



Sonography

The purpose of the Continuing Qualifications Requirements (CQR) is to assist Registered Technologists to document their continued qualifications in the categories of certification and registration held. To accomplish this purpose, the continuing qualifications requirements are presented in three parts: the professional profile, the structured self assessment (SSA) and continuing education (CE).

The purpose of the CQR Structured Self Assessment is to assist Registered Technologists identify gaps in the knowledge and cognitive skills underlying the intelligent performance of the tasks typically required for practice within the categories of certification and registration held and help direct their professional development efforts.

The *Structured Self Assessment Content Specifications for Sonography* is provided to assist sonographers during their CQR compliance period. Its purpose is to prepare sonographers for the SSA and to help education providers develop coursework for the sonographers who need to address specified areas with targeted continuing education. Targeted CE is assigned only if a standard is not met in a category on the SSA.

The SSA is composed of sets of questions that are designed to evaluate an individual’s knowledge in topics related to current practice. Participants have a maximum of 90 minutes to complete the SSA. Please allow an additional eight minutes for the tutorial, two minutes for the nondisclosure agreement (NDA), and 10 minutes for a follow-up survey.

The table below presents the major categories and subcategories covered on the SSA. The number of questions in each category are listed in bold and number of questions in each subcategory in parentheses. The potential number of targeted CE credits that would be prescribed if the standard is not met, are across from each subcategory, with the maximum amount listed at the bottom. Specific topics within each category are addressed in the content outline, which makes up the remaining pages of this document.

Content Category	Number of Questions	Potential CE Credits
Patient Care	10	
<i>Patient Interactions and Management (10)</i>		3
Image Production	30	
<i>Basic Principles of Ultrasound (10)</i>		4
<i>Image Formation (10)</i>		5
<i>Evaluation and Selection of Representative Images (10)</i>		3
Procedures	50	
<i>Abdomen (10)</i>		7
<i>First Trimester Obstetrics (10)</i>		2
<i>Second/Third Trimester and High Risk Obstetrics (10)</i>		6
<i>Gynecology (10)</i>		3
<i>Superficial Structures and Other Sonographic Procedures (10)</i>		3
	Total 90	Maximum CE 36



Patient Care

1. Patient Interactions and Management

A. Ethical and Legal Aspects

1. patients' rights
 - a. consent (*e.g., informed, oral, implied)
 - b. confidentiality (HIPAA)
 - c. American Hospital Association (AHA) Patient Care Partnership (Patients' Bill of Rights)
 1. privacy
 2. extent of care (e.g., DNR)
 3. access to information
 4. living will, health care proxy, advance directive
 5. research participation
2. legal Issues
 - a. verification (e.g., patient identification, compare order to clinical indication, exam coding)
 - b. common terminology (e.g., battery, negligence, malpractice, beneficence)
 - c. legal doctrines (e.g., respondeat superior, res ipsa loquitur)
 - d. restraints versus positioning aids used to eliminate motion artifact
 - e. documentation (e.g., changes to order, medical event)
3. ARRT Standards of Ethics

B. Interpersonal Communications

1. modes of communication
 - a. verbal/written
 - b. nonverbal (e.g., eye contact, touching)
2. challenges in communication
 - a. interactions with others
 1. language barriers
 2. cultural and social factors
 3. physical, sensory, or cognitive impairments
 4. age
 5. emotional status, acceptance of condition (e.g., stages of grief, mental health concerns)
 - b. explanation of medical terms
 - c. strategies to improve understanding

3. patient education

- a. explanation of current procedure (e.g., purpose, breathing instructions, risks, benefits)
- b. pre- and post-examination instructions (e.g., preparations, diet, medications, discharge instructions)
- c. review pertinent medical history
- d. respond to inquiries about other imaging modalities (e.g., discipline differences, patient preparations)

C. Physical Assistance and Monitoring

1. body mechanics (balance, alignment, movement)
 - a. patient transfer techniques
 - b. safe patient handling devices (e.g., transfer board)
2. assisting patients with medical equipment
 - a. infusion catheters and pumps
 - b. oxygen delivery systems
 - c. other (e.g., nasogastric tubes, urinary catheters)
3. patient monitoring and documentation
 - a. vital signs
 - b. physical signs and symptoms (e.g., motor control, severity of injury)
 - c. fall prevention
 - d. patient comfort and modesty
4. sonographer ergonomics¹
 - a. equipment
 - b. work environment
 - c. body mechanics

* The abbreviation "e.g.," is used to indicate that examples are listed in parenthesis, but that it is not a complete list of all possibilities.

