



YORKSHIRE MODULAR TRAINING PROGRAMME

Yorkshire School of Obstetrics and Gynaecology

# A Guide to Basic Ultrasound Training and Assessment .

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Health Education England



Health Education England

Yorkshire School of Obstetrics and Gynaecology

# A Guide to Basic Ultrasound Training and Assessment 2017-2018



Health Education England

# A Guide to Basic Ultrasound Training and Assessment

Version 1.0

## Section One

**Basic USS training outline for Yorkshire**

## Section Two

**Hands on sessions in individual units**

## Section Three

**Guide to Basic Assessment and sign off**

## **Regional Simulation Centres**

Within our region there are currently four simulation centres.

The table on the opposite page shows which locality trainees are expected to attend to complete there simulation training.

To book a session using the simulator you will need to contact the local co-ordinator, Please be aware that you will need to arrange a meeting with the co-ordinator in order to obtain a log on for the system, All additional usage of the simulator will require an advanced booking.

Please note: Simulators are also available at Airedale Hospital (A&E) Grimsby (TVS) and Mid Yorkshire ( TAS+TVS) for trainees to access locally with help of the local College Tutor.

## Personal Check List

### My Local USS Simulation Contact is :

I have booked Study Leave for my YMTP Basic Ultrasound Course on :

I have evidenced the completion of this YMTP Course in my Eportfolio

I have evidenced my 5 hours of Simulation Training on my Eportfolio

I have completed and evidenced my OSATS for USS

If you feel that more Training would benefit you please contact your local simulation Champion, if you require extra support please feel free to contact the School lead for USS simulation training– Dr Uma Rajesh  
Uma.rajesh@hey.nhs.uk

Simulation Centre	Which Trainees Attend	Locality Trainer	Locality Co-Ordinator
York Teaching Hospital NHS Trust	Harrogate, Scarborough and York trainees	Olujimi.jibodu@york.nhs.uk	Gavin Hodgson Gavin.hodgson@york.nhs.uk
Hull and East Yorkshire Hospitals NHS Trust	Grimsby, Scunthorpe and Hull trainees	Uma.Rajesh@hey.nhs.uk	Olivia Charlton olivia.charlton@hey.nhs.uk Tel: 01482 604378
Bradford Royal Infirmary	Calderdale, Bradford and Leeds	Padma.Munjuluri@bthft.nhs.uk	Vinod John vinod.john@bthft.nhs.uk
Sheffield( Northern General and Royal Hallamshire)	Barnsley, Rotherham, Sheffield and Doncaster	Gayle.rutherford@hey.nhs.uk	Radiology Department, C Floor, Royal Hallamshire Hospital Tel:0114 2269508 Paula.smith@sth.nhs.uk

**Live scanning needs to be locally arranged in each unit –Liaise with your Rota Coordinators, College Tutors and inform Deanery USS Link for trouble shooting**

## Basic USS training outline for Yorkshire

Below are the minimum expectations set out by the school for each year of training.

If you feel that you will struggle to meet these please speak to your college tutor and the USS Link for the region for guidance.

## Basic Module 4- Placental assessment

### ST1

Introduction to the simulator

Basic Ultrasound Course takes place in Hull each year and will provide an introductory session on the USS simulator.

Locality access to TAS & VTS Simulators is also available ( Please see list on introduction page )

By ARCP all ST1 trainees are expected to complete :

STRATOG USS module ( Self directed learning )

YMTP Basic Ultrasound Course( runs once yearly at Hull Royal Infirmary)

Evidence of completion of both STRATOG module and YMTP Basics course need to be evidenced in Eportfolio.

### ST2

Those who have missed the ST1 introduction to simulation ( or require further updates ) as a part of basic USS course must attend a 'mop up' Simulation practical session at Hull Royal Infirmary in October of each year.

A minimum of 5 hours of simulator time is required for completion of the basic trans abdominal USS modules objectives, as per RCOG curriculum.

If as a trainee you feel the need to access simulators for over 5 hours to gain confidence in basic competencies ,then they should do so. Please speak to your College tutor for further guidance

A minimum of 5 hours simulation training during ST2 needs to be evidenced in your Eportfolio at ARCP ( Please be aware that ARCP'S take place prior to the end of your rotation and avoid leaving this training to the last minute )

You are not expected to do Summative but FORMATIVE OSATS to show evidence of ongoing training during this year.

- Counsel patient about procedure
- Appropriate probe selection and machine set up / operation
- Confirm fetal heart beat
- Assess fetal lie and presentation
- Determine placental position - trans abdominally
- Communicate results to patient
- Complete a structured written ultrasound report
- Arrange appropriate referral follow up

**Basic Module sign off for competencies does not confirm trainees for independent practice. It is to confirm that the trainee meets the minimum requirements for programme sign off as Directed by RCOG Matrix**

## Section Three

### Basic Module 3- Liquor assessment (AFI and maximum pool depth)

- Counsel patient about procedure
- Appropriate probe selection and machine set up / operation
- Confirm fetal heart beat
- Assess fetal lie and presentation
- Measure amniotic fluid volume: maximum vertical pool depth
- Measure amniotic fluid volume: AFI
- Communicate results to patient
- Complete a structured written ultrasound report
- Arrange appropriate referral follow up

**Basic Module sign off for competencies does not confirm trainees for independent practice. It is to confirm that the trainee meets the minimum requirements for programme sign off as Directed by RCOG Matrix**

### ST3

Practical sessions: a minimum of 2 sessions to be allocated in the early pregnancy assessment unit and obstetric fetal assessment unit for 'live' scan training. Other ad hoc sessions can be arranged throughout your year utilising the ultrasound machines in clinical areas. These ad hoc sessions will vary depending upon your location in the unit.

