

SPOCUS

The Society of Point-of-care Ultrasound

"Collaborating and innovating to expand POCUS across the healthcare spectrum"



SPOCUS.ORG

Summer 2018

Message from the President

These last several months have been very busy for SPOCUS. In April, we had two very successful workshops at the Association of Family Practice PAs and NPs annual convention in San Antonio as well as the Association Physician Assistants in Cardiothoracic and Vascular Surgery in Miami. We hope these events will become a yearly partnership.



In May, we hosted a tremendously successful Yes, iScan18 student competition and workshop at the AAPA national convention in New Orleans. Through the Yes, iScan event, SPOCUS interacted with about 30% of all PA programs nationwide. This is consistent with our goal of widespread integration of ultrasound into medical education and PA programs. We hope to have 25% of all PA programs integrated with an ultrasound curriculum within the next four years, 50% within the next nine years and 100% integration of every program within the next 12 years. Big thanks to Janelle Bludorn, who delivered an inspiring keynote, and to Patrick Bafuma. Patrick's hard work, vision, and effort as chair/director of the Yes, iScan event will go a long way to help us achieve our goal. For his efforts, Patrick was awarded our inaugural "Golden Probe" award for his outstanding contributions and dedicated



service to the mission of SPOCUS.

The SPOCUS Director's Packet continues to be a high-demand item. It is now being utilized by residency programs, private practices, tertiary hospitals, medical schools, PA programs and various medical specialties as a framework to formalize their ultrasound presence. The Director's Packet is free for SPOCUS members.

SPOCUS is also working with ACEP to create clearer language to endorse ultrasound use by non-physician clinicians and help these clinicians lift the ultrasound presence in facilities that don't currently have formalized ultrasound programs.

In August we will be transitioning our leadership. SPOCUS will be electing a new president, director at large, and a treasurer. Please get involved. If you are interested in leading our organization, please participate in the process by voting, nominating those who are well-qualified, or running for office.

Lastly, we'd like to thank our members for their ongoing dedication to our cause. Please take a moment to complete our recently published survey (link on page 6) so we can discover how we can better support our most valuable asset....you! In the meantime, keep on scanning...

Frank Norman
SPOCUS President



Yes iScan winning team from Emory University. (L to R) Stephen Benton PA-S, Jeremy Amayo, PA-C (team mentor), Jake Almand PA-S and Julie Jablonski PA-S.

Interviews from AAPA '18 Yes I Scan Competition/Workshop



We asked folks what their motivations and experiences were with the inaugural event. This was an historic event whose brain child and prime mover was Patrick Bafuma, who some of you may know from his blog [EM In Focus](#).

Stephen Benton, PA-S, Emory University

1) What motivated your team to participate?

Our class has several members (myself included) who are interested in emergency and critical care who also have backgrounds in these fields, so there was certainly some exposure to POCUS prior to PA school. Our group is a highly self-motivated bunch so when we learned that our only really exposure to POCUS through school was a half-day crash course learning the FAST exam we knew that we wanted more. One of our classmates saw a post from SPOCUS on facebook about forming a SPOCUS SUIS (student ultrasound interest section) and we all thought it would be a cool thing to try and pursue. Long story short, I reached out to Frank Norman, we got registered, arranged for time in our school's SIM lab with some ultrasound machines, and started learning POCUS under the guidance of Jeremy Amayo, Gabe Najarro, and others. Strangely enough, our efforts were initially met with opposition from faculty, but once our program director came down and observed how engaged and interested we were, she took steps to integrate POCUS into the curriculum for future classes immediately.

So in terms of what motivated us to want to participate in the AAPA competition, it was more of an interest and love for bedside ultrasound paired with another opportunity to learn, practice scanning, and meet some other ultrasound nerds in the PA community.

2) What type of preparation did you do?

