

SDMS News Wave is published to inform SDMS members of meetings, events and policies as well as trends and issues in the sonography profession. Comments, questions or concerns about the articles appearing in SDMS News Wave, should be directed to newswave@sdms.org.

OSHA/SDMS Announce Completion of the 'Sonography eTool'

Employers and employees will benefit from the newly released Sonography eTool. The Sonography eTool provides comprehensive guidance on how sonographers can reduce their risk of musculoskeletal disorders from work-related injuries.

On October 3, 2008 the U.S. Department of Labor's Occupational Safety & Health Administration (OSHA) issued a news release announcing the availability of a new Sonography eTool designed to help sonographers reduce their risk from work-related musculoskeletal Disorders (WRMSD's).

Press Release: Washington D.C., – Employers and employees in the healthcare industry stand to benefit from the new sonography...Hospital eTool posted to the OSHA's Web site today.

This work product is the result of a collaborative effort between OSHA and the SDMS, and was produced, in part, as a result of SDMS's participation as an OSHA Alliance partner.

Joan Baker, MSR, RDMS, RDCS, FSDMS, who served as the Society's lead representative on the OSHA/SDMS Alliance, and chaired the Sonography eTool development group, described the Sonography eTool as; "A very comprehensive and robust source of information for helping sonographers reduce their risk of WRMSD. Further, Baker states; "The Sonography eTool addresses the responsibilities of both the employer and employee in reducing WRMSD



rates in the sonographer population, and states very clearly what are considered to be the acceptable ergonomic and appropriate room and equipment setups for sonographers to perform their work. The availability of the Sonography eTool also makes it possible for sonographers to direct their employers to this government document as a credible and reliable source of information."

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Joan Baker, MSR, RDMS,
RDCS, FSDMS

WRMSD rates within the sonography profession are significant and appear to be increasing. In 1996, the Health Care Benefit Trust Study was conducted which included a comparison of Musculoskeletal Disorder (MSD) rates in the sonographer population in the USA and Canada. The results of this study yielded an 81% MSD incidence rate in the USA and an 87%

rate in Canada. A collaborative survey effort between Sound Ergonomics and the SDMS was conducted in 2008 and again looked at sonographer MSD rates and found that the incidence rate had climbed to 90% in the USA. This level of WRMSD has a significant impact on sonographers, their employers, and ultimately the patients that sonographers serve. Costs associated with the treatment and replacement of injured sonographers was a substantial part of the decision-making which led the OSHA/SDMS Alliance to begin the development of the Sonography eTool.



Joan Baker, John Henshaw, and Donald Haydon signing the formal alliance agreement between SDMS and OSHA in October 2004.

The history of the new Sonography eTool goes back to October 26, 2004 when SDMS officially entered into an 'Alliance' partnership with OSHA. The SDMS and OSHA signed a formal Alliance agreement to provide SDMS members, and others in the medical community, with resources that will help focus efforts on reducing and preventing exposure to WRMSDs. "Workers in the medical ultrasound [sonography] community have a disproportionately high MSD incidence rate and we believe this cooperative effort with SDMS will go a long way towards drastically reducing those injuries", said OSHA Administrator, John Henshaw. "It's important that we work together and focus our resources where

they will have the greatest impact on worker safety. I'm confident that by working together toward a common goal, we can improve the health and safety for sonographers."

Over the last four years, OSHA and SDMS worked together to provide educational programs and information to SDMS Annual Conference registrants, and to the Society's membership at large. Over this same time frame, OSHA and SDMS were working collaboratively on the development of the Sonography eTool.

The OSHA/SDMS Sonography eTool may be accessed at <http://www.sdms.org/osha/etool.asp>. The Sonography eTool is broken into four major sections:

1. Transporting Patients and Equipment
2. Positioning Patients and Equipment
3. Use and Orientation of Ultrasound Equipment
4. Engineering, Administrative and Work Practice Controls

Each of the four sections includes detailed information designed to provide sonographers with information on reduction of WRMSD risk factors and ergonomic prevention techniques. Each section includes photographs and graphics of the correct 'how-to's'.


