

EASy POCUS Workshop

EASy for cardiac arrest, clinical deterioration and the physiologically difficult airway

September 14–15, 2026 · Aga Khan University Simulation Center, Karachi · presented by The EASy POCUS Group

A hands-on workshop in the EASy protocol — focused subcostal point-of-care ultrasound for rapid decision-making in perioperative emergencies: pre-induction risk assessment, hemodynamic phenotyping in shock, ultrasound-supported resuscitation and cardiac arrest.

Day 1 — Monday, September 14

9:00 – 9:15	Welcome and introduction
9:15 – 10:15	Foundational lectures Image acquisition following the EASy MAP framework Hemodynamic phenotypes of crashing patients
10:15 – 10:30	Coffee break
10:30 – 12:00	Hands-on acquisition stations Station 1 — subcostal four-chamber + IVC (30 min) Station 2 — subcostal four-chamber + IVC + upper lungs (20 min) Station 3 — subcostal four-chamber + IVC + upper lungs + pleural spaces (20 min) Stations 4 & 5 — EASy acquisition drills (10 min each)
12:00 – 13:00	Lunch
13:00 – 13:30	Code Plus — the EASy ALS protocol

Afternoon rotation — five groups · every group rotates through every activity · coffee break 14:50

	A	B	C	D	E
13:30 – 14:10	Simulation: cardiac arrest	Hands-on live model	Case discussions	Case discussions	Case discussions
14:10 – 14:50	Case discussions	Simulation: cardiac arrest	Hands-on live model	Case discussions	Case discussions
15:00 – 15:40	Case discussions	Case discussions	Simulation: cardiac arrest	Hands-on live model	Case discussions
15:40 – 16:20	Case discussions	Case discussions	Case discussions	Simulation: cardiac arrest	Hands-on live model
16:20 – 17:00	Hands-on live model	Case discussions	Case discussions	Case discussions	Simulation: cardiac arrest
17:00	Closing remarks — day 1				

Day 2 — Tuesday, September 15

9:00 – 9:15	Welcome and introduction
9:15 – 10:15	Foundational lectures The physiologically difficult airway — a team approach EASy PDA: hemodynamic algorithm for airway management EASy MAP: differential diagnosis of hypotension
10:15 – 10:30	Coffee break
10:30 – 11:30	Hands-on acquisition stations Station 1 — gastric ultrasound (20 min) Station 2 — subcostal four-chamber + IVC + gastric (20 min) Station 3 — subcostal four-chamber + IVC + gastric + upper lungs + pleural spaces (20 min)
11:30 – 12:00	The EASy assessment — yellow, blue, red and white
12:00 – 13:00	Lunch
13:00 – 13:30	Ultrasound support of resuscitation in sepsis and septic shock

Afternoon rotation — five groups · every group rotates through every activity · coffee break 14:50

	A	B	C	D	E
13:30 – 14:10	Simulation: PDA	Hands-on: ask the expert	Case discussions	Case discussions	Case discussions
14:10 – 14:50	Case discussions	Simulation: PDA	Hands-on: ask the expert	Case discussions	Case discussions
15:00 – 15:40	Case discussions	Case discussions	Simulation: PDA	Hands-on: ask the expert	Case discussions
15:40 – 16:20	Case discussions	Case discussions	Case discussions	Simulation: PDA	Hands-on: ask the expert
16:20 – 17:00	Hands-on: ask the expert	Case discussions	Case discussions	Case discussions	Simulation: PDA
17:00 – 17:30	Limitations, pitfalls and closing remarks — day 2				

Learning objectives

By the end of this workshop, participants will be able to:

- Perform a focused EASy POCUS assessment using subcostal cardiac and IVC views to rapidly evaluate perioperative patients before induction, during shock, and during resuscitation.
- Recognize the key hemodynamic phenotypes — hypovolemia, ventricular dysfunction, right ventricular strain, obstructive physiology and distributive shock — using the EASy framework.
- Apply ultrasound findings to clinical management during perioperative emergencies, including pre-induction optimization, physiologically difficult airway management, sepsis resuscitation and cardiac arrest.

Course co-chairs

Nibras Bughrara

Aliaksei Pustavoitau

Faculty to be announced.

Format and resources

- 4 rotating hands-on stations, 6 trainees per station
- 4 live models · 4 ultrasound machines · 4 cardiac phased-array probes
- 1 high-fidelity SimMan station (separate room, afternoon sessions)
- Laminated EASy phenotype cards

Educational content for trained clinicians — not a substitute for clinical judgment, and not a diagnostic device. easypocus.net