

Favorite Ultrasound Resources

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Online Learning Resources:

- Society for US in Med Ed Learning Modules: Comprehensive modules covering basics through some organ specific uses
 - <http://www.susme.org/learning-modules/>
- University of S Carolina videos: Brief YouTube videos covering anatomy & physiology
 - <https://www.youtube.com/user/iusc1?app=desktop>
- University of California Irvine iTunes U podcasts
 - Critical Care ultrasound
 - <https://itunes.apple.com/us/itunes-u/uc-irvine-critical-care-ultrasound/id452550953?mt=10>
 - Ultrasound for Primary Care
 - <https://itunes.apple.com/tt/itunes-u/ultrasound-for-primary-care/id887601307?mt=10>
 - MS1 – Ultrasound in MedEd
 - <https://itunes.apple.com/us/itunes-u/ms1-ultrasound-in-meded/id429668500?mt=10>
 - MS2 – Ultrasound in MedEd
 - <https://itunes.apple.com/us/itunes-u/ms2-ultrasound-in-meded/id429668525?mt=10>
 - MS3 – Ultrasound in MedEd
 - <https://itunes.apple.com/us/itunes-u/ms2-ultrasound-in-meded/id429668525?mt=10>
 - MS4 – Ultrasound in MedEd
 - <https://itunes.apple.com/us/itunes-u/ms4-ultrasound-in-meded/id429668966?mt=10>
- OHSU IM Residency Site Ultrasound Resource Page:
 - <http://www.imrespx.com/ultrasound-main>
- IM Bedside US Site: Abbott NW residency program US page, includes their modules & other resources (check out IMBUS-advanced tab):
 - <http://imbus.anwresidency.com/>
- Cascades East Family Medicine US Curriculum site: grouped info by scan type.
 - <https://sites.google.com/site/residencycefm/>
- The Evidence Atlas (subset of POCUS atlas): Fantastic compilation of evidence including brief synopsis of journal articles, tables w sens, spec, + & - LR, and PMID with link to pubmed for article.
 - <http://www.thepocusatlas.com/ea-home>
- Ultrasound of the Week: “Learn bedside ultrasound, one week at a time”
 - <http://ultrasoundoftheweek.com>

- 5 minute Sono: Very well composed & concise “just in time” videos to review before you go practice!
 - <http://5minsono.com>
- SonoGuide: “US Guide for Emergency Physicians”. ACEP EM Ultrasound Collaborative Resource, dense but thorough.
 - <http://www.sonoguide.com/introduction.html>
- Emergency Ultrasonography: online source for lectures, video galleries, cases, billing templates etc. NOTE: Wouldn't load when last checked 5/11/17
 - www.emergencyultrasoundteaching.com
- Ultrasound Podcast: “Making horrible doctors decent and good doctors GREAT”
 - <http://www.ultrasoundpodcast.com>
- SonoMojo: Awesome site by Dr. Jennifer Cotton, EM US guru from THE Ohio State. FOAMed curricular elements compiled, but also includes how to for US student interest group creation, US cheat sheets (anatomy, views to get, path descriptions, trickets), and more.
 - <https://www.sonomojo.org/>
- SonoInternist Site: Created by former US fellow at U S Carolina & includes a map of fellow IM US enthusiast Dr. Mike Wagner
 - <http://sonointernist.com>
- Cardiovascular Limited Ultrasound Exam Facebook page: Central location for educational videos, most recent summary paper link, etc
 - <https://www.facebook.com/iclueu?fref=ts>
- AIUM Ultrasound in Medical Ed Portal: “clearinghouse of resources related to facilitating the integration of ultrasound into medical school education”
 - <http://meded.aium.org/>
- Stanford Echocardiography in ICU: Basic echo overview
 - https://web.stanford.edu/group/ccm_echocardio/cgi-bin/mediawiki/index.php/Main_Page
- Online Echo Modules: First 4 are free
 - <https://123sonography.com/learn-echocardiography>
- New York School of Regional Anesthesia (NYSORA) site w great overviews of nerves w cadaveric, graphic & US images:
 - <http://www.nysora.com/techniques/ultrasound-guided-techniques/index.1.html>
- American Medical Society for Sports Medicine's Sports Ultrasound Online Didactics. No cost, just have to sign up for AMSSM which is also free.
 - <https://www.amssm.org/UltrasoundOnlineDidactics.php>
- American Institute of Ultrasound in Medicine: membership includes access to many webinars, quizzes, etc
 - <https://www.aium.org/>
- Echocardia: Open platform site with >10,000 images, patient cases, normal values, etc
- Ultrasound Training Solutions DIY Phantom Compendium: don't have tons of \$ or a fancy sim center? They have you covered w tons of ideas, sites, papers:

- <https://www.ultrasoundtraining.com.au/foamus/diy-phantom-compendium>
- Ultrasound Training Solutions foamus site in general: includes weekly wrap of everything found on social media, links, etc.
 - <https://www.ultrasoundtraining.com.au/foamus/foamus>
- Many ultrasound machine companies will give access to special training materials they've created...just ask!

