STANDARDIZED PROCEDURE

Ultrasounds

These procedures are intended to describe procedures performed by any Advanced Practice Provider at UC San Diego Health System. Deviations from these standardized procedures should be documented in a procedure or operative note.

I. Background Information
With appropriate training, APP may perform limited ultrasound examinations. A limited obstetric ultrasound exam is not intended to replace a basic obstetric ultrasound, which is a well-defined and complex examination that is performed by a provider with specialty training.

II. Procedures
The APP at UCSD may perform limited abdominal or transvaginal ultrasound examinations in the first, second or third trimester to assess the following:
- Fetal Cardiac Activity
- Fetal Number
- Fetal Presentation
- Gestational Age
- Amniotic fluid index (AFI)
- Cervical length

III. Settings
The APP may perform ultrasound examinations as defined in this document in the following settings:
- UCSD Medical Center locations including Hillcrest and Jacobs Medical Center
- All Outpatient Clinics

IV. Supervision:
Per the UCSD Medical Staff Bylaws all tasks are to be performed by the APP under the supervision of a licensed physician and surgeon who has current practice or training in obstetrics. The physical presence of the supervising physician is not required at the time the APP is engaged in practice.
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The APP will notify physician immediately under the following circumstances:
1. Patient decompensation or intolerance to the procedure
2. Outcome of the procedure other than expected

V. Procedures:

FIRST TRIMESTER LIMITED ULTRASOUND

Data Base:

Indications:
1. Dating or Cardiac Activity
   • Confirmation of dates in first trimester
   • Confirmation of cardiac activity
   • Confirmation of intrauterine pregnancy

2. Fetal Number
   • Size greater than expected with no prior US

Subjective Data:
   • Last menstrual period and/or conception date
   • Menstrual cycle regularity, use of hormonal contraception, lactation or other factors affecting dating

Objective Findings and Management Plan:
1. Dating in 1st trimester (transvaginal or abdominal)
   • Identify the following:
     o Intrauterine gestational sac/ fetal pole/ embryo if present
     o Fetal number
     o Presence/absence of cardiac activity
     o Identify and measure crown rump length
     o Identify and measure gestational sac

   • If ultrasound size is consistent with dates, document in prenatal record and order further ultrasounds as clinically indicated
   • If size is less than or greater than expected age, assess dating by using standardized recommendations by ACOG & Perinatology

2. Fetal Cardiac Activity
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- If no heart tones visualized, confirm with another clinician/MD and/or confirm by formal ultrasound

3. Fetal Number
   - If > 1 fetus; transfer to MD care

4. Consultation is indicated as above, as well as for the following:
   - Inability to confirm intrauterine location of pregnancy
   - Inability to obtain adequate images for interpretation
   - Unclear or abnormal findings

Documentation:

The APP will document ultrasound findings in the medical record

PROCEDURE THIRD TRIMESTER LIMITED ULTRASOUND

Data Base:

Indications:

1. Confirm Fetal Presentation
2. Assess amniotic fluid volume
3. Confirm fetal cardiac activity
4. Assess cervical length

Objective Findings and Management Plan:

1. Fetal Presentation
   - For non-vertex presentations < 36 weeks; educate patient on breech exercises
   - For non-vertex presentations > 36 weeks, educate patient on breech exercises and consult for possible version and/or delivery plan
   - For non-vertex presentation on admission in labor, transfer to MD service.

2. Amniotic fluid volume
   - ≥ 25 = Polyhydramnios or individual pocket > 8
   - < 5 = Oligohydramnios
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- Fluid pocket > 2cm by 2cm
- Consult for abnormal findings

3. Cervical Length (transvaginal)
   - Cervical length in centimeters
   - Consult with MD for any abnormal findings

4. Consultation is indicated as above, as well as for the following:
   - No evidence of cardiac activity, or abnormal fetal heart rate
   - Inability to obtain adequate images for interpretation
   - Unclear or abnormal findings

References:

REQUIREMENTS

Training and/or education requirements:
1. APP must have privileges at UCSD Medical Center

2. Didactic Component
   - Ultrasound course of at least 8 contact hours that includes:
     - Physics and instrumentation relevant to the exam being performed
     - Required elements and components as described by AIUM for the type of exam to be performed
     - The required anatomic landmarks as described by AIUM pertinent to the type of exam to be performed
     - Indications for types of exams being performed
     - Clinical implications of normal and abnormal findings
     - Ultrasound safety
     - Components of a complete ultrasound report
     - Client education

Methods for initial and continuing evaluation:
1. Initial Competency Assessment: 10 observed limited exams for each type of ultrasound, including the following as indicated by type of exam:
   - Identifies fetal number
   - Identify fetal cardiac activity
   - Identify presentation
   - Identify placental location
   - Identify amniotic fluid volume
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- Measurement of CRL
- Measurement of cervical length

Exams may be proctored by RNs in the antepartum testing unit, or by a previously approved nurse-midwife, nurse practitioner, sonographer, or physician.

2. On-going Competency Evaluation:

Monitoring via OPPE.

Scope of supervision required to perform the functions of this standardized procedure:
Per the UCSD Medical Staff Bylaws all tasks are to be performed by an advanced practice provider under the supervision of a licensed physician and surgeon who has current practice or training in obstetrics. The physical presence of the supervising physician is not required at the time the APP is engaged in practice.

DEVELOPMENT AND APPROVAL
This standardized procedure was developed through collaboration of nursing, the nurse-midwives, nurse practitioners, physicians, and administration at UCSD Medical Center.