

# British Medical Ultrasound Society News

May 2013



## A word from the President - Paul Sidhu

A short note mainly to advise members of the continuing progression on the Annual Scientific Meeting in Gateshead this year, Ultrasound2013, Borsha seems to have everyone under control! Make a note in your diaries for this – it will be special. There is a slightly different format to make all three days 'full' so you can choose to come to the whole meeting or a combination of single full days.

I have just returned from the Annual Scientific meeting of the American Institute of Ultrasound, held in New York. There are many similarities with our own ASM, but the American meeting is larger, attracting approximately 1,700 delegates (from a membership of 9,000). Many parallel sessions take place, with a variety of refreshers courses and scientific papers. One notable difference with our meeting is the considerable number of proffered papers presented; something that we should strive to encourage.

Every year we offer a 'young-investigator' prize and this ends up as our representative in Europe – no 'nil points' here for us, we normally win!! This is a tradition we need to encourage and continue. A notable aspect of the lectures in New York was the lack of use of new technologies – contrast ultrasound and elastography.

In Europe we are way ahead of our American colleagues; regulatory hurdles prevent the use of these techniques and undoubtedly to the detriment of patients. One difference I hope Borsha will not insist on is the start time – I gave a lecture at 7a.m. to a full audience!

On another point, I would encourage you to use the EFSUMB website for information on a whole range of ultrasound issues. The case-of-the-month, the e-textbook and guidelines are all freely available to BMUS members. A new development is an 'Atlas' – soon to come online, which will contain images of all known pathology (maybe not all), with a short explanation – a useful source of information. Importantly the website is now 'tuned' to iPads – I think this is the correct terminology. Although we do not subscribe to the European Journal of Ultrasound as a society, we should all get the 1<sup>st</sup> issue of the year free. Many of you will be disappointed that some of it is in German, but this will change over time.

Which brings me to our own journal; we have been fortunate to replace the irreplaceable (Emma Chung and Hazel Edwards) with a new Editor,

Kevin Martin, who fresh into retirement has taken on this mantle. Our journal continues the long tradition of excellent articles and should be the main channel for our academic output. Keep those articles coming!

We start April with new NHS reforms in place and with uncertainty as to the direction we are heading. The dispersion of imaging services is difficult to predict, and as always Ultrasound is the one diagnostic imaging technique that is the 'favourite' to dilute out from hospital practice. Although this ultimately may be of benefit to patients with regard to waiting for their examination, and many of our members work outside the hospital setting, there is undeniably a need to maintain expertise and with it experience in a tertiary care centre. There will always be a need for 'back-up' and this will be continued by many of you who provide an expert diagnostic service. Time will tell how this will settle down and how it will affect our working lives. I expect our resilience will see us through despite never ending interference!



## Presidential Plea

If you have not renewed your subscription for this year could you urgently do so – maybe take advantage of the quarterly payments. Our mutual society is here for all members to keep in touch with the ultrasound community of the United Kingdom, a two-way process, to exchange ideas, discuss working practice and most importantly to socialise with people with a similar interest. We need your subscriptions to maintain the structure of the society.

## The Physics & Technology of Medical Ultrasound Conference 2013

**Wednesday 22nd & Thursday 23rd May**

The Bar Convent in York

Ultrasound and Non-Ionising Radiation SIG

This meeting will provide a platform for discussion, divulgence and dissemination of ideas from across the wide range themes within medical ultrasonics.

The event will proffer an opportunity for physicists, sonographers, engineers, researchers and practitioners from a clinical background to exchange ideas and present new results. The aim is to encourage dialogue between professionals from the different backgrounds in this multidisciplinary area of research and practice.

email - [conferences@ipem.ac.uk](mailto:conferences@ipem.ac.uk) tel - 01904 610821

[www.ipem.ac.uk/ConferencesEvents/  
ThePhysicsTechnologyofMedicalUltrasound201.aspx](http://www.ipem.ac.uk/ConferencesEvents/ThePhysicsTechnologyofMedicalUltrasound201.aspx)

**This conference is kindly co-sponsored by  
the British Medical Ultrasound Society.**



BMUS members may register for this conference at the reduced IPEM members rate.



**IPEM** Institute of Physics and  
Engineering in Medicine

## February journal delay

If the May journal feels like it is following hot on the heels of the February one, you would be right.

Sage Publications, who took on all Royal Society of Medicine titles, apologise sincerely for the delay, citing issues with the type setters.

If you are reading this in May rather than July, we can assure you that these issues have been swiftly dealt with!

## BMUS Best Oral Prize winner



I was very surprised and pleased to hear that I had been awarded first prize for the best oral presentation at the BMUS conference 2012.