In terms of preparation, we met up with our faculty mentor, Jeremy, a couple of times to go over some the common scans and discuss some of the studies that support their use in clinical practice. Apart from that, the remaining preparation was on our own watching youtube videos, listening to podcasts, and diving into the FOAMED that's out there.

3) Was it hard to find faculty mentor?

Fortunately, we did not have a difficult time finding a faculty member to serve as our mentor. Several of our

lecturers work in critical care and use POCUS routinely, including Jeremy. He was happy to help us out as he shares the same passion for POCUS as we do.

4) What will you do next year to try to win again?

So our team from this year is graduating this December, but we have planted the seed for the upcoming class and they are eager to take the torch and run with it. I think that by having some of the first year students at the competition, observing, being involved, and watching us win really gave them some inspiration to do the same next year. Now that ultrasound has been integrated into their curriculum, they are going to be exposed to it throughout their didactic studies. We are also going to encourage them to dive deeper and explore the FOAMED that exists for ultrasound, continue to use and learn bedside ultrasound every chance they get, and to continue the SPOCUS interest group that we formed.

5) What advice would you give other programs about US education in their schools?

The advice that I would offer other programs US education is that if you don't already have it and you want it, you should fight for it. Provide your faculty with the evidence that ultrasound is a viable, effective, and proven tool to assist in the diagnosis and management in disease. I would encourage them to reach out to programs that do have ultrasound in order to learn more about how they can get involved and get it integrated into their respective curriculums.

We are so excited that ultrasound is finding its place in clinical practice and that we have been able to get involved and be a part of the conversation. I was able to convince our school to send us to the World Congress of Ultrasound in Medical Education Conference this September, so we are looking forward to continuing our education and meeting more members of the SPOCUS community

Laura Blesse Hampton - Assistant Professor at Baldwin Wallace University PA Program in Ohio

1) My big motivations for attending Yes I Scan were: 1) I had a team of students in the ultrasound competition that I wanted to support; 2) I wanted to give back to SPOCUS. I started the Train the Trainer program in January 2017 and by April 2017, I was teaching ultrasound in the curriculum in my program. I had absolutely no ultrasound training prior to the start of the TtT program, so I have Frank Norman/SPOCUS to thank completely for my ability to introduce my students to ultrasound. I am a firm believer that POCUS saves lives, so the more PAs we can train, the healthier our patients will be. I think the Yes I Scan event was able to convert many students and faculty into POCUS believers.

2) I do not know if this counts as a surprise exactly, but it was so amazing to see the workshop and competition in

action. I served as an instructor in the workshop portion and it was fantastic to finally meet all the people in person that I have been working with through SPOCUS. I was so honored to have the opportunity to teach students from around the country. It was particularly special for me because up until last year, I had no real ultrasound knowledge and now I felt comfortable enough to pass this information along to others. It was also very special to see my students in action. Even though they did not advance in the competition, it was incredible to see my three students navigate the competition with such competence when they had just started learning ultrasound about two months prior to the competition. I honestly cannot think of any big disappointments, I really think this was a great first event.

3) For me, the two biggest hurdles are cost and trying to get POCUS into an already tight curriculum (I teach at a 24 month program). Right now I rent our ultrasound probes on a monthly basis, so I limit their use to a few months during our Procedures course. Ultimately, I would love to have the ability to use ultrasound more frequently during the program, such as tying it in with our anatomy and physical examination courses. I think even with these limitations, I have still been able to have a successful ultrasound module in our curriculum and have gotten extremely positive feedback from my students.

