

Course Curriculum

Welcome To Urgent Care Bootcamp



Introduction to Urgent Care Bootcamp

The Practice Of Urgent Care



The Practice of Urgent Care

Antibiotic Stewardship

The Art of the Presentation

Efficient and Effective Charting

Safe ED Referrals

Shared Decision Making

Sports Physical

Work-Related Injuries

Clinical Approach



Common Chief Complaints

Abdominal Pain

Altered Mental Status

Anorectal Complaints

Acute Chest Pain

Dizziness

Headache

Kidney Stones

Low Back Pain

Shortness of Breath

Syncope

Testicular Pain

Vaginal Bleeding (3 Parts)

General Approach

Needles in the Haystack

Everyday Bread and Butter

Vomiting and Diarrhea (2 Parts)

Vomiting and Diarrhea (Part 1)

Vomiting and Diarrhea (Part 2)



Clinical Approach (continued)



Common Infections

- Mononucleosis
- Sexually Transmitted Infections
- Skin and Soft Tissue Infections
 - Abscesses
 - Cellulitis
 - Animal Bites
 - Diabetic Foot Infections
 - Flesh Eating Bacteria
 - Skin Infections: Key Points
- Upper Respiratory Illness
- Urinary Tract Infection



Dermatology

- Approach to Rashes
- Blisters
- Contact Dermatitis
- Eczema
- Infestations and Bites
- Psoriasis
- Tinea
- Topical Steroids
- Wound Care
- Minor Burns



Ears, Nose, Throat

- Dental Pain
- Ear Pain
- Epistaxis
- Seasonal Allergies



Eyes

- Approach to Eye Emergencies
- Painful Red Eye
- Acute Vision Loss
- Eye Trauma
- Everyday Bread and Butter



Clinical Approach (continued)



Neurology

- Neuro Exam Review
- Stroke and TIA
- Non-stroke Causes of Neuro Deficits
- Seizures
- Spinal Cord Pathology



Pediatrics

- Pediatric Fever
- Urinary Tract Infections
- Otitis Media
- Upper Respiratory Tract Infections
- Pediatric Viral Exanthems
- Pediatric Respiratory Presentations
- Croup, Bronchiolitis, and Asthma
- Pediatric Gastrointestinal Complaints
- Newborn Presentations, Diaper Rash, and Thrush
- Pediatric Neurologic Presentations
- Pediatric Trauma
- The Inconsolable Child
- BRUE
- Child Abuse
- Analgesia and Procedural Sedation



Trauma

- Overview of Approach to Trauma
- Head Trauma
- Facial Trauma
- Neck and Spine Trauma
- Chest Trauma
- Abdominal Injuries
- Extremity Injuries



Procedural Fundamentals



Anesthesia

Anatomical Nerve Blocks

- Tips and Tricks
- Dental: Anterior Superior Alveolar
- Dental: Middle Superior Alveolar
- Dental: Posterior Superior Alveolar
- Dental: Gow-Gates
- Dental: Supraperiosteal
- Digital
- Ear/Auricular
- Infraorbital
- Mental
- Supraorbital

Ultrasound-guided Regional Nerve Blocks

- Infraclavicular Brachial Plexus
- Interscalene Brachial Plexus
- Supraclavicular Brachial Plexus
- Forearm Median
- Forearm Radial
- Forearm Ulnar
- Upper Arm Median
- Upper Arm Radial
- Upper Arm Ulnar
- Tibial



HEENT

Dental

- Dental Fracture Repair
- Dental Splinting

Nasal

- Epistaxis: Introduction
- Anterior Epistaxis: Initial Steps, Topical Vasoconstrictor & External Compression
- Anterior Epistaxis: Nasal Anesthesia & Anterior Nasal Examination
- Anterior Epistaxis: Cautery
- Anterior Epistaxis: Balloon Device
- Anterior Epistaxis: Nasal Tampon
- Posterior Epistaxis: Foley Balloon
- Posterior Epistaxis: Balloon Device

Procedural Fundamentals (continued)



HEENT (continued)

