

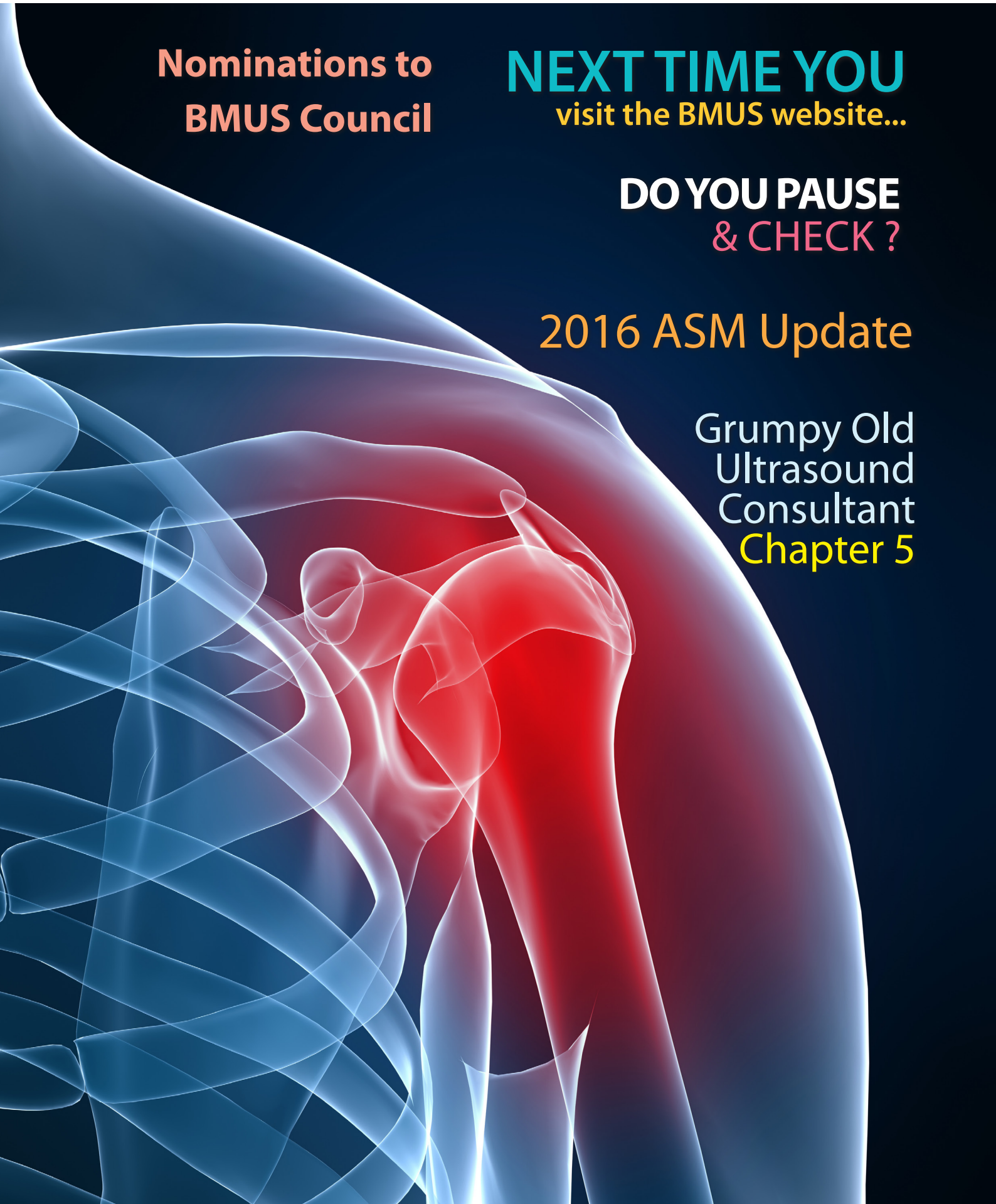
**Nominations to  
BMUS Council**

**NEXT TIME YOU**  
visit the **BMUS** website...

**DO YOU PAUSE  
& CHECK ?**

**2016 ASM Update**

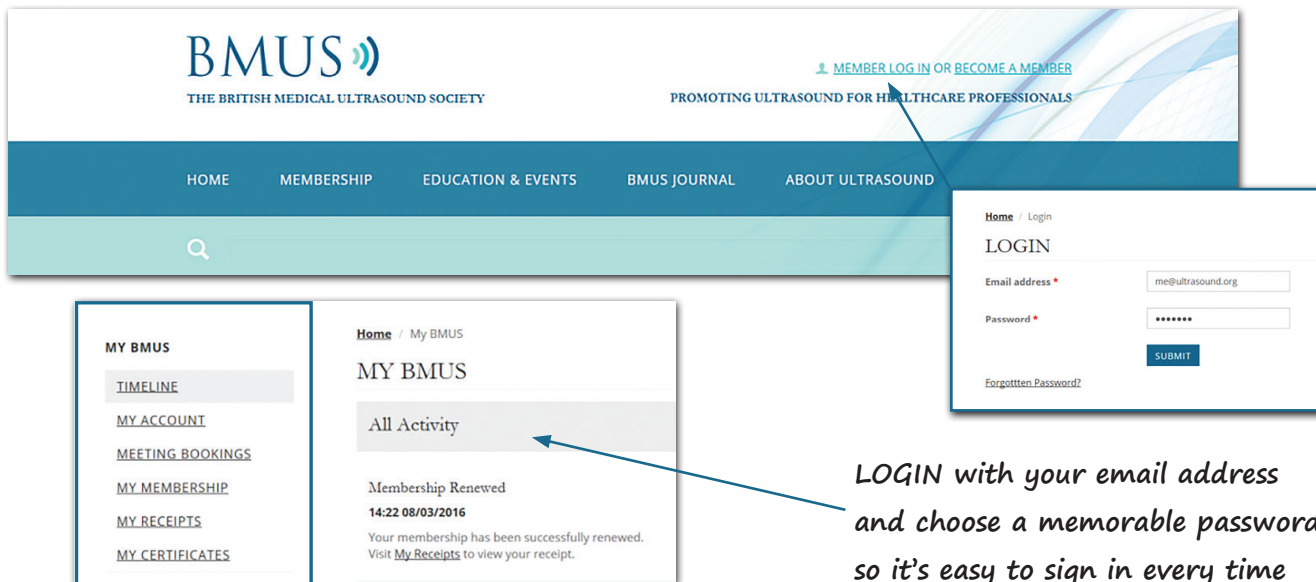
Grumpy Old  
Ultrasound  
Consultant  
**Chapter 5**



## Next time you visit the BMUS website make sure you sign-in as a member !

The BMUS website (<https://www.bmus.org/>) has had a fresh update, but have you signed