



WINTER NEWSLETTER 2019/20

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A VIEW FROM MY BIKE



This view is one clouded by lactic acid, approaching the end of the bike leg of Ironman Wales 2019. Up the aptly named “Heartbreak Hill” on the way out of Saundersfoot, 170 km into the bike leg. Just 10K to go but it’s a bit of a killer. A bit Tour de France like (mini-version), the crowd pushed in either side as you approach the crest of the hill, room for just one bike at a time coming through. Signs, banners, fancy dress, beatboxes thumping out music and a lot of alcohol combine to provide a very lively and welcome support. There is a word in Welsh called “hwyl”, there is no direct English translation but the Oxford dictionaries have a go: “fun, spirit, a stirring feeling of emotional motivation”. Not a bad translation. Now that’s what’s happening here; spectators, supporters and competitors all giving it a lash big time - Hwyl a plenty.

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For me, cycling around West Wales (admittedly in a state of developing fatigue), in the catchment area of my base hospital (Withybush) in the knowledge that I am among my patients and staff is intriguing and inspiring.

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Mind you, the dinner and ball in our recent Annual Scientific Meeting in Harrogate proves that this isn’t just a Welsh trait; sonographers, physicists, our industry colleagues etc (plus the odd radiologist) showed hwyl in abundance – cracking night – bouncing the night away! Tough act to follow next year in Cardiff, but we will try.

180km around south-west Wales on a bike gives you a good perspective on the various communities and cultures that are South Wales. Some of the shouts are all in Welsh,

primary school kids in fancy dress singing in Welsh and banging pots and pans. Lots of these, must be a “sosban” thing (Llanelli have them on their rugby posts). The posher villages around Saundersfoot, the land of little England and some serious counties accents but all encouraging. Enjoyed the well coiffured lady in pearls standing and clapping at the end of her drive, “well done young man”. Young – that perked me up!

For me, cycling around West Wales (admittedly in a state of developing



fatigue), in the catchment area of my base hospital (Withybush) in the knowledge that I am among my patients and staff is intriguing and inspiring. Colleagues standing on the roadside, whether banging a drum, barbecuing, chomping burgers or raising a glass to me (few of these) whilst cheering their heads off - absolutely brilliant. A long standing cancer patient I passed was more reserved but a "well done Dr Evans" was no less well received. The pageant of competitors and spectators alike is spectacular, male and female, young and old, all kinds of shapes and sizes, differing nationalities and cultures - all stirred and mixed into one welsh pot. All with one aim – get under the 17 hour mark, make the standard i.e. ironman. The camaraderie and fellowship is uplifting.

It mirrors the NHS in many ways. I work in South Wales, but in addition to my Welsh (and English!) colleagues I have colleagues from Eastern Europe, West Africa, America plus some who have recently returned from working stints down under. Differing ideas, different skills and different perspectives. Opportunities to learn and to teach. Whilst differing in background we all share the same standard i.e. providing a quality service for our patients. The diverse nature of my workplace is one of the facets of the NHS which makes my working practice so enjoyable. Life isn't dull.

I thought back to these things during our recent excellent Annual Scientific Meeting in Harrogate (great meeting – big thanks to Catherine Kirkpatrick and all her organising committee and stream leads). Listening to some of the views put forward during the excellent and stimulating Question Time session and then hearing some of the coffee break chat afterwards regarding the proposed changes to the career pathways and training for sonographers – different perspectives. The pathway recognises that we will have a diverse workforce that may arise from a variety of backgrounds and points of entry. Recognition that I wholeheartedly support. Sometimes though I am not sure that we all hold an open mind and are receptive enough to look at the differing entry points. A broad view is needed. Quality and competence should always be paramount, reflecting the skills that each level requires. The end result should always be a high quality service but a diverse and flexible workforce should allow us to look at our problems from differing perspectives and facilitate an open mind to solutions.

That is my wish for 2020 - we finally see a recognition and an associated push from the masters above so we can increase the routes into imaging. To make a positive and significant start on increasing the numbers coming into training in Radiology and Sonography alike.

Adopt a more open and flexible approach to recruitment. Think positive!

Positivity – much needed now on the "run". A marathon consisting of four, 10k and a bit, circuits in and around the town, harbour and surrounding hills of Tenby. The crowds are getting noisier, each lap drunker than the last. The pats on the back are wilder, a couple almost knock me over (I am a tad fatigued), side steps are difficult! Last turn to the prom and the finish awaits, a hoarse welsh "Cer man Rhod", mixed in with the other calls from my sonographer colleagues too (thanks girls). No mad finishing sprint, more a gentle shuffle over the line. A few minutes over 14 hours for me this time, Ironman Cymru done. Madness but an enjoyable kind of madness: Hwyl!!

