

Welcome to



Essentials for a successful
in-hospital obstetrical ultrasound
program.



Welcome to the OB-POCUS

A Course in Obstetrical Department Ultrasound Essentials

Dear Colleague,

Thank you very much for your interest in the **Obstetrical Point-of-Care Ultrasound (OB-POCUS)** course.

This course has been developed to assist Canadian Obstetricians in gaining proficiency with the use of diagnostic ultrasound. To achieve this, we propose an innovative approach:

- 1) The didactic component will consist of short lecture sessions – providing only what you need to know. This leaves most of the course day available for hands-on practice.
- 2) Our instructors are highly experienced in obstetrical ultrasound and our hands-on sessions provide a high ratio of 1:3 instructor to participants.
- 3) You don't come to the course, **the course comes to you!**
- 4) You can learn with your current ultrasound equipment. If you do not have enough units, we will arrange loaner equipment to facilitate the course.
- 5) CME credits are available.

Our Goal: in one day, in your home institution, you will achieve the same, or greater degree of proficiency that you would by travelling to a more expensive course. More importantly, you achieve this level of comfort alongside your team members, as a group.

Enclosures:

Proposal

Course Costs

Agenda

Setting Up for the Course

Information for Patient Volunteers

Patient Models Contact Info

Proposal:

An on-site workshop incorporating the use of existing ultrasound equipment to align the skill set of staff Obstetricians utilizing ultrasound within the Labour & Delivery Suite.

OB – POCUS:

Point-of-Care (POC) Ultrasound (US) has increased the accessibility and utilization of ultrasound. The goal of this course is to enable users to best utilize their available resources for best practices and patient care.

This unique course incorporates hands-on ultrasound training with a discussion of the advantages of immediate access to ultrasound in the labour & delivery suite and its impact on clinical decision-making and patient management. Training is designed to aid obstetricians in developing and/or strengthening their existing ultrasound skills by emphasizing a systematic approach. The course involves one full day of combined didactic and hands-on training.

Learning Objectives:

At the end of the course, the participant will:

- have an understanding of Ultrasound Physics, including Doppler
- be able to utilize the system controls (knobology) for Image Optimization
- be proficient in a Systematic Approach to Obstetrical Scanning
- differentiate between Normal vs. Abnormal patient examinations
- be able to assess: viability, location (r/o ectopic), number, cervix, placental location, basic fetal structures/anatomy, fetal presentation, AFV, biometry (dating/growth), Biophysical profile scoring, and cord Doppler tracings

Course Facilitator:

Janice Dykeman
Program Coordinator,
miEducation.ca

Course Costs

Tuition

1 – 6 Participants	\$ 595 per participant
7 – 12 Participants	\$ 495 per participant
> 12 Participants	\$ 445 per participant

* Depending on the location of the institution, travel expenses for the instructors may be added over and above the tuition fees. Any additional travel expenses will be advised at time of booking.

Includes - Additional ultrasound units (if required), data projector (if required)
Not Included – Food & drink for participants, models & instructors; required supplies

Tuition is subject to HST.

Payment Schedule

50% due at the time of booking
50% due 3 weeks prior to the course date

Cancellation more than 3 weeks in advance of the course date is subject to a \$250 administrative charge.

Fees are non-refundable if the course is cancelled within 3 weeks of the course date.

Agenda

- 08:20 Welcome
- 08:30 Ultrasound Physics & Knobology
- 09:00 Early OB Lecture
- 09:30 Early OB Scanning
- 12:30 Lunch
- 13:00 Later OB Lecture
- 13:30 Later OB Scanning
- 16:30 Q & A, Wrap Up
- 16:45 *End of the day*

Setting Up for the Course

EQUIPMENT

Ultrasound units with both transabdominal and transvaginal transducers.

One unit is required for every 3 participants. Ideally the equipment that is used routinely in your institution is the best on which to practice. If your institution does not have sufficient units to meet the 1:3 ratio, extra units will be provided at no additional cost.

MODELS

Morning Session: Two patient models are required for each scanning station for the morning session – one in the first trimester and one in the second trimester. The patients need to be available from 9am-1230pm.

Afternoon Session: Two patient models are required for each scanning station for the afternoon session – both in the third trimester. The patients need to be available from 100-430pm.

Please schedule patients according to their gestational age *on the day of the course*:

1st Trimester: 7-10 weeks

2nd Trimester: 14-22 weeks

3rd Trimester: >27 weeks

ROOM SET-UP

1. A conference style room will be required for the didactic component. A digital projector will be used and if there is not one available, one will be provided.
2. The scanning stations are ideally arranged in an area with patient bays (curtained off). Ensure that there is a power outlet accessible for each scanning station. If the power outlet is a distance from the station, please have extension cords available. Each scanning station will require an ultrasound unit, a bedside table and a stretcher/bed with a pillow. The supplies listed below will be distributed among the stations.

SUPPLIES

- Linen – gowns, large towels, hand towels, sheets,
- Ultrasound gel
- Gloves
- Probe covers or condoms
- Sterile lubricant
- Disinfectant for transducers

Information for Patient Volunteers – Pregnancy

Thank-you for agreeing to participate in the OB-POCUS course. This course will help obstetricians in your community learn how to use ultrasound to look for problems during pregnancy. In your case, you have a healthy pregnancy. By looking at your pregnancy, the doctors can see what a normal pregnancy looks like and will be able to more quickly recognize when something does not look normal. There are two types of ultrasound approach that will be performed on the day of the course:

1. Transabdominal Ultrasound

The doctors will apply some gel on your skin surface and place an ultrasound probe on your lower abdomen, just above the bikini line. This procedure will not hurt and is not harmful to either you or your baby.

2. Transvaginal Ultrasound

The doctors will place an ultrasound probe inside your vagina. The probe will be moved up & down and from side to side. The probe is smaller than the instrument used when a PAP test is performed and will be covered with a latex cover and lubricant. This procedure will not hurt and is not harmful to either you or your baby.

Please wear loose comfortable clothing on the day of the course.

During the day we will give you water to drink at specific times so we may scan you with a full bladder.

Food will be provided throughout the day.

We would ask that you please arrive at _____ and anticipate that you will be finished at _____.

If you have any questions, please contact Dr. _____ at _____.

Your participation is very important and we appreciate you taking the time to help us!