in to the members' area recently? This is now personalised and provides free access to online journal articles and professional development as well as a record of all your BMUS and CPD activities.

My BMUS: Secure access to your contact details, BMUS bookings and receipts.



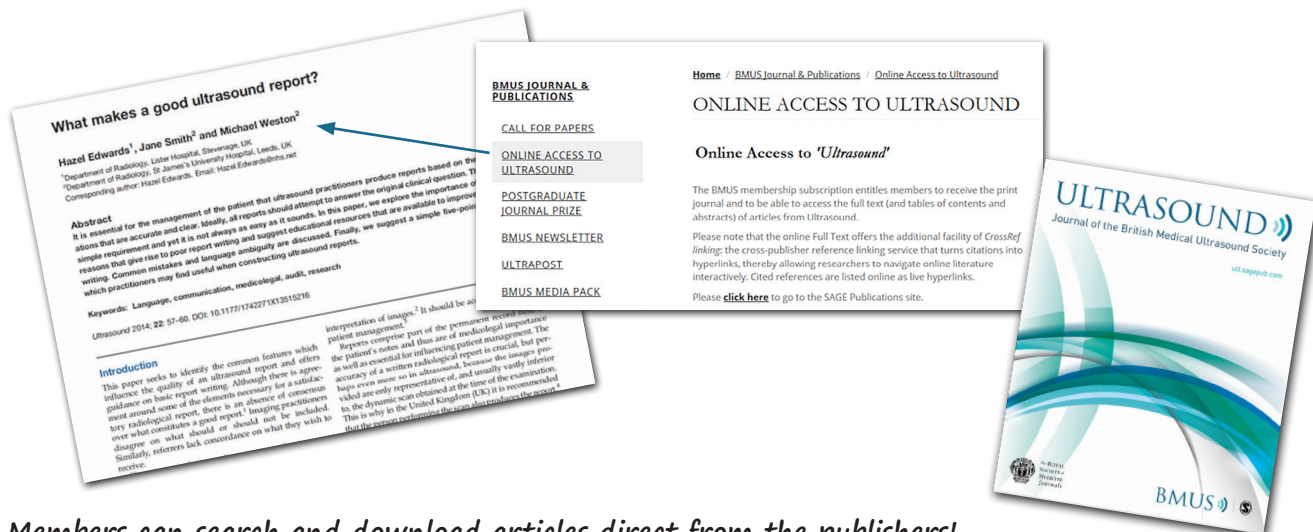
*LOGIN with your email address and choose a memorable password so it's easy to sign in every time you visit the website.*

