



Introduction to POCUS FOR FAMILY MEDICINE

February 20 – 22, 2023

Monday, February 20, 2023		
7:30	Welcome and Continental Breakfast	
7:45	Interactive Polling Session	
8:00	Imaging Fundamentals	Lori Green, BA, RDMS, RDCS, RVT
8:45	Break	
8:55	OB-GYN Anatomy/Exam	James Mateer, MD, RDMS
9:45	Break	
9:55	Ectopic Pregnancy	James Mateer, MD, RDMS
10:40	Break	
10:50	OB Cases + Abortion	James Mateer, MD, RDMS
11:50	Break	
11:55	Fundamentals of Needle Guidance	James Mateer, MD, RDMS
12:30	Lunch/t	
12:45	Optional Video Lecture: PID & Masses	James Mateer, MD, RDMS
1:30	Hands-On Scanning: GYN / System Optimization / Needle Guidance (phantoms) / Thyroid	
5:00	Adjourn	

Tuesday, February 21, 2023		
7:20	Continental Breakfast	
7:30	Interactive Polling Session	
7:45	Ultrasound-Guided Central Vascular Access	Bret Nelson, MD, RDMS, FACEP
8:45	Break	
9:00	Abdominal Scanning Fundamentals	Trisha Reo, AAS, RDMS, RVT
10:00	Break	
10:05	FAST + e-fast	Bret Nelson, MD, RDMS, FACEP
11:05	Break	
11:15	Focused 2D Cardiac Exam (F.A.T.E.)	James Mateer, MD, RDMS
12:15	Lunch	
12:30	Optional Video Lecture: Abscess & Joint Aspiration	James Mateer, MD, RDMS
1:30	Hands-On Scanning: E- FAST & Syst Optimization / Focused Cardiac/ UGVA	
5:00	Adjourn	
5:00 – 6:30	Join us for our Welcome Reception & Vendor Event – Plaza Tower Courtyard	

Wednesday, February 22, 2023		
7:30	Continental Breakfast	
7:45	Biliary & Renal Colic	Andrew Laudenschlager, MD
8:35	AAA & Case Studies	James Mateer, MD, RDMS
9:05	Break	
9:10	Evaluation of DVT	Bret Nelson, MD, RDMS, FACEP
9:50	Evaluation of Cardiac Arrest, Shock & Hypotension	
10:40	Break	
10:50	Ultrasound-Guided Procedures: Pericardiocentesis, Paracentesis, Hemothorax, Lumbar Puncture	Alexander Levitov, MD, RDCS, FCCM, FCCP
11:45	Interactive Polling Session with discussion	
12:00	Lunch	
12:45	Optional Lecture: Training & Credentialing	All Faculty
1:30	Hands-On Scanning: Abd/FAST, Focused Cardiac, DVT & Procedures	
5:00	Adjourn	

** This is a tentative course itinerary. Lecture faculty, times and dates may be subject to change. Times listed are Eastern Time (ET).
 Includes Pre-Course Online Video: [Ultrasound of the Thyroid](#) by Emily Downs, M.Ed, BS, RDMS, RVT, RCS. Login to your GCUS.com account and navigate to “My Activities” to complete **prior** to this course.



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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 24.0 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Gulfcoast Ultrasound Institute designates an additional 1.25 *AMA PRA Category 1 Credits™* for the enduring educational activity "Ultrasound Evaluation of the Thyroid". Physicians should claim only credit commensurate with the extent of their participation in the educational 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:

1. Increase participant's knowledge to better perform and/or interpret Emergency ultrasound examinations
2. State the basic fundamentals of ultrasound physics and demonstrate appropriate optimization of system controls.
3. Perform ultrasound evaluation of the trauma patient (E-FAST exam) and pneumothorax.
4. Demonstrate scan protocols for focused evaluation of the abdomen, aorta, female pelvis and adult heart.
5. State an algorithm for uses of bedside ultrasound during cardiac arrest, shock & hypotension.
6. Demonstrate image orientation, transducer preparation, and scan protocols for performing use of ultrasound guidance for vascular access, pericardiocentesis, paracentesis, hemothorax, lumbar puncture, and ET placement.
7. Demonstrate protocol for focused evaluation of DVT.
8. Differentiate normal/abnormal image characteristics of the abdomen, female pelvis, first trimester OB, and ectopic pregnancy.
9. Increase competence to incorporate protocols, scan techniques, and interpretation criteria into clinical practice.

While offering CME credit hours this activity is not intended to provide extensive training or certification for performance of or interpretation of Emergency Ultrasound 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 Relevant Financial Relationships with Commercial Companies/Organizations

Gulfcoast Ultrasound Institute, Inc. endorses the standards and essentials of the Accreditation Council for Continuing Medical Education for activities and the speakers at these activities disclose significant relationships with commercial companies.

Speakers having relevant relationships include receiving from a commercial company research grants, consultancies, honoraria and travel, or having a self-managed equity interest in a company.

FACULTY:

James Mateer, MD, RDMS
Clinical Professor, Emergency Medicine
Medical College of Wisconsin
Milwaukee, WI
No relevant financial relationships to disclose

Lori Green, BA, RDMS, RDCS, RVT
Program Director
Gulfcoast Ultrasound Institute, Inc.
St. Petersburg, FL
No relevant financial relationships to disclose

Bret Nelson, MD, RDMS, FACEP
Assistant Professor of Emergency Medicine
Director of Emergency Ultrasound
Department of Emergency Ultrasound
Mount Sinai School of Medicine
Mount Sinai Medical Center
New York, NY
No relevant financial relationships to disclose

**Alexander Levitov, MD, FCCM, FCCP, RDCS
(GUI QI Task Force Subcommittee)**
Professor of Medicine
Eastern Virginia Medical School
Norfolk, VA
No relevant financial relationships to disclose

Trisha Reo, AAS, RDMS, RVT
Program Coordinator
Gulfcoast Ultrasound Institute, Inc.
St. Petersburg, FL
No relevant financial relationships to disclose

Andrew Laudenschlager, MD
Ultrasound Fellowship Director, Clinical Informaticist
Associate Professor of Emergency Medicine
Department of Emergency Medicine
Hennepin Healthcare
Minneapolis, MN
No relevant financial relationships to disclose

All presentations 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.



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Disclosure of Individuals in Control of Content

In addition to the faculty listed on the previous page 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, Gulfcoast 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)

Gulfcoast 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)

Gulfcoast 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 Gulfcoast 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 manufactures 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