My presentation was entitled "Transvaginal ultrasound simulation: Can it replace initial Patient training for doctors?" and it gave a brief overview of a research project I conducted for my MSc in Medical Ultrasound at City University London.

I have recently begun a new job in Perth, Western Australia and as part of my role I will be receiving further training, starting with both neck and paediatric ultrasound.

Consequently I have used the £125 prize to purchase two new textbooks on these areas – Practical Head and Neck Ultrasound by A. Ahuja and R. Evans and Paediatric Ultrasound How, Why and When by R. De Bruyn.

Studying outside work is a lot easier when you can do it on the beach in the sunshine!

*Catherine Williams*



**Ultraschall 2013**

**Euroson 2013**

We are pleased that Catherine will represent BMUS in the Young Investigator session at Euroson 2013 in Stuttgart later this year.

We wish you the best of luck, Cathy!





# Find us on



**Given that we live in an age of technology and social media, we're on a mission to up the number of likes we have for our Facebook page.**

Cost efficient and fun, it's a brilliant way to stay in touch and keep you unobtrusively updated with all our news, events and happenings.

If you're on facebook – and we know many of you must be statistically given that there are 1 billion users worldwide – please check us out and give us the good old FB thumbs up.

You need to like our page, not add us a friend. Not that we're not friendly, but all our info goes on our official page, not as BMUS as an individual. If you type in BMUS, (any typos will bring something else up altogether...) then our page should pop up. See you in cyberspace!

When we put this amazing scan of a little fetal pup on our page, sent courtesy of our vet colleagues, it went viral and was seen by nearly 3,000 people in 5 days.

**Such is the power of the internet.**

Let's harness such power and make our online ultrasound community a vibrant one.



email

@addresses

**Continuing on the communication front - we still don't have email addresses for a portion of our membership.**

On a typical e-shot, 10% of emails we send out to members bounce back saying the email is no longer correct.

Have you let us know your new email address if it has changed recently due to you moving home or work or your old email becoming an nhs.net one?

18% of you haven't given us any email address at all which means we are reliant on good old Royal Mail and you regularly actively seeking out our updates. While both of these are fine, we need to be embracing technology and all its benefits where possible, so help us to help you and in turn, help the planet too.

We really don't want to keep hearing grumbles that people are not receiving emails from us!

## Scientific Programme Committee Chair 2014

**We are pleased to formally announce that Pam Parker will be our Scientific Organising Committee Chair for 2014.**

Pam is the Ultrasound Manager at Hull Royal Infirmary and is well versed with the BMUS Annual Meeting. She has sat on several organising committees, pulling the popular Professional Issues sessions together, among others.

Pam is a re-elected member of the BMUS Council and formerly a member of the BMUS Scientific and Education Committee.

We are currently looking at potential venues for the 2014 event.

If you have any topics you would like to see included in the 2014 ASM, please contact Pam by email -

[Pamela.Parker@hey.nhs.uk](mailto:Pamela.Parker@hey.nhs.uk)





# Ultrasound 2013

The 45th Annual Scientific Meeting of  
the British Medical Ultrasound Society

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I'm truly delighted to be the Scientific Program Chair for the 2013 British Medical Ultrasound 45<sup>th</sup> Annual Scientific Meeting and to



welcome the medical ultrasound community for the first time to The Sage, Gateshead in the picturesque North East of England.

The Sage is simply a superb venue in a stunning location. It lies adjacent to the Baltic Arts Centre which held the 2012 Turner Prize and on the south bank of the River Tyne in front of the famous "Blinking Eye" Gateshead Millennium Bridge. If approaching from the south you will pass Antony Gormley's sculpture, The Angel of the North, and the train journey from Scotland is one of the most scenic coastal trips in the UK.

The North East of England is a hidden gem for tourists! We hope to attract local businesses to put together great pre-conference and post-conference packages and spa breaks to encourage you to make BMUS part of a short family break or Christmas shopping experience.

BMUS Council realise that study leave and funding are increasingly difficult to obtain, but that education is more vital than ever with the advent of Any Qualified Provider and the Francis Report.

We have put together nine tightly focused educational streams and five intense practical training programs to meet those needs. On any one day there will be four consecutive sessions of linked education that can be treated as individual study days, though we hope you will be tempted to register for all three days!

Proffered Papers for oral presentations and posters are welcomed with examples of local problems and the successful solutions that have been deployed to these.

## BMUS ASM 2013 – still the UK's Premier Ultrasound Meeting

The three day scientific meeting has a general theme around acute ultrasound and practical problem solving, supplemented with Master Class sessions and Expert live demos. There is enough connected content on each day to ensure delegates get full CPD value every day they register.

