Introduction:
Achieving effective critical care in low- and middle-income countries is a global health goal [1], which includes the provision of effective point of care ultrasound [2]. We sought to establish Zambia’s first focused critical care echocardiography training programme in a 16-bedded ICU at University Teaching Hospital, Lusaka.

Methods:
The programme was accredited by the UK Intensive Care Society FICE programme, with teaching adapted for local disease patterns such as tuberculous pericardial effusions. Parasternal, apical and subcostal windows were used to assess ventricular dysfunction, hypovolaemia, pleural effusion, alveolar interstitial syndrome and pneumothorax. Zambian doctors working with critically ill patients received an intensive one-day course, followed by mentored scanning at the bedside. Teaching was delivered by visiting fellows from the UK who are accredited in echocardiography and experienced ultrasound educators.

Results:
26 Zambian doctors who work with critically ill patients (16 anaesthetists, 8 paediatricians, 2 physicians) were enrolled. Two handheld ultrasounds (GE VScan and Phillips Lumify) were donated to the programme. Feedback from participants indicated high satisfaction with the course: 100% agreed that the course improved their understanding of critical care echocardiography and that it was pitched at the right level. Participants believed the course was essential for developing skills in critical care, and that it was relevant to their clinical practice. Demand for further training is high. Challenges include maintaining sustainability, clinical governance, local accreditation, and servicing of equipment.

Conclusion:
Establishing a training programme in focused critical care echocardiography in a resource poor setting is both feasible and well received. Clinician motivation to gain competence at critical care echocardiography is high in an environment with limited availability of diagnostic services.

References:
1. doi.org/10.1136/bmjgh-2019-001675
2. doi.org/10.1111/tmi.12657