

PEARLS

POCUS for Emergency and Acute Care
in Resource-Limited Settings

Welcome to our First Monthly Newsletter

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Design: Marcus Chan & Long Nguyen



First PEARLS-ED course in Vanuatu, 2022.

UPCOMING:



**Monday 15th April
+7AM GMT**

Image Review Session 01
Dr Lewis McLean
Hosted by Bilal Hafeez
<https://unimelb.zoom.us/j/89171569520>
PW: 584496



**Monday 6th May
+7AM GMT**

Monthly Lecture series
Dr Casey Parker
Topic TBC
<https://unimelb.zoom.us/j/81618424483>
PW: 316519

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Foreword



Dr Jono Henry

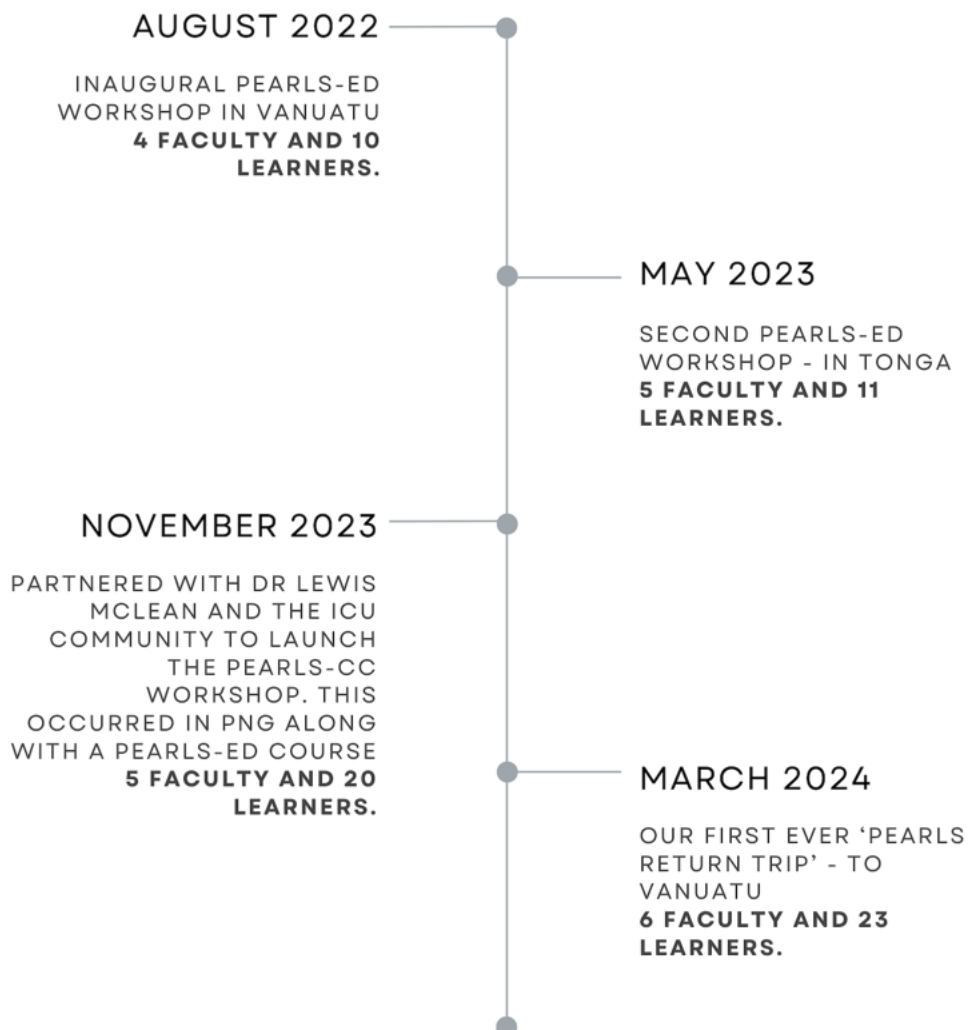
Hi everyone!

Welcome to the inaugural edition of the PEARLS monthly newsletter.

I would like to thank you all for being an integral part of this amazing project. Without your generous commitment and belief in this work, it would not have been possible to achieve what we have within the last 18 months.

This newsletter aims to be a focal point for our efforts at community-building, communications and ultrasound education, all rolled into one. I hope it can be a quick, useful, and hopefully even fun monthly read rolling into your inbox. Enjoy!

