ADVANCED HEALTH EDUCATION CENTER®

EDUCATION ▲ STAFFING ▲ CONSULTING

# Focused FAST Scan Ultrasound Course

## 6 AMA PRA Category 1

**Faculty:** Shawn Shanmuganathan BS, RDMS, RVT

**Target Audience:** Emergency medicine physicians, trauma surgeons, critical care physicians, intensivists, internal medicine and family practice physicians who perform and interpret emergency ultrasound examinations. Emergency personnel—including sonographers, technologists, paramedics, EMTs, nurses, and other frontline healthcare professionals—who manage trauma patients and perform emergency ultrasound assessments.

**This course is also designed for cruise line medical professionals responsible for providing acute care at sea.**

**Disclosure Summary:** All relevant financial relationships of faculty and planners have been disclosed and mitigated. Full disclosure information is provided within this syllabus.

Advanced Health Education Center (AHEC) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

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# Welcome to Advanced Health Education Center

On behalf of the faculty, staff, and your fellow students, I want to personally welcome you to your Ultrasound training course at AHEC. We're thrilled you've chosen us to advance your education, and we are committed to making your experience both enjoyable and rewarding. Our courses are designed to help you build practical skills, deepen your knowledge, and perform at a high level of competency in sonography. Throughout your training, you will be evaluated in several areas to ensure your growth and success.

Since 1988, AHEC has been a trusted provider of continuing education for healthcare professionals in the imaging sciences. Our mission is to provide evidence-based education that enhances your competency and improves patient care. We have proudly supported the development of ultrasound skills for physicians, sonographers, nurses, midwives, and other healthcare professionals.

This registration packet includes essential information about AHEC, your course, CME credit, and disclosure of any relevant financial interests. We are here to support you in achieving your educational goals—please don't hesitate to reach out to us at 1-800-239-1361 if you need assistance.

Congratulations on taking this step in your professional journey. We look forward to seeing your skills and confidence grow!

Warm Regards,




Kelli Reddix, MBA, BAAS, LVN
Senior Vice President
Phone 1-800-239-1361 • 8502 Tybor, Houston, Tx, 77074

# Focused FAST Scan Ultrasound

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## Course Overview

**Event Location:** Advanced Health Education Center
8502 Tybor Drive
Houston, Texas, 77074
**Credit:** 8 AMA PRA Category 1™
**Time:** 8:00 am – 3:00 pm
**Instructor:** Shawn Shanmuganathan BS, RDMS, RVT

## Course Description:

The "Golden Hour" defines emergency medicine—every minute matters. This course teaches how to use ultrasound for rapid trauma assessment following the American College of Emergency Physicians (ACEP) FAST scan criteria. Participants will learn to identify and evaluate traumatic free fluid or air in the thoracic and abdominal cavities to make time-critical decisions.

The course includes focused lectures on ultrasound physics, anatomy, and scanning protocols, followed by extensive hands-on lab practice using live models. AHEC has taught this course to physicians across the U.S., China, and South America, emphasizing skills that can be deployed immediately in the resuscitation area to improve patient outcomes.

**Faculty:** Shawn Shanmuganathan - No relevant financial relationships to disclose.

## Course Objectives:

At the completion of this course, the learner will be able to:

- Identify the appropriate equipment settings and transducer selection for different ultrasound applications
- Identify and display appropriate normal and abnormal anatomy and orientation in the ultrasound field of view
- Understand variations in scanning protocols for demonstration of pathologies in emergency medicine ultrasound examinations.
- Successfully perform a trauma FAST exam

## Course Topics:

This course demonstrates the process to rapidly evaluate the torso for traumatic free fluid or pathologic free air suggesting injury to the peritoneal, pericardial, or pleural cavities. The areas of concentration include:

- The Right Flank
- The Pericardial Area
- The Left Flank
- The Pelvis
- Bilateral Anterior Pleural Cavities
- Paracolic Gutters

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## Course Schedule

Lecture 8am-12noon | Lunch 12-1pm | Scan Lab 1pm-3pm

### Lecture

- Physics and Instrumentation
- Exam Protocols
- US identification of normal anatomy
- US identification of pathologic processes

### Scan Lab

## Skills Checklist

**Right Upper Quadrant**

- ☐ Interrogate liver as well as hepatorenal space (Morison pouch)
- ☐ View dome of liver and diaphragm
- ☐ Visualize the right kidney and perirenal space
- ☐ Identify and document any free fluid

