

# FAST Exam

## *UnityPoint Health St. Lukes – Sioux City*

---

### **1. Purpose & Scope**

This guideline standardizes FAST exam performance, documentation, and quality assurance for Level I trauma activations, consistent with American Trauma Society recommendations.

### **2. Background & Rationale**

FAST is a rapid bedside ultrasound used to detect free fluid in trauma. It improves early decision-making, reduces time to intervention, and is a core component of trauma resuscitation.

### **3. Indications**

- Level I trauma activations
- Blunt torso trauma
- Hemodynamic instability
- Suspected pneumothorax/hemothorax

### **4. Personnel & Training**

FAST exams must be performed by credentialed trauma providers trained in point-of-care ultrasound

### **5. Procedure Standards**

- Required views: RUQ, LUQ, pelvis, subxiphoid
- All images must be saved and labeled with patient identifiers before PACS upload

### **6. Documentation Requirements**



- Indication
- Views obtained
- Interpretation
- Limitations
- Provider name
- Time

\* **Saved images are mandatory for all Level I activations**

## 7. Trauma Process Improvement

- Monthly review of FAST documentation via trauma audit filters and image completeness
- Comparison with CT or operative findings
- Discrepancies reviewed with providers
- Missed or undocumented FAST exams flagged for feedback

## 9. Safety Considerations

- FAST must not delay definitive imaging or operative care
- Negative FAST does not rule out injury in high-risk patients

*\* Monitoring and documentation requirements outlined above will be fully upheld at all times **unless** ultrasound equipment repairs or approved technological system updates are actively in process, during which temporary deviations may occur only as operationally necessary.*



## References

- Kim, T. A., Kwon, J., & Kang, B. H. (2022). Accuracy of Focused Assessment with Sonography for Trauma (FAST) in Blunt Abdominal Trauma. *Emergency medicine international*, 2022, 8290339.  
<https://doi.org/10.1155/2022/8290339>