*Click 'My locker' to:*

- Update your contact details or change passwords
- View details of conference and study day bookings
- View your membership category
- Update your direct debit details
- View receipts for membership fees and bookings
- Download your membership and CPD certificates



**Online access to *Ultrasound*:** Download your favourite articles and guidelines through direct access to the publisher's website.



*Members can search and download articles direct from the publishers!*

**Online CPD:** Test your knowledge of ultrasound and record CPD points by logging in to the new BMUS CPD system:

The collage illustrates the user journey for the online CPD system. It starts with navigating to the CPD ONLINE section from the main menu. The user is then directed to the CPD ONLINE page, which provides instructions on how to participate. A specific article, 'The clinical use of CEUS in the kidney', is shown as an example of the content available for testing. The article includes a self-assessment section with multiple-choice questions. Finally, the navigation menu is shown, highlighting the various ultrasound topics available for study.

This section of the website will be expanding over the next 6 months to feature a wealth of ultrasound learning resources, such as talks and presentations from expert speakers, learning resources from BMUS study days, and highlights from the Annual Scientific Meeting in Cardiff, so watch this space!

## Nominations to BMUS Council - 2017

In accordance with the Memorandum and Articles of the Society, applications are invited for several vacant positions, which will arise at the end of the current year, on BMUS Council.

**Nominations are invited from all specialties to fill the vacancies.**

Nominees must be proposed and seconded by two members of the Society and should include a brief summary of their present position and relevant activities.

**Applications will close at midnight on Sunday, 12th June 2016**

Nominations received after this date will not be accepted. No member may make more than one nomination.

To make a nomination please use the online form which is available on the BMUS website homepage under the 'News' section on the right hand side.

**Dr Emma Chung**  
Honorary Secretary



# News from the North

Spring has arrived in Edinburgh and with it election fever. In Scotland we are voting for the Scottish Parliament on 5th May and of course in the EU referendum on Thursday 23rd June. It is difficult to predict the outcome of either of these elections and in particular the impact on future NHS funding. What is clear is that health-care funding is one of the major election issues both here in the UK and in the USA presidential elections.

Many of you will be sad to hear that Rachel Meir from the BMUS office, has left BMUS for pastures new. Rachel worked in the office for 15 years, had been our longest serving member of staff and the public face of BMUS at many of our study days. We wish her well for her new ventures. Meanwhile we are advertising for two part-time posts in the BMUS office: an Engagement and Development Manager and an Events and Marketing Co-ordinator. Both these posts will enable BMUS to build and develop as a Society for ultrasound practitioners.

In February we held a very successful strategy day in York following the BMUS council meeting. After much discussion and, vast amounts of yellow sticky labels attached to flip-charts, we left York feeling very optimistic, enthusiastic and buoyant about the future directions of BMUS. Since then, we have started to put into place many of the items proposed and agreed at the meeting. One point agreed was that the pump-priming grant will be reinstated enabling researchers to

undertake small studies based on an ultrasound topic and have the opportunity to present their results at the annual scientific meeting. More news of this to follow in subsequent newsletters.

It also gives me great pleasure to invite the 2016 nominations for Honorary Membership of BMUS. BMUS members are invited to be Honorary members if they have contributed in a sustained and substantial manner to the development and practice of ultrasound in medicine and biology and also to the work of BMUS. Nominations for honorary membership should be accompanied by 500 words of text explaining why honorary membership is justified. The closing date for submission of nominations is 30 September with announcements of new Honorary Members at the annual scientific meeting.

And finally, you will see the call for abstracts for our annual scientific meeting is included with this Ultrasound journal mailing. Our dedicated Scientific Organising Committee, led by Adrian Lim, are putting the final touches to the 2016 annual scientific meeting program and social events. We look forward to seeing you in York from 7-9th December whether it is your first meeting or as a seasoned BMUS ASM attendee.