Online Tech Resources

- Ultrasound of the week Tools page: Includes amazing stuff programmed by Dr. Ben Smith including sonogif (can de-identify, trim & convert to gif all in 1 program), clipdeidentifier, and several tutorials to make your US presentations better.
 - <https://www.ultrasoundoftheweek.com/tools/>
- SonoClipShare: site where you can use their de-identifying software then create your own image portfolio.
 - <https://sonoclipshare.com/>
- The Pocus Atlas: Amazing FOAMed collaborative collection of images & clips, can download & use any of them.
 - <http://www.thepocusatlas.com/>
- Streambox: By Dr. Elias Jaffa, "opensource hardware platform designed as an inexpensive way to stream the video output of an ultrasound machine over the internet"
 - <https://jaffamd.com/>

Phone/Tablet Apps:

- Ohio State POC U/S
- 1 minute US
- SonoSupport
- SonoAccess

Twitter:

- @ReneeDversdal
- @Sonointernist
- @pdxfutbal
- @benjikmathews
- @NsquaredPOCUS
- @IMUS_Spokane
- @AIUMultrasound
- #IMpocus
- #POCUS
- #FOAMus
- #FOAMed

Books:

- Point of Care Ultrasound Book, Nilam Soni et al
 - Most med schools have access to clinicalkey.com where anyone can access the book.
- Atlas of Handheld Ultrasound: problem driven ultrasound, like “anuria” with algorithms
 - <https://www.springer.com/us/book/9783319738536>
- Introduction to Bedside Ultrasound iBook, Volume 1: Volume 1 & 2 are great resources assembled by the well-know EM docs behind US podcast
 - <https://itunes.apple.com/us/book/introduction-to-bedside-ultrasound/id554196012?mt=13>
- Introduction to Bedside Ultrasound iBook, Volume 2: Volume 1 & 2 are great resources assembled by the well-know EM docs behind US podcast
 - <https://itunes.apple.com/us/book/introduction-to-bedside-ultrasound/id647356692?mt=13>

Sampling of Journal Articles re: Point of Care Ultrasound in Internal Medicine:

1. Kimura BJ, Shaw DJ, Amundson SA, Phan JN, Blanchard DG, DeMaria AN. Cardiac Limited Ultrasound Examination Techniques to Augment the Bedside Cardiac Physical Examination. *J Ultrasound Med.* 2015;34(9):1683-1690. doi:10.7863/ultra.15.14.09002.
2. Kimura BJ, Amundson SA, Phan JN, Agan DL, Shaw DJ. Observations during development of an internal medicine residency training program in cardiovascular limited ultrasound examination. *J Hosp Med.* 2012;7(7):537-542. doi:10.1002/jhm.1944.
3. Duloher MM, Stoven S, Kurklinsky AK, et al. Ultrasound for internal medicine physicians: the future of the physical examination. *J Ultrasound Med.* 2014;33(6):1005-1011. doi:10.7863/ultra.33.6.1005.
4. Skalski JH, Elrashidi M, Reed DA, McDonald FS, Bhagra A. Using Standardized Patients to Teach Point-of-Care Ultrasound-Guided Physical Examination Skills to Internal Medicine Residents. *J Grad Med Educ.* 2015;7(1):95-97. doi:10.4300/JGME-D-14-00178.1.
5. Schnobrich DJ, Olson APJ, Broccard A, Duran-Nelson A. Feasibility and acceptability of a structured curriculum in teaching procedural and basic diagnostic ultrasound skills to internal medicine residents. *J Grad Med Educ.* 2013;5(3):493-497. doi:10.4300/JGME-D-12-00214.1.
6. Galen BT, Schnobrich DJ. Pocket-sized Ultrasound for Physical Diagnosis. *J Gen Intern Med.* 2015;30(7):883. doi:10.1007/s11606-015-3318-2.
7. Schnobrich DJ, Gladding S, Olson APJ, Duran-Nelson A. Point-of-Care Ultrasound in Internal Medicine: A National Survey of Educational Leadership. *J Grad Med Educ.* 2013;5(3):498-502. doi:10.4300/JGME-D-12-00215.1.
8. Soni NJ, Lucas BP. Diagnostic point-of-care ultrasound for hospitalists. *J Hosp Med.* 2014;10(2):120-124. doi:10.1002/jhm.2285.

- Lucas, B. P., Tierney, D. M., Jensen, T. P., Dancel, R., Cho, J., El-Barbary, M., ... Lucas, B. P. (2018). Credentialing of Hospitalists in Ultrasound-Guided Bedside Procedures: A Position Statement of the Society of Hospital Medicine. *Journal of Hospital Medicine*. <http://doi.org/10.12788/jhm.2917>
- Ma, I. W. Y., Arishenkoff, S., Wiseman, J., Desy, J., Ailon, J., Martin, L., ... Canadian Internal Medicine Ultrasound (CIMUS) Group*. (2017). Internal Medicine Point-of-Care Ultrasound Curriculum: Consensus Recommendations from the Canadian Internal Medicine Ultrasound (CIMUS) Group. *Journal of General Internal Medicine*, 32(9), 1052–1057. <http://doi.org/10.1007/s11606-017-4071-5>
- Mathews, B. K., Reiersen, K., Vuong, K., Mehta, A., Miller, P., Koenig, S., & Narasimhan, M. (2018). The Design and Evaluation of the Comprehensive Hospitalist Assessment and Mentorship with Portfolios (CHAMP) Ultrasound Program. *Journal of Hospital Medicine*, (February), 1–7. <http://doi.org/10.12788/jhm.2938>
- Platz, E., Merz, A. A., Jhund, P. S., Vazir, A., Campbell, R., & McMurray, J. J. (2017). Dynamic changes and prognostic value of pulmonary congestion by lung ultrasound in acute and chronic heart failure: a systematic review. *European Journal of Heart Failure*, 19(9), 1154–1163. <http://doi.org/10.1002/ejhf.839>