

Introduction



Introduction to Urgent Care Bootcamp

The Practice of Urgent Care



The Practice of Urgent Care

- Antibiotic Stewardship
- The Art of the Presentation
- Efficient and Effective Charting
- Safe ED Referrals
- Shared Decision Making
- Sports Physical

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: General Approach
- Vaginal Bleeding: Needles in the Haystack
- Vaginal Bleeding: Everyday Bread and Butter
- Vomiting and Diarrhea (Part 1)
- Vomiting and Diarrhea (Part 2)



Common Infections

Mononucleosis

Sexually Transmitted Infections

Upper Respiratory Illness

Urinary Tract Infection

Abscesses

Cellulitis

Animal Bites

Diabetic Foot Infections

Flesh Eating Bacteria

Skin Infections: Key Points

Sexually Transmitted Infections: Can't Miss

Sexually Transmitted Infections: Everyday Bread & Butter: Lesions

Sexually Transmitted Infections: Everyday Bread & Butter: Discharge

Sexually Transmitted Infections: 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

Approach to Eye Emergencies

Painful Red Eye

Acute Vision Loss

Eye Trauma

Everyday Bread and Butter



Neurology

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



Pediatrics

Pediatric Fever
Urinary Tract Infections
Otitis Media
Upper Respiratory Tract Infections
Pediatric Viral Exanthems
Pediatrics Respiratory Presentations
Croup, Bronchiolitis, and Asthma
Pediatric Gastrointestinal Complaints
Newborn Presentations, Diaper Rash, and Thrush
Pediatric Neurologic Presentations
Pediatric Trauma
The Inconsolable Child
BRUE
Child Abuse
Analgesia and Procedural Sedation



Trauma

Overview of Approach to Trauma
Head Trauma
Facial Trauma
Neck and Spine Trauma
Chest Trauma
Abdominal Injuries
Extremity Injuries
Common MSK Injuries: Ankle
Common MSK Injuries: Knee
Common MSK Injuries: Shoulder: Evaluation
Common MSK Injuries: Shoulder: Management and Cases
Common MSK Injuries: Wrist: Evaluation and Management
Common MSK Injuries: Wrist: Cases



Occupational Medicine

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

Procedural Fundamentals



Anesthesia

- Tips and Tricks
- Dental: Anterior Superior Alveolar
- Dental: Middle Superior Alveolar
- Dental: Posterior Superior Alveolar
- Dental: Gow-Gates
- Dental: Supraperiosteal
- Digital
- Auricular/Ear
- Infraorbital
- Mental
- Supraorbital
- Nerve Blocks for Headaches
- Infraclavicular Brachial Plexus
- Interscalene Brachial Plexus
- Supraclavicular Brachial Plexus
- Forearm Median
- Forearm Radial
- Forearm Ulnar
- Upper Arm Median
- Upper Arm Radial
- Upper Arm Ulnar
- Tibial



ECG Interpretation

- Basic ECG Interpretation
- Common STEMI Patterns
- Subtle-Ts
- STEMI Equivalents
- STEMI Mimics (Part 1)

STEMI Mimics (Part 2)

STEMI Mimics (Part 3)

Pulmonary Embolism

Syncope (Case 1)

Syncope (Case 2)

Syncope (Case 3)

Syncope (Case 4)



HEENT

Dental Fracture Repair

Dental Splinting

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

Introduction to Ophthalmologic Procedures

Visual Acuity Exam

Ophthalmoscope Exam

Fluorescein Exam

Slit Lamp Exam

Tonometry Exam

Retracting and Everting the Eyelid

Foreign Body Removal: Eye



Lacerations

Wound Prep

Wounds That Shouldn't Be Closed

Skin Adhesive Glue

Skin Tape

Staples

General Suturing Techniques/Instrument Tie

Simple Interrupted

Deep Dermal

Horizontal Mattress

Corner Stitch

Vertical Mattress
Elliptical Cut with Undermining
Dog Ear Correction
Figure 8 Stitch for Hemostasis
Suture Removal
Staple Removal
Scalp Lacs: Suture, Staple, & Hair Apposition



Musculoskeletal

Arthrocentesis Tips & Tricks
Ankle Arthrocentesis
Elbow Arthrocentesis
Knee Arthrocentesis
Shoulder Arthrocentesis
Wrist Arthrocentesis
Digit
Elbow
Radial Head Subluxation "Nursemaid's"
Shoulder
Ankle
Knee
Patellar
Hip
Basic Wetting Techniques
Splinting Tips and Tricks
Finger Splints
Thumb Spica
Volar
Ulnar Gutter
Sugar-Tong Forearm
Long Arm Posterior
Sugar-Tong Humerus/Double Sugar-Tong
Knee Immobilizer/Medial-Lateral Strut
Short Leg Posterior
Long Leg Posterior
U-Splint/Stirrup
Ankle Wraps and Semirigid Orthosis
String-Wrap Technique
String-Wrap Technique: Oxygen Mask Strap

Ring Cutter: Manual Cutting Disk
Ring Cutter: Electric/Dremel
Tungsten: Locking Pliers Technique
General Radiographic Principles
Hand
Wrist
Forearm
Elbow
Humerus
Shoulder
Foot
Ankle
Tibia and Fibula
Knee
Femur and Hip
Pelvis
Lumbosacral and Thoracic Spine
Cervical Spine



Pediatrics

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



Pulmonary

Chest X-ray (Part 1)
Chest X-ray (Part 2)



Soft Tissue

Standard Incision and Drainage
Loop Drainage
Paronychia
Felon
Ingrown Nail Removal
Subungual Hematoma



Ultrasound

Ultrasound Transducer Basics
Gallbladder Ultrasound
Biliary: Abnormal Findings

Bladder Ultrasound (bladder volume)
Cardiac Ultrasound (PS)
Cardiac Ultrasound (SC)
Cardiac Ultrasound (SN)
Cardiac: Abnormal Findings
FAST: Ultrasound Image Optimization
FAST: Right Upper Quadrant
FAST: Left Upper Quadrant
FAST: Male Pelvis
FAST: Female Pelvis
FAST: Abnormal Findings
Right Kidney Ultrasound
Left Kidney Ultrasound
Renal: Abnormal Findings
Lung Ultrasound
Lung: Abnormal Findings
Abdominal Aorta Ultrasound (female)
IVC Ultrasound