

An introduction to the use of Ultrasound in the assessment of MSK injuries

20th London Musculoskeletal Ultrasound Skills Course

A ground-breaking practical course, featuring pre-course lectures online, live demos, 'hands-on' skills stations, and pathologies at iMac workstations, organised by Infomed, on **Thursday 23 and Friday 24 January 2020**, at the Park Plaza County Hall Hotel, 1 Addington Street, London SE1 7RY

This course provides
12 CPD credits
in accordance with the
CPD Scheme of the Royal
College of Radiologists
(plus up to 3 CPD credits – online learning)

Course Director

Dr David Elias, Consultant Radiologist,
King's College Hospital, London

The Course Faculty

- Dr Shayan Ahmed, Consultant in Radiology, King's College Hospital, London
- Dr Mahdi Alosert, Consultant in Emergency Medicine
- Dr Syed Babar, Consultant Radiologist, Imperial College Healthcare NHS Trust, London
- Dr Bhavna Batohi, Consultant MSK Radiologist, King's College Hospital, London
- Dr Otto Chan, Consultant Radiologist, Whittington and London Independent Hospitals
- Mr James Dent, Sonographer, King's College Hospital, London
- Dr Shez Hussain, Consultant Radiologist, Royal Berkshire Hospital NHS Foundation Trust
- Ms Elspeth McKinnon, Clinical Specialist Sonographer, King's College Hospital, London
- Mr Stephen Moore, Clinical Specialist Sonographer, King's College Hospital, London
- Dr Keshthra Satchi, Consultant Radiologist, King's College Hospital, London

Target Audience

The course is designed for clinicians new to MSK US, including: Radiologists Orthopaedic Surgeons Rheumatologists Emergency Physicians Sports Medicine Physicians Sport Physiotherapist Physiotherapist

About this revised Course

- Knowledge and practical skills will be gained by a mixture of **pre-course on-line lectures, demos, skills stations, and iMac workstations for pathology recognition.**
- Pre-course online access to lectures** (video and slides), covering anatomy and pathologies on shoulder, elbow, wrist and hand, hip, knee, and ankle and foot. **The online lectures are required viewing before the course**
- Short review lectures and live demos on the day**
- Hands-on** ultrasound learning and practice at **Skills Stations** under the supervision of experts in MSK imaging
- Cases, including pathology recognition at iMac workstations.**
- No knowledge of ultrasound knobology or techniques is assumed

Learning Outcomes

The Course is essentially an introduction to US imaging and techniques for assessing MSK injuries – a first step towards further MSK US training. The participants:

- Acquire a basic understanding of the physics, technology, instrumentation and techniques in MSK US
- Learn to recognise normal MSK anatomy under US
- Learn to identify sonographic image appearance commonly associated with key MSK pathologies
- Observe and practise ultrasound examination of each joint in different planes, covering shoulder, elbow, wrist and hand, hip, knee, and ankle and foot



This course carries
1 Credit Point (Category 2)
towards the
ESSR Diploma

Course equipment and support provided by:



PHILIPS

Ultrasound

Day 1

08.30 – 09.30 **Registration**

09.30 – 09.45 **Welcome and introduction**

09.45 – 10.15

Option 1: Lecture

for those with ultrasound experience

Ultrasound of Groin Hernias

Dr David Elias

- Sonographic techniques for identifying inguinal and femoral hernias
- Reviewing the role of ultrasound for groin hernias
- Sports hernias

Option 2:

for those with little or no practical ultrasound experience

Ultrasound machine setup/knobology

- Setting up the scanner
- Probe selection
- Orientation
- Scanning technique
- Changing settings to optimise image (depth, gain, etc.)

10.15 – 10.30

Shoulder Ultrasound Demo

10.30 – 12.30

Shoulder Ultrasound Skills Stations

Attendees divide into groups. Each group rotates through different skills stations for hands-on learning and practice under expert supervision. Skills stations cover:

- Biceps Tendon.
Subcapularis.
- Supraspinatus.
Infraspinatus/Teres minor.
Dynamic Impingement.
- Posterior Joint/Spinoglenoid notch.
AC Joint.
- Shoulder pathology recognition (iMac workstations).

includes a **tea and coffee break** (20 minutes)

12.30 – 13.20 **Lunch**

13.20 – 13.35

Elbow Ultrasound Demo

13.35 – 14.55

Elbow Ultrasound Skills Stations

Attendees, in groups, rotate through skills stations, which cover:

- Common extensor tendon and radial collateral ligament.
Common flexor tendon and ulnar collateral ligament.
- Distal Biceps tendon.
- Synovitis and joint effusion.
Distal triceps and olecranon bursa.
Ulnar nerve and subluxation.
Radial nerve and deep branch.
- Elbow pathology recognition (iMac workstations).

