



EMPOWER

POCUS course

Time	Topic
8:30-09:00	Lecture: Opening + Knobology
9:00-9:45	Lecture: Focused Abdominal Sonography in Trauma (FAST)
9:45-10:30	Lecture: Lungs
10:30-11:00	Coffee Break
11:00-12:00	Lecture: Focused Cardiac Ultrasound (FOCUS)
12:00-12:30	Lecture: Rapid-Ultrasound-for-Shock-and Hypotension (RUSH) Protocol
12:30-13:30	Lunch break
13:30 – 15:00	Hands-on Training: FAST, Lungs, FOCUS, RUSH
15:00-15:15	Coffee Break
15:15-17:00	Hands-on Training: Intussusception, Testicular torsion, Appendicitis, Hip fluid, Soft tissue abscess, Fractures