



# RACEplus

**Rapid Assessment by Cardiac Echo plus**  
**Lismore, NSW**

**Date:** 12-13 March 2021

**Where:** Lismore, NSW

## Faculty

- Ms Iris Ting
- Dr Louise Cole
- Dr Marek Nalos
- Professor Stephen Huang

*Coordinator:*  
**Dr Myrene Kilminster**  
**Lismore Hospital**

*Organisers:*  
**Lismore Hospital**  
&  
**Nepean Institute of Critical Care**  
**Education & Research, Australia**

## Contact:

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**Registration:**  
<https://niccer.asn.au>

## Introduction

**RACE** (Rapid Assessment by Cardiac Echo) is a transthoracic echocardiography (TTE) course specifically designed for the critical care and acute care physicians. Its objective is to equip physicians in these areas with the skills and knowledge to perform focused bedside TTE so that common cardiac and haemodynamic disorders can be identified quickly. There is a strong focus on HANDS-ON practice in this course.

## Course content

- ✓Left heart function
- ✓Right heart function
- ✓Pericardial effusion and cardiac tamponade
- ✓Intravascular volume (fluid status) assessment

## RACEplus

The content of RACEplus includes:

- ◆ Day 1: Basic (RACE) workshop which is suitable for physicians with little or no prior knowledge of TTE but wish to learn critical care TTE as an extension of their physical examination skills, plus
- ◆ Day 2: extended module that includes:
  - ✓Echo in hypotensive patients
  - ✓Lung ultrasound
  - ✓Focused assessment and feedbacks from instructors
  - ✓Case interpretation workshop

## Accreditations and CME points

RACEplus is a recognized course in CME purpose by various colleges in Australasia & other countries, including CICM, ACEM, ANZCA, RACP, ASUM (RCE), HKCEM and HKCA.

## Reference material

McLean & Huang (eds) *Critical Care Ultrasound Manual*, Elsevier Australia, Sydney, 2012.



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# RACEplus

## Program

### Day 1: RACE

- 0845 Welcome & Introduction to RACE  
0900 Anatomy & TTE views  
0920 Demonstration and image optimization  
0945 **Hands-on I:**
- Image optimization
  - Parasternal views
- 1030 **Morning break**
- 1045 **Hands-on II:**
- Apical views
  - Subcostal views
- 1200 Lecture:
- LV evaluation
  - RV evaluation
- 1300 **Lunch**
- 1345 Lecture:
- Fluid status
  - Pericardial effusion and tamponade
- 1430 **Hands-on III: Performing RACE**
- 1530 **Afternoon break**
- 1545 **Hands-on IV: Performing RACE**
- 1630 End of day 1

### Day 2: RACEplus

- 0900 Case studies (2D and M-mode)  
0930 **Hands-on V: Performing RACE**
- 1030 **Morning break**
- 1045 Echo in hypotensive patients  
1115 Lung ultrasound  
1145 **Hands-on V: Performing RACE**
- 1230 **Lunch**
- 1315 **Focused assessments**
- 1500 **Afternoon break**
- 1520 Case interpretation  
1620 Post-test and evaluation  
1630 Q&A  
1645 Finish