DOM Ultrasound Elective

Objectives: The goal of this elective is to provide an opportunity for a motivated resident to have a focused period of time spent acquiring a POCUS skillset customized for their personal goals.

Requirements: A minimum of 10 half day sessions. An active Penn Butterfly account.

Sample Schedule:

- **Day 1 AM:**
  - An initial meeting with the elective director to determine specific goals and objectives.
  - Perform 1 scan to review the process of image acquisition and archival.

- **Day 1 PM:**
  - Briefly review the topics of interest on Coreultrasound.com.
  - Review the Pocket Guide to understand the structure.
  - Watch the USGPIV video.
  - Perform at least 10 practice USGPIV practice sessions on the gel mannikin.

- **Day 2 AM:**
  - Watch the Cardiac ultrasound lectures.
  - Watch the Pulmonary Ultrasound lecture.
  - Watch the DVT Ultrasound lecture.
  - Click through the sonosite institute sessions.

- **Day 2 PM:**
  - Finish remaining sonosite institute courses.
  - Perform the cardiac ultrasound self-assessment quizzes.

- **Day 3 AM:**
  - Put signs up in F9 and Donnor ICU with your name and phone number, advertising your availability for USGPIV to the nurses.
  - Approach the Donnor ICU team and ask about patients that would benefit from scans.
  - Perform 1-2 POCUS scans solo.

- **Day 4 PM:**
  - Review AM scans.
  - Perform scans with Supervision.

- **Day 5 AM:**
  - Arrive and start scanning in Donnor or F9 or CICU.
  - Goal 2-3 scans before lunch conference.

- **Day 5 PM:**
  - Review scans from AM.
  - Perform at least 1 guided scan with Faculty.
Important links:

- Pocket guide to POCUS (Free on penn wifi)  
- Core Ultrasound, especially 5 minute sono (Cardiac has several videos, try to watch the LVEF, pericardium, and basic RV videos). For lung at least do Basic pulmonary, and B lines, and pneumonia).
- Cameron Teaches Cardiac POCUS, part 1 part 2 part 3
- Sonosite institute online: https://www.sonositeinstitute.com/  You should make an account. Focus on the quizzes more than the lectures
  - Expectation is to cover: The hospitalist curriculum, with the exception of Lung (their lung session is pretty bad. Definitely make sure to do cardiac 1 and USGPIV, and take the quizzes)
  - Use this serial number: Q4Y87B
  - For Facility Name, please use UPENN2022.
- The butterfly network is at penn.butterflynetwork.com or type POCUS in any Microsoft Edge browser. Check out the educational content by clicking on the mortarboard.
- The other great resource for sample pathology (and for brief literature reviews) is The POCUS Atlas. They have fair simple summaries of diagnostic performance in their “evidence” section
- Cardiac self assessments are here and here
- The ED has their weekly image review Monday afternoons (1-4pm). You’re always welcome to them. Here’s the link. You’re welcome to present your scans during this time, but there is not an obligation. It’s in the ED-IL conference for the rest of the year if you’re interested in going in person
- For DVT, Mary Barrosse-Antle made a 10 minute video on Pennpod.
- For USGPIV, for now, use COre ultrasound’s video: Ultrasound-Guided Peripheral IV Access (2020 version) – Core Ultrasound

Other Available activities:

- Renal Clinic/consult service for lots and lots of volume assessments
- PPMC hospitalist service
- Ambulatory opportunities

Any questions, please contact Cameron at 267-909-6563