

QUALITY SCANNING CHECKLIST



1. OPERATOR



Ergonomics – *position and adjust to a comfortable position*



Gel – *apply enough ultrasound gel to avoid air*



Anatomy – *correct anatomical structure in screen*



Centered – *anatomical structure in middle of the screen*

2. SYSTEM



Depth – *have a good view on the internal architecture*



Frequency – *correspond to the scanned structure*



Focus – *adjust for the region of interest*



Gain – *balance your grey values*

3. TRANSDUCER



Visualization – *left of screen: proximal, medial, ventral*



Handling – *note your grip, tension, force*



Angle – *avoid anistropy at all times*



Adjust checklist – *for every transducer movement*

1. STRUCTURE OF PATHOLOGY



Shape – *did the morphology change?*



Echogenicity – *did the echogenicity of the anatomical structure change?*



Continuity – *are there any tears or fiber discontinuities?*



Doppler – *is there a presence of neovascularization?*



Functional – *how does the anatomy move?*

2. INTERPRET PATHOLOGY



LAX/SAX – *scan in two planes*



Left/right – *compare the affected with the non-affected side*



Measure – *quantify morphologic changes*



Relevance – *how clinical relevant are the changes?*

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