**Dr Carmel Moran**  
BMUS President

# BMUS

THE BRITISH MEDICAL ULTRASOUND SOCIETY

## Study Days 2016

|                  |           |   |
|------------------|-----------|---|
| <b>June</b>      | 23 - 24th | Hepatobiliary / Gynaecology 2 day Summer School, Leeds Radiology Academy      |
| <b>July</b>      | 4th       | Obstetrics Study Day, National Centre for Early Music, York                   |
| <b>September</b> | 30th      | Leeds Paediatrics Study Day in association with BMUS, Leeds Radiology Academy |
| <b>October</b>   | TBA       | Abdominal Ultrasound, Manchester  |
| <b>November</b>  | 15th      | Ultrasound Imaging of the Renal Tract, Dublin                                 |
| <b>December</b>  | 7 - 9th   | Ultrasound 2016, 48th Annual Scientific Meeting, York Racecourse              |

For the latest updates, please visit our website :

[www.bmus.org/education-and-events/bmus-study-days/](http://www.bmus.org/education-and-events/bmus-study-days/)

# Do you Pause & Check?

**H**ave you 'Paused and Checked?' posters and a prompt card have been launched jointly by BMUS and the Society & College of Radiographers to support ultrasound practitioners in clinical imaging services. They are designed to act as a ready reminder of the checks that need to be made when any ultrasound examination is undertaken.

Similar posters are available from the Society & College of Radiographers to support ionising radiation examinations which are regulated by IRMER. Whilst ultrasound imaging does not have such regulations it is imperative to minimise ultrasound exposure and avoid unnecessary examinations. Readers are reminded of the 'BMUS Statement On The Safe Use, And Potential Hazards Of Diagnostic Ultrasound' published by the BMUS safety committee and available on the BMUS website ([www.bmus.org](http://www.bmus.org)).

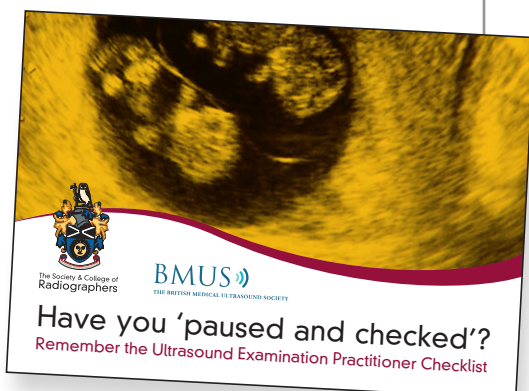
The 'Pause & Check' posters are designed in PDF format to allow for easy downloading, they can then be displayed in the department as required. There are A4 and A3 sizes available and also an A6 version that is small enough to be placed close to a machine or work station.

They have been developed by a joint working party from the Society and College of Radiographers (SCoR) and the British Medical Ultrasound Society (BMUS). Used in conjunction with the 2015 BMUS document 'Recommended Good Practice Guidelines: Justification of Ultrasound Requests' these 'Pause and Check' posters provide support for practitioners and professionals in managing workloads and increasing demands.

BMUS have a number of tools available to Members via the BMUS website to assist in the workplace environment.

- Guidelines for Professional Ultrasound Practice
- BMUS Peer Review Audit Tool
- BMUS Justification of Referrals in Primary Care
- Safety Statement
- Clinical Protocols

As always, BMUS welcomes your feedback on this and all its publications. We aim to produce documents that support practice and professional development. If you would like to comment or contribute to the development of current and future publications please contact [office@bmus.org](mailto:office@bmus.org)



## Ultrasound the journal of the British Medical Ultrasound Society

### Call for Papers

### Special issue on safe practice in ultrasound

*Ultrasound* publishes articles on all aspects of medical ultrasound, including diagnostic applications, therapy, physics, technology, educational and professional issues.



*Ultrasound* is currently soliciting manuscripts for a special issue devoted to safe practice in medical ultrasound. The issue is planned for publication early in 2017. The intention is to cover safety in ultrasound in the broadest sense.

### Topics for consideration include:

- Acoustic safety and guidelines
- Safety of new ultrasound technologies
- Control of infection
- Work related musculo-skeletal injury
- Fitness for purpose of equipment / training and assessment regimes
- Audit of practice
- Reassurance scans
- Duty of candour

### Submission

To be considered for publication, papers must be received by the online submission system by **1st September 2016**.

