



## **Focused assessment with Sonography in Trauma**

### **FAST**

### **INTRODUCTION**

- Trauma is still the leading cause of death in the first 4 decades of life in developed world
- One third of deaths from trauma are preventable<sup>1</sup>
- Haemorrhage is the commonest cause of preventable death.
- Abdomen and Chest commonest sites of occult haemorrhage.

The objective of the FAST exam is to detect free intraperitoneal and peri-cardial fluid in the setting of trauma. The cardiac windows are especially critical in penetrating trauma. In advanced applications of the FAST exam, pleural fluid and other signs of thoracic injury can be assessed as well.

### **Course Contents**

1. FAST Indications (Scenarios)

2. US Machine orientation
3. Knobology
4. Working with Probes and transducers
5. FAST Technique
6. Adjusting the image
7. Artifacts
8. Assessment ( MCQ's/ Image Quiz/Practical)

### **Skills (US views)**

1. Perihepatic
2. Perisplenic
3. Pelvic
4. Pericardial
5. Pleural (20)
6. Fluid status