



How EDE CORE Bootcamp Works

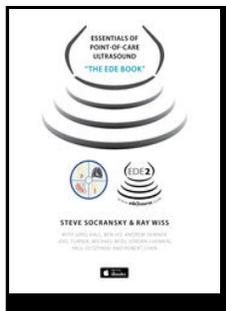
Hello everyone,

Thank you for registering for Bootcamp! This workshop is unlike any CME you have ever done before. There will be a LOT of intense hands-on learning with one-to-one supervision. You will be completing over three hours of exams. You will need to put in at least ten hours of pre-course work. You will be mentally and physically exhausted by the end of day three. *And it will be totally worth it!*

Welcome to a walk-through of how the EDE CORE Bootcamp works.



Pre-course



You will be provided access to the EDE Online course approximately 4 weeks prior to your bootcamp. All needed materials are provided including written content, video tutorials, and pretest questions. If you wish to do further reading, it is suggested but optional to obtain the *Essentials of Point of Care Ultrasonography* by Steve Socransky, available at the Apple iBookstore. There is also a hardcover version available for order. Go to www.ede2course.com for more info. Schedule at least 10 hours to review the online course material. The written exam is challenging, and the failure rate is high for those who do not study well before the workshop.

Scanning stations

After an introductory presentation you are going to spend most of your time moving station to station getting as many scans done as you can on each model. Approximately 8 minutes is provided per person per model then off to the next station. Initially you may only finish one scan. Eventually you will be completing 3 or 4 per model. Bootcamp's goal is to not only get you scanning safely but efficiently. If it takes you 7 minutes to do a single scan in a real clinical setting, this lone data point is not going to be worth your time in a busy practice environment and you will stop using POCUS. As the day progresses there will be less time provided per scan. A timer will go off letting you know when you need to change with your partner and then change stations. An instructor signs off logbooks before you move to the next station. In total there are 10 two-hour scanning sessions scheduled.



Partners

You will be working most of the time with a partner. While one partner scans the other watches and fills in the logbooks. Initially choose whoever you like as a partner. We will be assessing the entire group to determine who are the fastest and slowest scanners. We will be changing up partners during the day to group fast and slow people together to maximize scanning time and to let the slower scanners observe what helps the fast people scan more quickly.

Feeling overwhelmed?

For those who need more time and dedicated instruction, they may be put on a solo station with no partner for a scanning session to double their practice time. One of our senior instructors is our education supervisor and will be constantly moving around the room repeatedly assessing all of you to determine what your strengths and weaknesses are so we can tailor your experiences. If you are encountering a challenge in your learning, notify the supervisor and she will work with your bedside instructors to find the best way of overcoming obstacles.

Written Exam

After lunch on day one, half of you will scan on your own while your partner takes the written exam.

You switch places after an hour.

Make sure to bring your computer or tablet with you to use after lunch for the exam. The exam is taken online with immediate feedback.

If you fail the exam, you can retake it on the morning of day two, before scanning begins.



IMPORTANT: Before bootcamp, be sure to have registered with CPoCUS (www.cpoCUS.com) and paid the membership fee of \$25. You will need to access the website to take their written exams during bootcamp.

Determinate Scans

You will need to get a certain number of determinate scans that show the critical areas of interest for each application. For some models the scans will be indeterminate because of difficulty or time constraints.

It is important to document all attempted scans in your logbook. Only determinate scans count towards certification totals. Indeterminate scans can count towards intro course requirements as described below.

Unassisted Scans

You must also complete a certain number of scans unassisted by your instructor to prove you are ready for your exams. When you are around 40 scans (or 5 lung), you can ask to attempt to do scans without any prompting. You **MUST** announce this before you begin your scan.

Logbooks

Each of you will be given a logbook to document all your scans. The model's initials, age and gender need to be entered and all attempted scans checked off and signed by the bedside instructor. In the back of each logbook is a cumulative check sheet where you keep track of your total numbers. Make sure this is updated after each scanning session.



| DATE | PATIENT / MODEL | EXAMINER |
|------|-----------------|----------|
| | Basic | |
| | Intermediate | |
| | Advanced | |
| | Other | |



Practical Exams

The practical exams begin at the end of day two and continue on day three. Like a structured observed clinical exam, the instructor will follow a check list and ask you to demonstrate how you prepare to scan, greet and position the patient, generate the image, problem solve the difficult scan, then clean and put away your machine. If you fail the exam, you will be informed about how many more scans you should do before re-attempting the test. You might have made a minor mistake and be able to retest right away or you may be asked to practice on several more models to make sure you have a concept or skill fully mastered. Note that practical exams count as one scan towards your totals. You are encouraged to ask your instructor to have you practice

for the practical exams during other scans when it is almost time to take test.

