

# AACES Musculoskeletal Ultrasound Course

## Course Description

This program is designed as an introduction for healthcare providers who are exploring point of care ultrasound to enhance the evaluation and management of the patients with upper and lower limb pathologies.

By providing a structured and systematic approach, all major joints are covered with additional lectures focussing on ultrasound guided interventions, spine sonoanatomy and sports injuries. Learning is delivered in an interactive format and with the small class sizes, attendees are encouraged to engage through discussion with the faculty. Participant will develop ultrasound pattern recognition of the major tendons, ligaments, and muscles surrounding joints as well as understand how dynamic assessments can aid in the evaluation of pathologies. Case discussions will enhance learning by making the ultrasound clinically relevant.

Hands-on Training is the cornerstone of the program, with scanning protocols adapted mainly from the European Society of Musculoskeletal Radiology guidelines. During practical sessions, participants will be guided to perform bedside scans on volunteers and the faculty will pass on pearls of wisdom from their personal experience of performing musculoskeletal ultrasound. With a trainer to trainee ratio to a maximum of 1:4, there is also ample time provided for participants to develop essential motor skills during the Hands-on training sessions.

To complete learning, there will also be a formative assessment, where delegates can challenge themselves on the theoretical and practical aspects of musculoskeletal ultrasound.

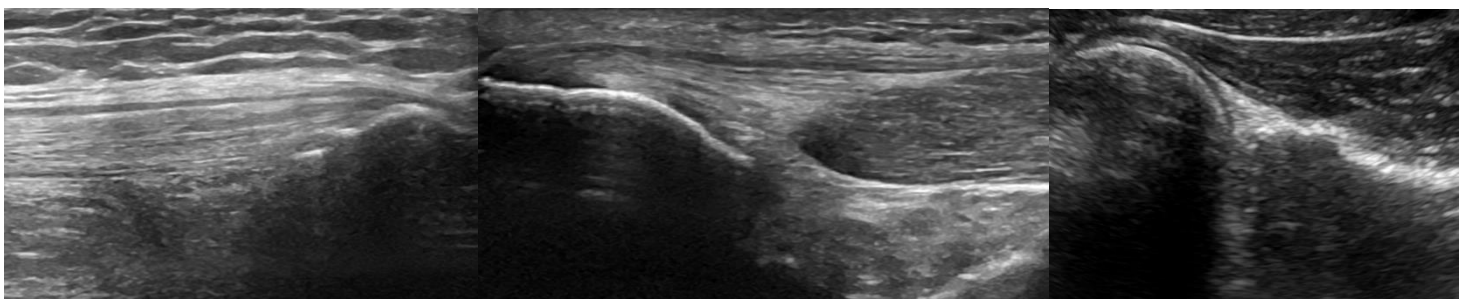
## Who Should Attend?

Sports physician, orthopaedic surgeons, emergency physicians, nurse practitioners, residents, medical officers and healthcare workers involved in the management of patients with musculoskeletal complaints. Participants should already have a basic understanding and appreciation of ultrasound physics.

## ACGME-I Competencies

This course is designed to meet one or more of the following ACGME competencies:

- ☐ Patient Care
- ☐ Medical Knowledge
- ☐ Practice-Based Learning and Improvement



# Course Programme

Day 1 (1 <sup>st</sup> July 2021)		
Time	Activity	Faculty
0800	Registration	Administration
0825	Intro and Welcome	Dr Dinesh
0830	Summary of Ultrasound physics	Dr Shauna Sim
0850	Shoulder sonoanatomy and pathology	Dr Niraj Dubey
0930	Hands-on training – Shoulder	All faculty
1020	Break	
1050	Elbow sonoanatomy and pathology	Dr Chin Teck Yew
1130	Hands-on training – Elbow	All faculty
1220	Hand and wrist sonoanatomy and pathology	Dr Wang Ming Chang
1300	Lunch	
1400	Hands-on training – Hand and Wrist	All faculty
1440	Hip and groin sonoanatomy and pathology	Dr Ng Chung Sien
1520	Break	
1550	Hands-on training – Hip and groin	All faculty
1640	Free scanning	All faculty
1700	Close	
Day 2 (2 <sup>nd</sup> July 2021)		
Time	Activity	Faculty
0800	Registration	Administration
0815	Recap of Day 1 and Q&A session	Dr Dinesh Sirisena
0830	Knee sonoanatomy and pathology	Dr Chin Teck yew
0910	Hands on training	All faculty
1000	Foot and ankle sonoanatomy and pathology	Dr Wang Ming Chang
1040	Break	
1110	Hands on training – Foot and ankle	All faculty
1200	Ultrasound cases in Sports Medicine	Dr Ng Chung Sien
1230	Lunch	
1330	Ultrasound guided interventions	Dr Shauna Sim
1400	Spine sonoanatomy and interventions	Dr Dinesh Sirisena
1450	Break	
1510	Ultrasound guided injections/Free scanning	All faculty
1600	Written and practical assessment Group 1 – Written Group 2 – Practical	All faculty/Administration
1630	Written and practical assessment Group 1 – Practical Group 2 – Written	All faculty/Administration
1700	Feedback session and further training	Dr Ong Joo Haw
1730	Close	

# **Course Faculty**

## **Dr Dinesh Sirisena**

Consultant, Sports Medicine Centre, Khoo Teck Puat Hospital.  
AACES MSK US Course Director

## **Dr Niraj Dubey**

Senior Consultant, Radiology Department, Khoo Teck Puat Hospital

## **Dr Ng Chung Sien**

Senior Staff Registrar Sports & Exercise Medicine, Changi General Hospital

## **Dr Chin Teck Yew**

Consultant, Radiology Department, Khoo Teck Puat Hospital

## **Dr Wang Ming Chang**

Consultant, Sport Medicine Centre, National University Hospital

## **Dr Shauna Sim**

Registrar, Sport Medicine Centre, Khoo Teck Puat Hospital

## **Dr Ong Joo Haw**

Consultant and Deputy Clinical Director, Sport Medicine Centre, Khoo Teck Puat Hospital.  
AACES Program Director (MSK))