



# POCUS for Internal Medicine

April 18 – 19, 2024

This course includes Pre-Course Online Video Modules: “Imaging Fundamentals – The Basics” by Lori Green, BA, RDMS, RDCS, RVT and “Ultrasound Evaluation of the Thyroid” by Emily Downs, M.Ed., BS, RDMS, RVT, RDCS, RT. Login to your GCUS.com account and navigate to “My Activities” to complete this **prior** to this course.

Thursday, April 18, 2024 – Outpatient Clinical Applications		
7:30	Welcome & Continental Breakfast	
7:45	Abdominal Scan Fundamentals	Trisha Reo, AAS, RDMS, RVT
8:15	Abdominal Aorta & AAA	Karen Avgush, MD
8:45	Break	
9:00	Focused US Evaluation of the Abdomen <ul style="list-style-type: none"> <li>• Gallbladder &amp; Biliary Tree</li> <li>• Hepatosplenomegaly</li> <li>• Urinary System</li> </ul>	Karen Avgush, MD
10:15	Break	
10:30	Cardiac Limited Ultrasound Exam (CLUE) – 2D Views	Charlotte Derr, MD, RDMS, FPD-AEMUS, FACEP
11:15	Soft Tissue & MSK US Applications <ul style="list-style-type: none"> <li>• Cellulitis</li> <li>• Breast abscess vs mass</li> <li>• FB id and removal</li> <li>• Bursitis, joint effusion &amp; asp tech</li> <li>• Tendinosis, tendon tear/rupture</li> <li>• Fracture assessment &amp; reduction</li> <li>• Ocular</li> </ul>	Charlotte Derr, MD, RDMS, FPD-AEMUS, FACEP
12:30	Lunch – Free scan in MLR for system optimization & knobology	
1:30	Hands-On Scanning: 3 rotations – 70 min per rotation ST Applications (no rot) – Cardiac (no rot) – Focused Abdomen & Thyroid/Sys Opt (2 rot)	
5:00	Adjourn	



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Friday, April 19, 2024 – Inpatient Clinical Applications		
7:45	Continental Breakfast	
8:00	E-FAST Exam & Pulmonary US	Karen Avgush, MD
9:00	US Evaluation of DVT	
9:30	Break	
9:45	Focused Cardiac – Pathology <ul style="list-style-type: none"> <li>• Pericardial Effusion</li> <li>• Global LV Function</li> <li>• Right Heart</li> </ul>	Charlotte Derr, MD, RDMS, FPD-AEMUS, FACEP
10:30	Central & Peripheral US-Guided Vascular Access	Charlotte Derr, MD, RDMS, FPD-AEMUS, FACEP
11:30	Break	
11:45	US-Guided Procedures <ul style="list-style-type: none"> <li>• Thoracentesis</li> <li>• Paracentesis</li> <li>• Lumbar Puncture</li> </ul>	Charlotte Derr, MD, RDMS, FPD-AEMUS, FACEP
12:15	Interactive Post-Course Polling Session	
12:30	Lunch	
1:30	Hands-On Scanning: 3 rotations – 70 minutes per rotation E-FAST/DVT & USG Procedures (2 rot) / Focused Cardiac / UGVA (2 rot)	
5:00	Adjourn	

\*\* This is a tentative course itinerary. Lecture faculty, times and dates may be subject to change. Times listed are in Eastern Time (ET).

**Attention!** This course includes the following post-course online training video (non-CME): “Advanced Abdominal & Superficial Structures POCUS Applications (includes appendicitis, SBO, and hernia, torsion, epididymitis, varicocele)” by Charlotte Derr, MD, RDMS, FPD-AEMUS. Following the completion of this course, login to your account at [gcus.com](http://gcus.com) and navigate to “My Activities” to complete this video **within 2 weeks post-course. Access to this online video is limited to 2 weeks, beginning the day after the course ends.**



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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 16.0 *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 Imaging Fundamentals: The Basics” and 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 the participant’s knowledge to better perform and/or interpret Internal Medicine, Family Medicine, Emergency Medicine, and Critical Care ultrasound examinations.
2. State the basic fundamentals of ultrasound physics and demonstrate appropriate optimization for system controls.
3. Differentiate normal/abnormal image characteristics of the abdomen, aorta and thyroid.
4. Demonstrate scan protocols for focused evaluation of abdomen, aorta, thyroid, adult heart, and DVT.
5. Perform ultrasound evaluation of the trauma patient (E-FAST exam), pulmonary, ocular, and soft tissue/musculoskeletal applications.
6. Demonstrate image orientation, transducer preparation, and scan protocols for performing use of ultrasound guidance for central & peripheral vascular access, thoracentesis, paracentesis, and lumbar puncture.
7. Describe scan protocols for ultrasound evaluation of appendicitis, small bowel obstruction, hernia, ovarian and testicular torsion, epididymitis, and varicocele.
8. 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 POCUS for Internal Medicine. We recommend working under supervised conditions until an acceptable level of proficiency has been achieved.

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***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:

**Charlotte Derr, MD, RDMS, FACEP, FPD-AEMUS**  
Associate Professor of Emergency Medicine  
Fellowship Director of Advanced Emergency Medicine  
Ultrasound Fellowship Program  
University of South Florida Morsani College of Medicine  
Tampa, FL  
**No relevant financial relationships to disclose**

**Karen Avgush, MD**  
Academic Hospitalist  
Faculty, Internal Medicine Residency Program  
Reading Hospital  
Reading, PA  
**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**

*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, FPD-AEMUS (Co-Medical Director-planner & QI Task Force)**

Associate Professor of Emergency Medicine  
Fellowship Director of Advanced Emergency Medicine Ultrasound Fellowship Program  
University of South Florida Morsani College of Medicine  
Tampa, FL

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

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

Clinical Professor of Emergency Medicine  
Clinical Director of POCUS Education, Solomont Simulation Center  
Department of Emergency Medicine  
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