

5 Steps to Competence

AAA

PUTTING IT TOGETHER

1. Practice each step
2. Practice 2 steps together and move up the ladder (1&2,2&3,3&4,4&5)
3. Practice 1st three steps and then last 3 steps
4. Perform whole exam & record and store images and clips for review

SUPPLEMENTAL VIEWS

Identify aorta in coronal plane from RT and LT sides at midaxillary line

5

MEASURE AORTA

Measure in short and long axis
Proximal – immediately inferior to SMA
Distal – immediately proximal to bifurcation

4

LONG AXIS VIEWS

Identify proximal aorta – include heart on view
Identify SMA and ceeliac axis
Track aorta inferiorly
Sca iliac vessels

3

SHORT AXIS VIEWS

Identify vascular landmarks – ceeliac axis, SMA, Iliac vessels
Compare Aorta size to vertebral body

2

SCOUT SCAN

In sort axis - Identify vertebral body
Find aorta at umbilicus and track up to xiphisternum
10 sec sweep

1

Practice Plan

Perform 5 – 10 scans at each step
before moving on

