

5 Steps to Competence

EFAST

PUTTING IT TOGETHER

1. Practice each step
2. Practice 2 steps together and move up the ladder (1&2,2&3,3&4,4&5)
3. Practice 1st three steps and then last 3 steps
4. Perform whole exam & record and store images and clips for review

5

LUNGS

Scan anterior chest wall & assess for pneumothorax
Scan lung bases & assess for haemothorax

4

SC4 chamber view

Pistol grip
Assess for free fluid
Assess global function and squeeze
Assess chamber sizes

3

LUQ view

Back of the hand on bed & then move anteriorly
Assess for free fluid splenorenal space
Assess subdiaphragmatic region

2

Bladder

Long view probe perpendicular to floor
Identify pelvic organs
Assess free fluid

1

RUQ view

Paint the fence
Assess Morrison's pouch
Assess subdiaphragmatic region
Assess liver tip

Practice Plan

Perform 5 – 10 scans at each step
before moving on

