

# Thames Valley Regional Ultrasound Training Guidelines for the School of Obstetrics and Gynaecology

## Introduction:

In the new revised 2019 RCOG curriculum, ultrasound training has been integrated into the core curriculum, but the nature of the skills required has not changed. Basic USS skills and assessment of early and late pregnancy via transabdominal scanning are the only mandatory skills. These are required to be completed by the end of ST3.

With this change in the curriculum design, it has become more important for the trainees to link all the relevant assessment and supporting evidence with the skills being signed off. Otherwise, it will be difficult for the assessors to sign the competencies.

Please see the attached summary from the RCOG Ultrasound Curriculum at the end of this document.

## Local availability and regulation of training:

### Mandatory Ultrasound Skills:

All units in the Thames Valley can support and provide this training. Please use all the available opportunities to practice these skills, i.e. growth scan lists, consultant clinics, scans done on Labour Ward and Day assessment units as well as Simulators.

There are three ultrasound simulators available in the region. Two at Stoke Mandeville Hospital, Aylesbury. One has modules for TAS for both early and late pregnancy, second one for transvaginal scanning, and has early pregnancy as well as Gynaecology modules. All the regional trainees can access and use it. Royal Berkshire hospital has a sim with TAS modules for early pregnancy but is only accessible to the local trainees.

### Assessment:

- a) Three Summative OSATS for transabdominal assessment of early pregnancy.
- b) Three Summative OSATs for transabdominal assessment of, Presentation, Lie, Liquor volume and Placental localisation.
- c) Three Formative OSATS of Fetal biometry.

(Note: b and c can be signed on the same OSAT form if possible).

As best practice along with OSATs you can keep a record of anonymised ultrasound images, a log to scans done or sessions attended and reflective entries in the ePortfolio to demonstrate learning.

This training can be assessed and signed off at your local unit by the Local Ultrasound Educational Supervisor (College Tutors).

After completion of these assessments, this module completion form should be completed and uploaded on the ePortfolio.

<https://www.rcog.org.uk/globalassets/documents/careers-and-training/resources-and-support-for-trainers/ed-us-basic-completion-module-form.pdf>

### **Optional Ultrasound Skills:**

There is an opportunity to develop various intermediate-level skills in the core curriculum, which should be selected according to your interest and future career intentions.

You must be signed off for your mandatory skills before looking to start these modules. You must discuss your interest via email communication with the Deanery Ultrasound coordinator, contact details are provided below.

All the units in the region can support this training and please use the USS simulator at Stoke Mandeville Hospital, Aylesbury, as a starting point to develop orientation and hand-eye coordination.

### **Assessment:**

At least 3 Summative OSATs are required for each skill element, please see the RCOG Curriculum.

Once you have completed a set of skills/module please complete the form below and send a copy to the Deanery USS training coordinator and upload a copy on the ePortfolio. Along with that keep a record of anonymised ultrasound images, a log to scans done or sessions attended and reflective entries to demonstrate learning. You should provide as much of this information as possible with the module completion form to help in the assessment of these skills.

[https://www.rcog.org.uk/globalassets/documents/careers-and-training/ultrasound/us\\_intmodulecompletionform.pdf](https://www.rcog.org.uk/globalassets/documents/careers-and-training/ultrasound/us_intmodulecompletionform.pdf)

### **Regional USS Simulator:**

Use of this sim is highly recommended. Many units are prioritising the provision of the USS training session to the trainees who have completed training on the sim or have some evidence of using it to practice these skills.

The best way to utilise this training is to book the sim for half or full day, you are most welcome to use your study leave for this. You can come with a colleague as a pair as there are two simulators, TAS and TVS.

Booking and access are managed by the trainee rep at Stoke Mandeville Hospital, Aylesbury. Contact details are below.

Here is some useful information put together by her regarding the sim.

#### **1. Where is the simulator?**

The simulator is now located on the 1st floor of the Duke of Edinburgh Hall Building, Postgraduate Centre at Stoke Mandeville Hospital. The room is the Training Room Number 3 which is the last door on the right-hand side.

Hospital Address: Mandeville Road, Aylesbury, Buckinghamshire HP21 8AL. Please see the link below with directions to Stoke Mandeville Hospital. If not familiar:

<https://www.buckshealthcare.nhs.uk/For%20patients%20and%20visitors/getting-to-stoke-mandeville-hospital.htm>

## **2. What do you need to do if it is your first time using the simulator?**

If you never used the simulator before, please complete the following form

([https://docs.google.com/spreadsheets/d/13tBbbsZpswL56HWhB\\_rhqRwy66E2p21Z\\_IzDgNd-Bsg/edit#gid=0](https://docs.google.com/spreadsheets/d/13tBbbsZpswL56HWhB_rhqRwy66E2p21Z_IzDgNd-Bsg/edit#gid=0)).

so that I can create login details and a password for you. As the details need to be manually registered in the USS machine, please check the google document to confirm I have done this before coming to the hospital.

After this, you only need to email [ussimulator@nhs.net](mailto:ussimulator@nhs.net) to book a slot. This email is checked from Monday to Friday once a day by the Postgraduate team. Just email the day and time that you would like to come in, even if it's a weekend as we are auditing the use of the machine as well as to avoid disappointment if the machine is already being used by another person. It will be a first come, first served basis.

## **3. What do you need to do if you have used the simulator before?**

Just email [ussimulator@nhs.net](mailto:ussimulator@nhs.net) and book a date and a time with the Postgraduate team.