We also recognize that Radiology is no longer the broad spectrum it was and that specialists in ultrasound are now a rare breed. We have focused this year on certain areas such as GI ultrasound and the type of advanced content useful to Sonographers who scan most of the acute in-patient workload and registrars in training and on-call.

The 2013 website is now live with the preliminary programme and abstract submission form. [www.bmus2013.org](http://www.bmus2013.org)

### Star Features

#### Day 1

##### A Medico-Legal Master Class with A.P. Andrews from Bond Solon.

This special session with an expert trainer in medico-legal representation is for you to guide and open to anyone who wishes to submit their example problems and knotty ethical dilemmas.

Mr Andrews will choose those cases that present the most interesting features to discuss or the questions that are most frequently asked to cover in his session. **Please contribute** and submit these to the same **August 9th deadline** for abstract submission of scientific posters, proffered papers and short unusual case presentations. **An opportunity not to be missed!**

#### Day 2

Day 2 will end with the Eponymous **Donald, MacVicar and Brown Lecture**, given this year by Dr Simon Elliott (Freeman Hospital, Newcastle) which will be teamed up with a ticket for the BMUS annual dinner and awards evening and worth 1 CPD point with a separate CPD certificate for those that can't make it to the full meeting.

#### Day 3

The **Peter Twining Memorial Lecture**, this year delivered by Professor Sir John Burn - Professor of Clinical Genetics (Centre for Life, Newcastle) and Innovation Chair Human Genomics Strategy Group.





# More Highlights for this year include:

## Monday 9th December

### Acute Gastro-Intestinal Ultrasound

led by Nigel Grunshaw. This starts with a session on acute hepato-biliary problem solving followed by three GI ultrasound sessions, including Lower GI problem solving – It's Not All Gynae!, Acute RIF, Acute LIF, CT & MRI vs. US: When to bail out? Acute Lower GI Problems, Omentum, Peritoneum & the Mesentery, Acute Small Bowel Problem Solving: Hints, Tips & Pitfalls and the GI meets MSK Live Masterclass with expert demonstrations of bowel and hernia ultrasound.

**Physics, Science & Technology** led by Carmel Moran (BMUS President Elect). This includes a twist on the past and present with the latest developments, where they have come from and are going to, linear array technology, ultrasound microbubbles, focused ultrasound in surgery, elastography and the BMUS Young Investigator Awards.

**This session will feature the best scientific presentations as selected from abstracts in the <39 age category to go forward to the 2014 Euroson meeting in Tel Aviv, so don't forget to include your date of birth.**

### Service Delivery, Clinical Management & Professional Issues

led by Pam Parker and Borsha Sarker. Subjects covered include 7 Day Working, Contracts & HR Issues, Recruitment and Retention, Workforce Planning, Training, Solutions to a Sustainable Workforce, Any Qualified Provider: One Year On, Audit, Risk and Governance in Ultrasound, The Consultant Sonographer, Indemnity Explored, When does a Sonographer need their union?

Special BMUS Live Event –  
*From Ducks to Doppler...  
A Celebration of Wildlife, Music  
and Sound with Dr Simon Elliott.*

You can then join BMUS and friends for an evening meal overlooking the river.

## Tuesday 10th December

### Acute Abdominal Ultrasound with the Radiology Academies

led by Jane Smith (Bates.) This starts with a series of lectures and quizzes on acute renal ultrasound, acute hepato-biliary ultrasound, transplants, abdominal Doppler, the acute paediatric patient, interventional tips and tricks, on-call nightmares, problems, pitfalls, lessons and case studies from On-Call. They focus on Registrar Training, but act as an excellent refresher for Radiologists and Advanced Practitioner Sonographers. A discussion on what makes effective training and the advanced scrotal Masterclass also feature and Jane has revived the popular film viewing panel, this year in the form of a team challenge with a panel of BMUS experts.

### An integrated Vascular Program with the SVT

led by Tracey Gall and Tim Hartshorne. Includes a session on Topical Dilemmas, NICE DVT Quality Standards, Update on Carotids (NICE & NSS), Vascular Assessment for Reconstructive Surgery, Pelvic venous session, EVAR and AAA session, vascular ultrasound contrast, MSK and neuroanatomy.

### A comprehensive full day of Gynaecology Ultrasound

led by Susanne Johnson. Sessions on acute gynae and early pregnancy, ultrasound training in O&G, rapid access clinics, ovarian screening, NICE guidelines and ovarian cancer, reporting in gynae ultrasound and an interactive session on IOTA scoring systems for risk of malignancy.