Ophthalmology

- Introduction to Ophthalmologic Procedures
- Visual Acuity Exam
- Ophthalmoscope Exam
- Fluorescein Exam
- Slit Lamp Exam
- Tonometry Exam
- Retracting and Everting the Eyelid
- Foreign Body Removal



Soft Tissue

- Standard Incision and Drainage
- Loop Drainage
- Paronychia
- Felon
- Ingrown Nail Removal
- Subungual Hematoma



Lacerations

- Wound Prep
- Wounds That Shouldn't Be Closed
- Non-Suturing Techniques
 - Skin Adhesive Glue
 - Skin Tape
 - Staples
- Suturing Techniques
 - General Suturing Techniques / Instrument Tie
 - Simple Interrupted
 - Deep Dermal
 - Horizontal Mattress
 - Corner Stitch
 - Vertical Mattress
 - Elliptical Cut with Undermining
 - Dog Ear Correction
 - Figure 8 Stitch for Hemostasis
- Suture Removal
- Staple Removal



Procedural Fundamentals (continued)



Ultrasound

Ultrasound Transducer Basics

Biliary (2 Parts)

Gallbladder Ultrasound

Biliary: Abnormal Findings

Bladder Ultrasound (bladder volume)

Cardiac (4 Parts)

Cardiac Ultrasound (PS)

Cardiac Ultrasound (SC)

Cardiac Ultrasound (SN)

Cardiac: Abnormal Findings

FAST (6 Parts)

FAST: Ultrasound Image Optimization

FAST: Right Upper Quadrant

FAST: Left Upper Quadrant

FAST: Male Pelvis

FAST: Female Pelvis

FAST: Abnormal Findings

Kidney (3 Parts)

Right Kidney Ultrasound

Left Kidney Ultrasound

Renal: Abnormal Findings

Lung (2 Parts)

Lung Ultrasound

Lung: Abnormal Findings

Vascular (2 Parts)

Abdominal Aorta Ultrasound (female)

IVC Ultrasound



Musculoskeletal

Joint Arthrocentesis

Arthrocentesis Tips & Tricks

Ankle Arthrocentesis

Elbow Arthrocentesis

Knee Arthrocentesis

Shoulder Arthrocentesis

Wrist Arthrocentesis



Procedural Fundamentals (continued)



Musculoskeletal (continued)

Joint Reduction

- Digit
- Elbow
- Radial Head Subluxation "Nursemaid's"
- Shoulder
- Ankle
- Knee
- Patellar
- Hip

X-ray Interpretation

- General Radiographic Principles
- Hand
- Wrist
- Forearm
- Elbow
- Humerus
- Shoulder
- Foot
- Ankle
- Tibia and Fibula
- Knee
- Femur and Hip
- Pelvis
- Lumbosacral and Thoracic Spine
- Cervical Spine

Splinting

- Basic Wetting Techniques
- Splinting Tips and Tricks
- Finger Splints
- Thumb Spica
- Volar
- Ulnar Gutter
- Sugar-Tong Forearm
- Long Arm Posterior
- Sugar-Tong Humerus / Double Sugar-Tong
- Knee Immobilizer / Medial-Lateral Strut
- Short Leg Posterior
- Long Leg Posterior
- U-Splint/Stirrup
- Ankle Wraps and Semirigid Orthosis



Procedural Fundamentals (continued)



Musculoskeletal (continued)

Ring Removal

String-Wrap Technique

String-Wrap Technique: Oxygen Mask Strap

Ring Cutter: Manual Cutting Disk

Ring Cutter: Electric/Dremel

Tungsten: Locking Pliers Technique



Pulmonary

Chest X-ray (Part 1)

Chest X-ray (Part 2)



Pediatrics

Foreign Body Removal: Nose

Foreign Body Removal: Ear

Urine Catheterization



ECG Interpretation

Basic ECG Interpretation

ECG Workshop

Common STEMI Patterns

Subtle-Ts

STEMI Equivalents

STEMI Mimics (3 Parts)

STEMI Mimics (Part 1)

STEMI Mimics (Part 2)

STEMI Mimics (Part 3)

Pulmonary Embolism

Syncope (4 Parts)

Syncope (Case 1)

Syncope (Case 2)

Syncope (Case 3)

Syncope (Case 4)