4) My biggest piece of advice to those who want to become competent in POCUS is to know that you have the capability to master this skill. As I mentioned already, I had no training in ultrasound prior to beginning the Train the Trainer program. Even as I started the program, I wondered if I would ever be able to perform an ultrasound, let alone teach it to others. I put in a lot of hard work and approached my students with honesty – if I couldn't answer one of their questions, we would figure it out together. After a few months of the TtT curriculum, I was able to teach my students DVT, basic cardiac and aorta scans. For the next cohort, I added in gallbladder, kidney, lungs, FAST/RUSH, basic vascular and fetal ultrasound. In next year's cohort, I plan to keep adding with musculoskeletal ultrasound and more procedures-based education. Once you know the basic principles, it is very easy to apply them to other systems. Learning ultrasound has been so incredibly rewarding. Just yesterday I received an email from one of my students who said that she was operating the ultrasound for all of the joint injections/aspirations on her very first clinical rotation – three months ago, she had no experience with ultrasound whatsoever. I truly believe that ultrasound is the future of diagnostics and we owe it to our patients to assess them with this safe, quick and accurate study.

Patrick Bafuma, PA-C - Yes I Scan '18 Director

1) What was your motivation for spearheading Yes I Scan? What did you hope to accomplish setting out?

I just want better medicine at the bedside. Period. I want my profession to not get left behind medical schools.

Ultimately, I want to leave the profession in a better place than when I first started. It also helps that inefficiencies, dogma, and stone-age medicine drives me nuts. I believe POCUS is really high yield on all of these fronts. If you think about it, the PA profession and our ability to work across multiple fields uniquely enables us to break down the walls between specialties and get POCUS into the primary care offices, the orthopaedic offices, the surgical wards, and so on and so forth.

2) What was the biggest surprise and biggest disappointment?

Biggest surprise was we were able to pull this off and that all the instructors showed up! Probably 75% of our instructors we had only met through SPOCUS sign ups or on Twitter. Social Media presence is truly a boon for career advancement. Biggest disappointment hmmm. I wish we could have gotten the instructors together a bit more for networking amongst each other. We had such a fantastic group - I mean, I'm in AWE of who we assembled and, while some connections were made, I think we could have cultivated connections to make the profession stronger a bit more.

3) How were you able to convince AAPA of the value in such an event?

Ask Frank!!! He's the man on this one. He's way more the successful politician than I! I think (?) ultimately Frank has been selling this hard for a while, and with all of us, we just pushed it into the end zone. I'm not totally sure what we did that made them break, but I think SAAPA had something to do with it. I think SAAPA was really into it when we pitched it. I'd like to think it was getting AAPA to understand that we really cared about PA's and didn't want to see them fall behind; maybe it was pitching it as, "med students do this, and in order to keep up, PA's need to too." ... That's my best guess, but I really don't know.

4) What advice would you give students, faculty and providers who want to become competent in POCUS?

Three things: the ultrasound community is extremely giving and caring. Don't be afraid to ask for help - its ok to stand on the back of the giants. Whether that means asking for training, asking for help, asking how to implement a curriculum, etc. ASK.

Number two: get on Twitter. The spaced repetition - especially when we dont see AAA's and D signs regularly in practice - will help you recognize them when they do come along. The real time feedback of social media is unparalleled. It's how you can learn about cool events like BendFest (ultrasoundpodcast.com) and mini fellowships like [Philippe Rola's](#). Twitter is where the teachers are, its where other learners are, and its where we got about 8 of our instructors from!

Number three: practice, practice, practice.... practice on everyone so that when the time comes when you truly need

it, it will be second nature and you won't second guess or futz with the probe.

Lastly, when the time comes, pay it forward.

SPOCUS Members in Action

On June 9th, the second annual University of Wisconsin WisPAC Bedside Ultrasound Course was held. Seven hours of ultrasound fun with 9 very enthusiastic PA students and one very influential faculty member. They walked away true believers. This has become a self-propagating annual course that is now being demanded by next years student class. The course was conducted by SPOCUS members. Robert E. Kollpainter, PA-C, FAPACVS, RDMS, CAQ in CVTS, Senior Cardiovascular Physician Assistant at Aspirus Wausau Heart & Lung Surgeons/Aspirus Heart & Vascular Institute and Kim Kuphaul also a cardiac ICU PA at Aspirus.



Who you going to call?