14.55 – 15.10

Wrist and Hand US Demo

15.10 – 15.30 **Tea and Coffee Break**

15.30 – 17.10

Wrist and Hand Skills Stations

Attendees again divide into groups, each group rotating through different skills stations. The stations cover:

- Carpal Tunnel and Guyons canal.
Finger flexor tendons and pulleys.
- Extensor Compartments at the wrist.
Extensor tendons in the fingers.
Collateral ligaments.
- Inflammatory arthritis screen.
- Wrist and hand pathology recognition (iMac workstations).

17.10 – 17.15

Collection of Day One Feedback

17.15

Close

Day 2

08.30 – 09.30 **Registration**

09.30 – 09.45

Hip and Knee Demo

09.45 – 11.55

Hip and Knee Skills Stations

Attendees, in groups, rotate through skills stations covering:

- Knee extensor mechanism.
Knee MCL and medial joint line.
Knee lateral ligament structures and lateral joint line.
- Hip joint and iliopsoas.
Hip abductors.
- Knee popliteal fossa and pes anserinus.
Hip hamstring origin and sciatic nerve.
- Hip and knee pathology recognition (iMac workstations).

includes a **tea and coffee break** (20 minutes)

11.55 – 12.10

Ankle & Foot Demo

12.10 – 13.00 **Lunch**

13.00 – 14.50

Ankle and Foot Skills Stations

Attendees, in groups, rotate through skills stations covering:

- Achilles and calf muscles.
Plantar fascia.
- Peroneal tendons.
Medial tendons and tarsal tunnel.
Anterior tendons and dorsalis pedis.
- Ankle and midfoot joints.
Forefoot – Morton's neuroma and MTPJs.
- Foot and ankle pathology recognition (iMac workstations).

14.50 – 15.10 **Tea and Coffee Break**

15.10 – 15.50

USS Interventional Techniques

Dr Otto Chan, Consultant Radiologist,
Whittington and London Independent Hospitals

- Standard and unusual techniques
- Essential information
- MDT approach
- Value of post-injection physio and rehab

15.50 – 16.50

USS Interventional Techniques

Skills stations covering:

- Practise on phantoms.
- Practical tips.
- Access in difficult patients.

16.50 – 17.00

Collection of Feedback and Certificates of Attendance

17.00 **Close**

The regular MSK Faculty 2019 - 2020

Dr David Elias is a Consultant MSK Radiologist who has worked at King's College Hospital, London, since 2001. He trained in radiology at the Royal London Hospital and then completed a one year fellowship programme in musculoskeletal imaging in Toronto, Canada. His interests include patellofemoral joint imaging (on which he has several peer reviewed publications), hand and wrist imaging and sports injury imaging.

Dr Keshthra Satchi is a Consultant Radiologist at King's College Hospital, London, with particular interest in musculoskeletal breast imaging.

Dr Syed Babar is a Consultant Radiologist with a keen interest in Musculoskeletal Ultrasound and Orthopedic Imaging. He is also an honorary senior lecturer at Imperial College London and Lead for Musculoskeletal at Imperial Healthcare NHS Trust. He teaches in Ultrasound at various radiology courses in London and abroad.

Dr Otto Chan is a leading Consultant Radiologist, well known in the UK and internationally, with extensive experience in all aspects of GI, thoracic radiology, Emergency radiology and MSK/Sports Medicine, including all aspects of MSK intervention. He has published widely and is author and editor of many radiology books.

Dr Chandani Thorning is a Consultant MSK Radiologist at Epsom and St Helier University Hospitals NHS Trust. She trained at St Mary's Hospital, Imperial College NHS Trust, and completed an MRI fellowship at St Mary's Hospital, London. She was a Consultant Radiologist at East Surrey Hospital for several years before starting at Epsom and St Helier in September 2015.

