



RACEplus

Rapid Assessment by Cardiac Echo plus
Goulburn, NSW

Date: 27-28 July 2023

Where: Goulburn, NSW

Cost: AUD1,550* (AUD1,700 after 1/7/2023)

Faculty

- Dr Lyndal Russell
- Dr Marek Nalos
- Professor Anthony McLean
- Professor Stephen Huang

Organiser:

**Nepean Institute of Critical Care
Education & Research, Australia**

Contact:

Conference secretary

Ms Lisa Deaman
secretary@niccer.asn.au

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: Intermediate module that includes:
 - ✓Lung ultrasound
 - ✓Echo in hypotensive patients
 - ✓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, 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

0830 Introduction to RACE

0845 Anatomy & TTE views

0915 Hands-on I:

- *Parasternal views*

1015 Morning break

1030 Hands-on II:

- *Apical views*
- *Subcostal views*

1130 Lecture:

- *Left heart evaluation*
- *Right heart evaluation*

1230 Lunch

1315 Lecture:

- *Fluid status*
- *Pericardial effusion and tamponade*

1415 Image optimization demo

1430 Hands-on III: Performing RACE

1515 Afternoon break

1530 Hands-on III: Performing RACE

1630 Summary: Q&A

1630 Finish

Day 2: RACEplus

0900 Case studies (2D and M-mode)

0930 Hands-on IV: Performing RACE

1020 Morning break

1045 Lung ultrasound

1115 Hands-on V: Student-directed

1215 Lunch

1300 Echo in hypotensive patients

1330 Hands-on: Focused assessments with feedbacks

1515 Afternoon break

1530 Case interpretations and reporting

1630 Conclusion