Please prepare and submit manuscripts according to the guidelines available at <http://ult.sagepub.com/>

Articles can be submitted online at <http://mc.manuscript-central.com/ult>

When submitting your paper, please indicate that the paper is to be considered for the special issue by selecting the 'Safe practice in ultrasound special issue' article type. All papers will be peer-reviewed following the usual review process and criteria of *Ultrasound*. Any papers accepted for publication but not included in the special issue due to space constraints will be published later in a regular issue.

For further information, advice or an informal chat about a proposed article, please contact Kevin Martin, Editor-in-Chief ([kevin.martin42@btinternet.com](mailto:kevin.martin42@btinternet.com)).

If you have other colleagues who might be interested in contributing, please do pass on this information to them.

# Grumpy Old Ultrasound Consultant

## Chapter 5:

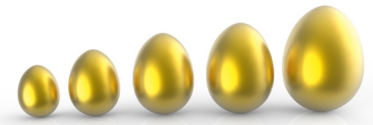
### Retirement planning

Having (foolishly) thought that retirement might be an option at the age of 60, the recent changes to the NHS pension scheme have forced me to reconsider my options. Having no wish to continue the current slog to the age of 65, 70 (or who knows when) it has become essential for me to find an alternative, well remunerated, income source that can ease me into retirement in the not too distant future. Clearly this should involve minimum effort on my part and exploit those around me who might prove to be cash rich. After much thought I have come up with an elegant solution which I can share with those of you also worried about your pension provision and fortunate enough to be involved with teaching or managing ultrasound colleagues.

For many years I have been irritated by the use of “weasel words” in ultrasound reports. You all know what I mean, words that are used to hedge when the ultrasound practitioner is uncertain or scared to give an opinion. What is a “prominent common bile duct”, is it normal or dilated? There “appears to be a mass in the head of the pancreas”, is there a mass or not? “The liver has a heterogeneous echogenicity”, is it nodular or not? “Malignancy cannot be excluded”, this could be added to virtually every ultrasound report; does it mean “I think the ultrasound appearances are likely to represent malignancy” or not? The reason for using these phrases is understandable; we work in an increasingly litigious environment, we are frequently asked to scan patients with incomplete or inaccurate clinical information,

we work under severe time pressure and often with inadequate supervision of less experienced staff. There appears to be (see, now I am doing it myself) no penalty to writing a report that is essentially descriptive and does not offer an opinion on the cause and significance of the abnormalities identified. Ultimately however the ultrasound report is the end product of the examination and it is the report that is used to judge our competence by our referrers. I am sure that many of you look at the name of the ultrasound practitioner who performed and reported the scan before you read the report; if you don't I can assure you that most of your referrers do. Our reputation is made or lost on the quality of the reports we issue.

We all work in a speciality where uncertainty is normal. Many ultrasound findings are subtle or ambiguous and could be within the spectrum of normality. It is absolutely acceptable to report that you are unsure whether the findings are normal or not. In this situation help the referrer with some advice to indicate what they might do to manage the uncertainty. For example recommend an alternative imaging examination, follow-up scan or laboratory test. If all else fails, try phoning the referrer to discuss the case directly as they will often be able to provide more information to help with interpreting the scan. Above all else share your difficult cases with your colleagues; they may have seen a similar case before. Isolated practice is one of the greatest risk factors for error in ultrasound.



I encourage you to write reports that represent your opinion of the findings as an expert in ultrasound. We all make mistakes, but writing defensive and descriptive reports that never take a risk or offer an honest opinion are not of value to the referrer or, most importantly, your patient. A differential diagnosis of fifty different conditions rather than the most likely three is unhelpful. A report stating that “a 3cm diameter echogenic mobile mass with acoustic shadowing in the gall bladder lumen is consistent with a gallstone” is better replaced by “there is a 3cm gallstone”.

So, to kill two birds with one stone, I have instituted a policy in our department where use of the phrases “appears to be”, “prominent”, “may represent” and “cannot exclude” are all penalised by a fine of 10 new pence towards my retirement fund. Not much I hear you say? You would be surprised to know how lucrative an hour's ultrasound case review meeting with the radiology specialist registrars can prove to be, my Lichtenstein off-shore account is growing nicely. It is a dangerous game however as the trainees are always delighted to share with me my chest x-ray reports that describe a “prominent hilum” but I have, of course, made myself exempt from the fine system. Do as I say not as I do!

*Until next time stay well.*

**Simon Freeman**  
President Elect

## 2016 ANNUAL GALA DINNER AND AWARDS CEREMONY

To be held at the National Railway Museum, York on Thursday 8th December 2016

Jump aboard the ‘Night Train to Vegas’ and enjoy welcome drinks, four-course deluxe menu, magician, showgirls, Vegas-style illusion and magic show, fun casino tables, a special Elvis show while dancing the night away.

