

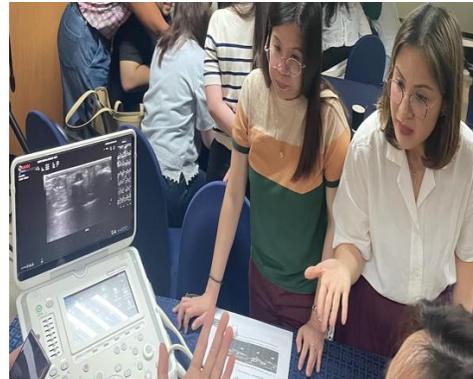


## *Hand in Hand Journey Through Ultrasound*



Ultrasound workshops are crucial for advancing medical knowledge and skills, especially in specialized fields like rheumatology. Mastering techniques like hand ultrasound can make a significant difference in diagnosing and managing conditions effectively. This kind of dedication to education and skill development benefits both current and future patients by ensuring that we are well-equipped to deliver the best possible care.

Heartfelt appreciation to the Philippine Rheumatology Association (PRA) for organizing the second ultrasound workshop last 27<sup>th</sup> of April 2024 for us, the rheumatology fellows in training. It started last February 2024 with the knee ultrasound and now with another body part, the hand. More than that, the activity became a learning process going through the journey of orientation by Dr. Ma. Hanna Monica Sollano and the pedagogical hand ultrasound exercise with our expert consultants.



Complementing hand ultrasonography lectures with hands-on demonstrations greatly enhanced our understanding and retention of the ultrasonographic ideas. By providing the opportunity to apply theoretical knowledge in a practical setting, we engaged our multiple senses to reinforce our understanding by direct experience. This active learning approach helped us grasp concepts more effectively and boosted confidence in our abilities to perform similar tasks in real-world scenarios.



As future rheumatologists, we worked in small groups with dedicated equipment, we had the opportunity to explore the intricacies of hand ultrasonography at our own pace and received personalized feedback on our technique. This interactive format fostered collaboration, peer learning, and skill development, ultimately enhancing the overall educational experience. Furthermore, having access to individual ultrasound devices encouraged us to take ownership of our learning and built confidence in the ability to perform ultrasound examinations independently.



On behalf of all the rheumatology training institutions, we extend our heartfelt gratitude to PRA for organizing the ultrasound workshops. The opportunity to enhance our skills and knowledge in ultrasonography has been invaluable, and we are sincerely thankful for the dedication and effort put forth by our consultants in making this educational event a success. Looking forward, we eagerly anticipate the continuation of this educational journey and the opportunity to participate in future endeavors with musculoskeletal ultrasonography. The commitment of the organization to advancing medical education and supporting the professional development of young doctors is truly commendable.



**"Kudos to PRA for lighting up our path to ultrasound brilliance! Your dedication shines brighter than the images on our screens. Maraming salamat for igniting our passion for excellence!"**