Within the 'Transporting Patients and Equipment' section, information is provided on patient, equipment and examination room setup. Information on the transfer of patients to and from the exam table is also provided in the 'Positioning Patients and Equipment' section. "Appropriate room and equipment setup is a key factor in reducing sonographer MSD rates", said Baker.

Appropriate use of the transducer and access to imaging supplies is covered in the 'Use and Orientation of Ultrasound Equipment' section, as well as ergonomic assist devices that may help reduce the risk of sonographer WRMSDs. The last major section of the Sonography eTool, 'Engineering, Administrative and Work Practice Controls' includes information on Problem Recognition and Intervention as well as Work Practices and Scheduling.

Each of the four sections covered in the Sonography eTool identifies 'potential hazards' and 'possible solutions' for each of the sections and major sub-sections. Ms. Baker summarized her recommendation to potential users of the new Sonography eTool by saying that; "My recommendation is to be sure you take enough time to really navigate the eTool and make notes while you are going through it. Use its content to make your case for making the appropriate changes in your department to reduce the risk of sonographer WRMSD Also realize that you, the sonographer, has a responsibility to address this issue as well, and do what you can do to change your technique to reduce your personal risk of injury."

Baker went on to say that making sure that sonography students have access to the Sonography eTool information during their educational program curriculum is an important step in reducing the WRMSD rates for future sonographers. Baker expressed a need to inform students about the MSD issue within their chosen profession; "We need to inform potential students not only about the risks of MSD within sonography, but ways to avoid these risks by educating themselves with ergonomic prevention techniques and informing employers about environmental factors

within the workplace that require modification to reduce sonographer MSD ."

Ms. Baker summarized the new Sonography eTool by saying; "Having a government agency confirming the incidence of MSD work-related risk factors helps sonographers educate their facility managers and lends credibility to their concerns. I recommend that all sonographers, those practicing clinically, as well as our educators, use the Sonography eTool to help reduce the WRMSD incidence rate in the sonography profession." 

SDMS Product Spotlight: Understanding Work-Related Musculoskeletal Disorders DVD



© Philips Medical Systems

Expires 12/31/2009

As the need for sonography exams increase, so does the incidence of injury to those not properly performing the examinations. It has been

determined that more education is needed to help clinicians prevent injury and remain in the workplace.

After viewing the video and completing this workbook, you should be able to:

- Identify the risk factors for WRMSDs
- Identify the symptoms associated with WRMSDs
- Demonstrate ways to properly set up your workstation and align your posture during scanning to help reduce your risk of injury
- Explain the importance of protecting yourself against injury
- Perform important exercises that can help keep you healthy and able to work

Item #: 7276

SDMS CME credits: 4

Price: \$25 SDMS Member \$50 Non-member

SDMS Member Benefit Spotlight: Dell Employee Purchase Program

For the past five years, the Society of Diagnostic Medical Sonography (SDMS) has used Dell™ servers and computers. SDMS and Dell have now teamed up to offer SDMS members the benefit of participating in the Dell Employee Purchase Program. This is great news for you as a SDMS member, since Dell's Employee Purchase Program offers award-winning technology, service and support, and much more.

With the Dell Employee Purchase Program, you can receive:

- Up to a 12% discount on Dimension™ and Inspiron™ Home & Home Office products
- Discounted 3-5 business day ground shipping
- Dell's award-winning 24-hour online and telephone technical support
- Frequent special values and promotions in addition to your standard discounts

For information about Dell's Employee Purchase Program, please visit:

<http://www.sdms.org/members/dell.asp>



New! SDMS Webinar Series Delivers Interactive CME Opportunities - FREE!

Have you seen what the SDMS is doing for you lately? If not, check out the newest member benefit at <http://www.sdms.org/members/webinars>. Live monthly webinars with nationally renowned speakers presenting the topics you want to see—FREE to SDMS members!

While attending the webinar, you'll have an opportunity to ask the presenter specific questions about the topic at hand. When you register for the webinar ahead of time, you will receive an email confirmation with the information you need to log into the 'GoToWebinar' session. You can even download/print out the handout for the webinar from the Webinars page on the SDMS website. Once the webinar is over, just take a short post-test to earn the free CME credit.

