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
- 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
**HEENT (continued)**

Ophthalmology
- Introduction to Ophthalmologic Procedures
- Visual Acuity Exam
- Ophthalmoscope Exam
- Fluorescein Exam
- Slit Lamp Exam
- Tonometry Exam
- Retracting and Evertting 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
**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
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)