

Author: prof Fikri M. Abu- Zidan

Bedside extended focused assessment sonography for trauma training for undergraduate medical students

Background: Extended Focused Assessment Sonography for Trauma (EFAST) is important in evaluating multiple trauma patients.

Aim: We aim to report our recent experience in bedside teaching of EFAST for undergraduate medical students.

Methods: 105 fifth and sixth year medical students of the UAE University were trained on performing EFAST on trauma patients in Al-Ain Hospital during the period of October 2014 to June 2015 by an Acute Care Surgeon having 27-year experience in point-of-care ultrasound. Bedside Training included a 4-hour round with groups of 3-6 students each. Training did not affect the patient management, was performed on stable patients in the ward during the tertiary survey as an extension of the clinical examination after patients were orally consented to be examined by the students according to our educational standards. Training included understanding the basic physics, knobology, and artifacts. Students were then trained to perform EFAST on patients to find intra-peritoneal, pleural, and pericardiac fluid; and pneumothorax in 8 points. An audit structured questionnaire was distributed to the students after finishing each session.

Results: The students could quickly grasp the principles of EFAST and perform it in an efficient organized way in about 5-10 minutes. Students highly enjoyed the training, thought it should be integrated in their curriculum, and were enthusiastic in including ultrasound in their future practice.

Conclusions: Undergraduate medical students can efficiently learn EFAST in the clinical setting which is advised to be included in their undergraduate curriculum.