



Fairfax Family Practice & Sports Medicine

3650 Joseph Siewick Drive, 4th Floor
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<http://www.fairfaxfamilypractice.com/>



Fairfax Family Practice Center (FFPC) Family Medicine Residency Program Point-of-Care Ultrasonology (POCUS) Resident Track

The FFPC Point-of-Care Ultrasonology Residency Track (aka POCUS Track) aims to provide the family medicine resident with education, training, and exposure to the use of ultrasonography at the point-of-care in the management of patients. This track is meant to exceed the required core education and training in residency. The POCUS track may be pursued by family medicine residents who wish to include a more-developed diagnostic skill set in their scope of their practice, or residents considering a POCUS credential of certification.

Specific aims

- Augmented training in the use of ultrasonology to enhance the medical management of patients at the point-of-care.
- Gain experience performing both the technical and professional components of ultrasonography.
- Clinical exposure to the utility and integration of diagnostic ultrasound in the assessment and management of variety of diseases and ailments:
 - Lungs
 - Echocardiography
 - Abdominal aorta (e.g. AAA screening)
 - Inferior vena cava (IVC)
 - Hepatobiliary
 - Renal and Genitourinary
 - Gastrointestinal
 - Lower extremity deep venous thrombosis (LE DVT)
 - Peripheral vascular access
 - Soft-tissues
 - Limited musculoskeletal
- Seek and foster longitudinal mentoring from POCUS faculty.
- Didactic and practical exposure:
 - Small-group review, training, and practice.
 - POCUS courses and/or workshops.
 - Lectures and workshops with the residency program at large (e.g. noon report).
- Pursue scholarly activity in POCUS:
 - Original research, case studies, case reports, and/or systematic reviews.
 - Podium or Poster presentation(s).
 - Clinical or educational quality improvement projects

- Pulmonology
- Cardiology/Outpatient
- Cardiology/Outpatient
- Cardiology/Inpatient/Outpatient
- Gastroenterology/Surgery/Outpatient
- Nephrology/Urology/Outpatient
- Gastroenterology/Surgery
- Outpatient/Inpatient/Surgery
- ICU/Surgery
- Infectious Disease/Derm./Outpatient
- Ortho., Rheum., or Sports Medicine



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POCUS Track Requirements

1. Declare enrollment in POCUS track by September of PGY-2.
2. Complete the 4 week POCUS elective
2. During elective weeks in sub-specialties, schedule a half-day of POCUS review of relevant topic with a POCUS faculty (e.g. review of genitourinary POCUS during the resident's urology rotation)
 - This should be done for every subspecialty elective or rotation over the R2 and R3 years.
 - The resident is expected to plan for this ahead of time and coordinate the session with the POCUS faculty.
3. Participation in POCUS teaching and training activities for the residency at large.
 - Additional academic opportunities at the direction of POCUS faculty.
4. Presentation of at least two POCUS presentations at noon report.
 - At least one to include critical appraisal/journal article related to POCUS. The other can be an interesting case or any other presentation related to the POCUS subject overall.
 - The lectures should be scheduled with the academic chief and discussed with the POCUS faculty prior to presentation.

Curriculum Overview

The POCUS track includes elective rotations and time devoted to training and practice of POCUS and will help cultivate to the FFPC resident's interest in developing medical knowledge, clinical skills, attitudes, behaviors, and leadership skills important for the practice of family medicine. The FFPC residency program offers its residents journal clubs, sub-specialty rotations, sonography electives, and other clinical rotations. These rotations can be utilized to gain skills and knowledge in POCUS and fulfill the above requirements. Additional reading, organization of small-group POCUS practice sessions, presentations at noon report, and participation in POCUS didactics and workshops will enhance the core experience. The resident is encouraged to use their elective and academic time to develop strong working and mentoring relationships with at least one POCUS faculty member.

Mentoring

The POCUS track resident should identify one POCUS mentor who will guide him or her during residency. Ideally, this POCUS faculty member will have regular contact with the resident throughout residency to provide feedback and guidance regarding the progress of their scholarly activities, and in identifying appropriate elective rotations, and perhaps POCUS-relevant workshops or conferences. This faculty member should periodically review the resident's progress towards developing skills in sonology in primary care. The resident should log all ultrasounds and diagnoses he or she is exposed to, observes, assists with, or performs under appropriate supervision.



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Certification in Ultrasound (Optional)

Although not required, POCUS track residents are encouraged to pursue professional credentials and / or certifications to support their growing expertise in primary care POCUS. The POCUS faculty can be a resource and offer guidance should the resident aspire to attain these credentials.

Scholarly Activity (Optional)

Since all FFPC residents are required to participate in a scholarly activity (SA) approved by the family medicine faculty (SA Research Program Director: Alex Krist, MD, MPH, FAAFP), POCUS track residents may choose to design their SA around a POCUS-relevant topic. The resident is encouraged to conceptualize their SA while they are a PGY-1 (or first quarter of their PGY-2 year), carry out the project in their PGY-2 and PGY-3 years, present the scholarly work locally, regionally and/or nationally, or submit his or her work for publication.