¹ Operator ergonomics is referenced in the "[Industry Standards for the Prevention of Work Related Musculoskeletal Disorders in Sonography.](#)"

(Patient Care continues on the following page.)



Patient Care (continued)

- D. Medical Emergencies
 - 1. allergic reactions (e.g., contrast, latex)
 - 2. cardiac/respiratory arrest (e.g., CPR, AED)
 - 3. physical injury or trauma
 - 4. mental health crisis
 - 5. other medical disorders (e.g., seizures, diabetic reactions)
 - 6. communication of critical findings
 - E. Infection Control
 - 1. chain of infection
 - a. pathogen
 - b. reservoir
 - c. portal of exit
 - d. mode of transmission
 - 1. direct
 - a. droplet
 - b. direct contact
 - 2. indirect
 - a. airborne
 - b. vehicle-borne (fomite)
 - c. vector-borne (mechanical or biological)
 - e. portal of entry
 - f. susceptible host
 - 2. asepsis
 - a. equipment disinfection
 - b. equipment sterilization
 - c. medical aseptic technique
 - d. sterile technique
 - e. proper gel handling
 - 3. CDC Standard Precautions
 - a. hand hygiene
 - b. use of personal protective equipment (e.g., gloves, gowns, masks)
 - c. safe handling of contaminated equipment and surfaces
 - d. disposal of contaminated materials
 - 1. linens
 - 2. needles
 - 3. patient supplies
 - 4. blood and body fluids
 - 4. transmission-based precautions
 - a. contact
 - b. droplet
 - c. airborne
 - 5. additional precautions
 - a. neutropenic precautions (reverse isolation)
 - b. healthcare-associated (nosocomial) infections
- F. Handling and Disposal of Toxic or Hazardous Material
 - 1. chemicals (e.g., disinfectants)
 - 2. safety data sheet
- G. Patient Monitoring and Safety
 - 1. ultrasound bioeffects and safety
 - 2. pressure and intensity measurement
 - a. thermal index (e.g., soft tissue, cranium, bone)
 - b. mechanical index
 - 3. research on biological effects
 - 4. AIUM recommendations
- H. Interventional Procedures
 - 1. patient preparation
 - 2. time-out
 - 3. informed consent
 - 4. sterile technique
 - 5. fluid and tissue sample handling
 - 6. follow-up instructions



Image Production

1. Basic Principles of Ultrasound

- A. Generation of Signal
 - 1. transducers
 - a. construction and properties
 - 1. crystal thickness, wavelength
 - 2. frequency spectrum, resonance
 - 3. damping
 - b. operation
 - 1. focusing
 - 2. beam diameter
 - 3. piezoelectric effect
 - c. types
 - 2. beam configuration
 - a. near and far field
 - b. focal zone
 - c. beam profile
 - 3. pulse characteristics
 - a. pulse repetition frequency
 - b. pulse repetition period
 - c. spatial pulse length
 - d. duty factor
 - e. frequency
 - f. resolution
 - 1. axial
 - 2. lateral
 - 3. temporal
 - 4. elevational
 - 5. contrast
 - 4. technical factors
 - a. frequency, bandwidth, Q factor
 - b. power
 - c. pressure
 - d. intensity
 - e. amplitude
 - 5. modes
 - a. B-mode
 - b. M-mode
 - c. Doppler
 - 1. color
 - 2. spectral
 - a. pulse wave Doppler
 - b. continuous wave Doppler
 - 3. power/energy
- B. Machine and Transducer Use
 - 1. selection
 - 2. care
 - 3. malfunctions