**Left Upper Quadrant**

- ☐ Interrogate spleen and perisplenic space
- ☐ View spleen and diaphragm
- ☐ Visualize the left kidney and perirenal space
- ☐ Identify and document any free fluid

**Pelvis**

Interrogate dependent space of peritoneum (Pouch of Douglas)

- ☐ Scan bladder in entirety
- ☐ Identify and document any free fluid

**Pericardial Space**

- ☐ Interrogate heart in sagittal and transverse views
- ☐ View pericardium in anterior and posterior locations
- ☐ Identify and document any free fluid

**Pleural Cavities**

- ☐ Interrogate both pleural spaces
- ☐ Identify and document any free fluid

**Paracolic Gutters**

- ☐ Interrogate both pelvis regions in longitudinal and transverse views
- ☐ Identify and document any free fluid

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## CME Credit:

- "The Advanced Health Education Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians."
- "The Advanced Health Education Center designates this educational activity for a maximum of 6 hours AMA PRA Category I™. Physician should claim credit commensurate with the extent of their participation in the activity."

## AHEC Cancellation and Refund Policy for Skills Courses:

AHEC defines a skills course as a limited enrollment course where a received registration with payment reserves your place in a course (i.e. all Ultrasound courses, Mammography Initial Training and other theory courses). For cancellations received at least two weeks prior to the course date, a refund less a 30% processing fee will be given. Within two weeks of the course, no refund is given, but a tuition credit – less a 30% processing fee – may be applied to a future course. No refunds or tuition credit is given for non-attendance. Facilities may substitute employees by notification to AHEC at least one week in advance.

## Disclosure of Relevant Financial Interest for Individuals in Control of Content

As an ACCME-accredited provider, Advanced Health Education Center (AHEC) is committed to ensuring balance, independence, objectivity, and scientific rigor in all of its educational activities.

In accordance with ACCME Standard 3, AHEC requires that all individuals in control of content—including planners, faculty, committee members, and administrative personnel involved in the planning, development, or production of educational activities—disclose all financial relationships with ineligible companies within the past 24 months. A financial relationship is considered relevant if it exists between the individual and an ineligible company whose products or services are related to the content of the educational activity.

AHEC has implemented mechanisms to identify, mitigate, and disclose relevant financial relationships to prevent commercial bias in its educational activities. All disclosed relevant financial relationships have been mitigated prior to the commencement of the educational activity.

The individuals listed below are acknowledged by AHEC as having control of the content, planning, development, or administrative support of all educational activities.

- Marilyn Sackett, M. Ed, RT (R), Committee Member
  - AHEC: President
  - No relevant financial interest to disclose
- Jence Garza, MHA RT(R) - Committee Member
  - AHEC: Chief Executive Officer (CEO)

    - No relevant financial interest to disclose
- Peggy Hoosier, M.Ed RT(R)(M) - Committee Member
    - AHEC: Consultant
    - No relevant financial interest to disclose
- Kelli Reddix, MBA, BAAS, LVN - Program Director
    - AHEC: Senior Vice President
    - No relevant financial interest to disclose
- Nanette Joiner
    - AHEC: Administrative Support
    - No relevant financial interest to disclose
- Chevaun Fletcher, BS, RDMS
    - Ultrasound Faculty
    - No relevant financial interest to disclose
- Jessica Smith, BS, MHA, RDMS
    - Ultrasound Faculty
    - No relevant financial interest to disclose
- Virlene Guzman, RT(R), RDMS, RVT
    - Ultrasound Faculty
    - No relevant financial interest to disclose
- Shawn Shanmuganathan, BS, RDMS, RVT
    - Ultrasound Faculty
    - No relevant financial interest to disclose

**Content Validation:**

All presentations designated for AMA PRA Category 1™ credit undergo a rigorous review process to ensure content validity. This process includes:

- Curriculum Committee Review: All content is reviewed and approved by members of the curriculum committee for scientific accuracy, balance, and alignment with current evidence-based practices.
- Peer Review: Where applicable, content is subjected to peer review by individuals with appropriate clinical expertise and no relevant financial relationships with ineligible companies.
- Conflict of Interest Assessment: Prior to the advertisement and delivery of the educational activity, all individuals involved in the planning, development, or production of the activity disclose any relevant financial relationships. Any identified conflicts are resolved in accordance with ACCME Standard 3.5.
- Identification of Emerging Topics: New and evolving topics are clearly identified as such within the program to distinguish them from established, evidence-based practices.

This comprehensive approach ensures that all educational content is fair, balanced, and based on the best available evidence, thereby supporting safe and effective patient care.