



Try the “One Minute Preceptor”

The One Minute Preceptor is a model for clinical teaching which was developed by family practice preceptors. It is designed to promote clinical reasoning and decision making skills. It also reminds the teacher to teach around patients and provide feedback to learners. Following the presentation of a patient’s case by the learner, the preceptor guides the learner through these five steps:

1. Engage and Get a Commitment

Ask the learner to give their opinion of the case. This requires the preceptor to ensure a safe, trusting learning climate.

- “What is your diagnosis?”
- “What is your recommended treatment?”

2. Probe for Reasoning and Supporting Evidence

The learner should be able to explain reasons for their opinion.

- “What factors from history and physical examination led you to that opinion?”
- “What do you expect the result of that treatment to be?”

3. Teach General Rules

Avoid lengthy discussions about atypical or individual cases. Try to pull out the key message from each case and avoid trying to teach an entire topic. For example, if you have just seen a patient with gastroesophageal reflux disease you may choose to limit your discussion to the diagnostic work-up. Teach around any knowledge gaps and allow the learner to extrapolate to other situations.

- “In general, I find that several elevated BP levels are necessary a diagnosis of hypertension.”
- “A lateral C-Spine x-ray is mandatory in everyone who is intoxicated and has mild or moderate trauma.”

4. Reinforce What Was Done Right

Focus on specific skills or behaviour, not just general praise.

- “Your presentation to the patient was well organized. You described both the expectations and risks of treatment”
- “You have a very good grasp of the steps of that procedure.”

5. Correct Mistakes

Ask the learner to evaluate their performance and then provide specific, constructive feedback.

- “I agree that you rushed into treatment before carefully considering other potential diagnosis. It may be helpful to take a minute to review your history before focussing on one specific clinical sign.”