During dinner the ‘Awards Ceremony’ will be held, the winners of the Best Poster, Young Investigator Award, 2016 Ultrasound Best Postgraduate Published Paper and the Paul Allan Published Paper will be announced.

**Join us for a fun packed evening at a fabulous venue!**



# BMUS 2016 ASM Update

**T**he scientific and education programme for **Ultrasound 2016** is nearly complete and you will have received the Call for Papers with your May Ultrasound journal.

The programme maintains the same successful format of core streams and workshops for each day as well as a translational and therapeutics satellite programmes running alongside the main streams on days 2 and 3.

There will be invited talks from renowned overseas speakers: Professor Anil Ahuja (Hong Kong), Professor Carlo Marinoli (Genoa, Italy), Dr Kristoffer Lindskov Hansen (Copenhagen, Denmark) and many of our UK experts too namely, Professor Sue Hill (Chief Scientific Officer). The highlights will also include the Donald, MacVicar, Brown (DMB) lecture, given this year by Mrs Jean Wilson a great educator and honored with lifetime BMUS Honorary Membership in 2015, and the Peter Twining lecture by Prof Steve Robson, an eminent obstetrician.

The workshops also take an even more hands-on approach this year and lastly there will be the gala dinner at York Railway Museum with Las Vegas style entertainment, a night which will undoubtedly prove memorable.

**Prof Adrian Lim**  
Scientific Chair  
BMUS 2016



**The outline of the program:**

**Day 1** will have the Obstetrics, MSK and Physics Streams as well as the MSK workshops which include fundamental and advanced sessions. Obstetrics will cover a range of topics including fetal anomaly scanning while some of the Physics topics have been tailored to clinicians and include advancing technologies and their applications. Invited talks and scanning experience by Professor Marinoli are one of the highlights in the MSK stream while the Peter Twining lecture by Prof Steve Robson will be a main feature in the obstetrics section.

**Day 2** streams include Head and Neck, Gynaecology, Paediatrics, and Professional Issues. There will be the popular Head and Neck workshops in the afternoon with lectures given by Professor Ahuja, an eminent Head & Neck specialist from Hong Kong and a Carotid Masterclass in the morning. The main feature of the day is the DMB lecture which this year is delivered by Mrs Jean Wilson from Leeds. A satellite symposium on use of Ultrasound in Therapeutics will also run alongside the main streams during the day.

**Day 3** the final day, contains the Abdominal & General, Vascular, Early Pregnancy and Professional Issues streams. There will also be an Elastography Masterclass and the DVT workshop, with a satellite symposium on Translational Ultrasound running alongside the main program. One of the highlights of the day will be an address by Professor Hill (Chief Scientific Officer, UK) regarding the UK sonography workforce; as well as a topical debate on "Ultrasound is dangerous and should be controlled like drugs, alcohol and arms" proposed by Dr Roger Moshy and opposed by Professor Gail ter Haar.

These are only some of the highlights of the this year's Annual Meeting and I look forward to welcoming you to York. Please endeavour to submit as many abstracts on your clinical or scientific projects to showcase them to our international guests - there will also be prizes and the opportunity for one oral presenter to represent the UK as our Young Investigator at the 2017 Euroson congress in Turkey!



# Join us for the ever popular BMUS Summer School two day programme



This course is aimed at sonographers, registrars, radiologists and other professionals who wish to develop their ultrasound practice. The programme is designed to refresh delegates' diagnostic ultrasound technique and ensure they are fully updated regarding leading edge practice.

## **Day 1 : Hepatobiliary Ultrasound**

This day will provide increased understanding of hepatobiliary pathologies to help deal with everyday diagnostic dilemmas whilst informing delegates of new techniques in the field.

## **Day 2 : Ultrasound of the Urinary Tract**

An interesting day planned to improve delegates' knowledge of practical technique and commonly encountered pathologies in urological imaging from the fetus to the adult.

## **Summer School 2016**

Leeds Radiology Academy  
23rd - 24th June 2016

# BMUS

THE BRITISH MEDICAL ULTRASOUND SOCIETY

For registration and further information visit:

[www.bmus.org](http://www.bmus.org)

BMUS Member 1 day - £130

Non-member 1 day - £165

BMUS Member 2 days - £250

Non-member 2 days - £315