



**CONTRA COSTA  
HEALTH**

**Contra Costa Point of Care Ultrasound Course**

**This is a sample schedule.**

**DAY 1**

- 800am- Sign in/ Introduction**
- 830am- “The Basics” -US terminology, Physics, Knobology**
- 850am- Trauma: FAST and eFAST US**
- 910am- FAST and E-FAST Lab**
- 1030am- Abdominal US -- Gallbladder and Aorta**
- 1050am- Abdominal - Gallbladder and Aorta Lab**
- 1200-100pm LUNCH**
- 100pm- Pass the Pointer**  
Review of Basics, FAST and Abdominal US
- 120pm- Cardiac US**
- 140pm- Cardiac Lab**
- 300pm Pulmonary US**
- 320pm- Pulmonary Lab**
- 400pm- DVT US**
- 420pm- DVT - Lab**
- 500pm- Adjourn**

## **DAY 2**

**830am- Brief review/Pass the pointer**  
**850am- OB 1<sup>st</sup> trimester, rule out ectopic US**  
**910am- OB 1<sup>st</sup> trimester, rule out ectopic Lab**  
**1000am- Abdominal US- Kidney and Bladder**  
**1020am- Abdominal - Kidney and Bladder Lab**

**11:45pm- 1245pm LUNCH**

**1245pm- Soft tissue and Procedural US**  
**105pm - Soft tissue and Procedural Lab**  
**205pm- Musculoskeletal US**  
**225pm Musculoskeletal Lab**  
**325pm- RUSH - Rapid Ultrasound for Shock & Hypotension**  
**345pm- RUSH Lab**  
**445pm- Overview of advanced applications/Wrap Up**  
**500pm- Adjourn**

**Note: break in am and pm dictated by flow/ need.**