

Laura Cole

Advanced Point-of-care-ultrasound

By the end of the workshop students should be able to:

- Perform lung and pleural space ultrasound for assessment of small volume pneumothoraxes and pleural effusions
- Perform focused echocardiography for subjective assess of left atria:aorta, cardiac contractility, and volume status
- Perform abdominal POCUS for assessment of gall bladder, pancreas and kidneys including assessment of renal pelvis dilation
- Understand the POCUS technique for detection of a pneumoperitoneum

Wellness action plan: How to keep your team happy and healthy

By the end of the lecture delegates should be able to:

- Understand different personality types and learning styles
- Understand the importance of mentorship in the workplace
- Implement a wellness action plan in their practice
- Recognise poor mental wellbeing in themselves and others