

# 3-Day Clinical Skills and Procedure Workshop + Ultrasound Schedule

## Day 1 Morning



### Introduction to Ultrasound

- Ultrasound Physics
- Probe functions and types
- Methods of scanning (sliding, rocking, other movements and techniques)
- Probe Settings (depth, "knobology")
- Hand movements and dexterity



### Abdominal Ultrasound

- Aorta (all views, normal anatomy, pathology)
- Biliary Quadrant (gallbladder, stones, techniques)
- Kidney (hydronephrosis, pyelonephritis)
- Trans-abdominal Pelvis



### Trauma Ultrasound

- eFAST exam
- Right upper quadrant imaging
- Left upper quadrant imaging
- Bladder Imaging
- Cardiac Imaging
- Lung Imaging



### Free Scan with Live Models

- Small groups, team led with hands-on guidance and findings

## Day 1 Afternoon



### Specialty Ultrasound

- Ocular Ultrasound (retinal detachment, foreign bodies)
- Foreign body imaging
- Ultrasound-Guided IV and Central access technique
- Lower Extremity Vascular Ultrasound



## Afternoon Free Scan

- Small groups, team led with hands-on guidance and findings
- Review and individual practice sessions with instructors
- Additional ultrasound applications
- Wrap-Up and Closing

## Day 2 Morning



## Cardiac Disorders

- Course Introduction
- Cardiac Overview
- EKG Interpretation
- Acute MI (recognition, management)
- Common Dysrhythmias
- Electrolyte Abnormalities and rhythm impacts
- Conduction blocks
- Bundle Branch Blocks
- Application to practice



## Pulmonary Disorders

- Pulmonary Overview
- Basic Airway Assessment
- Pneumothorax
- Asthma Management
- COPD Management
- Supplemental Oxygenation
- Wells Criteria
- PERC Rule
- Using D-Dimer
- Pulmonary Embolism
- Treatment of Pulmonary Embolism



## Introduction to Radiology – Chest and Abdomen

- Overview of Radiograph Interpretation
- Chest, Shoulder, Clavicle Radiographs
- Systemic Reading Process
- Abnormal Radiographs
- Radiographic Signs of Major Diseases
- Suggested treatment guidelines based on findings
- Radiographic Signs of High Impact Injuries
- Foreign body ingestion, aspiration, and insertion
- Pediatric foreign body aspiration and management

## Day 2 Afternoon



### Procedure Overview

- Procedural Overview
- Needle Decompression
- Chest Tube Insertion
- Tracheostomy Replacement
- Shoulder Reduction and Immobilization
- Upper Extremity Joint Aspiration
- Trigger Point Injection
- Nail Trephination
- Nail Removal
- Foreign Body and Fish Hook Removal
- Introduction to Suture Techniques



### The Suturing Course

- Suture Clinic and Equipment Introduction
- Knot Tying
- Simple Interrupted
- Simple Running
- Mattress
- Subcutaneous/Multiple Layer Closure
- Staples
- Skin Adhesive
- Surgeon's Knot
- Buried Knot
- Billing and Documentation for Sutures
- Local Injections and Digital Blocks



### Procedure Workshop

- Knee Injection and Aspiration
- Shoulder Injection
- Needle Decompression
- Chest Tube Insertion

## Day 3 Morning



### Cervical Spine Injuries

- Long Board and Collar Removal
- NEXUS Criteria
- Unstable Fractures
- Mechanisms of Common Fractures
- Immobilization
- Ordering the Correct Studies
- Correct Consult and Referral



## Thoracic and Lumbar Spine Injuries

- Spine form and function
- Mechanisms of Injury
- Unstable Fractures
- Mechanisms of Common Fractures
- Cauda Equina Syndrome
- Epidural Abscess
- Ordering the Correct Studies
- Correct Consult and Referral



## Upper and Lower Extremity Injuries

- Speaking Orthopedics
- Common Patterns of Fractures
- Common Dislocation and Reduction Techniques
- Splinting Techniques and Compartment Syndrome
- Clavicle, Shoulder, Humerus, Elbow, Radius, Ulna, Paired fractures, Wrist and Carpal Bones, Hand
- Amputations
- When to Consult Orthopedics
- When to Consider Transfer/EMS
- What to send home

## Day 3 Afternoon



## Skin Conditions Not to Miss

- Skin and Soft Tissue Conditions
- Emergent Rash Identification
- Cellulitis
- Abscess Incision and Drainage
- DVT Identification and Decisions Rules
- Burn Care and Referral Criteria
- What Not to Send Home



## Procedure Workshop

- Procedure Clinic
- Lumbar Puncture
- Splinting Workshop
- Intraosseous Access
- Central Venous Catheter Insertion