

BASIC POCUS

TWO DAYS

Basic Hands-on Ultrasound Training for Emergency,
Critical Care & General Practice Physicians

Course Description

- This advanced two-day program provides comprehensive training in Point of Care Ultrasound (POCUS) across multiple emergency and critical care applications.
- The course is designed for clinicians who want to deepen their scanning skills, improve diagnostic accuracy, and integrate POCUS into real-time clinical decision-making.
- Through structured lectures and extensive hands-on workshops, participants will learn multi-system ultrasound, guided procedures, clinical interpretation, and safe scanning techniques.
- All training is performed using real ultrasound machines, volunteers, models, and phantoms under expert supervision.

Course Topics:

1. Physics & Knobology

- Understanding frequency, resolution & penetration
- Probe types, modes & selection
- Image optimization & troubleshooting
- Identifying key artifacts and their clinical relevance

2. FAST Examination

- Full trauma ultrasound protocol
- Subcostal, hepatorenal, splenorenal & suprapubic views
- Positive vs. negative FAST interpretation
- Tricks: patient positioning, breathing techniques & pitfalls

3. Vascular Access (Ultrasound-Guided)

- Indications & contraindications
- In-plane & out-of-plane techniques
- Needle tip tracking
- Arterial vs. venous differentiation
- Hands-on cannulation on phantoms



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Course Topics:

4. Basic ECHO

- Parasternal long/short-axis
- Apical 4-chamber
- Subcostal cardiac evaluation
- Assessing effusion & cardiac function
- "Eyeballing" LV function + shock assessment

5. Hepatobiliary Ultrasound

- Gallbladder stones & sludge
- Acute cholecystitis ultrasound signs
- Biliary dilation
- Liver pathology basics

6. Nerve Block Ultrasound (Basics)

- Principles of nerve block scanning
- Upper limb nerve block anatomy
- Lower limb nerve block anatomy
- Needle visualization & safety

7. Renal Ultrasound

- Hydronephrosis assessment
- Renal stone indicators

8. Airway & Lung Ultrasound

- Pneumonia, pneumothorax, pleural effusion
- Lung sliding vs. lung point
- RUSH protocol integration

9. IVC & Aorta Ultrasound

- IVC collapsibility for volume status
- Aorta scanning and aneurysm screening

- Hands-on training covers the complete FAST protocol, ultrasound-guided vascular access using phantom models, and both basic and advanced ECHO techniques. Participants will also perform multi-organ ultrasound scanning, including lung, liver, gallbladder, renal, and IVC assessments, with supervised practice on real volunteers and high-fidelity simulators to ensure clinical competence and confidence.

**Hands-on
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