

MSK Ultrasound Guided Injection Training Course



INSTRUCTOR: Karen Rea, MSN, FNP-BC

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

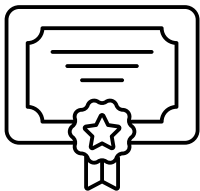
**May 31st &
June 1st, 2024**

COURSE OBJECTIVES

- Develop proficiency in advanced musculoskeletal (MSK) ultrasound imaging techniques for precise visualization of anatomical structures relevant to regenerative medicine injections.
- Discuss 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.
- Practice advanced injection techniques for challenging anatomical regions and pathologies, such as tendons, ligaments, joints, and soft tissue structures.
- Discuss 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.

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.

Montefiore

CREDIT DESIGNATION STATEMENT

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

13 AMA PRA Category 1 Credits™.

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



Albert Einstein College of Medicine

TRAINING AGENDA

Friday Schedule

Time	Location	Topic
8:00 – 9:00	Vendor Hall	Breakfast
9:00 – 9:30	Auditorium	Ultrasound Basics, Karen Rea, MSN, FNP-BC: Orientation of transducer, ultrasound terminology.
9:30 – 10:30	Auditorium	Knee, Karen Rea, MSN, FNP-BC: Review visually guided ultrasound injections, normal anatomy and common pathologies conditions. Ultrasound 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, Karen Rea, MSN, FNP-BC: Practice hands on scanning and ultrasound guided injections.
12:00 – 1:00	Vendor Hall	Lunch
1:00 – 3:00	Auditorium	Shoulder and Elbow, Karen Rea, MSN, FNP-BC: Review visually guided ultrasound injections, conditions, common pathologies. Elbow: lateral and medial epicondylitis, elbow joint injection ultrasound guided Shoulder: Ultrasound 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, Karen Rea, MSN, FNP-BC: Practice hands on scanning and ultrasound guided injections.



TRAINING AGENDA

Saturday Schedule

Time	Location	Topic
8:00 – 9:00	Vendor Hall	Breakfast
9:00 – 10:30	Auditorium	Hip, Karen Rea, MSN, FNP-BC: Review visually guided ultrasound injections and common pathologies conditions. Ultrasound guided: greater trochanter, lateral intra-articular, and anterior intra-articular approach.
10:30 – 10:45	Vendor Hall	Break
10:45 – 12:00	Auditorium	Hip, Karen Rea, MSN, FNP-BC: Practice hands on scanning and Ultrasound guided injections.
12:00 – 1:00	Vendor Hall	Lunch
1:00 – 2:00	Auditorium	Karen Rea, MSN, FNP-BC: 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: Peter Everts, PhD, FRSM will present Significance of Orthobiological Formulation
2:30 – 3:00	Auditorium	Lecture: Luga Podesta, MD will present Nuances of Treatment Application
3:00 – 3:15	Vendor Hall	Break
3:15 – 4:00	Auditorium	Demonstration: Ewa Profiruk, Heidi Colombo, RN, Biological Preparation and Validation
4:00 – 5:30	Auditorium	Demonstration: Karen Rea, MSN, FNP-BC, Leslie Aja RDMS, RVT, RMSKS, Live Model Ultrasound Guided Orthobiologic Injection
5:30	Auditorium	Closing



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TRAINER 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.

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.

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

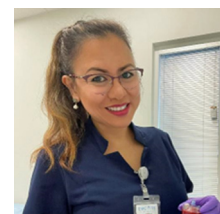
Live product demonstration consisting of preparation and validation of Platelet-Rich Plasma (PRP) biologic formulation. Live patient demonstration of ultrasound guided injection procedure.



Ewa Profiruk
Clinical Support Specialist



Leslie Aja, RDMS, RVT, RMSKS
Clinical Ultrasound Educator



Heidi Colombo, RN
Clinical Nurse Educator

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