2. Image Formation

- A. Technical Factors for Diagnostic Quality Images
 - 1. power
 - 2. focal zone
 - 3. depth
 - 4. compensation/TGC
 - 5. gain
 - 6. frame rate
 - 7. Doppler gain
 - 8. Doppler angle
 - 9. gate (sample volume) size/placement
 - 10. wall filter
 - 11. scale
 - 12. color box (size and steering)
 - 13. dynamic range
 - 14. line density
 - 15. spectral baseline
 - 16. harmonics
 - 17. spatial compounding
- B. Beam Interactions
 - 1. speed of sound in soft tissue
 - a. density
 - b. stiffness
 - 2. time and distance (range equation)
 - 3. acoustic impedance
 - 4. normal and oblique incidence
 - 5. reflection
 - 6. transmitted/refracted waves
 - 7. intensity
 - 8. scattering
 - 9. absorption and attenuation
- C. Detection and Display of Echoes
 - 1. receiver
 - 2. amplitude
 - 3. dynamic range and compression
 - 4. analog-to-digital converter (ADC)
 - 5. digital-to-analog converter (DAC)
 - 6. brightness
 - 7. contrast
 - 8. postprocessing (e.g., smoothing, edge enhancement, filtering, read magnification)
 - 9. panoramic imaging
 - 10. write magnification
 - 11. 3D/4D imaging

(Image Production continues on the following page.)



- D. Bioeffects
 - 1. thermal
 - 2. mechanical (e.g., cavitation)
 - 3. output measures (e.g., MI, TIS, TIC, TIB, SPTA)
 - 4. ALARA
- E. Measurements from Spectral Analysis
 - 1. peak systolic velocity (PSV)
 - 2. end diastolic velocity (EDV)
 - 3. resistive index (RI)/pulsatility index (PI)
 - 4. tardus parvus waveform

3. Evaluation and Selection of Representative Images

- A. Criteria for Diagnostic Quality
 - 1. proper demonstration of anatomical structures
 - 2. proper demonstration of pathological conditions
 - 3. artifacts
 - a. gray scale (e.g., reverberation, mirror image, shadowing, posterior enhancement, comet tail)
 - b. Doppler (e.g., aliasing, twinkling, mirror image)
 - 4. annotation (e.g., plane, position)
 - 5. improvement of suboptimal images
- B. Real-Time Imaging
 - 1. effect on image quality
 - 2. echogenicity of reflectors
 - 3. echotextures
- C. Color and Spectral Analysis
 - 1. direction of flow
 - 2. presence or absence of flow
 - 3. differentiation of normal and abnormal spectral waveforms
- D. Imaging Informatics
 - 1. information systems (e.g., HIS, RIS, EMR, EHR)
 - 2. networking
 - a. PACS
 - b. DICOM
 - c. teleradiology (e.g., off-site reading, third-party coverage)



Procedures

TYPE OF EXAM

1. Abdomen

- A. Abdominal and Transplant Vasculature
 - 1. aorta and branches
 - 2. inferior vena cava (IVC) and confluences
 - 3. portal veins and confluences
 - 4. kidney transplant(s)
 - 5. liver transplant
- B. Abdominal Organs
 - 1. biliary system
 - a. gallbladder
 - b. bile ducts (e.g., CBD, extra-hepatic)
 - 2. urinary tract
 - a. kidneys
 - b. ureters
 - c. bladder
 - 3. spleen
 - 4. pancreas
 - 5. liver
 - 6. other
 - a. lymph nodes
 - b. adrenal glands
 - c. gastrointestinal tract (e.g., appendix)
 - d. hernia
 - e. prostate
 - f. peritoneal cavity

FOCUS OF QUESTIONS

Practice Guidelines (e.g., AIUM, ACR)

- clinical indications
- patient preparation
- patient positioning
- instrumentation (e.g., transducer, stand-off pads)
- technical factors
- evaluation and documentation of visualized anatomy
- optimizing image quality

Anatomy and Physiology

- normal
- normal variant
- abnormal
- measurements

Abnormalities

- pathology
- congenital anomalies
- lab values
- differential diagnosis
- incidental abnormal findings

Doppler Applications and Blood Flow Characteristics

- normal
- normal variant
- abnormal
- measurements

(Procedures continues on the following page.)