Rhodri M Evans
President

HONORARY SECRETARY'S REPORT



I am delighted to report that 2019 was a positive year for the British Medical Ultrasound Society (BMUS) with continued financial stability, relatively stable membership, a successful Annual Scientific Meeting (ASM) held in Manchester in December 2018, numerous well attended study days, and the continued success of the BMUS journal. Overall, the Society has succeeded in delivering its core charitable aims and objectives in the advancement of science and education relating to medical ultrasound and setting standards for ultrasound practice. This year BMUS has continued to play a particularly important role in talks with Health Education England (HEE) towards shaping the future of sonography education.

Membership

The Society unfortunately has seen a slight fall in membership over the past 12 months and currently stands at 1,488. It goes without saying that a strong membership is central to the aims of the Society; it is extremely important that we retain existing members and also encourage new members to join BMUS by promoting the benefits of BMUS membership and would ask members to encourage their non-BMUS colleagues to join the Society.

Historical Collection

Work slowly continues on the digitisation of the Historical Collection, Peter Hoskins has also continued his discussions with the Science Museum on the removal of the hardware from the collection. The ultimate aim is to have a 'virtual' collection on the BMUS website.

Annual Scientific Meeting

The 51st meeting of the Society (Ultrasound 2019) was held at Harrogate Convention Centre on 10th – 12th December and included many educational lectures and practical workshops, a scientific poster session, and a large manufacturer's exhibition. As usual, the proceedings of the ASM will be published as an online only supplement to the May 2020 issue of the BMUS journal and selected lectures will be available shortly online via the members' only area of the BMUS website.

STUDY DAYS

In 2019 the BMUS Education Group held eight study days attracting a total of 383 delegates.

March 2019 – General Medical Study Day – 38 delegates

April 2019 – Medico-Legal and Insurance Issues for Sonographers – 48 delegates

April 2019 – Gynaecological Study Day – 85 delegates

May 2019 – Contrast Enhanced Study Day – 17 delegates

July 2019 – Head and Neck Study Day – 40 delegates

September 2019 – MSK Dissection Cadaveric Study Day – 24 delegates

September 2019 – Paediatric Study Day – 50 delegates

October 2019 – Obstetric Study Day – 81 delegates

In addition to these eight days the Events Team supported 4 external events – a 3 day Hepatology Course at the Royal Free Hospital in London, a 2 day CEUS Course run by Kings College London, an Ultrasound Study Day in Oxford at the John Radcliffe Hospital and a Prostate Cancer Study Day at the Peninsula Radiology Academy, Plymouth.

We continue to receive feedback from delegates electronically after each event. Materials and resources from study days where provided by Guest Speakers are accessible to BMUS members via the members' area of the website.

A total of 9 study days are planned for 2020, please take a look at the Events page on the BMUS website or the advert on the rear of this newsletter. As ever we encourage you

to book early, this helps BMUS forward plan and means that the study day can go ahead. Unfortunately, during 2019 we cancelled a study day due to lack of interest which in retrospect could have gone ahead due to the number of last minute bookings, which was obviously disappointing to both delegates who had already booked and those looking to attend.

Professional Standards

The Professional Standards Group (PSG) led by our Development Officer, Catherine Kirkpatrick, has revised the good practice guidelines relating to justification of ultrasound referral, and the Professional Standards document in association with the Society and College of Radiographers (SCoR). All the BMUS position statements and guidelines are available via the members' area of the BMUS website.

While our President-Elect, Pam Parker has been working with other key members of the US profession to develop a career progression framework for sonographers. This has reviewed and described the scope of practice of sonographers from assistant practitioners through to consultants. This work continues and although a report by the PSA and the recent election has stalled this work, it continues to be aim of BMUS, SCoR and RCR that 'Sonographer' will become a protected title in the future.

The BMUS Journal

The BMUS journal, Ultrasound, is published quarterly by SAGE Publications and is received by all BMUS members. In 2019, the journal published 35 articles on various

aspects of ultrasound, including a special issue on 'Echocardiography and Vascular ultrasound' in May 2019. Ultrasound is receiving a healthy number of submissions and currently has a circulation of approximately 7,500 readers. Mrs Hazel Edwards assumed the Editor-in-Chief's role at the end of 2019.

Hazel will be supported during 2020 by Deputy Editors: Cheng Fang, Sean Cournane, Colin Griffin, David Oxborough, Trudy Sevens, and International Editor Tim Canavan.

