

## Midwife Focused Sonography Content Outline

### Focused gynecologic ultrasound exams 14%

- Assess and record uterine position
- Measure uterine depth, width, and length
- Assess both adnexa
- Identify endometrial fluid
- Measure the endometrium in the anteroposterior diameter
- Assess the posterior and anterior cul-de-sacs
- Identify intrauterine device (IUD) placement
- Identify ovarian cysts/masses
- Perform exams for assisted reproduction techniques (e.g., follicular measurements, etc.)
- Use transabdominal scans, i.e., indications for using transabdominal vs. transvaginal scans
- Use transvaginal scans in gynecologic patients

### Focused first trimester OB exams 19%

- Perform first trimester obstetric exams
- Identify the double decidual sac sign
- Identify the yolk sac
- Measure gestational sac using the mean sac diameter
- Measure the crown-rump length
- Identify signs of a failed pregnancy (e.g., anembryonic gestation, enlarged or echogenic yolk sac, embryonic or fetal demise)
- Identify an ectopic pregnancy
- Correlate human chorionic gonadotropin (hCG) levels with abnormal pregnancies (e.g., ectopic, hydatidiform mole, other)
- Use transabdominal scans in obstetric patients
- Use transvaginal scans in obstetric patients

### Focused second and third trimester OB exams 35%

- Perform second trimester obstetric exams
- Perform third trimester obstetric exams
- Establish fetal lie and presentation
- Document placental location
- Identify multiple gestations
- Assess amniotic fluid
- Perform biophysical profiles
- Measure the biparietal diameter (BPD)
- Measure the fetal head circumference
- Measure the fetal abdominal circumference
- Measure fetal femur length
- Measure the amniotic fluid index (AFI)
- Measure cervical length
- Identify components of an incompetent cervix
- Assess for causes of bleeding in obstetric patients
- Identify fetal demise
- Identify abnormal amniotic fluid volume
- Perform exams on high-risk pregnancies (e.g., amniotic fluid index for biophysical profile surveillanced exams)
- Identify specific components of the ultrasound exam as indicated by maternal/fetal complications
- Use transabdominal scans in obstetric patients

### Protocols 13%

- Determine necessity of maternal bladder filling based on indication of the exam
- Obtain pertinent clinical history as a part of the exam
- Check the results of a previous ultrasound exam
- Review lab results as a part of the exam
- Inform a physician of findings that may be of an emergent nature
- Refer patient when necessary based on findings from the focused ultrasound exam

**Using the ultrasound system 19%**

Use knowledge of sound reflection as it relates to variations in tissue density

Adjust display depth based on the exam being performed

Adjust overall gain

Adjust the focal zone

Adjust time gain compensation (TGC)

Choose a specific transducer frequency based on the area being scanned

Use a curved linear array transducer

Use a transvaginal transducer

Clean and disinfect transducers in accordance with manufacturer's guidelines

Modify the exam based on artifacts

Modify the exam based on the displayed mechanical index and its effect on the fetus

Modify the exam based on the displayed thermal index and its effect on the fetus

Practice ALARA (as low as reasonably achievable) principle

Recognize the mechanisms for potential biological effects

Document embryonic and/or fetal cardiac activity using m-mode

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