

Urgent Care Bootcamp

Course Curriculum



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: Initial Evaluation

Vaginal Bleeding: Urgent Causes

Vaginal Bleeding & Vaginitis: Common Causes

Vomiting and Diarrhea: Initial Evaluation

Vomiting and Diarrhea: Common Causes



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
Skin and Soft Tissue Infections: Key Points

Sexually Transmitted Infections

Pelvic Inflammatory Disease
Gonorrhea, Chlamydia, NGU, and Vaginitis
Genital Lesions
Sexual Assault Survivor PEP and HIV PEP



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
Common Ocular Conditions



Musculoskeletal

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



Neurology

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



Pediatrics

Fever
Urinary Tract Infections
Otitis Media
Upper Respiratory Tract Infections
Viral Exanthems
Respiratory Presentations
Croup, Bronchiolitis, and Asthma
Gastrointestinal Complaints
Newborn Presentations, Diaper Rash, and Thrush
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



Occupational Medicine

Occupational Medicine Tips & Tricks

Infectious Body Fluid Exposures

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

Felon
Foreign Body Removal: Skin
Ingrown Nail Removal
Loop Drainage
Paronychia

Standard Incision and Drainage

Subungual Hematoma



Lacerations

Wounds That Shouldn't Be Closed

Wound Prep

Skin Adhesive Glue

Skin Tape

Staples

Suturing Techniques

General Suturing Techniques / Instrument Tie

Corner Stitch

Deep Dermal

Dog Ear Correction

Elliptical Cut with Undermining

Inverse Figure 8 Stitch

Horizontal Mattress

Nail Bed Laceration

Scalp Lacs: Suture, Staple, & Hair Apposition

Simple Interrupted

Staple Removal

Suture Removal

Vertical Mattress



Ultrasound

Ultrasound Transducer Basics

Biliary

Gallbladder Ultrasound

Abnormal Findings

Cardiac

Cardiac Ultrasound (PS)

Cardiac Ultrasound (SC)

Cardiac Ultrasound (SN)

Abnormal Findings

Kidney and Bladder

Bladder Ultrasound (bladder volume)

Left Kidney Ultrasound

Right Kidney Ultrasound

Renal: Abnormal Findings

Lung

- Ultrasound

- Abnormal Findings

Vascular

- Abdominal Aorta Ultrasound (female)

- IVC Ultrasound

FAST

- RUQ Exam + Basic Techniques

- Right Upper Quadrant

- Left Upper Quadrant

- Male Pelvis

- Female Pelvis

- Abnormal Findings



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

- String-Wrap Technique

- String-Wrap Technique: Oxygen Mask Strap

- Ring Cutter: Manual Cutting Disk

- Ring Cutter: Electric/Dremel

- Tungsten: Locking Pliers Technique

Splinting

- Basic Wetting Techniques
- Ankle Wraps and Semirigid Orthosis
- 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

- General Radiographic Principles
- Shoulder
- Elbow
- Forearm
- Hand
- Wrist
- Cervical Spine
- Lumbosacral and Thoracic Spine
- Humerus
- Femur and Hip
- Pelvis
- Knee
- Tibia and Fibula
- Ankle
- Foot



Pulmonary

- Chest X-Ray Interpretation Part 1
- Chest X-Ray Interpretation 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