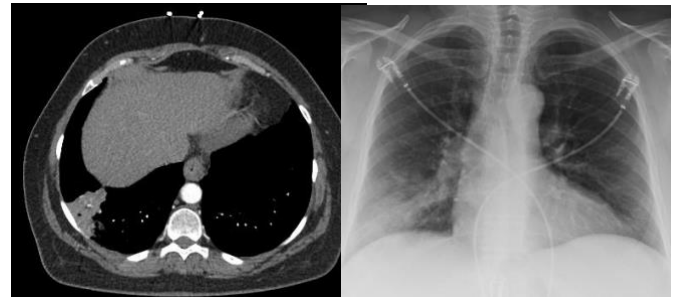
You are working solo coverage in a small critical access ED. Your radiology staff has to be called in from home to obtain imaging. You grab the curvilinear probe from your trusty and true M Turbo and gently “slap” it on the patient. (Pro tip- turn off MB and THI) You obtain the following images



within 2 minutes of introducing yourself to the patient and while simultaneously getting an HPI.

Here we see lung consolidation just superior to the diaphragm. The border is irregular but abuts normal appearing aerated lung. This is called the Shred Sign and is thought to represent non-translobar consolidations. Or as Dr. Vicki Noble says- can you tell the difference between a lake and a swamp.

Hours later the following images are obtained...showing a RLL PNA.



Wake Forest School of Medicine brings the World Congress of Ultrasound Education home to where it all began!

Wake Forest Baptist Medical Center (WFBMC) and School of Medicine (WFSOM) has a renowned history of excellence and leadership in medical ultrasound education.



Wake Forest was one of the first centers for medical ultrasound established in 1963 by Dr. William Markley McKinney, the “father” of neurosonology. Dr. McKinney brought his knowledge as sonar technician in the Korean War to his role as neurologist and helped develop echoencephalography in 1964. He initiated the first neurosonology course in 1975 that

continues to be an internationally recognized standard of neurosonology education. This course is held twice yearly as the Neurovascular Ultrasound Course, directed by Dr. Charles Tegeler. The Center for Medical Ultrasound (CMU) formed in 1975 by Dr. McKinney under direction of the Dean, Dr. Richard Janeway continues to be an important part of WFSOM educational pillars now Center of Experiential and Applied learning. One of the directors. Dr. Frederick Kremkau, Professor of Radiologic Sciences and past president of American Institute of Ultrasound in Medicine (AIUM), is a world-renowned expert on ultrasound physics and authored the textbook *Sonography Principles and Instruments* and continued to be a part of WFSOM Ultrasound education offerings. The strong legacy of WFSOM has been strengthened by expansion of ultrasound into other fields ultrasound like neuromuscular ultrasound program in 2002 led by Dr. Francis Walker, point of care ultrasound in emergency medicine (Drs. Stacie Zelman and Bret Nicks), critical care ultrasound (Aarti Sarwal and Casey Bryant), echocardiography including 3D echo (Dr. Dalane W Kitzman) and finally into medical education curriculum (Drs. Casey Glass, Aarti Sarwal, Joshua Zavitz)

Wake Forest ultrasound courses continue to be an internationally recognized ultrasound resource across different specialties with participants from over 20 countries. Our latest endeavor in advancing ultrasound education is hosting the **6th World Congress of Ultrasound in Medical Education (WCUME2018)** hosted on behalf of Society of Ultrasound in Medical Education. Under the theme of “*New horizons New sounds*”, this congress hopes to showcase the legacy of ultrasound education while paving way for new innovations and strategies in ultrasound education. The organizing committee represents the foundational legends in ultrasound in Dr. Charles Tegeler and the emerging face of future of ultrasound in Drs. Casey Glass and Aarti Sarwal. If you have undertaken projects on a burning issue in ultrasound education using new modalities of education

or technology or perspectives into integrating ultrasound into medical education, please consider submitting these as abstracts for poster or oral presentations through the WCUME website. We encourage ideas from physicians, nurses, Physician Assistants, Nurse Practitioners, sonographers, educators and all other medical professionals who use ultrasound in education . We would love to hear about your work at WCUME2018 in Winston Salem, NC