If you can't make the live webinar, don't worry. All webinars are recorded and posted on the Webinars page of the SDMS website, along with the PowerPoint handout and the post-test. Here's what you may have already missed:

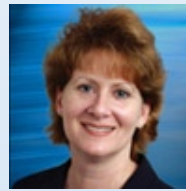
A Training Program - Orientation of Clinical Instructors, presented by Maureen McDaniel, MEd, RDMS, RDCS, RVT

Extremity Arterial Studies: Physiologic Testing vs. Duplex Sonography, presented by Marsha Neumyer, BS, RVT, FSVU, FAIUM, FSDMS

Go to <http://www.sdms.org/members/webinars> to view these recorded webinars, download/print the handout and take the CME post-test for FREE CME credits. It's easy and FREE to SDMS members!

Upcoming Webinars

Sonographic Evaluation for Chromosomal Anomalies



presented by
Charlotte Henningsen,
MS, RT, RDMS, RVT, FSDMS

Dec 4, 2008

8:00 pm (Eastern); 7:00 pm (Central);
6:00 pm (Mountain); 5:00 pm (Pacific)

Cardiac Hemodynamics and Doppler Principles



presented by
Joy Guthrie, DHSc, RDMS, RDCS,
RVT, ROUB

Jan 14, 2009

8:00 pm (Eastern); 7:00 pm (Central);
6:00 pm (Mountain); 5:00 pm (Pacific)

Register for these great presentations today!
<http://www.sdms.org/members/webinars>



Current Discussion Forum Topic: Non-Sonographers & Use of Ultrasound Equipment

SDMS Discussion Forum: OB/GYN

Topic: Non-Sonographers and Ultrasound
(<http://www.sdms.org/members/forums/>).

Discussion Excerpt:

"My friend is an RN that works nights at the local hospital and had mentioned before that the other nurses she works with like to "borrow" the ultrasound machine and take pictures for each other, find the gender, etc... Should I mention something to the Radiology director?"

Discussion Responses:

- Keep the equipment in a locked room when not in use.
- Bring the issue to management's attention.
- The equipment can be damaged and repairs are expensive.
- Because of situations like this, sonography is more known as a recreational tool and sonographers are just 'picture takers'.
- What happens if the person scanning misses an anomaly?

You can access the entire discussion on the *SDMS Discussion Forums* at <http://www.sdms.org/members/forums/>.



SDMS Fellow Spotlight

This is a continuing series of interviews of our distinguished SDMS Fellow members.



**Reva Curry, PhD,
RT(R), RDMS**

**Year awarded fellow
status:** 1992

Current position:
Vice President of
Student Services, Salem
Community College,
Carneys Point, NJ

What inspired you to make a career of sonography?

I didn't know a thing about ultrasound, and actually liked second shift X-ray. What appealed to me about sonography was the excitement – the sonographer was working closely with the radiologists (we didn't call them sonologists at the time), and I liked the level of interaction. In my mind, that is what being part of the health-care "team" was all about. I really enjoyed it.

Did you have a memorable role model/teacher?

Jerome Cunningham, MD, whom I worked with at the Medical College of Georgia. He taught me along with his radiology residents. He held daily ultrasound conferences and I learned so much: how to differentiate between disease processes, the wide range of normal sonographic appearances, how to relate laboratory results to sonographic findings and pathology, how to present in a "grand rounds" setting, and how to improve my imaging

techniques. And Barry Goldberg, MD, from Thomas Jefferson University (TJU) in Philadelphia. I learned from him how to develop and implement educational programming to address sonographer learning at multiple skill and knowledge levels. I also learned how to practice genuine diplomacy with diverse groups.

What was the most significant advance in the technology that you have experienced?

The most significant advance I experienced was at TJU observing images created from a first generation 3D scanner. Awesome! Should I date myself and tell you I started scanning with the articulated arm scanner? Most sonographers don't even know what that is!

What advice would you give to students/ future sonographers?

First, enjoy what you're learning and try not to get overwhelmed with it all. Sonography is a HUGE area with so many subspecialties. Second, remember no matter what you do or learn, the patient always, always comes first. Patients put so much trust in us, it's scary. Always respect that trust and enjoy the journey.

What's your favorite part of your job?

When I was a sonographer, I loved learning new things and getting a chance to help patients. I also loved working with students as an instructor and program director. I get to do that now in my current position and I think that's neat.



