

## Train-the-Trainer Workshop for Ultrasound Educators Chiclana, Andalusia, Costa de la Luz (ES)

**Day 1: Thursday March 22<sup>nd</sup> 2018**

| Time  | Content  | Speaker   |
|-------|--|---|
| 15:30 | Reception / Small group distribution / Handouts  |   |
| 15:45 | Introduction and Overview: Training Concept and rationale<br>Course design fostering understanding & retention for US Courses<br><b>Live-Demo:</b> Approaches to qualify ultrasound tutors   | Hofer   |
| 16:15 | <b>Hands-on instructional exercises</b><br>targeted, quick visualization of abdominal standard sections<br>1) probe position and identification of standard section<br>2) plus demo of dynamic handling of the probe, plus:<br>3) explanation of B-Mode-image and steering of patient's breath       | <b>Faculty -<br/>Trainer:</b><br>Hofer, Hogrebe,<br>Weiss, Jannusch |
| 17:30 | <b>Coffee Break</b>  |   |
| 17:45 | Hints for audiovisually synchronized explanation of sonographic image details - <b>Live-Demonstration</b>  | Hofer   |
| 18:00 | <b>Hands-on instructional exercises</b> on frozen US-images<br>learning supporting identification of targeted structures<br>1) circle precise location with trackball, while:<br>2) exact shape of targeted lesion (linear, oval, triangular..)<br>3) echogenicity (in-/homogeneous, hypo/-erechoic) | Trainer   |
| 19:15 | <b>Intermittend summary</b> / preparational hints for the next day   | Hofer   |

**Day 2: Friday March 23<sup>rd</sup> 2018**

|                     |  |         |
|---------------------|--|---------|
| 10:00               | Didactic effective demonstration of sonographic algorithms   | Hofer   |
| 10:15               | <b>Live-Demonstration:</b> suggestion for content/time-ratio<br>and how to focus course participants' attention  | Hofer   |
| 10:30               | <b>Hands-on instructional exercises</b><br>Demonstration of sonographic algorithms with models<br>Strategy of small, easy to digest steps, step-by-step approach | Trainer |
| 11:45               | <b>Coffee Break</b>  |         |
| 12:00               | Drawing of 2D-standard sections 1-6 and CDS flow profiles 1-3<br>Time-saving sketching strategies (< 1 min. in perfection)                                       | Hofer   |
| 12:15<br>-<br>13:00 | <b>Hands-on drawing exercises</b><br>in time-restricted, efficient approaches  | Trainer |

Suggestion to prepare the afternoon:

If you do not master yet all standard sections and flow profiles,  
please exercise repeated times, until you can draw them correctly by heart  
within 1 minute / each image, thank you.

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**Day 2 continued: Friday, March 23<sup>rd</sup> 2018**

| Time   | Content   | Speaker |
|--|---|---------|
| 16:30  | <b>Live-Demonstration:</b> precise work orders<br>steering techniques for hands-on exercises in small groups  | Hofer   |
| 17:00  | <b>Hands-on presentation exercises</b><br>with active involvement of course participants<br>Exchange of trainees and ultrasound model,<br>constructive & individual Feedback to enhance motivation / buy-in | Trainer |
| 18:00  | US-sketches: 2D-standard sections 7-12 & CDS flow profiles 4-5  | Hofer   |
| 18:15  | <b>Coffee Break</b>   |         |
| 18:30  | <b>Feedback strategies</b> for participants` sketches (time-restricted)   | Hofer   |
| 18:45  | 180° - Feedback on participants` sketches<br><b>Hands-on feedback exercises</b> (< 1 min./group)<br>1) 2D-standard sections No. 1-15<br>2) CDS flow profiles No. 1-5  | Trainer |
| 19:30  | <b>Didactic techniques to visualize US-Topics on whiteboards</b>  | Hofer   |
| 19:45  | <b>Assignment / homework:</b> prepare an audiovisually synchronized explanation of your own US-Topic on whiteboards, e.g.: cyst criteria, artifacts, IVC-collaps or inflow pattern of portal veine...       | Trainer |
| <b>Day 3: Saturday, March 24<sup>th</sup> 2018</b> |   |         |
| 10:00  | <b>Hands-on visualization exercises</b> on whiteboards, e.g.: cyst criteria, artifacts, IVC-collaps or inflow pattern of portal veine   | Trainer |
| 11:00  | Introduction to standardized assessment in an OSCE-format   | Hofer   |
| 11:15  | <b>Hands-on assessment exercises I:</b> Basic abdominal US courses<br>Role of assessors, scoring criteria<br>Precise work orders<br>Kinds and time of possible interventions                                | Trainer |
| 12:00  | <b>Coffee Break</b>   |         |
| 12:15  | <b>Hands-on assessment exercises II:</b> CDS US courses<br>Role of assessors, scoring criteria<br>Precise work orders<br>Kinds and time of possible interventions   | Trainer |
| 13:00<br>-<br>13:20                                | How can ppt-slide-design foster understanding and retention in case presentations and theoretical parts of US courses?<br>Suggestions, do`s and common mistakes / pitfalls                                  | Hofer   |

*For the afternoon:*

Please bring your own laptop with VGA-port (or VGA-adapter for MAC-laptops)  
and modify your prepared own **short** presentation of an ultrasound topic,  
(Length of your exemplary talk: approx. 5-7 min., max. 10 ppt-slides).

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**Day 3: Saturday, March 23<sup>th</sup> 2018**

| Time   | Content  | Speaker          |
|--|--|------------------|
| 16:30  | Questioning techniques for interactive presentations<br>(on higher cognitive level – but without embarrassing side-effects)  | Hofer            |
| 17:00  | <b>Live-Demo</b> interactive case presentations in ultrasound courses  | Hofer            |
| 17:15  | <b>Hands-on presentation exercises I</b><br>Of your own, ppt-based ultrasound topic presentation (free choice)<br>Exemplary part of max. 5-7 minutes<br>with Video-supported Feedback by the trainer<br>(application of previously discussed and reflected techniques) | TTT-<br>Trainees |
| 18:00  | Last break prior to be certified...!   |                  |
| 18:15  | <b>Hands-on presentation exercises II</b><br><br>With active involvement of your US course participants<br>(e.g. with quiz-cases, summaries etc.)  | TTT-<br>Trainees |
| 19:15  | <b>Workshop-Evaluation forms</b> (to be completed)   |                  |
| <b>End of workshop 19:30</b><br><b>Handing out of certificates</b> |  |                  |

**Veranstalter:** MEDIDAK Publishing GmbH, CH 6060 Sarnen, Switzerland  
Marburger Bund Stiftung, Berlin - in cooperation with  
Medical Education Group at Heinrich-Heine-University Düsseldorf, Germany

**Faculty:** Ass. Prof. Matthias Hofer, M.D., MME, Diagnostic Radiologist  
Cotrainer: D. Weiss, K. Jannusch, I. Stetter, A. Högbe

**Venue:** Golfclub Iberostar Royal, Loma de St. Petri / ES - 11139 Chiclana (Cádiz),

**Accomodat.:** Organized by course participants individually

**Preparation:** 55 short video clips in „Sono-Grundkurs“ and CDS-Teaching Manual  
15 Standard Sections Ultrasound + 5 CDS Flow profiles,  
(trainees are expected to master them in advance)

Own short ppt-based presentation of an ultrasound topic (~ 5-7 min, ≤ 10 slides),  
please bring own laptop with VGA-port or VGA-adapter to connect with beamer