



# POCUS for Family Medicine

## Scanning Skills Workshop

May 11 – 12, 2023

### Thursday, May 11, 2023

8:00	Welcome and Continental Breakfast
8:15	Hands-On Scanning: Session 1 – System Optimization & Focused Abdomen
9:15	Hands-On Scanning: Session 2 – e-FAST
10:15	Break
10:30	Hands-On Scanning: Session 3 – Focused Abdomen & e-FAST
11:30	Hands-On Scanning: Session 4 – Focused Cardiac
12:30	Lunch
1:15	Hands-On Scanning: Session 5 – Central Vascular Access
2:15	Hands-On Scanning: Session 6 – Gyn – Transabdominal
3:15	Break
3:30	Hands-On Scanning: Session 7 – Gyn – Transvaginal
4:30	Adjourn

### Friday, May 12, 2023

7:30	Continental Breakfast
7:45	Hands-On Scanning: Session 1 – Focused Cardiac
8:45	Hands-On Scanning: Session 2 – Central Vascular Access
9:45	Break
10:00	Hands-On Scanning: Session 3 – Ultrasound-Guided Procedures
11:00	Hands-On Scanning: Session 4 – RUSH & DVT
12:00	Lunch
12:45	Hands-On Scanning: Session 5- Soft-tissue & MSK
1:30	Hands-On Scanning: Session 6 –Thyroid
2:15	Hands-On Scanning: Session 7 – RUSH & DVT
3:15	Hands-On Scanning: Session 8 – Focused Cardiac or Choice
4:15	Adjourn

\*\* This is a tentative course itinerary. Course times/dates and order of application rotation may be subject to change. Times listed are Eastern Time (ET).

**Important note:** This is a blended education format in which you complete the didactics online utilizing our learning management system in **advance** of the hands-on scanning skills workshop. For the best ultrasound education experience, completion of the online course prior to the hands-on scanning workshop is **highly** recommended. Login to your account at GCUS.com and navigate to “My Activities” to view and complete the online course modules and post module quizzes.



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The Gulfcoast Ultrasound Institute is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Gulfcoast Ultrasound Institute designates this live educational activity for a maximum of 12.0 AMA PRA Category 1 Credits™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

This course also meets CME / CEU requirements for ARDMS. Note: While offering the CME credit hours noted above, activities are not intended to provide extensive training or certification for exam performance or interpretation.

### NEEDS STATEMENT:

The planning committee has determined a need for the following educational activity based on request from the medical community, expanded utilization of ultrasound, and lab accreditation requirements.

#### COURSE OBJECTIVES:

At the completion of the program the participant should be able to:

- Increase participant's knowledge to better perform and/or interpret point-of-care ultrasound (POCUS) examinations.
- State the basic fundamentals of ultrasound physics and demonstrate appropriate optimization of system controls.
- Demonstrate ultrasound evaluation of the trauma patient (E-FAST exam) and pneumothorax.
- Perform scan protocols for the focused evaluation of the abdomen, thyroid, aorta, female pelvis, and adult heart.
- State an algorithm for uses of bedside ultrasound during cardiac arrest, shock & hypotension.
- Demonstrate scan protocols for the focused evaluation of soft-tissue, MSK, and DVT.
- Differentiate normal/abnormal image characteristics of the abdomen, thyroid, female pelvis, first trimester OB, and ectopic pregnancy.
- Demonstrate image orientation, transducer preparation, and scan protocols for performing ultrasound guidance for vascular access, pericardiocentesis, paracentesis, hemothorax, lumbar puncture, and ET placement.
- State the normal and abnormal imaging characteristics of the ovaries and uterus and differentiate commonly seen pathology.
- Demonstrate routine scan protocols for performing transabdominal & transvaginal gynecological scanning.
- List the indications and ultrasound findings for suspicion of an ectopic pregnancy.
- Outline routine scan protocols for performing 1<sup>st</sup> trimester obstetric ultrasound exams.
- Increase confidence to incorporate protocols, scan techniques, and interpretation criteria to improve diagnostic/treatment accuracy.

While offering CME credit hours this activity is not intended to provide extensive training or certification for performance of or interpretation of POCUS Examinations. We recommend working under supervised conditions until an acceptable level of proficiency has been achieved.

