

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) <https://accessmedicine.mhmedical.com/book.aspx?bookid=2544>
- 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 Barosse-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