Dr Lisa Meacock is a Consultant Radiologist, King's College Hospital, London. Her special interests include MSK imaging and trauma imaging. She is the Radiology lead for trauma imaging for The South East London, Kent and Medway Trauma Network.

Dr Leonard King is a Consultant Musculoskeletal Radiologist at Southampton University Hospitals. He trained in Diagnostic imaging at the Barts Hospital in London and completed a one year Fellowship in Magnetic Resonance Imaging at Chelsea and Westminster Hospital. Special interests include trauma and sports imaging. He is a former Army Consultant Adviser in Radiology and Editor of the "ABC of Imaging in Trauma".

Dr Elizabeth Dick is a Consultant Radiologist and Hon Senior Lecturer at Imperial College Healthcare NHS Trust with expertise in MSK, Trauma Radiology and Body MRI, subjects upon which she has published and lectured nationally and internationally. She is a keen teacher, has published several books and a CD Rom for training Radiologists, and taught on numerous UK postgraduate courses to medical and paramedical specialists.

Dr Waseem Mazrani is a Consultant Radiologist with special interest in MSK Radiology at St Richard's Hospital, Chichester. He trained at Barts and The London NHS Trust. He completed an MSK fellowship at the University of Toronto, Canada.

Dr Mohamed Elsayad is a Consultant Radiologist with a special interest in musculoskeletal and gastrointestinal imaging at Queen's Hospital in East London. He trained in diagnostic imaging at Sheffield Teaching Hospital and Guy's and St Thomas'. He completed a year of combined fellowship at the NOC in Oxford and RNOH in Stanmore. He is a keen teacher and has taught on multiple post graduate courses. His interests include sports medicine and the utility of micro bubble contrast ultrasound in diagnostic imaging.

✓ **Live demos on stage** (with Ultrasound images on second screen)



Pre-course learning materials

The course builds on the London MSK Ultrasound Skills Course that has been running with great success since 2010. The programme is revised with a view to:

- allowing participants to view lectures online (video and slides) at their leisure **before** the course (and for revision after the course); and
- allowing **much more time for 'hands-on' learning and practice** on the course days proper

NB The online lectures are **required viewing** before the course

Course website

The screenshot shows the infomed website interface. At the top, it says "Accredited Courses for Consultants, SAS and Doctors in Training" and "For bookings: You can book online or call +44(0)20 3236 0810". Below this is a navigation menu with options like "Courses", "By Specialty", "Faculty", "Travel and Hotel", "General Information", "About us", "Contact us", "My Account", and "Logout". A warning message states: "Hey there! This Page is visible to you as an administrator, but it will be restricted for guests and non-members. Only members of the following plans will be able to access it normally: London MSK Ultrasound Course Video Presentations or London MSK Ultrasound Course Video Presentations - April 2018". The main content area displays a grid of video thumbnails for various lectures:

- London MSK US Course - David Elias - Introduction (22 mins)
- London MSK US Course - Syed Babar - Shoulder US (42 mins)
- London MSK US Course - Chandani Thorning - Elbow US (33 mins)
- London MSK US Course - Lisa Meacock - Hand & Wrist US (30 mins)

The online lectures

- Introduction to MSK US:** Dr David Elias (22 mins).
- Shoulder Ultrasound:** Dr Syed Babar (42 mins).
- Elbow US:** Dr Chandani Thorning (33 minutes).
- Hand & Wrist US:** Dr Lisa Meacock (30 mins).
- Ultrasound and Synovitis:** Dr David Elias (23 mins).
- Hip Ultrasound:** Dr Leonard King (28 mins).
- Knee Ultrasound:** Dr Leonard King (23 mins).
- Foot & Ankle Ultrasound:** Dr Keshthra Satchi (18 mins).

The online lectures are **required viewing** before the course:

- After booking, the participant will receive a link, username and password, allowing online access for up to six months after the course.
- After viewing, the participant can save and/or print an Online Learning Certificate (3 hours).
- On the course days proper, participants will have opportunities to ask questions during the Review sessions before each practical session.

Introduction to MSK Ultrasound: Dr David Elias

The slide is titled "London MSK Ultrasound Course" and features the infomed logo. It contains two ultrasound images. The top image is labeled "Frequency 11MHz" and has a bullet point: "Higher frequency improves near field resolution but decreases penetration". The bottom image is labeled "Frequency 7MHz" and shows a diagram of a shoulder joint with a pink box highlighting a specific area. A small inset video shows Dr David Elias presenting.