BMUS Website

This year saw continued expansion of the members' area of the website to incorporate online access to educational materials from study days, audit tools, online CPD, and exclusive access to the journal and consultative documents regarding sonographer professional development and best practice guidelines. During 2020 an update of the website is planned, additionally the task of editing the website will pass from Mrs Alison Hall to Dr Piero Miloro.

BMUS Newsletter

In addition to the journal, all BMUS members receive a weekly e-Newsletter, Ultrapost and a quarterly BMUS newsletter giving

information about the Society's meetings, committees, activities and diary dates. Production of the newsletter has been further streamlined this year. Many thanks to all of our contributors, and Emma Tucker from the BMUS office for making the newsletter an attractive, informative and enjoyable read.

Summary and future plans

2019 was another positive year for BMUS, reflected by continued financial stability, continued stable membership, and several successful study days. In 2020, we will be continuing to contribute actively to plans for NHS sonographer training and will continue to work towards the professional recognition of Sonographers. These developments present new challenges and opportunities for BMUS, which we look forward to tackling over the next few years. We will also continue to raise the profile of BMUS, and develop membership benefits for all professional groups. Next year the ASM and Gala Dinner will be held in Cardiff.

As always, thanks must go to team in the BMUS office for their dedication and hard work.

Adrian Lim

Honorary Secretary

ULTRASOUND 2019 PRIZEWINNERS



The DMB lecture has been a fixture of BMUS Annual Meetings for over 20 years. This year was given by Dr Trish Chudleigh. This lecture honours the 1958 publication in the British Journal 'The Lancet' of Ian Donald, John MacVicar and Tom Brown's paper, 'Investigation of Abdominal Masses by pulsed ultrasound'. This year we featured a lecture with an obstetrics theme, The Handmaid's Tale, and Dr Trish Chudleigh gave a fantastic talk.

Piero Miloro collecting the Young Investigator Award on behalf of Simone Ambrogio



JOURNAL PRIZES

Paul Allan Award

Winner: Thickening of the axillary recess capsule on ultrasound correlates with magnetic resonance imaging signs of adhesive capsuliti, Renato A Sernik et al, Department of Radiology, Hospital Sirio-Libanes, R. Adma Jafet, 91, Sao Paulo, Brazil

Post Graduate Prize

Winner: Real-time sonoelastography evaluation of the Achilles tendon following ultrasound-guided platelet-rich plasma injection and eccentric exercise for the treatment of refractory Achilles tendinopathy, Chin C Ooi et al, Diagnostic Radiology, Singapore General Hospital, Singapore

Save The Date

Ultrasound 2020, Cardiff, 8th–10th December



Adam Morrell Best Student Presentation.

Sonographer of the Year 2019

2019 saw the introduction of 'Sonographer of the Year, a new award to recognise the contribution of sonographers and in particular those sonographers who go above and beyond on a day to day basis. Members were asked to nominate colleagues they thought were champions of the profession, promote excellence in the field of ultrasound, provide leadership, go the extra mile for patients and colleagues and educate future generations with unyielding enthusiasm. Read on to see all the winners from Ultrasound 2019

Winner: Terry Humphrey, Leeds General Infirmary



CONFERENCE PRIZES

Best Student Presentation

Winner: Outcomes of ultrasound-guided transperineal prostate biopsy under local anaesthetic – A safe and tolerable technique, Adam Morrell, Radiology Leeds Teaching Hospitals NHS Trust

Best Scientific Poster Prize

Winner: Fusion guided trans rectal ultrasound prostate biopsy. Does targeted biopsy following mutli parametric Magnetic Resonance Imaging (mpMRI) result in a more accurate detection of significant prostate cancer, Trevor Parker¹, Pedro Morago², Pamela Parker¹, ¹Hull Teaching Hospitals NHS Trust, ²Health and Social Care Research, University of Teeside

Best Case Report Poster

Winner: A series of unfortunate events: Epididymo-orchitis complicated by Testicular abscess, Emily Pratt¹, Yvonne Green², Therese Herlihy¹, Kevin Cronin¹, ¹Diagnostic Imaging, University College Dublin, ²Radiology Mater Misericordiae University Hospital Dublin

Best Clinical Poster

Winner: Hysterosalpingo-Contrast Sonography and the subtle secondary signs of Tubal Patency, Mary O'Reilly, Deirdre Lynch, Joan McGee, Radiology Our Lady's Hospital, Navan, Co Meath, Ireland

Best Oral Presentation

Winner: Ultrasound of the eye in A/E, Osman Younus, Queen Elizabeth Hospital, Woolwich

Runner Up: Primary Lung tumour invading the chest wall on Ultrasound, Mark Charnock, Sheffield Teaching Hospitals NHS Trust

