**Key Points for Teaching & Demonstrating**

1. Put learners at ease and ask about the experience they already have in this procedure
2. Make the rationale explicit by **explaining WHY** you do things
3. Make clinical and communication skills explicit by demonstrating them obviously (just as in your driving test you don’t just look in the rear-view mirror, you make sure the examiner **notices you doing it.**)
4. Summarise key points
5. Check if there any questions at the end