



## Introduction


 Introduction to Urgent Care Bootcamp

## The Practice of Urgent Care

 **The Practice of Urgent Care**  
Antibiotic Stewardship  
Efficient and Effective Charting  
Safe ED Referrals  
Shared Decision Making  
Sports Physical  
The Art of the Presentation

## Clinical Approach

 **Cardiovascular**  
Asymptomatic Elevated Blood Pressure

 **Common Chief Complaints**  
Abdominal Pain  
Acute Chest Pain  
Altered Mental Status  
Anorectal Complaints  
Dizziness  
Headache  
Kidney Stones  
Low Back Pain  
Shortness of Breath  
Syncope  
Testicular Pain  
**Vaginal Bleeding**  
Bread and Butter  
General Approach  
Needles in the Haystack

## **Vomiting and Diarrhea**

Bread and Bitter

General Overview



## **Common Infections**

Lyme Disease & Tick Bites

Mononucleosis

Upper Respiratory Illness

Urinary Tract Infection

## **Skin and Soft Tissue Infections**

Abscesses

Animal Bites

Cellulitis

Diabetic Foot Infections

Flesh Eating Bacteria

Key Points

## **Sexually Transmitted Infections**

Can't Miss

Everyday Bread & Butter: Discharge

Everyday Bread & Butter: Lesions

Special Populations



## **Dermatology**

Approach to Rashes

Blisters

Contact Dermatitis

Eczema

Infestations and Bites

Minor Burns

Psoriasis

Tinea

Topical Steroids

Wound Care



## **Ears, Nose, Throat**

Dental Pain

Ear Pain

Epistaxis

Seasonal Allergies



## Eyes

- Acute Vision Loss
- Approach to Eye Emergencies
- Everyday Bread and Butter
- Eye Trauma
- Painful Red Eye



## Musculoskeletal

- Ankle
- Extremity Injuries
- Hand: Fractures
- Hand: Ligament and Tendon Injuries
- Knee
- Shoulder: Evaluation
- Shoulder: Management and Cases
- Wrist: Evaluation and Management
- Wrist: Cases



## Neurology

- Neuro Exam Review
- Non-stroke Causes of Neuro Deficits
- Seizures
- Spinal Cord Pathology
- Stroke and TIA



## Pediatrics

- Analgesia and Procedural Sedation
- BRUE
- Child Abuse
- Croup, Bronchiolitis, and Asthma
- Fever
- Gastrointestinal Complaints
- Neurologic Presentations
- Newborn Presentations, Diaper Rash, and Thrush
- Otitis Media
- Respiratory Presentations
- The Inconsolable Child
- Trauma

Upper Respiratory Tract Infections  
Urinary Tract Infections  
Viral Exanthems



## **Trauma**

Abdominal Injuries  
Chest Trauma  
Facial Trauma  
Head Trauma  
Neck and Spine Trauma  
Overview of Approach to Trauma



## **Occupational Medicine**

Infectious Body Fluid Exposures  
Occupational Medicine Tips & Tricks  
Overuse & Repetitive Motion Injuries  
Tuberculosis Testing  
Work-Related Injuries

# **Procedural Fundamentals**



## **Anesthesia**

### **Anatomical Nerve Blocks**

Digital  
Ear/Auricular  
Infraorbital  
Mental  
Nerve Blocks for Headaches  
Supraorbital  
Tips and Tricks  
Dental: Anterior Superior Alveolar  
Dental: Gow-Gates  
Dental: Middle Superior Alveolar  
Dental: Posterior Superior Alveolar  
Dental: Supraperiosteal

### **Ultrasound-guided Regional Nerve Blocks**

Forearm Median  
Forearm Radial  
Forearm Ulnar

- Infraclavicular Brachial Plexus
- Interscalene Brachial Plexus
- Supraclavicular Brachial Plexus
- Tibial
- Upper Arm Median
- Upper Arm Radial
- Upper Arm Ulnar



## **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

### **Ophthalmology**

- Introduction to Ophthalmologic Procedures
- Fluorescein Exam
- Foreign Body Removal: Eye
- Ophthalmoscope Exam
- Retracting and Everting the Eyelid
- Slit Lamp Exam
- Tonometry Exam
- Visual Acuity Exam



## **Pediatrics**

- Foreign Body Removal: Nose
- Foreign Body Removal: Ear
- Urine Catheterization



## **Soft Tissue**

- Standard Incision and Drainage
- Loop Drainage

Paronychia  
Felon  
Ingrown Nail Removal  
Subungual Hematoma



## **Lacerations**

Skin Adhesive Glue  
Skin Tape  
Staples  
Wound Prep  
Wounds That Shouldn't Be Closed

### **Suturing Techniques**

Corner Stitch  
Deep Dermal  
Dog Ear Correction  
Elliptical Cut with Undermining  
Figure 8 Stitch for Hemostasis  
General Suturing Techniques/Instrument Tie  
Horizontal Mattress  
Nail Bed Laceration  
Scalp Lacs: Suture, Staple, & Hair Apposition  
Simple Interrupted  
Staple Removal  
Suture Removal  
Vertical Mattress



## **Ultrasound**

Ultrasound Transducer Basics

### **Biliary**

Abnormal Findings  
Gallbladder Ultrasound

### **Cardiac**

Abnormal Findings  
Cardiac Ultrasound (PS)  
Cardiac Ultrasound (SC)  
Cardiac Ultrasound (SN)

### **FAST**

Abnormal Findings

Female Pelvis  
Left Upper Quadrant  
Male Pelvis  
Right Upper Quadrant  
Ultrasound Image Optimization

### **Kidney and Bladder**

Bladder Ultrasound (bladder volume)  
Left Kidney Ultrasound  
Right Kidney Ultrasound  
Renal: Abnormal Findings

### **Lung**

Abnormal Findings  
Ultrasound

### **Vascular**

Abdominal Aorta Ultrasound (female)  
IVC Ultrasound



## **Musculoskeletal**

### **Joint Arthrocentesis**

Arthrocentesis Tips & Tricks  
Ankle  
Elbow  
Knee  
Shoulder  
Wrist

### **Joint Reduction**

Ankle  
Digit  
Elbow  
Hip  
Knee  
Patellar  
Radial Head Subluxation “Nursemaid’s”  
Shoulder

### **Ring Removal**

Ring Cutter: Electric/Dremel  
Ring Cutter: Manual Cutting Disk  
String-Wrap Technique

String-Wrap Technique: Oxygen Mask Strap

Tungsten: Locking Pliers Technique

### **Splinting**

Ankle Wraps and Semirigid Orthosis

Basic Wetting Techniques

Finger Splints

Knee Immobilizer/Medial-Lateral Strut

Long Arm Posterior

Long Leg Posterior

Short Leg Posterior

Splinting Tips and Tricks

Sugar-Tong Forearm

Sugar-Tong Humerus/Double Sugar-Tong

Thumb Spica

Ulnar Gutter

U-Splint/Stirrup

Volar

### **X-ray Interpretation**

Ankle

Cervical Spine

Elbow

Femur and Hip

Foot

Forearm

General Radiographic Principles

Hand

Humerus

Knee

Lumbosacral and Thoracic Spine

Pelvis

Shoulder

Tibia and Fibula

Wrist



### **Pulmonary**

Chest X-ray (Part 1)

Chest X-ray (Part 2)





## **ECG Interpretation**

Basic ECG Interpretation

Common STEMI Patterns

Subtle-Ts

STEMI Equivalents

### **STEMI Mimics**

Part 1

Part 2

Part 3

Pulmonary Embolism

### **Syncope**

Case 1

Case 2

Case 3

Case 4