspects about their access to healthcare. Students learned that understanding a patient's medical, social, family, and personal background can provide important context and help guide clinical decision-making. The workshop presented an infectious disease case involving a patient who had recently immigrated to the United States.



This scenario encouraged students to think beyond the immediate medical concern and consider how a patient's background and experiences may influence their health. This was supplemented by summary pages in the handbook on the funnel technique for history-taking and critical resources, like clinical signs of common conditions (ie. TB, hypertension, cocci, heat stroke), Know Your Rights Cards, a comprehensive list of free health clinics in the SJV, and cocci flyers in collaboration with La Cosecha.

Primary Instructor: Ajmeet Pama-Ghuman
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Vital Signs & Auscultation

This workshop emphasized the importance of obtaining accurate vital signs and understanding the valuable information that each measurement can provide in an emergent situation.

Students were taught how to properly auscultate lung sounds, recognize different types of normal and abnormal breath sounds, understand their clinical significance, and identify the appropriate stethoscope placement for a thorough assessment. The workshop also covered normal and abnormal heart sounds, including the physiological mechanisms for each.



Students practiced proper stethoscope placement for accurately assessing cardiac sounds. Lastly, students were taught how to obtain a manual blood pressure reading using the appropriate technique, as well as how to distinguish between normal and abnormal blood pressure values and understand its clinical significance.

Primary Instructor: Avneet Mandair
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Secondary Instructor: Arveen Kaur

Suturing

Students learned how to perform simple horizontal suturing, properly hold and maneuver the needle driver, identify different types of sutures, and apply appropriate suturing techniques. Students were paired with an Emergency Medicine resident or medical student for individualized instruction in either a one-on-one or two-on-one setting.

Students demonstrated to instructors their ability to perform various suturing techniques, including simple interrupted, running suture, and instrument tie.



These aforementioned suturing techniques were summarized with visuals in pages of the handbook. This was supplemented by links to videos and online resources that students could reference after the event.

Primary Instructor: Nickie Yang

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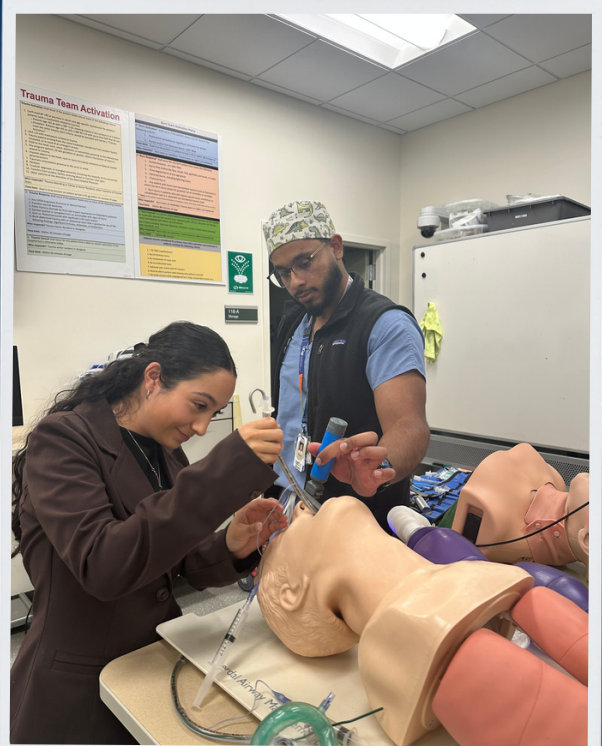
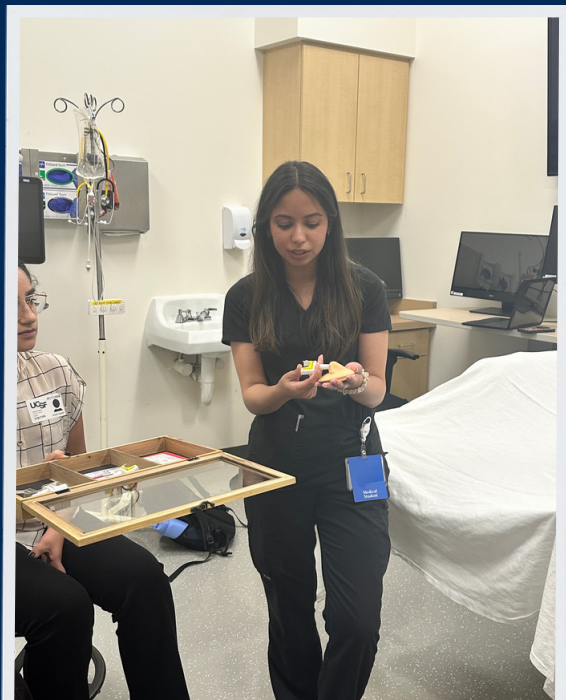
<https://www.linkedin.com/in/nickie-yang/>

Secondary Instructor: Melanie Ayala Ceja

Narcan Administration & Airway Management



This workshop focused on equipping students with the knowledge and skills needed to recognize and respond to a suspected opioid overdose. Students learned how to identify a decreased respiratory rate, weak pulse, pinpoint pupils, altered level of consciousness, and other warning signs that may indicate the need for immediate intervention. Via hands-on instruction, students learned the proper technique for administering Narcan, a medication that can rapidly reverse the effects of an opioid overdose. At the conclusion of the workshop, each student received Narcan to take home, which was graciously provided by CBHC.



In addition to overdose recognition and Narcan administration, the workshop introduced students to essential airway management skills, as facilitated by medical student and UCSF Fresno EM faculty/resident instructors. Students learned about maintaining and supporting a patient's airway and the steps that should be taken before proceeding with intubation. This workshop helped students prepare to respond more confidently during a medical emergency.

Primary Instructor: Farhad Ghazali
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Secondary Instructor: Nirveen Kaur

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CHALLENGE THIS OCTOBER!
OTHER CONFERENCES AND
PUBLICATIONS COMING
SOON...**