**The Sage Roof Walk Experience**  
for those adrenalin junkies among us!



## Wednesday 12th December

### Advanced Musculo-Skeletal Ultrasound and Sports Medicine

led by Andrew Carne. The day is divided into advanced sessions on the Shoulder, the Foot and Ankle, Groin Pain, Intervention in MSK Ultrasound and looking forward to sports medicine at the Commonwealth Games Glasgow 2014, a full review of research at the London 2012 Olympic Games. The talks give a holistic view of the management of these problems.

A day of **Diagnostic Radiology Problem Solving** including Head & Neck, Lumps & Bumps, the Big BMUS Debate with two mighty BMUS stalwarts in Pete Rogers and Paul Dubbins, and finally culminating in the hugely popular Reporting Master class led by Pam Parker & Rhodri Evans.

### There are four Integrated Training Packages

that can be purchased which will deliver an intense three hour session of practical training in small groups with one to one education from the BMUS faculty. The pre-recorded lectures will be available in advance via a link to the BMUS Website Portal or via other electronic media to be accessed by delegates at their own convenience.

The remainder of the day will then include full access to the Scientific Meeting sessions and Technical Exhibition. These packages attract the equivalent of one and a half days of CPD points. They will cover **DVT** (Borsha Sarker), **Carotid** (Crispian Oates), **Advanced Fetal Cardiac** (Lead TBC) and **Head & Neck** (Rhodri Evans and Lol Berman)

There is a full day double session of focused education and small group practical training in **Point of Care Echo designed especially for Intensivists and Emergency Care Medicine** led by Nick Athey and Bob Jarman.



# Spinal ultrasound - why do astronauts grow taller in space?

Ever wished you were a little taller? Then a trip to space may be for you. Astronauts living on board the International Space Station grow up to 3 percent taller while living in microgravity.

NASA has long recognised the importance of ultrasonic detection systems for monitoring space shuttle fuel systems and picking up potentially catastrophic leaks. They are using ultrasound on a wider level now and, for the first time, spinal ultrasound investigations are taking place on the ISS to study the impact of how astronaut's spines elongate during flight.

Using Ultrasound 2 - the machine aboard station as a facility for human health studies, astronauts have an advanced tool to view the inner workings of their bodies.

**"Today there is a new ultrasound device on the station that allows more precise musculoskeletal imaging required for assessment of the complex anatomy and the spine,"**  
principal investigator Scott A. Dulchavsky.

**"The crew will be able to perform these complex evaluations in the next year due to a newly developed Just-In-Time training guide for spinal ultrasound, combined with refinements in crew training and remote guidance procedures."**

Six crew members will serve as test subjects for these spinal ultrasound scans. An astronaut will scan the spinal area of a fellow crew member at 30, 90, and 150 days into flight. Researchers will watch in real time from the ground via streaming video downlinks. Ultrasound images will focus on the cervical and lumbar areas of the spine and surrounding tissues. The test subjects will also undergo pre and post-flight ultrasound and MRI scans on Earth to provide baseline data.

In case you are wondering – they return to their original height when they return back to Earth.



## Unexpected Item in the Bagging Area

We hope you will all attend Ultrasound 2013, but if the prospect of discussing cutting edge technology leaves you craving something a little more mundane, then The Boring Conference is for you.

'Boring' is an annual one-day event dedicated to 'the boring and the mundane, the obvious and the over-looked. Nothing interesting, worthwhile or important is ever discussed at Boring.'

The event was created in response to the cancellation the 2010 Interesting Conference and it has gone from strength to strength.

Sample topics include self-service checkouts, yellow lines and hand dryers.

After a beige boring buffet lunch, excitement tends to hit fever pitch with a seminar on the square root of two and a talk on toaster settings.

At the 2012 conference, the talk entitled 'Unexpected Item in the Bagging Area' apparently reached new highs of snoredom. We think they need to learn a thing or two from our current favourite Ultrasound 2013 talk title - 'Adductor Tendinopathy: Gluteus Medius Tendinopathy & the Trochanteris Bursa.'

However, with another sell-out crowd, it looks like lots of folks are interested in boring.