Expectations are that you will have completed the 3 OSATS required for each module by the end of your ST3 training year (as per RCOG matrix).

Basic Module 1 - Ultrasound examination of early (8-12 week) pregnancy

Basic Module 2 - Fetal measurement, lie and presentation

Basic Module 3- Liquor assessment (AFI and maximum pool depth)

Basic Module 4- Placental assessment

Additional use of the simulator can be made available as required. If you are struggling to obtain the required 'hands on' training then you must notify the ultrasound simulation Local and School Lead. Please ensure that Live scan training is evidenced in your Eportfolio prior to ARCP

### ST4/5

The School expectation is that as part of the ARCP process, you will be expected to demonstrate continuing competences in the form of ONE OSATS for basic scanning each training year.

### School Lead for USS Training

Dr Uma Rajesh

Hull and East Yorkshire Hospitals Nhs Trust

Uma.rajesh@hey.nhs.uk

## Live Scanning

- Live scanning needs to be locally arranged in each unit
- Liaise with Rota Coordinators, College Tutors and inform the school lead for USS training for trouble shooting issues
- Practical sessions: a minimum of 2 sessions to be allocated in the early pregnancy assessment unit or TOP scan lists
- Two sessions in the obstetric fetal assessment unit for 'live' scan training.
- Other ad hoc sessions can be arranged throughout your year utilising the ultrasound machines in clinical areas.

These ad hoc sessions will vary depending upon where your unit is located

Trainees who are unable to obtain practical sessions need to contact their local rota co-ordinator copying in their college tutor and the school lead for USS training( uma.rajesh@hey.nhs.uk )

A block of 3 days study leave may be considered for trainees that are unable to access Hands on Training, this is with the agreement of both The School Lead for USS training and the Locality College Tutor and will only be granted in extenuating circumstances were all other routes have been exhausted.

The preferred method of training is to identify sessions from the EPAU/TOP list and growth list scans by prior arrangement with the sonographers– this will ensure that trainees are allocated on a fair and regular basis

If sessions are regularly being cancelled it is your responsibility to make your College Tutor and The School Lead for USS training aware.

## Basic Module 2 - Fetal measurement, lie and presentation and Fetal Biometry

**Counsel patient about procedure**

**Appropriate probe selection and machine set up / operation**

**Confirm fetal heartbeat**

**Establish lie**

**Establish presentation**

**Measure BPD trans abdominally**

**Measure FL trans abdominally**

**Measure HC trans abdominally**

**Measure AC trans abdominally**

**Communicate results and uncertainties to patient**

**Complete a structured ultrasound report**

**Discuss appropriate referral if indicated**

**Ensure images/video are recorded according to local protocol**

**COMPETENCE TO THE LEVEL OF INDEPENDENT PRACTICE IS NOT REQUIRED FOR THESE FOUR PARAMETERS.**

**Working Towards competence in a Summative OSAT is acceptable for sign off in FETAL Biometry.**

## Section Three

- Counsel patient about procedure
- Appropriate machine setup
- Identify bladder and right/left orientation
- Identify uterus
- Identify gestational sac and confirm its intrauterine location
- Measure gestational sac diameter
- Measure crown-rump length
- Confirm fetal cardiac activity
- Interpret ultrasound findings in the context of the clinical setting
- Communicate results to patient
- Complete a structured written ultrasound report
- Arrange appropriate referral or follow up

**Basic Module for USS Early pregnancy sign off for competencies does not confirm trainees for independent practice. It is to confirm that the trainee meets the minimum requirements for programme sign off as Directed by RCOG Matrix**

### Basic Module 1 - Ultrasound examination of early (8-12 week) pregnancy

**Basic Ultrasound Course for Speciality Trainees (Year 1)**

**Date: 27/04/2018**  
**Time: 08.30-17.00**

The course aims of this course is to provide trainees with an introduction to the use of ultrasound in Obstetrics and Gynaecology.

The course aims to combine lectures on essential topics combined with hands on practical training with USS TAS and TVS simulation (MEDAPHOR) as well as a brief introduction to scanning 'real patients'.

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**SAVE THE DATE**

Yorkshire Modular Training Programme

**Assessment Guidance for Basic Modules**

After completion of required training, each trainee will require OSATS for assessment of competence.

This must be completed by Consultants (Obstetrician/ Radiologist) and Sonographers with appropriate training experience.

The Training Requirements are :

- Minimum 5 Hours Simulator self Directed Learning
- Completion of Hands On Training Sessions– Minimum 2 sessions in EPAU/TOP LISTS and Minimum 2 in fetal growth scan list

**\*\*Evidence uploaded to Eportfolio\*\***

The Schools expectation is that all ST3 trainees will have completed the 3 OSATS required for each module by the end of their ST3 training year ( as required by the RCOG training matrix)

**\*\*ST4 and ST5 grade trainees are expected to demonstrate continuing competence by completing one OSAT for basic scanning in each ARCP year for basic scanning.\*\***

**TRAINERS PLEASE NOTE**

The sign off for competencies listed below does not confirm trainees for independent practice, it is to confirm that the trainee meets the minimum requirements for programme sign off and ensures skills are present for further training. Trainees requiring more USS experience would undertake intermediate USS training at ST6 and above and also undertake ATSM/ Subspecialty training at ST6/7 to acquire the skills. This also ensures ad hoc scanning does not happen for fetal assessment by trainees.

The trainees will however be skilled to carry out basic USS for fetal presentation, Confirming Viability ( Always seeking a 2nd opinion as per local department protocols ), Placental site and Liquor volume.

Trainees are not expected to perform Fetal Biometry scans at the basic sign off stage