



23<sup>rd</sup> - 25<sup>th</sup> June 2023 (Friday - Sunday)

Saturday, 24 June 2023 • 16:50 - 18:50

## Workshop 2

# Introductory Workshop: Hands-on Point-of-care Ultrasound (POCUS) for Doctors



### Dr. Thomas M.C. DAO

MBBS(HK), MSc(CUHK), LL.M(MEL) (Distinction), FRACGP, FHKCFP, FHKAM (Family Medicine)  
*Associate Consultant, Department of Family Medicine and Primary Health Care  
Kowloon West Cluster, Hospital Authority*

Dr. Dao is a Family Medicine specialist working in a general outpatient clinic as a Doctor-in-charge. He is also a part-time lecturer at the Chinese University of Hong Kong (CUHK) and an honorary clinical assistant professor at the University of Hong Kong (HKU). After graduation, he further pursued a Master of Science degree in Diagnostic Ultrasonography at CUHK and a Master of Laws degree with distinction in Medical Ethics and Law at HKU. He also obtained the testamur status of the National Board of Echocardiography in Special Competence in Adult Echocardiography (ASCEXAM). He currently serves as the Co-chairman of the Young Doctors Committee, and the Coordinator of the POCUS Interest Group under the Board of Education in the College. He has a strong interest in developing bedside ultrasonography and echocardiography services in primary care settings.

Point-of-care Ultrasound (POCUS) has gained increased popularity among primary care doctors in recent years. It is now considered a next-generation stethoscope that allows clinicians to see through the organs to detect abnormalities, complementing traditional physical examination techniques. POCUS has the advantage of providing quick information to clinicians for making important diagnostic and treatment decisions at the bedside. There are vast applications of POCUS in primary care, and many cases have been shared in the POCUS Corner in our College publication FP Link.

This workshop is intended for colleagues with no or little experience in abdominal ultrasound, or those who wish to revisit the basic skills of POCUS. It consists of a 30-minute seminar, followed by a 90-minute small group of hands-on ultrasound scanning led by experienced POCUS colleagues.

The following topics will be covered in the workshop:

1. Basic principles of ultrasound
2. Indications of POCUS in primary care
3. Strengths and limitations of POCUS
4. Image optimization
5. Essential scanning techniques of liver, gallbladder and kidneys