**Isn't it ironic.**

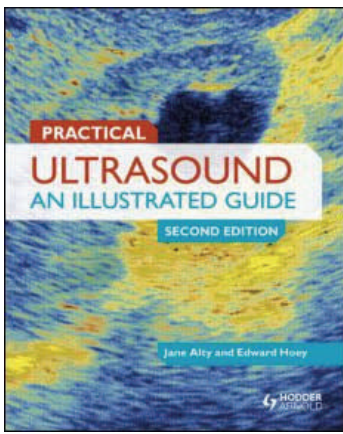
**Unexpected item in the bagging area**



*In between ultrasounds, Chris Hadfield photographs Earth from Space. Here we see Folkestone and the white cliffs of Dover taken from the International Space Station.*

*Commander Chris Hadfield, via Twitter: "Proud installer of ultrasonic sensors to detect leaks in a space ship. Good to have." (Credit: Chris Hadfield/NASA)*





## Practical Ultrasound an illustrated guide Second Edition

- **New** chapters on breast, musculoskeletal, and FAST (focused assessment with sonography in trauma) ultrasonography
- Revisions to original chapters incorporating up-to-date techniques and protocols

Authors - Jane Alty, Edward Hoey, Michael Weston and Stephen Wolstenhulme

“The book takes you through the common scans regularly encountered in a busy ultrasound department.

Organized according to anatomical site, the chapters include a revision section on useful anatomy, a scan protocol presented step-by-step, and a section on common pathology.

Maintaining the popular format of the previous edition, each chapter contains examples of common and clinically relevant pathologies and notes on the salient features of these conditions.

The authors' clear, precise approach puts an immense amount of knowledge within easy reach, making it an ideal aid to learning the practicalities of ultrasound.”

**Publication date June 28,  
2013**

## London Marathon 2013

Congratulations to everybody who ran in last months Virgin London Marathon.

It was immensely uplifting to see record crowds along the route, particularly in the aftermath of events in Boston less than a week earlier. In the shadow of incomprehensible evil, it was wonderful to see people pull together and show the best side of human nature.

Even the weather played ball, and shone down on London showing it off in its full glory. After months of training through the longest coldest snowiest winter for some time, runners were treated to near on perfect running conditions on the day.

A particular shout out to the guy who



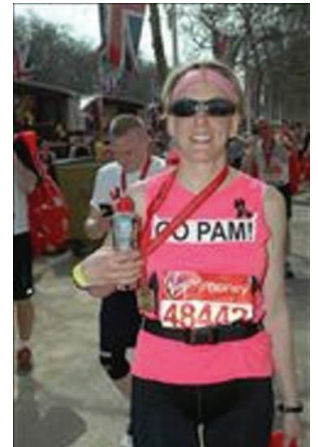
did it dressed as a rhino – you do, after all, need thick skin and mental grit to get through – and to BMUS Council member, Pam Parker, who completed in a great time and raised over £5,000 for the Teenage Cancer Trust.

As well as all the training, and superbly executed fundraising, Pam even took the plunge and embarked on swimming lessons as part of her training due to a bet from another BMUS Council member. I'm assured she no longer swims round in circles.

Pam, I hope your limbs recovered quicker than my sore throat after all the hollering along the route.

I'm off to enter the 2014 ballot... Anybody care to join me? I know there are lots of other BMUS runners out there!

*Rachel Meir*



## Lost and found

A mind bogging array of items are left in hotel rooms. Here are some of the weird and wonderful logged by Travelodge up and down the UK in recent months.

- a bag containing two human skulls
- a prosthetic leg
- an ultrasound machine - anybody know anything about this??
- Second World War masks
- stuffed puffer fish
- a suit of armour
- breast implants
- Rolex watch worth 50k
- a micro pig
- 7,000 copies of Fifty Shades of Grey...
- urns of ashes
- a lawnmower
- a bucket of live crabs
- false teeth

Almost all the above items were later reunited with their rightful, forgetful owners.

## Ultrasound ears to the ground

Snippets heard in ultrasound environs across the land in recent weeks.

*“Sorry I'm late for my appointment. I pulled into the car-park and realised I hadn't dropped my kids off at school”*

*“Sorry I'm late. Can anybody ever find a parking space here?!...”*

*“Have we ever had snow in May?”*

*“I knew it was Joe Miller! It was so real I expected it to be announced on the news after the show”*

*“I've had 6 emails about Christmas today. Make. It. Stop!”*

*“I'm taking a day off tomorrow. Is that ok with everybody?”* Silence ensued.

# Dates for your diary



## June

8th – When a cleft lip is suspected - recognising the challenges & managing the expectations (with CLAPA, ARC,) London

## August

9th – Abstract deadline for ASM

## September

13th – Emergency ultrasound, London

27th – Early bird registration deadline for ASM

## October

4th – Paediatric ultrasound, London (moved from July)

TBC – Gynaecology, London

## December

9th-11th **BMUS Annual Scientific Meeting & Exhibition**, The Sage Gateshead



Promoting ultrasound  
for healthcare  
professionals