

5 Steps to Competence

1st trimester

PUTTING IT TOGETHER

1. Practice the first 3 steps
2. Practice the last 3 steps
3. Perform a whole scan
4. Record and store images and clips for review

5

DATING

Estimate gestation based on fetal anatomy
Measure CRL x3 in sagittal section
Review reports page

4

FOCUS ON FETUS

Confirm presence
Confirm viability
M-Mode trace of heart

3

FOCUS ON GESTATION

Evaluate gestational sac for integrity
?perigestational bleed
Measure GS ,8weeks

2

FOCUS ON UTERUS

Scan edge to edge in 2 planes
Confirm intrauterine pregnancy
Confirm number of gestational sacs

1

SCOUT SCAN

Practice structured approach to exam
? Free fluid in POD
Identify ovaries or adnexal mass

Practice Plan

Perform 5 – 10 scans at each step
before moving on