Procedures (continued)

TYPE OF EXAM

2. First Trimester Obstetrics

- A. Standard Measurements (e.g., heart rate, CRL, MSD)
- B. Maternal Anatomy
 - 1. uterus
 - 2. cervix
 - 3. adnexa
 - 4. ovaries
- C. Embryonic Anatomy and Physiology
 - 1. fetal number
 - 2. gestational age
 - 3. gestational sac
 - 4. decidual layer
 - 5. amnion
 - 6. chorion
 - 7. yolk sac
 - 8. embryonic pole
 - 9. cardiac activity
- D. Key Abnormalities (e.g., anembryonic pregnancy, spontaneous abortion, ectopic pregnancy, embryonic demise)

3. Second/Third Trimester and High Risk Obstetrics

- A. Standard Measurements (e.g., BPD, HC, AC, FL)
- B. Maternal Anatomy
 - 1. uterus
 - 2. cervix
 - 3. ovaries
- C. Fetal Anatomy and Physiology
 - 1. fetal number
 - 2. position, presentation and lie
 - 3. gestational age and weight
 - 4. amniotic fluid volume
 - 5. cord
 - 6. placenta
 - 7. cardiac activity
 - 8. anatomic systems visualized (e.g., GI, CNS, cardiovascular)
 - 9. nuchal fold
- D. Chromosomal Abnormalities (e.g., trisomies, triploidy)
- E. Genetic Abnormalities (e.g., polycystic kidney disease, skeletal dysplasias)
- F. Infection (e.g., TORCH)

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(Procedures continues on the following page.)



Procedures (continued)

TYPE OF EXAM

3. Second/Third Trimester and High Risk Obstetrics (continued)

- G. Abnormal Growth and Development (e.g., club foot, esophageal atresia, anencephaly, macrocephaly, renal agenesis, gastroschisis, VSD)
- H. Neoplasm (e.g., blastoma, teratoma)
- I. Multiple Gestations (e.g., chorionicity, amnionicity, twin-to-twin transfusion syndrome, conjoined)
- J. Assisted Reproduction and Implantation
- K. Fetal Biophysical Profile
- L. Placenta (e.g., trophoblastic disease, previa, accreta, insufficiency, abruption)
- M. Amniotic Fluid (e.g., polyhydramnios, oligohydramnios, PROM)
- N. Hydrops (immune and non-immune)
- O. Intrauterine Growth Restriction (symmetric and asymmetric)
- P. Umbilical Cord (e.g., 2-vessel cord, knots, vasa previa, prolapse)
- Q. Cervical Incompetence
- R. Maternal Disease and Abnormality (e.g., diabetes, uterine anomaly)

4. Gynecology

- A. Uterus
 - 1. myometrium
 - 2. endometrium
 - 3. cervix
- B. Adnexa
 - 1. ovaries
 - 2. fallopian tubes
 - 3. para-ovarian structures
 - 4. pelvic varices
- C. Cul-de-Sac
- D. Vagina
- E. Pelvic Floor

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(Procedures continues on the following page.)



Procedures (continued)

TYPE OF EXAM

5. Superficial Structures and Other Sonographic Procedures

- A. Neck
 - 1. thyroid
 - 2. parathyroid
 - 3. salivary glands (e.g., parotid)
 - 4. lymph nodes
- B. Scrotum and Testes
- C. Breasts and Axilla
- D. Vascular Exams
 - 1. venous extremity Doppler (lower and upper)
 - 2. carotid Doppler
 - 3. post-catheterization complications
- E. Pediatric Exams
 - 1. neonatal (head, spine, hips)
 - 2. gastrointestinal tract (e.g., appendix, pylorus, intussusception)
- F. Ultrasound-Guided Interventional Procedures (e.g., fine needle aspiration, biopsy, catheter placement, paracentesis, thoracentesis, intraoperative)
- G. Miscellaneous
 - 1. musculoskeletal
 - 2. superficial masses
 - 3. noncardiac chest (e.g., pleural space, lung)
 - 4. abdominal wall

FOCUS OF QUESTIONS

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