eFAST

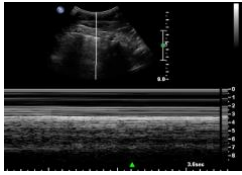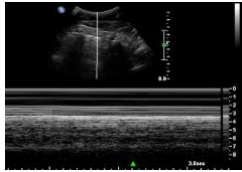1. **Rt Chest view**
   - Labelled **RIGHT**
   - Longitudinal view
   - Demonstration of lung sliding with M-mode
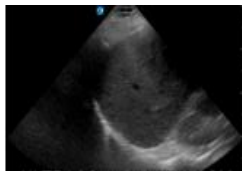

2. **Lt Chest view**
   - Labelled **LEFT**
   - Longitudinal view
   - Demonstration of lung sliding with M-mode

3. **RUQ view**
   - Labelled **RUQ**
   - Longitudinal view
   - Demonstration of the inferior hepatorenal interface (Morrison's Pouch**)** + inferior liver tip
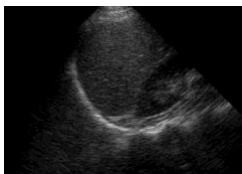

4. **RUQ view 2**
   - Labelled **RUQ**
   - Longitudinal view
   - Demonstration of R lung base

5. **LUQ view**
   - Labelled **LUQ**
   - Longitudinal view
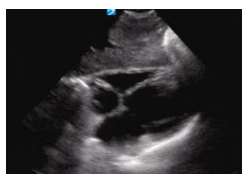   - Demonstration of the splenorenal interface

6. **LUQ view 2**
   - Labelled **LUQ**
   - Longitudinal view
   - Demonstration of L Lung Base

7. **Pelvis view**
   - Labelled **PELVIS**
   - Longitudinal view
   - Females: Demonstration bladder, uterus, Pouch of Douglas & rectum. Males: bladder, prostate & rectum

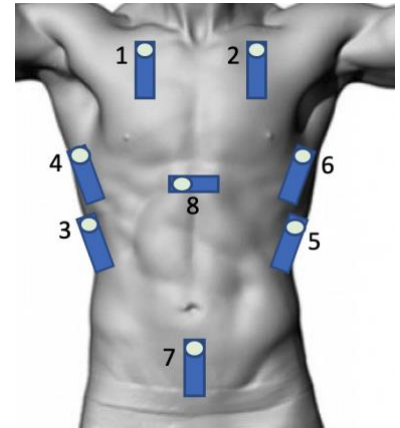8. **Subxiphoid view** (or Parasternal Long Axis)
   - Labelled **SUBX** (or PLAX)
   - Transverse view
   - Demonstration of the pericardium

Excellent Care. Every Person. Every Time.

Image Sets
Minimum 8 Still Images
8-12 images
Optional extra views including Pelvis Trans

Machine Settings
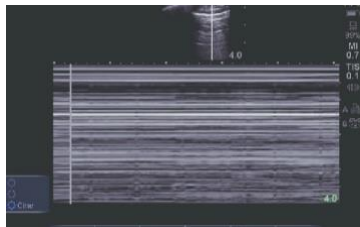CURVILINEAR Probe. But can change to optimise image.
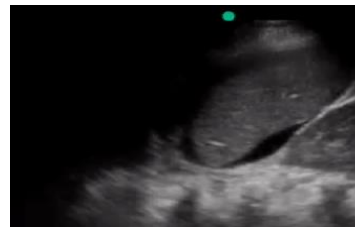ABDO setting for all images

Documentation – Pocus eFAST
Views: Adequate/ Inadequate
Findings: NAD / eFAST +ve (Free fluid/ Pneumothorax/Pericardial Effusion/ Pleural Effusion)
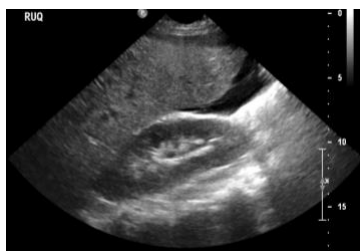
Positive Findings (always consider clinical context)
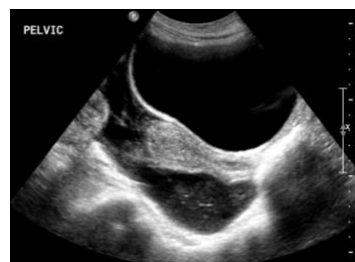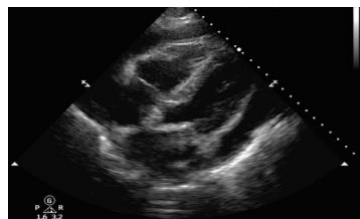

Chest
PTx
Barcode Sign

LUQ
FF

RUQ
FF

PELVIS
female
FF

SUBX
Pericardial
Effusion

PELVIS
Trans
FF

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