A brief timeline of PEARLS's history



PEARLS in numbers

64

Clinicians trained

25

QA image reviewers on cloud

18

Doctors and sonographers who've travelled to teach at least one course

3

Remote coaching in: PNG, Kiribati, Nauru

6

In-person workshops across 3 countries (4 PEARLS-ED, 2 PEARLS-CC): Vanuatu, Tonga, PNG

33

Butterfly probes distributed, through generous funding support of partners

594

Patient studies uploaded to cloud

1

Learner graduated to faculty:
Dr Lawrence Boe



Dr Lewis McLean, Jo McCann, A/Prof Sam Orde and Dr Ant Allso with their PEARLS-CC learners

Back to the beginning

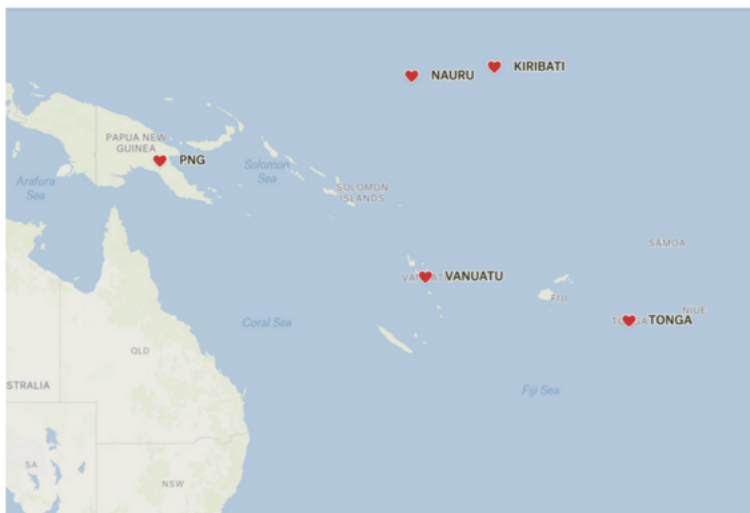
In the last week of March 2024, our team returned to Vanuatu where it all began for PEARLS back in August 2022 for the first time.

We grew from 10 learners in 2022 to 23 learners this year, spread across two comprehensive 3-day workshops: PEARLS-ED and PEARLS-CC. Three of our learners even participated in both courses!

Dr Lawrence Boe, one of the 2022 attendees, joined PEARLS-ED as a faculty member to teach his colleagues. This was a first big step towards a longterm goal of PEARLS: creating a sustainable peer-education program.

Thanks to funding from Pasifika Medical Association (NZ), we were able to fund 5 Butterfly probes and 2 Samsung Active 3 tablets for our learners.

"Thank you to all trainers for your patience with us; and for taking the time to travel to a developing country like Vanuatu to help us in ways where we can improve our services to our people. Thank you for the time you have sacrificed to be away from your home and loved ones to train us." (Dr Michel Raymond)



Dr Lawrence Boe, Dr Genevieve Tait, and Jo McCann (left-to-right) with their PEARLS-ED learners

Education corner



Dr Lawrence Boe tutoring his colleagues, Dr Tambe Felix and Dr Elsie Leeman in Vanuatu, 2024.

Tips of the month: RUQ Free Fluid

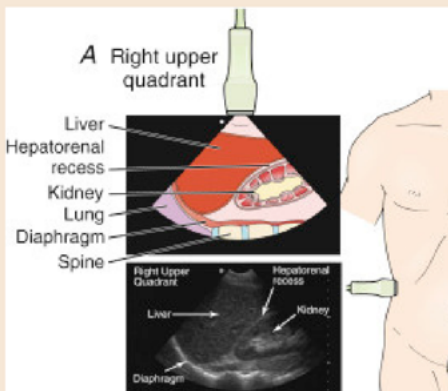


Image: <https://radiologykey.com/peritoneal-free-fluid/>

- Step 1
Find a window without rib shadowing - minor rotation or an inspiratory hold can help
- Step 2
Fan through ALL of Morison's pouch
- Step 3
Look at the liver tip
- Step 4
Always look above the liver - fluid can layer there, below the diaphragm
- Step 5
Don't forget to look above the diaphragm if relevant

Monthly lecture series

The PEARLS Monthly lecture series is hosted by Bilal Hafeez, on the first Monday of each month at +7AM GMT.

April's lecture was on "Ultrasound of the liver in the tropical low-resource setting" by Dr Tom Heller, an Internal Medicine and Infectious Diseases specialist currently working at Lighthouse Clinic, Malawi.



Dr Tom Heller in Malawi

Key takeaways from the lecture:

- An elevated hemidiaphragm on a CXR is a good prompt to scan at PLAPS point - looking above and below diaphragm for pathology, including liver abnormalities
- You can train to perform US-guided aspiration of liver collections: amoebic abscess fluid will look like anchovies paste (!), while bacterial abscess looks purulent.
- If you're monitoring amoebic abscess on treatment - be aware, they can take weeks-to-months to shrink.
- Gas is only found in bacterial abscess, NOT amoebic abscess (unless you injected some air while aspirating)
- Check out the PUSH protocol for ultrasound for hepatitis.

The next lecture is on Monday 6th May: Dr Casey Parker, topic TBC.

For recordings of previous presentations, please visit our Youtube channel: https://www.youtube.com/@PEARLS_POCUS



Dr Elise Pascoe at Frankston Hospital.



Dr Josefa Tokon and Dr Roderick Mera, Vanuatu 2024



Dr Ryan Kalsakau, Vanuatu 2019.

T@g an expert

To maximise the wealth of expertise and knowledge within the organisation, we are setting up the “T@g an expert” initiative! For difficult scans, both learners and faculty can T@g one of our experts in an image comment for their opinions and advice as per below. This list will be regularly updated (some keen faculty yet to be included, sorry - technical difficulties!)

