Cardiovascular Ultrasound in Health and Exercise Sciences

Hosted by the Centre for Heart Lung and Vascular Health at UBC

June 21st – 24th 2023

Registration closes: May 12th 2023
Spaces limited; early registration recommended
Organizing Committee:
Rob Shave, Phil Ainslie, Neil Eves, Helen Jones, Keith George, Danny Green, Kate Thomas, Kurt Smith, David Oxborough

Overview:
This intensive course is aimed at anyone wishing to develop vascular, cardiac and/or cerebrovascular ultrasound skills. The knowledge and practical skills gained will provide a foundation for participants to build from as they start using ultrasound applications in Health and Exercise Sciences research studies.

Participants:
Limited to 30 per day

Costs (including lunch):
- Graduate Student Fee: $350 per day or $1250 for 5 days
- Postdocs and Professionals: $400 per day or $1500 for 5 days
- Limited to 30 per day

Register at:
https://cbm.ok.ubc.ca/hes/uss/ registration.php

Schedule:

Day 1 – Introduction
Morning: Introduction to the course, basic principles of ultrasound (theory)
Lunch: Networking/General Discussion
Afternoon: Introduction to scanning (practical)
Evening: Research Talk (Dr. Danny Green)

Day 2 – Vascular Assessments
Morning: Introduction to vascular and cerebrovascular scanning (theory & practical)
Lunch: Vascular Q&A
Afternoon: Practical skill development (intimal medial thickness, conduit artery blood flow, flow-mediated dilation)
Evening: Social

Day 3 – Vascular & Cerebrovascular Assessments
Morning: Vascular ultrasound practice and data acquisition (carotid and vertebral blood flow and trans-cranial Doppler) (practical)
Lunch: Cerebrovascular Q&A
Afternoon: Vascular ultrasound practice, data acquisition and data analysis
Evening: Research Talk (Dr. Keith George)

Day 4 – Introduction to Cardiac ultrasound*
Morning: Introduction to, and basics of, cardiac scanning (theory & practical)
Lunch: Cardiac Q&A
Afternoon: Cardiac image acquisition and data analysis (structure, function, mechanics) – practical and demonstrations
Evening: Social

*For those not interested in cardiac ultrasound, Day 4 can be used for further vascular and cerebrovascular practice