## **4. What do you have to do on the day you are scanning?**

The room and the centre are open Monday to Friday from 0730-17.30 and they are closed during the weekends. If your slot is during their working hours you just need to come in and the team will let you in to the room; If your slot is out of hours, please arrange for a pass to open the outside door (it will be left in the main building in security with your name on it).

On the day, please fill the check in form that is on the desk for the team to record attendance and use of the simulators.

Currently we are not charging any fees from doctors not currently at the Trust, but please understand that this situation may change, particularly if people book slots and don't attend them.

## **5. Safety measurements**

Use the hand sanitiser gel before starting to use the machine (on the table near the simulator).

The maximum number of people is 2 and should stay 1 m apart from each other.

Do not eat or drink while using the simulator.

Clean the handle of the probes with Clinell® wipes after finishing your session.

Leave the room as you found it.

I have attached the training videos as they are extremely helpful to understand how the machines work:

[https://www.youtube.com/playlist?list=PLf8mTg\\_3tLoWVviJStb96oXOdBFG70XSb4](https://www.youtube.com/playlist?list=PLf8mTg_3tLoWVviJStb96oXOdBFG70XSb4)

## Useful Contacts:

### Trainee Reps:

Miss Jessica Taylor, [jessica.taylor51@nhs.net](mailto:jessica.taylor51@nhs.net)

Miss Saba Fatima, [Saba.fatima79@yahoo.com](mailto:Saba.fatima79@yahoo.com)

**Local Ultrasound Educational Supervisors:** Local college tutors

**Deanery Ultrasound training Coordinator:** Miss M Fayyaz, [m.fayyaz@nhs.net](mailto:m.fayyaz@nhs.net)

## Summary of RCOG Core Ultrasound Curriculum 2019:

**Table 1: Extract from the O&G Procedures table in the Core Curriculum Definitive Document showing Ultrasound Procedures**

<b>Gynaecology</b>	Transabdominal ultrasound examination of early pregnancy ( <i>mandatory</i> ) Ultrasound examination of early pregnancy complications ( <i>optional</i> ) Ultrasound examination in gynaecology (non-pregnant patient) ( <i>optional</i> )
<b>Obstetric</b>	Transabdominal ultrasound examination in later pregnancy ( <i>mandatory</i> ) Transabdominal ultrasound examination of biometry in later pregnancy ( <i>formative – mandatory, summative -optional</i> )* Transabdominal ultrasound examination of fetal anatomy in later pregnancy ( <i>optional</i> )* Transvaginal examination in later pregnancy ( <i>optional</i> )

*Early pregnancy defined as <14-weeks and later pregnancy defined as >14-weeks*

*\*Must be signed off as competent prior to undertaking the Fetal Medicine ATSM or subspecialty training in Maternal and Fetal Medicine*

## Mandatory Ultrasound Skills

## Optional Ultrasound Skills

Procedure	Required For	Skills Required
Transabdominal ultrasound examination of biometry in later pregnancy	ATSM: FM	<ul style="list-style-type: none"> <li>Ability to use ultrasound to assess fetal biometry (head/abdominal circumference and femur length)</li> </ul>
Transabdominal ultrasound examination of fetal anatomy in later pregnancy	ATSM: FM	<ul style="list-style-type: none"> <li>Ability to use ultrasound to assess normal morphological ultrasound appearances of the fetus and its environment</li> <li>Ability to use ultrasound to assess normal fetal anatomy</li> </ul>
Ultrasound examination of early pregnancy complications	ATSM: AGEP, ALAP, SRH ASM: SPAC	<ul style="list-style-type: none"> <li>Ability to use ultrasound to diagnose normal intrauterine pregnancy</li> <li>Ability to use ultrasound to diagnose miscarriage</li> <li>Ability to use ultrasound to diagnose tubal ectopic pregnancy</li> <li>Ability to use ultrasound to diagnose non tubal ectopic pregnancy</li> </ul>
Ultrasound examination in gynaecology (non-pregnant patient)	ATSM: AGEP, ALAP, SRH ASM: SPAC	<ul style="list-style-type: none"> <li>Ability to use ultrasound to identify normal morphological ultrasound appearances of the female pelvis and its variations during the menstrual cycle</li> <li>Ability to use ultrasound to assess the endometrium and diagnose an endometrial abnormality</li> <li>Ability to use ultrasound to assess the pelvis for causes of pain</li> <li>Ability to use ultrasound to diagnose fibroids</li> <li>Ability to use ultrasound to diagnose ovarian lesions</li> <li>Ability to use ultrasound to diagnose pelvic abscess</li> <li>Ability to diagnose acute appendicitis</li> <li>Ability to diagnose urinary retention</li> </ul>
Transvaginal examination in later pregnancy (>14-weeks)	ATSM: HRP	<ul style="list-style-type: none"> <li>Ability to use ultrasound to identify the normal morphological ultrasound appearances of the cervix in the second and third trimester</li> <li>Ability to use ultrasound to measure the cervical length appropriately</li> <li>Ability to use ultrasound to assess for placental position in relation to internal os with low lying placenta</li> </ul>

**ATSM:** Fetal Medicine (FM), High Risk Pregnancy (HRP), Acute Gynaecology and Early Pregnancy (AGEP), Advanced Laparoscopic Surgery for the Excision of Benign Disease (ALAP) Subfertility and Reproductive Health (SRH). **ASM:** Safe Practice in Abortion Care (SPAC)