AACES Abdominal Sonography Course

Course Description
Specifically designed for healthcare providers who are exploring point of care ultrasound to enhance the evaluation and management of the patients with abdominal symptoms. Covering the peritoneum and seven major abdominal organs, the course presents a systematic and focused assessment with ultrasound. Lectures are succinct and delivered in an interactive format. The **Hands-on training** is the cornerstone of the program. During these sessions, participants will be guided to perform bedside scans on volunteers with normal and pathological findings. With 5 hours set aside for live demonstration and scanning and keeping the trainer to trainee ratio at maximum of **1:4**, participants will have ample opportunities to practise during the Hands-on sessions.

Learning Objective
Upon completion of this course, participants will learn how to:

- Appreciate and identify basic normal sonographic anatomy of the liver, biliary system, kidney, spleen, pancreas, bowel and abdominal aorta.
- Perform focused assessment of these 7 major organ systems using the **S.A.F.E.R LASSO** approach
- Evaluate the peritoneal space for free fluid and free air
- Assess the liver for size, echotexture, focal mass, and features of portal hypertension
- Assess the gallbladder for size, wall thickness, stones and focal mass
- Assess the intra and extrahepatic biliary ducts for size and stones, and intrahepatic biliary ducts for aerobilia
- Assess the kidney for size, echotexture, stones, focal mass and pelvi-calyceal dilatation
- Assess the spleen for size, echotexture and focal mass
- Assess the pancreas for size, echotexture and focal mass
- Assess the bowel for size, wall thickness, distension and compressibility
- Assess the abdominal aorta for size, leak and dissection
- Integrate key sonographic findings in the assessment of patients with abdominal symptoms

Who should attend?
Surgeons, physicians, emergency physicians, nurse practitioners, residents, medical officers and healthcare workers involved in the management of patients with abdominal complaints and emergencies. Participants should already have a basic understanding of point of care ultrasound and ultrasound physics.

ACGME-I Competencies
This course is designed to meet one or more of the following ACGME competencies:

- Patient Care
- Medical Knowledge
- Practise-Based Learning and Improvement

Course Programme

0800	**Registration & Welcome**	1240	**Lunch**
0810	**The S.A.F.E.R - LASSO evaluation** A focused point of care ultrasound evaluation of the abdominal organs and peritoneum.	1320	**Renal & bladder** Essential renal & bladder anatomy and sonographic windows, scanning techniques and protocol.
0825	**Abdominal aorta** Standard abdominal aortic windows. Assessment of abdominal aorta. Pathology: AAA. Pitfalls	1350	**Peritoneal spaces & bowel** Evaluation of the peritoneum for free fluid and free air. Peritoneal scanning techniques and protocol.
0845	**Gallbladder and biliary tree** Essential gallbladder and biliary anatomy and sonographic windows, scanning techniques and protocol.	1410	**Intrauterine pregnancy (1st trimester)** Basic transabdominal scan of the uterus. IUP detection and features of first trimester pregnancy.
0905	**Hands-on Training 1** **(Abdominal Aorta / Biliary)**	1430	**Hands-on training 3** **(Renal /bladder /peritoneal spaces/ bowel)**
1015	**Break**	1530	**Break**
1035	**Liver** Essential liver anatomy and sonographic windows, scanning techniques and protocol.	1550	**Hands-on Training 4** **(Refresher training / Interactive Cases)**
1055	**Spleen & pancreas** Essential splenic & pancreatic anatomy and standard windows, scanning techniques and protocol.	1710	**Admin & Course Closure**
1125	**Hands-on Training 2** **(Liver / spleen / pancreas)**		

AACES Online Lectures

Physics, Knobs and Probes
Essentials of image formation, acquisition and optimization and probe manipulation techniques. Common Artefacts

Admin
Course material, meals and parking coupons will be provided.
Venue: Khoo Teck Puat Hospital, 90 Yishun Central, S768828.
Website: Visit www.AACES.sg to learn more about AACES and other educational resources.