Young Investigator 2019 – to represent the UK at Euroson 2020 in Bergen, Norway in June 2020

Winner: Towards a standard test phantom for Magnetic Resonance guided Hight Intesity Focused Ultrasound (MRgHIFU), Simohe Ambrogio, Guy's St Thomas' NHS Foundation Trust



President Prof Rhodri Evans



Audience Participation



Question Time Panel



Expert Presenters



Fun at the Ball



2020 PRIZE WINNERS AND AWARDS



Platinum Sponsor Hitachi at the Ball



The Technical Exhibition



Hands on Teaching



Our Honorary Members



Gala Fun



Poster Exhibition



The Juke Box Band



Dinner Entertainment



HONORARY TREASURER'S FINANCIAL REPORT



The financial year 2018/2019 again proved a very successful year for BMUS. After some shaky years between 2008 and 2014, the financial health of the Society has shown gradual improvement and BMUS now has sufficient reserves to operate for the next 21 months. This means that the Society has funds to comfortably meet its costs but as importantly, it now has sufficient contingency funds to meet unexpected costs. The financial health of BMUS is vital to meeting the Society objectives and these objectives are always kept in mind when allocating Society income and expenditure.

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As a reminder, the objectives of BMUS are as follows:

- The advancement of the science and technology of ultrasonics as applied to medicine.
- The maintenance of the highest standards in these fields.
- The advancement of education and research in these areas, and dissemination of the results.
- The provision of advice and information regarding ultrasound to the public at large.

All of these objectives require funding and the society runs extremely efficiently in pursuing these aims, while being mindful of associated costs.



We have a small administrative office team led by Joy Whyte, our Executive Officer, but most of the professional work of the Society is undertaken by unpaid volunteers. These volunteers are responsible for the many study days that run throughout the year, including the highly educational and informative ASM. They edit and review the BMUS scientific journal and ensure that the BMUS website is of value to members and kept up-to-date. Our thanks must go to these individuals for giving up their valuable time throughout the year.

In addition, BMUS also provides well-respected guidance on national issues pertaining to diagnostic ultrasound and work to maintain collaborations with national NHS bodies such as Health Education England.

BMUS also collaborates with other professional organisations to ensure that ultrasound education is of high quality and that the next generation of ultrasound practitioners are able to build on the work of the previous generation. In short, BMUS continues to meet its core objectives and the financial viability of the society is critical to meeting these objectives.

We must also remember the role that our commercial friends and colleagues play in the effective running of the Society. Their support and sponsorship of study days and the ASM help to ensure that the financial expenditure of BMUS are sustainable and well-managed. They also provide an enormous amount of assistance and expertise in the running of practical workshops, as was seen in the very successful practical workshops at the 2019 ASM.

The Society is mindful of the continued financial pressure on its members. It strives to keep membership costs as low as possible for all members. This does mean that the Society continues to rely heavily on the Annual Scientific Meeting (and other study days) to subsidise other costs incurred in its day-to-day work. This is both testament to the success of the BMUS educational programme, but also a pressure in that the success of the Annual Scientific Meeting remains critical to the financial health of the society.

All in all, we are delighted to see the Society in good financial health and deeply grateful to BMUS office staff, volunteers and members who contribute their time and expertise to the continued success of BMUS.

A belated Happy New Year to all of our members and sponsors and I am sure that 2020 will continue to see BMUS go from strength to strength.

Peter Cantin

Honorary Treasurer

DEVELOPMENT OFFICER REPORT



Firstly, as this is the first BMUS newsletter since the 2019 Annual Scientific Meeting in Harrogate (although that and Christmas does seem like a distant memory now!), I would like to say a heartfelt 'thank-you' to all the speakers, contributors, volunteers, manufacturers and of course all the delegates for making the meeting a hugely successful educational event. Not to mention an amazing Winter Ball Evening 'Oh What a Night!'. Congratulations to all our prize winners and our inaugural Sonographer of the Year - Terry Humphrey. It is now over to Terry who takes over as 2020 Scientific Organising Committee Chair for the Annual Scientific Meeting in Cardiff – the countdown has begun already.

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Keep an eye out for a new document which we hope departments will find useful to bolster protocols and enhance patient pathways – 'Incidental Findings on General Ultrasound Examinations'.

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Whilst the hustle of first day of the conference was underway the revised 'Guidelines for Professional Ultrasound Practice' was launched. Find the link in the members section on the BMUS website and ensure you are up-to-date. Whilst on this occasion it was an update to the current document, 2020 will see a major rewrite and update – so the professional standards group have huge project to work on this year.

