

POCUS FOR PRIMARY CARE: HANDS ON WORKSHOP

Day 1 Schedule - April 17, 2025
Hilton Financial District 750 Kearny St, San Francisco

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)

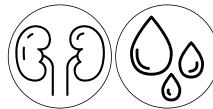


POCUS BASICS AND FUNDAMENTALS

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

ABD-1

9:10 - 9:25 AM (LECTURE)

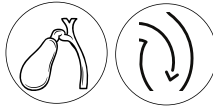


RENAL/BLADDER & FREE FLUID

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
10:20 - 11:10 AM (HANDS-ON SCANNING)

OB-1ST/IUD

11:10 - 11:25 AM (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
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)

LUNG

2:45 - 3:05 PM (LECTURE)



LUNG ULTRASOUND

PRACTICE IDENTIFYING A LINES, LUNG SLIDING. LEARN TO DIAGNOSE CHF, PNEUMONIA, EFFUSIONS & MORE. REVIEW CARDIAC VIEWS
3:05 - 4:00 PM (HANDS-ON SCANNING + E-SIM)

DVT

4:00 - 4:15 PM (LECTURE)



DEEP VEIN THROMBOSIS

EVALUATE FOR DVT IN CLINIC AND AVOID UNNECESSARY ER VISITS HIT ON VENOUS INSUFFICIENCY
4:15 - 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 - April 18, 2025
Hilton Financial District 750 Kearny St, San Francisco

OPEN SCAN

8:00 - 8:30 AM



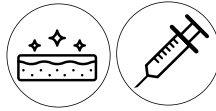
POCUS BINGO!

8:30 - 9:10 AM (INTERACTIVE)



SST/INJ.

9:10 - 9:25 AM (LECTURE)



MSK-1

10:15 - 10:50 AM (LECTURE)



LUNCH



POCUS ADMIN

12:30 - 1:00 PM (OPTIONAL Q&A SESSION)



MSK-2

1:00 - 1:35 PM (LECTURE)

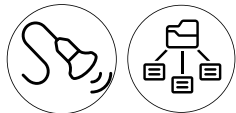


COFFEE/TEA



TEAM OSCE

3:00 - 3:45 PM (HANDS-ON)



WRAP-UP

3:45 PM - 4:00 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

9:25 - 10:15 AM (HANDS-ON SCANNING)

MSK UPPER EXTREMITY

EVALUATE ROTATOR CUFF TEARS, CARPAL TUNNEL, & JOINT INJECTIONS

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

12:00 - 12:30 PM

JOIN GUSI FACULTY FOR AN OPTIONAL DISCUSSION ON CREDENTIALING, BILLING, LONGITUDINAL FELLOWSHIPS, AND QUALITY ASSURANCE. GET YOUR POCUS ADMIN QUESTIONS ANSWERED!

MSK LOWER EXTREMITY

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

1:35 — 2:45 PM (HANDS-ON SCANNING)

2:45 - 3:00 PM COFFEE/TEA, STRETCH, & OPEN SCANNING. BREATH! WE ARE IN THE LAST STRETCH!

BRINGING IT ALL TOGETHER

THINK LIKE A CLINICIAN AND PUT ALL YOU'VE LEARNED TO USE THROUGH A SERIES OF POCUS PUZZLES. REMEMBER, POCUS ALWAYS TAKES INTO ACCOUNT THE CLINICAL CONTEXT!

INDICATION -> IMAGE ACQUISITION -> IMAGE INTERPRETATION -> MANAGEMENT

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!