MSK Ultrasound Guided Injection Training Course

GULF COAST BIOLOGICS
TRAINING & EDUCATION CENTER

INSTRUCTOR: Karen Rea MSN, FNP-BC

Training location: Gulf Coast Biologics
4331 Veronica S Shoemaker Blvd,
Fort Myers, FL 33916

**May 31st &
June 1st, 2024**

COURSE OBJECTIVES

- Develop proficiency in advanced musculoskeletal ultrasound imaging techniques for precise visualization of anatomical structures relevant to regenerative medicine injections.
- Understand the principles and mechanisms of action behind various regenerative injection therapies, including platelet-rich plasma (PRP) and progenitor stem cell therapy.
- Master the art of needle placement and trajectory adjustments under ultrasound guidance to optimize accuracy and efficacy of injections.
- Enhance anatomical knowledge and spatial awareness to identify target areas for injections while avoiding critical structures.
- Gain proficiency in advanced injection techniques for challenging anatomical regions and pathologies, such as tendons, ligaments, joints, and soft tissue structures.
- Learn strategies for patient positioning and probe manipulation to optimize ultrasound imaging and needle visualization during injections.
- Explore advanced injection protocols and treatment algorithms tailored to specific musculoskeletal conditions, including tendonitis, osteoarthritis, ligament injuries, and more.
- Analyze and interpret ultrasound findings to guide clinical decision-making and treatment planning in regenerative medicine injections.

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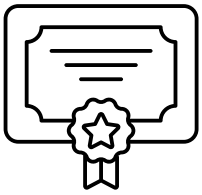
COURSE OBJECTIVES CONTINUED

- Incorporate evidence-based practices and emerging technologies into injection therapies for improved patient outcomes and safety.
- Participate in hands-on workshops and live demonstrations to refine injection techniques under the guidance of experienced practitioners.
- Foster interdisciplinary collaboration and communication skills to facilitate comprehensive patient care and multidisciplinary treatment approaches.
- Demonstrate proficiency in performing advanced musculoskeletal ultrasound-guided injections through practical assessments and case-based scenarios.
- Apply ethical and legal considerations in the practice of regenerative medicine injections, including informed consent, patient education, and documentation.



Upon completion of the course, receive continuing education credits and a certificate of proficiency, acknowledging your expertise in musculoskeletal ultrasound-guided injection techniques.

ACCREDITATION STATEMENT

In support of improving patient care, this activity has been planned and implemented by Albert Einstein College of Medicine-Montefiore Medical Center and Gulf Coast Biologics.

Albert Einstein College of Medicine-Montefiore Medical Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

CREDIT DESIGNATION STATEMENT

Albert Einstein College of Medicine – Montefiore Medical Centerdesignates this live activity for a maximum

TBD AMA PRA Category 1 Credits™.

Physicians should claim only credit commensurate with the extent of their participation in this activity.

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TRAINING AGENDA

Friday Schedule

Time	Location	Topic
8:00 - 9:00	Vendor Hall	**Breakfast**
9:00 - 9:30	Auditorium	**Ultrasound Basics**, Orientation of transducer, ultrasound terminology.
9:30 - 10:30	Auditorium	**Knee**: Review visually guided ultrasound injections, normal anatomy and common pathologies conditions. U/S guided: superolateral, anterolateral, anteromedial approach. Medial and lateral approach to knee for evaluation (medial meniscus, MCL, lateral meniscus, LCL, IT band) and injection.
10:30 - 10:45	Vendor Hall	**Break**
10:45 - 12:00	Auditorium	**Knee**: Practice hands on scanning and U/S guided injections.
12:00 - 1:00	Vendor Hall	**Lunch**
1:00 - 3:00	Auditorium	**Shoulder and Elbow**: Review visually guided ultrasound injections, conditions, common pathologies. **Elbow**: lateral and medial epicondylitis, elbow joint injection U/S guided **Shoulder**: U/S guided: Lateral subacromial, Biceps tendon, PGH, AC joint and labrum tears. Diagnostic ultrasound for visually guided evaluation of anterior notch/transverse ligament, subscapularis, supraspinatus, and infraspinatus.
3:00 - 3:15	Vendor Hall	**Break**
3:15 - 5:00	Auditorium	**Shoulder and Elbow**: Practice hands on scanning and U/S guided injections.

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TRAINING AGENDA

Saturday Schedule

Time	Location	Topic
8:00 - 9:00	Vendor Hall	**Breakfast**
9:00 - 10:30	Auditorium	**Hip:** Review visually guided ultrasound injections and common pathologies conditions. U/S guided: greater trochanter, lateral intra-articular, and anterior intra-articular approach.
10:30 - 10:45	Vendor Hall	**Break**
10:45 - 12:00	Auditorium	**Hip**: Practice hands on scanning and U/S guided injections.
12:00 - 1:00	Vendor Hall	**Lunch**
1:00 - 2:00	Auditorium	Practice hands on scanning for Knee, Shoulder, Elbow, and Hip joints on **Live Models**. Practice identifying landmarks and common pathologies for each joint including evaluation of soft tissue pathologies and findings.
2:00 - 2:30	Auditorium	**Lecture:** Dr. Everts will present Significance of Orthobiological Formulation
2:30 - 3:00	Auditorium	**Lecture:** Dr. Podesta will present Nuances of Treatment Application
3:00 - 3:15	Vendor Hall	**Break**
3:15 - 3:45	Auditorium	**Demonstration:** Biological Preparation and Validation
3:45 - 5:00	Auditorium	**Demonstration**: Live Model Ultrasound Guided Orthobiologic Injection
5:00 - 5:30	Auditorium	**Closing**

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TRAINING HIGHLIGHTS

Meet Your Instructor
Karen Rea MSN, FNP-BC

Karen Rea is a board certified Nurse Practitioner. She is certified in Pain Management by American Academy of Procedural Medicine (AAOPM). She is an Associate Member of American Academy of Regenerative Medicine. She has worked in nursing for over 25 years in all areas of healthcare. Specializing in regenerative medicine, visually guided MSK injections, pain management, sports medicine, and rehabilitation.

Dr. Peter Everts PhD, FRSM
Significance of Orthobiological Formulation

Peter Everts, Chief Scientific Officer, Gulf Coast Biologics, specializes in research and scientific publications in regenerative orthobiologics.

Dr. Luga Podesta MD
Nuances of Treatment Application

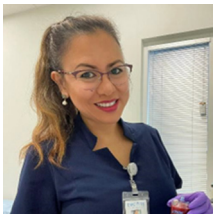
Luga Podesta, MD, Director of Regenerative Orthopedics & Sports Medicine Bluetail Medical Group-Naples, specializes in advanced non-surgical cell based orthobiologic and image guided treatments.

Live Demonstrations

Live product demonstration consisting of preparation and validation of Platelet-Rich Plasma (PRP) biologic formulation. Live patient demonstration of ultrasound guided injection procedure.

Ewa Profiruk
Clinical Support Specialist

Leslie Aja RDMS, RVT, RMSKS
Clinical Ultrasound Educator



Heidi Colombo RN
Clinical Nurse Educator

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