Keep an eye out for a new document which we hope departments will find useful to bolster protocols and enhance patient pathways – 'Incidental Findings on General Ultrasound Examinations'. Incidental findings can often pose tricky imaging management and reporting conundrums and consequently clinical pathway challenges.

Therefore, the intention of this document is to evidence examples of good best practice working.

In addition, BMUS have been working in collaboration with AXREM (Association of Healthcare Technology Providers for Imaging, Radiotherapy and Care) and representation from their membership, alongside SCoR and experts from Public Health England (PHE) to produce probe decontamination advice and management. It is an area of ultrasound that is perhaps not the most glamorous, but one of the most important to ensure we get right and have a consistent approach for all ultrasound equipment users. The new best practice summary will be an excellent source of information

regarding this. There is some further detailed work to be done on wider aspects of this topic and hopefully this is only the beginning of guidance the group are able to produce for the ultrasound community.

And in other news... just a reminder that BMUS have a full calendar of educational study days across England, Ireland, Scotland and Wales this year. So do endeavour to investigate the opportunities for enhancement of ultrasound knowledge alongside our expert faculties in a multitude of specialities whatever your sonographic area of interest.

Catherine Kirkpatrick
Development Officer



SONOGRAPHER CAREER UPDATE



It has been well evidenced that there is a significant shortage of sonographers in the UK. Given the relentless increase in demand for diagnostic ultrasound it is evident that there is a need for more sonographers than the current education model can supply. The traditional route into sonography has been from radiography or nursing/midwifery; both of which are shortage professions in their own right.

Since 2015 the key stakeholders of BMUS, CASE, RCR and SCoR have been working with Health Education England (HEE) and other interested parties, to try and find a solution to how we can increase numbers entering the profession and ensure that staff can be retained by supporting lifelong learning and development.

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There is, however, a real need for a recognised career framework to support the lifelong learning and expert practice being promoted.

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There is a well-established post graduate education model, which the majority of the profession agrees works and are keen to continue with. However, there is a drive nationally, and via the apprenticeship development, to have an undergraduate route into sonography. Clearly, this will result (and indeed should result) in a lower level of education; this has led to a very real challenge of understanding what this will mean in clinical practice. Coupled with the fact a post graduate top up cannot be mandated and that any regulation (should it come to fruition) has to be at the base line entry point (i.e. graduate level) a significant amount of debate and work has been undertaken by the stakeholders to describe and support this emerging undergraduate entry route.

It cannot be expected that a sonographer entering at a lower education level will do the same level of practice as a post graduate trained sonographer. In addition, it has to be recognised that there is a whole wealth of advanced practice being undertaken which is not recognised by professional identity; sonographer practice is rarely defined by job title. It has also to be acknowledged that there is a small cohort of sonographers

who are competently practicing but are not contributing to their own, their peers or the professions' development. There is a need to be able to differentiate between competent practice and exceptional practice.

To that end a career progression framework has been produced and published. All the stakeholders are signed up to this. It is published on www.hee.nhs.uk/our-work/sonography alongside all the other work the project group has been doing.

In 2018 CASE produced standards for sonographic education which outlines the competencies required at education levels 6, 7 and 8 which is essential to ensure that there is a difference between under and post graduate routes to ensure existing staff and traditional training routes are safeguarded.

BMUS has been commissioned to write guidelines for preceptorship and capability development to support sonographers transitioning between first post and senior practitioner level, as well as describing requirements to progress throughout the career framework up to the level of consultant sonographer.

Clearly the new roles are a big challenge. There is no such thing as an easy scan and this is not documented within the framework at all. What is described is the level of support that can be accepted at each career level. Workforces will need to be redesigned but this does give massive opportunity to recognise expert practice and give chance for our existing highly skilled sonographers to shine.

The issue of regulation remains unresolved but all 4 key stakeholders are committed to achieving this for sonographers. The stakeholders intend to continue to support the development of the career framework regardless of the regulation but, being mindful, that if regulation does not become a reality the real development of undergraduate and apprenticeship entry routes into our profession is unlikely. There is, however, a real need for a recognised career framework to support the lifelong learning and expert practice being promoted.

Pamela Parker
President Elect



Study Days 2020

BMUS General Medical Study Day

20th March, 1 Wimpole Street, London

BMUS Gynaecology Ultrasound Study Day

24th April, Glasgow Caledonian University

BMUS MSK Study Weekend

2nd - 3rd May, Manchester

BMUS MSK Dissection Cadaveric Study Day

5th September, Keele

BMUS Paediatric Study Day

25th September, Leeds

BMUS Obstetrics Study Day

3rd October, Bristol

BMUS Physics Study Day

23rd October, Leeds