LISBON POCUS COURSE

FIVE-DAY PROGRAMME | 11–15 OCTOBER 2027 • ONLINE LEARNING + FOUR DAYS HANDS-ON

DAY 1 MONDAY 11 OCTOBER 2027

ONLINE LEARNING

There are 22 hours of online learning available. We recommend focusing on the topics you are unfamiliar with. You can begin the online learning as soon as you register for the course.

DAY 2 TUESDAY 12 OCTOBER 2027

AAA • FAST • DVT

TIME	SESSION
07:30	Registration
08:00–08:10	Welcome
08:10–08:30	AAA – General overview
08:30–09:50	Practical scanning: AAA
09:50–10:00	AAA Safari
10:00–10:15	**MORNING TEA**
10:15–10:30	FAST – General overview
10:30–11:50	Practical scanning: FAST
11:50–12:00	FAST Safari
12:00–12:45	**LUNCH**
12:50–13:05	DVT – Overview
13:05–14:05	Practical scanning: DVT
14:05–14:15	DVT – Abnormal findings
14:15–14:30	Pictionary

DAY 3 WEDNESDAY 13 OCTOBER 2027

BILIARY • RENAL • PREGNANCY • LUNG

TIME	SESSION
08:00–08:30	Biliary & CBD – General overview
08:30–09:50	Practical scanning: biliary
09:50–10:00	Biliary Safari
10:00–10:15	**MORNING TEA**
10:15–10:30	Renal – General overview
10:30–11:30	Practical scanning: renal

TIME	SESSION
11:30–11:45	Renal Safari
11:45–12:30	**LUNCH**
12:30–12:40	Pregnancy – Overview
12:40–13:50	Practical scanning: pregnancy
13:50–14:10	Lung – General overview
14:10–14:30	Practical scanning: normal lung
14:30–15:20	Group scanning safari: individual, case-based practice

DAY 4 THURSDAY 14 OCTOBER 2027

ECHO

TIME	SESSION
08:30–09:00	ECHO – General overview
09:00–10:20	Practical scanning: PLAX and PSAX views
10:20–10:35	**MORNING TEA**
10:35–10:50	4CV and subcostal views – Overview
10:50–12:10	Practical scanning: 4CV and subcostal views
12:10–12:55	**LUNCH**
12:55–14:15	Practical scanning: putting it all together
14:15–14:30	ECHO Safari

DAY 5 FRIDAY 15 OCTOBER 2027

MUSCULOSKELETAL ULTRASOUND

TIME	SESSION
08:00–08:20	LECTURE 1 | Needle insertion technique – in vs out of plane
08:20–08:50	PRACTICAL 1 | Needle insertion techniques and ultrasound-guided needle visualisation
08:50–09:10	LECTURE 2 | Normal musculoskeletal anatomy: bones, hyaline cartilage, muscles, tendons, ligaments and nerves
09:10–09:40	PRACTICAL 2 | Identification of normal musculoskeletal anatomy
09:40–10:00	LECTURE 3 | Differentiating abscess, cellulitis, cysts and haemorrhage
10:00–10:20	**MORNING TEA**
10:20–10:40	LECTURE 4 | Biceps tendon tears: normal anatomy, partial and complete tears. Supraspinatus tendon: assessing for bursitis
10:40–11:10	PRACTICAL 3 | Assessment of the biceps tendon and supraspinatus
11:10–11:30	LECTURE 5 | Tennis elbow and olecranon bursitis
11:30–12:00	PRACTICAL 4 | Common extensor tendon and olecranon bursa
12:00–13:00	**LUNCH**

TIME	SESSION
13:00–13:20	LECTURE 6 | Achilles tendon rupture and plantar fasciitis
13:20–13:50	PRACTICAL 5 | Assessment of the Achilles tendon and plantar fascia

A practical, case-based programme combining focused teaching with supervised hands-on scanning.