

E-FAST

E-FAST is a limited trauma ultrasound that only aims to detect:

1. Intra abdominal free fluid
2. Pericardial effusion
3. Major haemothorax
4. Pneumothorax

A normal E-FAST does not exclude significant intra abdominal injury

Patient details

Mechanism of Trauma	Pulse	BP	RR	Sats
---------------------	-------	----	----	------

Examination Findings

Probe Position	Views	Notes	Findings				Optional Information	
	1 RUQ	<p>RUQ Fluid collects in Morison's Pouch Look above diaphragm for HTX 5° head down tilt will increase RUQ fluid</p>	Right Upper Quadrant	Normal	Inadequate	Positive	< 2mm maximal depth	
								> 10 mm maximal depth
	2 LUQ	<p>LUQ Fluid can collect around the entire spleen Look above the diaphragm for HTX</p>	Right Haemothorax	Normal	Inadequate	Positive		
	3 Subcostal	<p>Subcostal Tamponade is a clinical diagnosis Look for fluid in the pericardial space Intra-abdominal fluid above the liver can simulate fluid in front of the right ventricle - although it is on the other side of the diaphragm Pericardial fat pads may give the appearance of pericardial fluid Fluid must have a depth of >5mm; traces of pericardial fluid are normal</p>	Left Upper Quadrant	Normal	Inadequate	Positive	< 2mm maximal depth	
							2 - 10mm maximal depth	
							> 10 mm maximal depth	
4 Female Pelvis LS	<p>Pelvis Look for free fluid behind and above the bladder In the female, fluid collects initially in the Pouch of Douglas A small amount of pelvis free fluid is normal in women</p>	Left Haemothorax	Normal	Inadequate	Positive			
5 Male Pelvis TS		Subcostal	Normal	Inadequate	Positive	Maximal depth ____ mm		
		Pelvis	Normal	Inadequate	Positive	< 2mm maximal depth		
						2-10mm maximal depth		
						> 10 mm maximal depth		
6 & 7 Lung LS	<p>Lung Sliding sign and comet tail artefact are normal; loss of these indicate PTX Pleuradhesions, large bullae, COPD and non-ventilation (eg endobronchial intubation) can simulate PTX</p>	Right Lung Pneumothorax	Normal	Inadequate	Positive	Detected anteriorly		
						Anteriorly and laterally		
			Left Lung Pneumothorax	Normal	Inadequate	Positive	Detected anteriorly	
						Anteriorly and laterally		

Copyright Rippey and Erclve 2009

Conclusions (Note: E-FAST findings must be consistent with clinical suspicion; integrate history, examination, investigations and EFAST findings to reach a conclusion)

Clinician	Signature	Date	Time
-----------	-----------	------	------