***A special thanks to the following ultrasound equipment manufacturers who provide various (in kind) equipment support to help make our programs possible (companies listed are as of the time of printing)***



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### Disclosure of Individuals in Control of Content

*The following individuals are recognized by GUI as being in control of content of this program:*

**James Mateer, MD, RDMS (Medical Director-planner & QI Task Force)**

Medical Director, Gulfoast Ultrasound Institute  
Milwaukee, WI

***No relevant financial relationships to disclose***

**Charlotte Derr, MD, RDMS, FACEP (Co-Medical Director-planner & QI Task Force)**

Assistant Professor of Emergency Medicine &  
Fellowship Director of Emergency Medicine  
Ultrasound Fellowship Program  
University of South Florida Medical School  
Tampa, FL

***No relevant financial relationships to disclose***

**Andreas Dewitz, MD, RDMS (Member of Advisory Board & QI Task Force Subcommittee)**

Associate Professor of Emergency Medicine  
Vice Chair of Ultrasound Education  
Boston Medical Center  
Boston, MA

***No relevant financial relationships to disclose***

**Lori Green, BA, RDMS, RDCS, RVT (Program Director-planner, Content Reviewer, QI Task Force)**

Gulfoast Ultrasound Institute, Inc.  
St. Petersburg, FL

***No relevant financial relationships to disclose***

**Trisha Reo, AAS, RDMS, RVT (Program Coordinator-planner, Content Reviewer, QI Task Force)**

Gulfoast Ultrasound Institute, Inc.  
St. Petersburg, FL

***No relevant financial relationships to disclose***

**HANDS-ON INSTRUCTORS:**

At the time of printing **all hands-on instructors for this program have signed disclosure forms and have no relevant financial relationships to disclose.** A verbal disclosure will be made during opening remarks. All scanning sessions are monitored by the program director and/or the program manager to ensure education objectives are met and no commercial bias occurs.

**Content:**

***All content for this CME activity were reviewed and approved by member(s) of the GUI staff to determine content validity and ensure that no conflicts of interest exist prior to final course material compilation and printing.***

Reviewed & approved:

Lori Green BA, RDMS, RDCS, RVT

Trisha Reo AAS, RDMS, RVT



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# ***Welcome!!***

The entire staff at Gulfoast Ultrasound Institute would like to welcome you to our educational facility.

Our goal is to provide the highest quality continuing education possible in a relaxed and personal atmosphere. The content of each program has been carefully planned to provide you with the information needed to obtain a firm foundation to begin gaining the experience to perform and/or interpret ultrasound examinations in the specialty of your choice. The program will be structured with lectures in the morning and hands-on sessions during the afternoon to allow more individualized attention the program participants will be divided into groups for the hands-on workshops based on your experience level and type of equipment you work with.

*To help you get the most out of this program we would like to make the following recommendations:*

1. Attend the lectures and scheduled hands-on sessions.
2. When you are not involved in a scheduled afternoon session, take advantage of the SUPPLEMENTAL SCANNING WORKSHOP, or check out a DVD from our library.
3. If you do not understand a particular concept, ASK FOR HELP!
4. Study your course workbook during the evening.
5. Remember excellence is not achieved overnight. Becoming proficient in any ultrasound specialty requires the commitment to continually study and perform multiple (at least 100) exams before an initial level of confidence is achieved. The AIUM guidelines suggest competency for interpretation requires a minimum of 500 exams per specialty.
6. Begin scanning immediately upon return to the ultrasound departments even if it's on a volunteer. We recommend scanning/interpretations under supervised conditions until an accepted level of proficiency has been obtained.

All of our instructors, guest speakers and office staff are here to serve you! If you have any questions of any kind, please do not hesitate to ask.



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### ***Gulfcoast Ultrasound Institute*** **EQUIPMENT RECOMMENDATIONS**

Since 1985, Gulfcoast Ultrasound Institute has taken great pride in our ability to provide quality continuing education programs while remaining unbiased regarding the recommendation of ultrasound equipment.

Our programs are supported by most of the major equipment manufacturers by providing their systems for use during the hands-on sessions. These companies have learned their products will be used and demonstrated to the best of our abilities in an educational setting and that no selling or promotion is done on our premises.

We realize that some of the course participants may currently be in the process of evaluating equipment for purchase and would like the opinions of our staff to determine the “best” system for your department. Everyone has a “favorite” ultrasound system (usually because it is the one they have worked with the most and are comfortable with) however, Gulfcoast Ultrasound must take an unbiased position in regards to equipment recommendations.

If you are currently evaluating equipment for purchase, we suggest you invite the equipment manufacturers to your facility for a private demonstration to determine image quality, ease of use, over-all capabilities etc. on an individual basis.

Thank you!

*Lori Green BA, RDMS, RDCS, RVT*

Lori Green, BA, RDMS, RDCS, RVT  
Program Director