Shoulder Ultrasound: Dr Syed Babar

The slide is titled "London MSK Ultrasound Course" and features the infomed logo. It shows a 3D anatomical model of a shoulder joint and an ultrasound image of the shoulder. The text "Longitudinal / Long axis" is displayed. A small inset video shows Dr Syed Babar presenting.

Knee Ultrasound: Dr Leonard King

The slide is titled "London MSK Ultrasound Course" and features the infomed logo. It focuses on the "Medial Collateral Ligament". It includes a list of findings:

- Acute injury
 - oedema
 - thickening
 - discontinuity
- Chronic injury
 - Pellegrini Stieda
 - scarring
 - calcification
 - deep MCL
- MCL (Voshell's) bursa
- US guided injection

A small inset video shows Dr Leonard King presenting.

Hand and Wrist Ultrasound: Dr Lisa Meacock

The slide is titled "London MSK Ultrasound Course" and features the infomed logo. It shows an ultrasound image of a hand/wrist and a corresponding anatomical diagram of the hand/wrist with colored structures. A small inset video shows Dr Lisa Meacock presenting.

BOOKING FORM

20th London Musculoskeletal Ultrasound Skills Course

on Thursday 23 and Friday 24 January 2020,
at the Park Plaza County Hall Hotel,
1 Addington Street, London SE1 7RY

COURSE FEE

NHS:

£525 (inc. VAT) for both days

Private sector:

£695 (inc. VAT) for both days

Course fee includes password-protected access to lectures online, lunch and refreshments, and attendance certificate.

How To Book

You can **BOOK ONLINE** at: www.infomedltd.co.uk
or **BOOK OVER THE PHONE** on **020 3236 0810**.

Alternatively, complete delegate and payment details, below, and post to:

Infomed Research & Training Ltd,
Suite 2, Langford House,
7-7A High Street,
Chislehurst BR7 5AB

Confirmation, venue details and receipt will follow by email.
General queries: e-mail courses@infomedltd.co.uk.

DELEGATE DETAILS

Title First Name

Surname

Job Title

Hospital

Address for correspondence Home Hospital

.....

.....

.....

Post Code Country

Tel

Email *

* Required for confirmation

Special needs and special dietary requirements

.....

YOUR EXPERIENCE

For the Practical Sessions, attendees divide into groups, each group rotating through different skills stations. With a view to more effective teaching and learning at the skills stations, delegates will be grouped by level of experience.

So as to be assigned to an appropriate group, **please** tick **one** of the following:

- I have some practical experience in MSK Ultrasound.
 I have some practical experience in Ultrasound, but **not** MSK Ultrasound.
 I have little or no practical experience in Ultrasound.

PAYMENT DETAILS

Please charge my credit/debit card with the sum of £

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Card holder name (exactly as it appears on the card):

.....

Card Number

/ /

Valid From / Expiry Date /

CVV Number

(i.e. the last 3 digits on central signature strip on reverse side of the card)

Billing name

Billing address

.....

Signature

Find enclosed a cheque for the amount of £..... made payable to **Infomed Research and Training Limited**.

By **BACS**: Barclays Bank, Bromley Branch,
167 High Street, Bromley, Kent BR1 1NL,
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TERMS AND CONDITIONS

1) The subscription fee includes password protected web access to faculty presentations, lunch and refreshments. 2) The completed booking form together with full payment must be sent to Infomed Research and Training Limited to secure a booking. Submission of this booking constitutes a legally binding agreement. 3) Payment must be received in full prior to the event. Course details will be issued subject to receipt of payment. We cannot be held responsible for the non-arrival of registration information. If you have not heard from us within 7 days prior to the Course, please contact us. 4) Bookings can be made by telephone but payment must be made in full by credit card at time of booking. 5) Written cancellations received 6 weeks prior to the Course will be accepted and refunded minus an administration charge of £70. We regret that no refunds can be made for cancellations received after that date, for whatever reason, although substitutions will be accepted if notified in writing 5 days or more prior to the event. 6) The Company reserves the right to alter the date, content and timing of the programme or the identity of the speakers due to reasons beyond its control. Under these circumstances, The Company will not refund delegates any expenditure made on pre-booked accommodation or travelling. 7) The Company does not accept responsibility for loss/damage delegates' property/personal effects whilst at the Course.

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