



RACE_{plus}

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

Date: 3-4 May 2025

Where: Holiday Inn Potts Point, Sydney, NSW

Cost: AUD1,650* (early bird) (AUD1,800 from 3 April 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

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The content of RACE_{plus} 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_{plus} 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_{plus}

- 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