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# Essential Procedures in Clinical Medicine

## Professional Enrichment Course

### 2020-2021

Course Dates: September 2020—April 2021  
(see specific dates in outline—Thursdays)

Class Years: MS1 and MS2

Course Director: Stephanie Gonzalez, M.D.  
Department of Emergency Medicine

Contact Information: Stephanie Gonzalez, MD  
412-647-9922  
gonzalezsm@upmc.edu

Registration:

No need to pre-register. Workshops will be announced by EM student association coordinators. Be sure to sign in when attending the workshop.

Description:

This 10 session professional enrichment course will introduce students to key procedures in clinical medicine. Many students have had experience with some clinical procedures before medical school or during clinical observation programs. This professional enrichment course, offered in conjunction with the Emergency Medicine Student Association, provides a structured laboratory-style experience for students who wish to have additional opportunities to learn and practice common bedside procedures, under the supervision of experienced faculty and resident facilitators. The first hour of these sessions will be limited to course enrollees and will be taught in small group format. Though many of these skills are also addressed later in required courses in the curriculum, these are fundamental skills that are best developed through repeated exposure and practice – so there is a real benefit to having more than one exposure to these techniques.

Course Objectives:

To practice key procedural skills commonly performed by medical students

- IV insertion
- Phlebotomy
- Simple laceration repair
- Non-invasive Airway Management
- Intubation
- Ultrasound

Requirements:

Participate in 4 out of 10 offered Workshops. (one each of IV & Phlebotomy, Suturing, Airway, Ultrasound).

Supplemental instructional materials will be provided for class by the instructor at the workshops.

## Course Outline

### Essential Procedures in Clinical Medicine

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Stephanie Gonzalez, MD  
Department of Emergency Medicine  
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#### Course Objectives:

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#### Location:

Various locations outlined below. Note: Scaife Hall 5:00-7:00 pm; WISER 5:00-8:00 pm

#### Session 1– Tuesday, September 29, 5p-8pm, WISER Ultrasound Workshop

This session will focus on the FAST (Focused Abdominal Sonography in Trauma) examination. Participants will learn when the FAST exam should be used, review positive and negative findings, and what to do with those findings. The four standard FAST views will be taught in addition to the eFAST (Extended FAST) views.

#### Session 2– Thursday, October 1, 5p-8pm, WISER Ultrasound Workshop

This session will focus on the FAST (Focused Abdominal Sonography in Trauma) examination. Participants will learn when the FAST exam should be used, review positive and negative findings, and what to do with those findings. The four standard FAST views will be taught in addition to the eFAST (Extended FAST) views.

#### Session 3– Thursday, October 15, 5p-7pm, WISER Airway Workshop

Learn indications for airway support.  
Become familiar with multiple non-invasive airway support measures.  
Learn and practice endotracheal intubation on mannequins

#### Session 4 – Thursday, November 12, 5p-7pm, Scaife 3rd Floor Lab Suturing Workshop

Learn indications and contraindications for suturing wounds.  
Practice technique of common suture types on pig's feet .

#### Session 5 – Thursday, December 10, 5p-7pm, Scaife Hall 3rd Floor Lab IV/Phlebotomy Workshop

Learn indications and applications for saline lock insertion.  
Become familiar with potential complications of IV insertion.  
Practice proper technique for IV catheter insertion and phlebotomy on a partner.  
Become familiar with multiple non-invasive airway support measures.  
Learn and practice endotracheal intubation on mannequins

**Session 6, Thursday, January 21, 2021, 5p-7pm, WISER**

**Airway Workshop**

Learn indications for airway support.

Become familiar with multiple non-invasive airway support measures.

Learn and practice endotracheal intubation on mannequins

**Session 7– Thursday, February 4, 2021, 5p-8pm, WISER**

**Ultrasound Workshop**

This session will focus on the FAST (Focused Abdominal Sonography in Trauma) examination. Participants will learn when the FAST exam should be used, review positive and negative findings, and what to do with those findings. The four standard FAST views will be taught in addition to the eFAST (Extended FAST) views.

**Session 8– Tuesday, February 9, 2021, 5p-8pm, WISER**

**Ultrasound Workshop**

**WISER**

This session will focus on the FAST (Focused Abdominal Sonography in Trauma) examination. Participants will learn when the FAST exam should be used, review positive and negative findings, and what to do with those findings. The four standard FAST views will be taught in addition to the eFAST (Extended FAST) views.

**Session 9– Thursday, March 4, 2021, 5p-7pm, Scaife 3rd Floor Lab**

**Suturing Workshop**

Learn indications and contraindications for suturing wounds.

Practice technique of common suture types on pig's feet.

**Session 10– Thursday, April 1, 2021, 5p-7pm, Scaife 3rd Floor Lab**

**IV/Phlebotomy Workshop**

Learn indications and applications for saline lock insertion.

Become familiar with potential complications of IV insertion.

Practice proper technique for IV catheter insertion and phlebotomy on a partner.