

Equipping a Doctor's Bag

Top Tips

EQUIPMENT

Essential

Pulse oximeter

Stethoscope

Sphygmomanometer – consensus of group – analogue device with single cuff

Tendon hammer

Thermometer – infrared (although consider alternative for children)

Otoscope

Ophthalmoscope

Peak Flow meter and mouthpieces

Gloves and individual gel sachets

Urine multistix (including glucose)

White and blue top sample bottles

Tape measure

Swabs

Tongue depressor, preferably wrapped

Sharps bin

Phlebotomy equipment (where there is a means of conveying the specimen to the lab)

Optional

Tendon hammer

Pen torch

Tuning fork

Hand gel

Glucometer

Face mask

Pregnancy Test

Spare batteries

Red top sample bottle

Speculum

STATIONARY AND PAPERWORK

Essential

ID Badge
FP10 (prescription pad)
Headed paper and envelopes

Optional

Med 3
British National Formulary or equivalent
Palliative Care Guide (Thorpe Hall)
Map
Numerical Aids e.g. calculator, gestation calculation,
List of phone numbers

NB many of the above could be electronic e.g. smartphone

GENERAL ISSUES

Consider storage temperature – what is optimal?

Consider where the bag is stored

Does the bag need to be lockable?

Should a bag be provided by the Practice for the Trainee – to consensus was that a bag should be provided in ST1 and ST2, but the Trainee should provide their own bag and equipment for ST3 onwards