This is also a great opportunity to connect with other leaders in the field . We are hoping we can show new scopes, applications and new ideas professionals have



used in enhancing ultrasound education across

s different medical field. There’s no better platform to know about *New horizons New sounds* in ultrasound education. We encourage our medical providers to attend WCUME2018 to see how different specialties and providers have incorporated use of this dynamic modality

in medical education and clinical care. The city of Winston-Salem is itself an exciting place to visit. It has grown to be an area known for its diversity of business and community. With a strong and unwavering commitment to the arts, excellence in healthcare research and technology, and opportunities for specialized and advanced education. Winston-

Salem truly is the City of Arts and Innovation.

Please go to www.wcume2018.org for registration and details on travel and accommodation. **Early registration ends soon.** Register at the website ASAP to ensure a spot and appropriate accommodations. Please contact us at if you have any questions or feedback. You can also connect with us on Facebook or Twitter and help us spread the word about this Congress!!



UPCOMING US COURSES

Not intended as an exhaustive list but rather a list of courses SPOCUS members have found valuable, this of course assumes no ipso facto endorsement of said programs.

[2018 Yale NE Point-of-Care Ultrasound Course](#). Sept 6th- 7th, 2018. Newport, RI

[School of Medicine Ultrasound Institute University of South Carolina. Introduction to Primary Care US](#). Columbia, SC

2018 August 23-34 November 8-9

2019 January 17-18 March 21-22 May 23-24

[Ultrasonography: Essentials in Critical Care](#). September 13-15, 2018. Chicago, IL
Sponsored by American College of Chest Physicians.

[Critical Care Ultrasound: Integration Into Clinical Practice](#). November 9 - 11, 2018. Glenview, IL.
Sponsored by American College of Chest Physicians.

[Society of Hospital Medicine \(Minnesota Chapter\) POCUS course](#). October 6-7, 2018. St. Paul, MN

[2018 Perioperative and Acute Care Ultrasound Workshop](#). September 22-23, 2018
Huntington Beach, CA. Sponsored by Loma Linda university and POCUS Education.

[US for Primary Care Courses conducted by the Institute for International Medicine](#).

2018 Pittsburgh, PA, hosted by University of Pittsburgh Medical Center

On-Line Section: November 1 – 14, 2018 (2 weeks)

In-Classroom Section: November 15, 2018 (Thurs) in Pittsburgh, PA

2018 Glendale, CA, hosted by Glendale Adventist Medical Center

On-Line Section: November 26 – December 9, 2018 (2 weeks)

In-Classroom Section: December 13, 2018 (Thurs) in Glendale, CA

2019 Fort Worth, TX, hosted by John Peter Smith Hospital

On-Line Section: March 14 – 27, 2019 (2 weeks)

In-Classroom Section: March 28, 2019 (Thurs) in Fort Worth, TX

[Point of Care Ultrasound for the Advanced Practice Provider](#) - Saturday, October 20, 2018 • 7:30 AM - 5:30 PM – MGH, Boston, MA
Directed by our very own Hana Dubsky!

FOAMUS Feature of the Quarter



UCSD has put together a superb, comprehensive emergency ultrasound curriculum and resource page that is accessible to all. Cases, learning modules, quick reference tools, journal club, literature...it's all here. Check it out at <http://emultrasound.sdsc.edu>

Like us and connect with SPOCUS on social media

Web	https://spocus.org/
Email	spocus001@gmail.com
Twitter	@POCUS_Society
Facebook	Society of Point of Care Ultrasound
LinkedIn	Society of Point of Care Ultrasound

Members, please take a moment to complete our survey to help us to better serve you:

<https://fs26.formsite.com/LzjAeQ/form9/index.html>

