

Introductory MSK Ultrasound course - 14/15th January 2017 - The Ultrasound Site Ltd

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Presenters:

Mr Stuart Wildman MSc, BSc Physiotherapy, HCPC, MCSP, PG Dip. Director of The Ultrasound Site Ltd

Mr Robert Mast BSc Physiotherapy HCPC, MCSP, PgCert Musculoskeletal Sonography

Mr David Baker BSc Physiotherapy HCPC, MCSP, Musculoskeletal Sonographer

Having recently gained a place on a Post Graduate Certificate in Musculoskeletal Ultrasound (MSK US) my objective was to explore the foundation skills of US before the start of the university course. The weekend programme is run by three highly experienced Extended Scope Physiotherapists using MSK US in an outpatient department daily.

Day 1 commenced with a brief but very well structured theoretical component of US. Attention was made to the importance of physics and key terminology used during US examination. The US terminology presented was new to many and therefore a clear benefit, particularly as the descriptions transcended throughout the weekend. The practical element was broken into anatomical parts. Day 1 focussed on the lower limb with emphasis on the scanning planes of the hip, knee and ankle. The rewarding aspect of the practical was the low student numbers. The course organisers make it clear the student numbers are kept low. By doing so every student can pair up thus having more time applying the US skills taught on respective partners. Each lecture provides a clear, succinct evaluation and assessment approach before ample time given for students to practice. The course leaders have clearly thought how best the practical element could be presented. With the use of undergraduate students coming to help out as models, the use of live video links to provide clear images of probe positioning and live US images also conveyed onto large screens the teaching environment is highly rewarding. There was a strong emphasis on keeping the course clinically relevant and evidence based. After each anatomical part is covered further slides presenting both common and uncommon pathological findings are discussed.

Day 2 commenced with a choice for students. Either have time to practice techniques taught from the previous day or listen to a lecture offered by David Baker. The 1 hour lecture focussed on governance issues surrounding US and offered some very useful guidance how clinicians may put together a business case to apply for their own US units in MSK services. As a clinician looking to put a case to my Trust David's knowledge and help in this area was greatly received. The rest of the day focused on the upper limb. A significant proportion of time was rightly allocated to the shoulder as this is the most likely area US

would be applied in the upper limb. The teaching approach was similar to day 1 with plenty of time to practice skills. The course was completed with a succinct evaluation of the 2 days.

I left the weekend course feeling it was undoubtedly worth the time. All 3 presenters have a clear passion for the implementation of US into MSK service provision and teaching other MSK clinicians its value. If as a clinician, you are wishing to learn the fundamentals behind the use of US in clinic or like myself looking to gain a foundation of skills to build upon before the PG Cert I would strongly encourage clinicians to look at this weekend course. Well done to Stuart, Robert and David for the time and dedication put into driving MSK US standards forward.

I would like to thank the MACP for providing me the financial support to attend this course.

Matthew Prout