

UVM ScholarWorks

Building point of care ultrasound experience in a rural primary care network

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POCUS Training topics

Part of our goal is to tailor POCUS training to best meet the needs of the providers in this area. To do this we rely on your expertise in both yourself and your patients to better understand which exams best fit your specific practice. Below, please predict the utility of each POCUS exam in your clinical practice.

1. Please provide your name

2. Evaluation of the Renal and Urinary System

Indications:

- Acute kidney injury
- Oliguria
- Hematuria
- Undifferentiated shock
- Evaluation for hydronephrosis
- Confirmation of Foley catheter placement
- Urinary retention
- Evaluation for renal calculi, masses, or cysts
- Evaluation for a perinephric abscess.

Mark only one oval.

- Not useful
- Sometimes useful
- Pretty useful
- Very useful

3. Evaluation of the Hepatobiliary System

Indications:

- Abdominal pain
- Signs or symptoms that may be referred from the abdominal regions, such as jaundice
- Palpable abnormalities such as a mass or organomegaly
- Abnormal laboratory values
- Follow-up of known or suspected abnormalities
- Abdominal trauma
- Evaluation for the presence of free

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4. Evaluation of Free Abdominal Fluid

Indications:

- Evaluation for the presence, extent, and complexity of free fluid
- Evaluation for the presence of hemoperitoneum
- Evaluation of the trauma patient
- Procedural guidance
- Shock
- Hypotension
- Evaluation for occult ectopic pregnancy

Mark only one oval.

- Not useful
- Sometimes useful
- Pretty useful
- Very useful

5. Evaluation of the Abdominal Aorta

Indications:

- A palpable or pulsatile abdominal mass or abdominal bruit
- Unexplained lower back pain, flank pain, or abdominal pain
- An undifferentiated shock state
- Undiagnosed acute anemia
- Screening for an abdominal aortic aneurysm or dissection.

Mark only one oval.

- Not useful
- Sometimes useful
- Pretty useful
- Very useful

6. Cardiac

Indications

- Undifferentiated shock
- Evaluation of the pericardial space
- Evaluation of left ventricular (LV) and right ventricular (RV) size and function
- Determination of volume responsiveness
- Evaluation for severe valvular dysfunction
- Cardiopulmonary symptoms;

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7. Deep Vein Thrombosis

Indications

- Swollen lower extremity or extremities
- Pain or erythema in lower extremities
- Unexplained hypoxemia
- Unexplained dyspnea
- Suspected pulmonary embolus.

Mark only one oval.

- Not useful
- Sometimes useful
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- Very useful

8. Lung Ultrasound

Indications:

- Dyspnea
- Respiratory failure
- Undifferentiated shock
- Suspicion of pneumothorax
- Assessment of the volume status
- Assessment for pleural effusions
- Evaluation for the presence of alveolar consolidation
- Diaphragmatic function
- Abnormal blood gases or other laboratory findings consistent with lung pathology
- Thoracic trauma (focused assessment with sonography for trauma)
- Pleural-based masses
- Planning or guidance for an invasive thoracic procedure

Mark only one oval.

- Not useful
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- Very useful

9. Pleural Ultrasound

Indications:

- Dyspnea
- Evaluation for the presence, size, and complexity of pleural effusions
- Evaluation for the presence of hemothorax
- Evaluation of the thickness and irregularity of the pleural line
- Suspicion of interstitial lung disease
- Evaluation of pneumothorax
- Determination of the lung point

Mark only one oval.

- Not useful
- Sometimes useful
- Pretty useful
- Very useful

10. MSK and Soft tissue ultrasound

Indications:

- Helps differentiate cellulitis v abscess (98% sensitive for abscess)
- Can be used to evaluate for carpal tunnel syndrome
- Allows one to see the size, proximity to vessels, and complexity of abscess before draining
- Can identify foreign bodies that are radiopaque or too small for x-ray and enhance their removal
- It's one of the easiest ultrasound scans to learn!

Mark only one oval.

- Not useful
- Sometimes useful
- Pretty useful
- Very useful

11. Ocular ultrasound

Indications:

- Evaluate optic nerve sheath diameter useful for ICH
- Evaluate foreign bodies
- Evaluate retinal detachment

Mark only one oval.

- Not useful
- Sometimes useful
- Pretty useful
- Very useful

12. Obstetrics and gynecology

Indications:

- Confirm an intrauterine pregnancy, fetal viability, number of fetuses
- Assess fetal lie, fetal growth and fetal well-being
- Identify placental position
- Measure the cervical length
- Determine the level of amniotic fluid
- Record uterine shape and position
- Assess the presence of fibroids,
- Confirm the location of intrauterine contraceptive devices
- Measure endometrial thickness,
- Detect polyps or blood/fluid in the cavity
- Visualize ovarian cysts
- Visualize hydrosalpinx

Mark only one oval.

- Not useful
- Sometimes useful
- Pretty useful
- Very useful

13. Other: please provide the name of any exam that we may have missed that you would find useful in your practice.
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Thank you!

Exam indications citations:

- (2019), AIUM Practice Parameter for the Performance of Point-of-Care Ultrasound Examinations. *J Ultrasound Med*, 38: 833-849. <https://doi.org/10.1002/jum.14972>
 - Nazarian LN. The top 10 reasons musculoskeletal sonography is an important complementary or alternative technique to MRI. *Am J Roentgenol*. 2008;190(6):1621-6
 - Recker F, et al. Point-of-care ultrasound in obstetrics and gynecology. *Arch Gynecol Obstet*. 2021 Apr;303(4):871-876. doi: 10.1007/s00404-021-05972-5.
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