

2019 AMALG

Basic Musculoskeletal Ultrasound Course

Oct. 22-23
Alvor
Portugal



AMALG - ASSOCIAÇÃO MÉDICA ALGARVE

ORGANIZATION COMMITTEE

Director of the course - Nuno Fernandes

Institutional organizer - Algarve Medical Association - AMALG

Scientific sponsorship - NEDAI – SMPI

Scientific Board - Nuno Fernandes, Esperanza Naredo, Jacqueline Uson, Ingrid Möller

Sponsor - NOVARTIS

GENERAL INFORMATION

Course dates - **Opening** Tuesday, October 22, 2019 | **Closing** Wednesday, October 23, 2019

Course level - **Basic** - 20 participants

Course venue - **Pestana Delfim Beach & Golf Hotel ******

Director of the Course - **Nuno Fernandes** | E-mail: nunfern@gmail.com

Organization Secretariat - **Algarve Medical Association – AMALG** | Email: geral@amalg.org

EDUCATIONAL OBJECTIVES

- Ultrasound physics and technology
- Sonographic pattern of the different musculoskeletal tissues
- MSUS artifacts and pitfalls
- Standard sonographic scans of the shoulder, elbow, wrist and hand, hip, knee, ankle and foot
- Holding the probe and optimizing the grey-scale settings of the sonographic system
- Image documentation
- Reporting ultrasound findings and diagnosis
- Finding basic ultrasound pathologies: joint synovitis, joint effusion, synovial hypertrophy, bursitis, tenosynovitis
- Basics of Color and Power Doppler application to detect synovial and enthesitis inflammation.
- Practical handling of the ultrasound system settings
- Supervised identification of the musculoskeletal system tissues and structures
- Supervised standard scanning of the shoulder, elbow, wrist, hand, hip, knee, ankle and foot
- Supervised identification of the basic musculoskeletal lesions in patients with rheumatological disorders
- Supervised assessment of the basic ultrasound symptoms of inflammation severity in grades

TIMETABLE

TUESDAY, OCTOBER 22, 2019

8:30 - 9:00 COURSE OPENING AND INAUGURAL LECTURE - Nuno Fernandes

1. Opening ceremony - Invitation on behalf of organizing committee, introduction of scientific board and tutors.
2. Past, present and future of the musculoskeletal sonography in rheumatology.

9:00 - 10:00 THEORY SESSION I - Esperanza Naredo

What should be known about MSUS before starting scanning.

1. Physical background of ultrasonography. Role of settings in adjusting of image quality.
How to choose the correct ultrasound system for the rheumatology purposes.
2. Ultrasound image of particular musculoskeletal tissues (muscles, tendons, ligaments, vessels).
Artefacts in MSKUS. Part I.
3. Ultrasound image of particular musculoskeletal tissues (joint capsule, synovial membrane, synovial bursas, synovial recesses, synovial fluid, nerves, cartilages, bone outlines). Artefacts in MSKUS. Part II.

10:00 - 11:00 PRACTICE SESSION I

First contact with the ultrasound scanner. How to deal with ultrasound image. Normal ultrasound image of musculoskeletal structures. Technique of measurements. Documentation for disease monitoring.

11:00 - 11:30 Coffee Break

11:30 - 12:10 THEORY SESSION II - Jacqueline Uson

Knee

Sonoanatomy of the knee. Basic pathologies on ultrasonography.

12:10 - 13:10 PRACTICE SESSION II

Scanning technique: knee.

Scanning supervised by tutors: scanning schema, normal sonoanatomy of the knee.

13:10 - 14:30 Lunch

14:30 - 15:10 THEORY SESSION III - Ingrid Möller

Shoulder

Sonoanatomy of the shoulder. Basic pathologies on ultrasonography.

15:10 - 16:10 PRACTICE SESSION III

Scanning technique: shoulder.

Scanning supervised by tutors: scanning schema, normal sonoanatomy of the shoulder.

16:10 - 16:40 Coffee Break

16:40 - 17:20 THEORY SESSION IV - Ingrid Möller

Elbow and hip.

Sonoanatomy of the hip and elbow. Basic pathologies on ultrasonography.

17:20 - 18:20 PRACTICE SESSION IV

Scanning technique: hip and elbow.

Scanning supervised by tutors: scanning schema, normal sonoanatomy of the hip and elbow.

19:30 - 22:30 Dinner

WEDNESDAY, OCTOBER 23, 2019

8:30 - 9:10 THEORY SESSION V - Esperanza Naredo

Hand and wrist.

Sonoanatomy of the hand and wrist. Basic pathologies on ultrasonography.

9:10 - 9:40 THEORY SESSION VI - Jacqueline Uson

Foot and ankle.

Sonoanatomy of the foot and ankle. Basic pathologies on ultrasonography.

9:40 - 11:10 PRACTICE SESSION V & PRACTISE SESSION VI

Scanning technique: hand and wrist & Scanning technique: foot and ankle.

Scanning supervised by tutors:

- Scanning schema, normal sonoanatomy of the hand and wrist. (45 min)
- Scanning schema, normal sonoanatomy of the foot and ankle. (45 min)

11:10 - 11:40 Coffee Break

11:40 - 13:10 THEORY SESSION VII - Esperanza Naredo

Synovitis in B-mode and Power/Color Doppler Ultrasonography

1. Swelling of the synovial tissue and joint effusion. Evaluation of severity in grades.
2. Vascularity – role of Power/Color Doppler Ultrasonography in the diagnostic of arthritis and evaluation of arthritis activity.
3. Tenosynovitis, tendonitis and enthesopathy on ultrasonography.

13:10 - 14:10 Lunch

14:10 - 16:10 PRACTICE SESSION VII. PART ONE.

Scanning upper extremity of patients with joint inflammation.

Scanning supervised by tutors: upper extremity. Assessment of joints structures and synovitis activity.

16:10 - 16:40 Coffee Break

16:40 - 18:40 PRACTICE SESSION VII. PART TWO.

Scanning lower extremity of patients with joint inflammation.

Scanning supervised by tutors: lower extremity. Assessment of joints structures and synovitis activity.

18:40 - 19:30 CLOSING CEREMONY

Nuno Fernandes, Esperanza Naredo, Jacqueline Uson and Ingrid Möller

1. Ultrasonography in daily rheumatology practice – open discussion.
2. Quiz: recognizing of normal musculoskeletal structures and basic rheumatology pathologies.
3. Presenting of certificates.
4. Official closing of the course.

USEFUL INFORMATION

Congress venue:

Pestana Delfim Beach & Golf Hotel ****

Praia dos Três Irmãos, Alvor
8501-904 Portimão, Portugal
phone: +351 282 400 800

Registration form:

<https://forms.gle/KqvDaLFhY5Zw1hPe6>

Contacts:

Nuno Fernandes - nunfern@gmail.com | +351964685597

AMALG - geral@amalg.org

Sponsorship



Scientific sponsorship

