

5 Steps to Competence

BASIC ECHO

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

5

IVC & short axis subcostal view of LV

Evaluate fluid status IVC
Evaluate size and function of LV

4

Apical 4 chamber

Check interventricular septum is vertical
Compare size of ventricles

3

PSAX view

Assess LV function
Assess size of RV cf LV
Assess wall motion

2

SubCostal 4 Chamber view

Assess for free fluid
Assess global function and squeeze
Assess chamber sizes

1

PLAX view

Assess free fluid – pericardial vs pleural
Assess size RVOT: Asc Ao:LA
Assess wall motion

Practice Plan

Perform 5 – 10 scans at each step
before moving on