Name	Happy to be tagged in
@Jonathan Henry	Echo, E-FAST, AAA, bowel
@Katie Newman	Anything except echo
@Jo McCann	Anything except echo
@Lewis McLean	Echo, lung
@Gabriela King	Anything
@Matt Born	Anything
@Ant Allso	Anything
@Darsim Haji	Echo, lung
@Sam Orde	Echo, lung

Faculty who'd like to make modifications/additions to this list, please email pearls.enquiries@gmail.com

NEW

Monday April 15th: Image Review session

On top of the Monthly lecture series, Dr Lewis McLean is launching the Monthly Image Review session via Zoom to support you with your learning, hosted by one of the PEARLS faculty. These will occur on the **THIRD** Monday of the month at +7AM GMT (same timeslot as Lecture series, but a fortnight later).

Come along and share any images you would like to discuss. You can either screenshare, send images to the host, or ask them to share an image uploaded to the cloud.

For starters we'll trial NOT recording these sessions - to protect patient privacy, and allow open casual learning conversations - no need to feel shy 'asking silly questions'!

Communication board

PEARLS cloud updates:

Hi everyone!

First off, amazing work on uploading and reviewing hundreds of scans to date!

A quick remind to all learners that you need to **tag the name of your coach** in one of the image comments, and **provide a short description of the case** in Clinical Details. If not, your scans are less likely to be reviewed in a timely manner.

Also in the coming months, we'll need to reorganise the folder structure of the cloud. Instead of uploading to your private archive under your own name, **please start uploading to a folder named by your COUNTRY**: 'Vanuatu', 'Tonga', etc.

Thank you and keep up the great work!



A/Prof Sam Orde and Dr Donald Tangis in Vanuatu, 2024.



Rainy day in Vanuatu, 2024. Image Credit: Jo McCann.

From PEARLS Coach coordinator Long Nguyen:

Hello everyone,

A quick note for our learners.

We have had some reports of learners not turning up to their scheduled meetings with their coach and not informing their coach that they are unable to make it. At PEARLS we are very grateful for the generosity of all our coaches in volunteering their time to teach and mentor our learners and so it's important that as learners we respect and honour their time by communicating respectfully.

We understand that emergencies do happen, however it's important to inform your coach as soon as feasibly possible so they know how to support you.

Thank you for your understanding.

Upcoming events & Developments

PEARLS

- **May 2024:** PEARLS-ED & PEARLS-CC in Tonga
- **Nov 2024:** We're hoping to hold a PEARLS refresher course around the PMA conference (26-28th Nov) in Christchurch - if travelling, make sure to bring your probe!

External events:

- **7th July 2024:** The ACEM Rural, Regional & Remote Conference in Darwin will include a Progress PoCUS workshop, covering the 5 core topics: eFAST, AAA, Lung, FELS + Procedural. It's essentially a 'finishing school' for clinicians trying to credential via completion of logbooks or recognition of prior learning. For more info:

<https://vimeo.com/891608033>

<https://acem.org.au/Events/RRR-EM-Conference-2024>

Other updates

- **9th-23rd June:** one of our volunteer medical students, Long Nguyen, is visiting the National Referral Hospital, Honiara, Solomon Islands with a newly acquired Butterfly IQ+ probe and tablet to help train a couple of ED registrars. We hope this will be a pilot project for a potential full workshop in the near future.
- **26th June:** Dr Elise Pascoe is presenting on behalf of PEARLS at the University of Melbourne's Medical Student Conference MDSC 2024 on Medical Education.

Vacancies

PEARLS has mini-teams working on various projects in the background. We are on the lookout for anyone interested in contributing in these fields:

- Social media - Twitter and beyond
- Technical support
- PEARLS Remote Coaches
- PEARLS cloud coordinator
- PEARLS newsletter content

Some positions are open to medical students as well. If you're interested, please email us at pearls.enquiries@gmail.com.

Opportunities

Nominations for the **2024 ACEM Foundation Global Emergency Care Scholarship** are now open.

ACEM recognises that increasing awareness and support for emergency medicine in low and middle-income countries is an essential step in reducing health disparities experienced in these countries.

The ACEM Foundation Global Emergency Care Scholarship supports doctors or other emergency care health professionals from these regions to attend the 2024 ACEM Annual Scientific Meeting - offering professional development, networking opportunities and recognition.

Nominations close **Monday 6th May 2024**.

Find out more and apply:

<https://acem.org.au/Content-Sources/Advancing-Emergency-Medicine/ACEM-Scholarships,-Awards-and-Grants/Scholarship/GEC-Scholarship>



Dr Lewis Mclean and Dr Sale Vurobaravu in Vanuatu, 2024.



Jo McCann and Dr Michel Raymond in Vanuatu, 2024



At the market in Vanuatu, 2024. Image Credit: Jo McCann.



Contact us

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Youtube:

https://www.youtube.com/@PEARLS_POCUS

X:

https://twitter.com/PEARLS_POCUS

Website:

Coming soon!