Visual Exams

On day three, once all scans are completed, along with practical exams, you will be paired off with an instructor to do the visual exam. There are six modules: cardiac, abdominal free fluid, aorta, 1st TM pregnancy, pneumothorax, and pleural effusion. These are interactive sessions where you watch videos and images and answer questions. This is where you get to see pathology and demonstrate how to incorporate findings into clinical management. The visual exam is also a learning exercise, not just a test.

Should you fail a module, you will review what went wrong and important learning points then be asked to repeat the exam with another instructor.

Expect the entire visual exam to take approximately 2 hours. Since only half the group can take the exam at one time, half will be waiting for the first group to finish. Some people will be completing their scans when others begin the exams. When you have completed your scans, you will notify the director and be given a place in the lineup to take the exams. As instructors become free from supervising scans or exams you will be matched up. The first people to take the exams may finish in the early afternoon. Most participants finish by 1700 but should be prepared to stay longer in case of exam retakes.

Introductory Course Requirements

The way bootcamps are designed is that they combine an introductory course with the all the required scans and exams for CPoCUS certification. These are actually two different things.

i.e. IP Certification = Intro course+ 50 supervised scans (10 lung, 5 male pelvis) + 3 exams.

In the past, most people did an intro course and hopefully found someone later to supervise their determinate scans on patients and volunteers. That could take weeks to months to arrange. But bootcamp wanted to provide a time efficient solution that combined both components of certification in three days for those who had never done a course before. That means combining the scans from an intro course with the scans from certification.

CPoCUS requires that any candidate who wishes to be certified must first complete an introductory course that provides relevant content and hands on exposure to the applications involved. It is expected 5 scans in each area would be achieved in the average course.

So, if you have taken EDE, EDTU, ECCU, or an equivalent course that meets the criteria, then you need only complete the certification scan requirements. For you, EDE Online has been provided to just help prepare for the exams.

However, if you have never taken an introductory course before, then you must review the online material we have provided and complete the intro course hands-on requirements. This means completing 5 additional scans in each application at the bootcamp. These scans can be determinate or indeterminate. In total that means 55 cardiac scans, 15 lung, 10 male pelvic. This isn't as bad as it sounds because these additional scans can be indeterminate or determinate and there is no doubt you will run into some indeterminate scans along the way. You don't have to remember all these numbers. There is a totals sheet that will let you know how many of each scan you still need.

Transvaginal Stations

Whenever possible, EDE Bootcamp provides access to training in transvaginal 1st TM pregnancy scanning. While not required for IP certification, the TV approach is valuable for detecting early pregnancy. You will begin by practicing probe movements and image interpretation on a haptic feedback simulator with real patient videos, then afterwards practice scanning on live models.



CPoCUS Certification

When a participant has successfully completed all required scans and passed all exams, an application for Independent Practitioner Certification is submitted to the Canadian Point of Care Ultrasound Society (CPoCUS.) In approximately 6-8 weeks the participant will receive an email from CPoCUS that provides a link to pay for and download the certificate and CME credits. Initial membership cost is \$25 and the certificate is \$100. For more information about the organization, go to www.cpus.ca.

Planning your days

Expect to start at 0730 and finish at 1730 each day. On day three, most are done by 1700 but some participants who took the longest to complete their scans, or who had to retake exams may finish even later. It is strongly recommended to NOT arrange flights or trains for afternoon departures.

Book your hotel early! Rooms often sell out over the weekend at the bigger hotels. There are several bed and breakfasts available through sites such as AirBnB.

Cancellation Policy

The EDE Bootcamp is very expensive to run and takes hundreds of hours of preparation. Any cancellation requested at least 4 weeks before the first day of the course will be refunded minus a \$300 fee. Any cancellation less than 4 weeks before the first day of the course will receive no refund. Please consider this when registering!

That's a lot to take in!

This all can seem like a lot to remember but don't worry! There will be instructors available at all times to guide you during the workshop and make sure you get the most out of your experience. In the weeks leading up to the workshop you will receive reminder emails and further information.

Thank you again for joining us at EDE Bootcamp!

Please email or call the course director if you have any other questions.