SDMS News Wave is archived online at:
<http://www.sdms.org/members/NewsWave.asp>



SDMS Answers Your Calls

SDMS shares its answers to our members' most frequently asked questions!

“It’s the end of the year. When does my three- year period end?”

“Do I have enough CME credits?”

“Will I be audited by the ARDMS?”

These are typical questions SDMS receives at the end of every year. However, these questions are better addressed through the American Registry for Diagnostic Medical Sonography (ARDMS).

ARDMS has an informative CME Audit FAQs section on their website that will provide all the answers to the above questions and more at <http://www.ardms.org/default.asp?contentID=4>.

Here are a few sample questions they address.

- How does the three-year CME period work?
- How do I find out my three-year period?
- How will I know if I have been audited?
- Who do I contact at ARDMS regarding the audit process?

Of course, if you cannot find the answer you need in the FAQs, you can contact ARDMS via email at:

<http://www.ardms.org/default.asp?contentID=913>

or call them directly.

American Registry for Diagnostic Sonography (ARDMS)

Tel: 301.738.8401 or 800.541.9754

<http://www.ardms.org>

If registered through the Cardiovascular Credentialing International (CCI) and/or the American Registry of Radiologic Technologists (ARRT), contact them at:

Cardiovascular Credentialing International (CCI)

Tel: 919-861-4539 or 800-326-0268

<http://www.cci-online.org>

The American Registry of Radiologic Technologists (ARRT)

Tel: (651) 687-0048

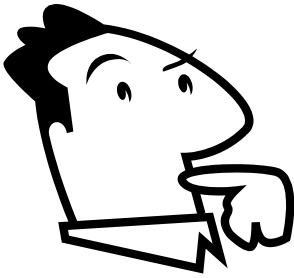
<http://www.arrt.org>

Still need more CME credits? Not sure if your CME credits have been reported to ARDMS? Missing CME credits on your official transcript?

Click Here
for more information



SDMS makes every effort to provide superior customer service to its members. If you have a question that you would like featured in *SDMS Answers Your Calls*, please email membercall@sdms.org



What's On Your To Do List?

Everyone has To Do lists in one form or another. Doesn't it feel great when you get to check items off your list? Well as an SDMS member, you have access to the necessary tools to do just that.

Things to Do...



Get more CME credits

There are over 80 FREE CME credits available on the SDMS website (www.sdms.org) to members. In addition, SDMS has implemented its new FREE *SDMS Webinar Series*, which offers CME credits and features prominent sonographers in the industry.



Report CME credits to ARDMS

Any CME credit earned through an SDMS sponsored CME activity is immediately added to your SDMS CME transcript and reported daily to the American Registry for Diagnostic Sonography (ARDMS) through the *SDMS CME Tracker*. There may be other SDMS-approved CME activities tracked through the *SDMS CME Tracker* as well - just look for the logo. No more need to keep track of your certificates!

This activity is tracked by



Verify official ARDMS transcript

Once your CME credits are transferred to the ARDMS, you should always verify the transfer was complete and no data is missing. Missing data can result from inaccurate personal information in either SDMS and/or ARDMS databases. If there are missing activities, email webmaster@sdms.org to research the issue.



Avoid an ARDMS Audit

The *SDMS CME Tracker* allows CME credits to be automatically reflected on your ARDMS transcript. If you are selected for audit and have the 30 ARDMS-approved CME credits needed, you will automatically be compliant. There will be no need to submit any other information.

Society of Diagnostic Medical Sonography



Election 2009

Call for Nominations for 2009 Elected Positions



DEADLINE:
February 13, 2009

SDMS members may submit their nominations for the elected positions listed, as well as nominate a SDMS member for Fellow status at:

<http://www.sdms.org/members/nominateform.asp>



SDMS Board of Directors:

- President Elect
- Vice President
- Secretary
- Treasurer
- At Large Director (3 positions open)

SDMS Committee Positions:

- Nominating Committee Member (3 positions open)
- Finance Committee Member (2 positions open)



Make your way to

Music City

2009 SDMS Annual Conference • October 15-18, 2009 • Gaylord Opryland • Nashville, TN

Join us next October at the Gaylord Opryland Resort in Nashville, TN October 15-18, for the 2009 SDMS Annual Conference! Relax at the Relache Spa after lectures or take a Delta Riverboat Tour through nine acres of indoor gardens—and that's just at the resort! Get out and walk next door to the Grand Ole Opry, take in a round of golf at Gaylord Springs or take a ride on the General Jackson showboat. Music City has never looked so good!



