

# POCUS FOR RURAL HEALTH PROVIDERS OLYMPIC PENINSULA,

Day 1 Schedule - September 19-20, 2025  
7-Cedars Resort, Blyn, WA

## REGISTER

8:00 - 8:30 AM

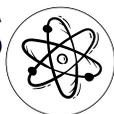


## REGISTRATION

COFFEE/TEA, SIGN IN, FILL OUT PRE-COURSE SURVEY, INTRODUCTIONS

## INTRO/BASICS

8:30 - 9:10 AM (LECTURE)

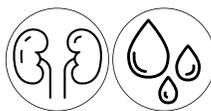


## POCUS BASICS AND FUNDAMENTALS

LAYING THE GROUNDWORK FOR POCUS, BASIC PHYSICS, PROBES, MACHINES, AND ARTIFACTS TO GET STARTED

## ABD-1

9:10 - 9:25 AM (LECTURE)

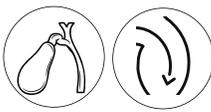


## RENAL/BLADDER & FREE FLUID

EVALUATE FOR HYDRONEPHROSIS AND FREE FLUID IN THE ABDOMEN  
9:25 - 10:05 AM (HANDS-ON SCANNING)

## ABD-2

10:05 - 10:20 AM (LECTURE)



## GALLBLADDER & AAA

SAVE LIVES BY DIAGNOSING ACUTE CHOLECYSTITIS and SCREENING for AAA  
10:25 - 11:10 AM (HANDS-ON SCANNING)

## LUNG

11:10 - 11:25 AM (LECTURE)



## LUNG ULTRASOUND

PRACTICE IDENTIFYING A LINES, LUNG SLIDING. LEARN TO DIAGNOSE CHF, PNEUMONIA, EFFUSIONS & MORE. REVIEW CARDIAC VIEWS  
11:25 AM - 12:00 PM (HANDS-ON SCANNING)

## LUNCH



12:00 - 1:00 PM

## CARDIAC

1:00 - 1:30 PM (LECTURE)



## FOCUSED CARDIAC ECHO

OBTAIN BASIC CARDIAC VIEWS and LEARN TO EVALUATE FOR EFFUSIONS, SYSTOLIC FUNCTION, RV STRAIN, AND IVC  
1:30 - 2:30 PM (HANDS-ON SCANNING)

## COFFEE/TEA



COFFEE/TEA, STRETCH, & OPEN SCANNING

2:30 - 2:45 PM (BREAK)

## DVT

2:45 - 3:05 PM (LECTURE)



## DEEP VEIN THROMBOSIS

EVALUATE FOR DVT IN CLINIC AND AVOID UNNECESSARY ER VISITS HIT ON VINOUS INSUFFICIENCY

3:05 - 4:00 PM (HANDS-ON SCANNING + E-SIM)

## EARLY OB/ IUD

4:00 - 4:30 PM (LECTURE)



## RAPID ABDOMEN REVIEW & 1st TRI OB/IUD

PUT IT ALL TOGETHER (RENAL, FREE FLUID, GB, AAA) AND PRACTICE IDENTIFYING THE UTERUS FOR IUD/1ST TRIMESTER VAGINAL BLEEDING EVALUATION

4:30 - 5:00 PM (HANDS-ON SCANNING)

## END OF SESSION

THAT WAS A LOT OF LEARNING! TIME TO REST, RELAX, & REFILL THE CUP

# POCUS FOR PRIMARY CARE: HANDS ON WORKSHOP

Day 2 Schedule - September 19-20, 2025  
7-Cedars Resort, Blyn, WA

## OPEN SCAN

8:00 - 8:30 AM



## IMAGES

8:30 - 8:50 AM (INTERACTIVE)



## SST/INJ.

8:50 - 9:10 AM (LECTURE)



## MSK-1

10:15 - 10:50 AM (LECTURE)



## LUNCH



## MSK-2

1:00 - 1:35 PM (LECTURE)



## COFFEE/TEA



## SPECIALTY SPECIFIC BREAKOUT SCANNING

3:00 - 4:15 PM (HANDS-ON)



## WRAP-UP

4:15 PM - 5:00 PM (LECTURE)



## END OF SESSION

## COFFEE/TEA

COFFEE/TEA AND OPEN SCANNING, SIGN IN

## RAPID FIRE IMAGE REVIEW

TEST YOUR INTERPRETATION SKILLS BY EVALUATING DOZENS OF IMAGES IN AN INTERACTIVE GAME OF POCUS BINGO!

## SKIN SOFT TISSUE, US GUIDED INJECTIONS

CELLULITIS VS. ABSCESS, & BASICS OF ULTRASOUND GUIDED PROCEDURES. PRACTICE IN PLANE AND OUT OF PLANE APPROACH. IDENTIFY FOREIGN BODIES

9:10 - 10:15 AM (HANDS-ON SCANNING)

## MSK UPPER EXTREMITY

EVALUATE ROTATOR CUFF TEARS & SHOULDER, CARPAL TUNNEL & WRIST, & JOINT INJECTIONS

10:50 AM - 12:00 PM (HANDS-ON SCANNING)

12:00 - 12:30 PM

## MSK LOWER EXTREMITY

EVALUATE KNEE EFFUSIONS, POSTERIOR KNEE, ANKLE, ACHILLES, & INJECTIONS

1:35 — 2:30 PM (HANDS-ON SCANNING)

COFFEE/TEA, STRETCH, & OPEN SCANNING.  
BREATH! WE ARE IN THE LAST STRETCH!

2:30 - 3:00 PM

## BRINGING IT ALL TOGETHER

Small group discussion and scanning practice of additional topics that are most useful for each Rural Health specialty in attendance.

## ADVANCED APPLICATIONS & WRAP-UP

INTRODUCE ADVANCED POCUS SKILLS AND REMEMBER THE ULTIMATE "WHY" BEHIND POCUS: BETTER, MORE PATIENT-CENTERED CARE. LAUNCH NEXT STEPS, MENTORSHIP AND QUALITY ASSURANCE!

THANK YOU FOR LEARNING WITH GUSI! UNTIL NEXT TIME!