



# RACE<sub>plus</sub>

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

**Date:** 8 – 9 March 2025

**Where:** Astina Suites, Penrith, NSW

**Cost:** AUD1,650\* (AUD1,800 after 10/2/2025)

## Faculty

- Anthony McLean
- Iris Ting
- Keren Mowbray
- Louise Cole
- 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

## RACE<sub>plus</sub>

The content of RACE<sub>plus</sub> 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

RACE<sub>plus</sub> 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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## Tentative Program

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### 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 IV: Performing RACE  
1630 Summary: Q&A  
1630 Finish

### Day 2: RACE<sub>plus</sub>

- 0900 Case studies (2D and M-mode)  
0930 Hands-on V: Performing RACE  
1020 Morning break  
1045 Lung ultrasound  
1115 Hands-on VI: 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