Save the Date – You don't want to miss *THE* sonographer event of the year!



Just in Time For That Last-Minute Holiday Gift!

Do you still have holiday shopping to do? Let SDMS help. We are featuring our long sleeve apparel in this month's issue of the *SDMS News Wave*. You can choose between one of these warm and cozy items or for other ideas, visit:

<http://www.sdms.org/pdf/catalog.pdf>.

SDMS has a wide variety of sonography pride items that would be perfect for you to give to a friend, co-worker or yourself!



NEW! Full Zip Hoodie

You'll stay warm, toasty, and fashionable in this 50/50 full-zip navy hooded sweatshirt. The SDMS logo is screen printed in white on the left chest area.

Item #: 4507
S-XXL Price:
\$29 SDMS members
\$39 Non-members



Image is Everything Long-Sleeve T-shirts

These 100% cotton, long-sleeved t-shirts are available in white or black with our most popular *Image is Everything* logo silk-screened on the left chest.

Item #: 4535 (white t-shirt)
Item #: 4536 (black t-shirt)

S-XXL Price: \$18 **\$13** SDMS members
\$25 \$20 Non-members

Sale ends 12/31/08

SDMS Welcomes New Members October 2008

Susan Adams BA, RDMS	Elizabeth Baker RN, RDCS	Kaylan Bedwin	Kimberly Brown
Mustafa Alayan RDMS, RVT	James Baker RDCS	Jennifer Benson	Tiffany Bullington RDMS
Samantha Alesse	Deborah Ballard RDMS, RVT, RT	Geneva Ann Benza RDMS, RDCS, RVT	Mary Burcher RT(R), RDMS
Heather Alford RDMS, RVT	Megan Baltrip	Cynthia Berdon BA, RDMS	Alesa Burge
Laurie Allen RT(R), RDMS	Coral Barajas	Amy Bittner	Stephanie Burke
Alicia Allsop BS, RT(R), RDMS	Alisa Barker RDCS, RRT	Lori Blyth RDMS, RDCS	Beverly Burrell
Elizabeth Alvarez	Shantell Barlow BS, RDMS	Lourdes Bosch BS	Ashley Cain
Jennifer Asplin	Jose Barros	Cindy Boso RT(R), RDMS	Patricia Caldwell RDMS
Shannon Austin CCT, RDCS, RVT	Adrienne Barth MS, RN	Denita Boyce RDMS	Dennis Calero RDMS
Eleanor Averion	Vana Bashian	Irving Boyce RDMS	Kari Candler RDMS, RVT
Khalda Azmat	Rosanne Basile	Yoseilis Boza	Mallory Capoferri
Rebecca Babenco	Cynthia Bates RT(R)(M), RDMS, RDCS, RVT	Sherry Brassard RDMS	Marguerite Cappuccio RVT
Alisha Bacon RT(R), RDMS	Jeffrey Bauman BS, AAS, RDMS	Rita Brenon RT(R), RDMS	Joann Carlson RDMS
Azniv Bagdasaryan RDMS	Deborah Beckwith RDMS	Angela Briggs RDMS	Alexander Carrese MD, ACOG
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Marilyn Champine	Robin Duckham RDMS	Mellanie Hee	Alice Lasyone RDMS
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Prajna Chopra	Michelle Elliott	Jeffrey Hensel RT(R), RDMS, RVT	Melissa Law RDMS
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Laura Claeys	Loretta Esquivel	Paul Hines RDMS, RDCS	Aimee Lefever
Carolyn Clarady RN, RDMS	Cynthia Eversman RDCS, RCS	Lori Hinkle	Melinda Lemenze RDMS
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Jennifer Cobos	Jeffrey Farrar RDCS	Laura Holeyfield	Michelle Levesque
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Robyn Coghlan RDMS	Dana Finger	Tiffani Holt	Xin Li
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Catherine Cole-Pyzik RVT	Cheryl Foley RDCS	Anne Huerta	Barbara Lindstrom RT(R), RDMS
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Veronica Collingwood RT(R), RDMS	Allura Forward RDMS	Todd Ingersoll RDMS	Heather Loffredo
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Kimberly Cooper RDMS	Nydia Gilbert RDMS	Heather Johnson BS, RT(R), RDMS, RVT	Lisa Maccarino
Heather Corrales BS, RT(R), RDMS	Amy Gjestson	Jennifer Johnson	Lauren Mack
Lori Corrente RDCS	Lina Gladkikh	Sheila Johnson RDMS	Susan MacNeil BS, RDMS, CNMT
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Sylvia Crow	Yelena Gosteva	Lisa Kempa	Kaitlyn Manley
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Susan Currell BA, RDMS, RDCS	Mary Guarino	Shana Kilmek RDMS	Keith Martin
Jennie Cusmaro	Kristina Guter	Mira Kim	Silvia Martin RT(R), RDMS
Ellie Daniels	Tabatha Haddock RDMS	Kayla Kingswell	Terri Martin RVT
Laura Dawson	Tyler Hafen BS, RT(R), RDMS	Aleksandra Kircun RDMS	Donna Massey RT(R), RDMS, RVT
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Michelle Dennehy BS, RDCS	Jessica Hardy	Carolyn Konrad RT(R)	Hannah McKean RT(R)
Meredith DeVries	Mann Harpreet RDMS	Hee Koo	Casey McKim
Marina Dexter BS, RT(R)(M), RDMS	Thomas Harrigan	Sara Korich RDCS	Maureen McNeill RDMS
Fluge Domi	Jessica Harrington	Maureen Kotowski	Jean McVicar RT(R), RDMS
Cherylann Doucette RDMS	April Harris RDCS	Sophia Kowalczyk	Judy Medeiros
Jessica Dowd	Denise Hart-Mazur RDMS	Suzana Kristo	Wilfredo Medina RDMS
Pamela Dowden	Brett Harward RDMS	Melissa Kuchenmeister	Ana Mendez
Lee Droog BA, RDMS, RDCS, RVT	Ingrid Hayden	Isaac Kwan	Kimberly Messer

Gina Mignoni	William Pillor RDMS	Angela Shaw RT(R), RDMS	Bobbie Van Rijn RDMS
Sherry Miles RDCS	Natella Pinkhasov	Jessica Shearen	Marius Vasquez RDMS, RVT
Alyse Miller	Desiree Poland RDCS	Frances Shelley RDCS, RVT	Juliann Vaughan RN, RDCS, RVT
Kayce Miller	Beth Powell RT(R)(CV), RDMS, RVT	Linda Shirley RDCS	Rayna Vause
Leah Mitchell RCS, RVS	Erin Prather	Michelle Sievers	Lydia Vega RDMS
Dmitriy Mitsyuk	Lacey Prey	Valerie Sisco BS, RT(R)	Lacey Vereen
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Madelin Montan-Guzman RDMS	Lisa Rajchel RDMS, RVT	Laurie Smith	Jessica Villegas RDMS
Heather Moore BA	Anitha Rangasamy	Nikolay Soldatkin RDMS, RDCS, RVT	Alyce Vollmar
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Lisa Morgan-Watson BS, RT(R), RDMS	Mark Reca RDMS, RDCS	Kristine Spangler RDMS	Thomas Wall RDMS
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LeAnn Moss	Elizabeth Reynolds BS, RT(R), RDMS	Ekaterina Starokozhko	Susan Ward RT(R), RDMS
Farideh Mousavi BS, RDMS	Michael Riley RDMS	Dana Stawinsky	Amanda Webb
Patti Mrozowski	Dana Robbins	Sandra Steele	Vicki Weber RDMS
Komal Mumtaz RVT	Chelsea Robinson	Jennifer Steffensmeier RT(R)(M), RDMS, RVT	Suzanne Welsh
Lindsay Neiman	Rachelle Roe	Heather Stibb	Rebecca Wheeler RT(R), RDMS
Susan Neisinger BS, RDCS, RVT	Holly Rogers RT(R)(M), RDMS	Caryl Story RT(R)(CT), RDMS	Amy Whitby RT(R), RDCS
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