# Cardiac and Pulmonary Ultrasound

**Date:** Thursday, October 31, 2019
**Time**: 8:30–11:30 AM
**Location:** **ONLINE and SMALL GROUP LABORATORY**
**Watch:**

- **Subxiphoid Cardiac View Ultrasound Scanning Protocol:** https://youtu.be/zcFFTKteaUQ

- **Pulmonary Ultrasound Scanning Protocol:** www.youtube.com/watch?v=dQTTVQ60WsI

## *LEARNING OBJECTIVES*

- Correlate anatomic structures identified during live-dissection with findings on ultrasound
- Demonstrate the ability to describe normal ultrasound anatomy in the heart and lung
- Select the appropriate transducer and optimizing image capture by adjusting function keys
- Describe artifacts encountered during the pulmonary ultrasound examination

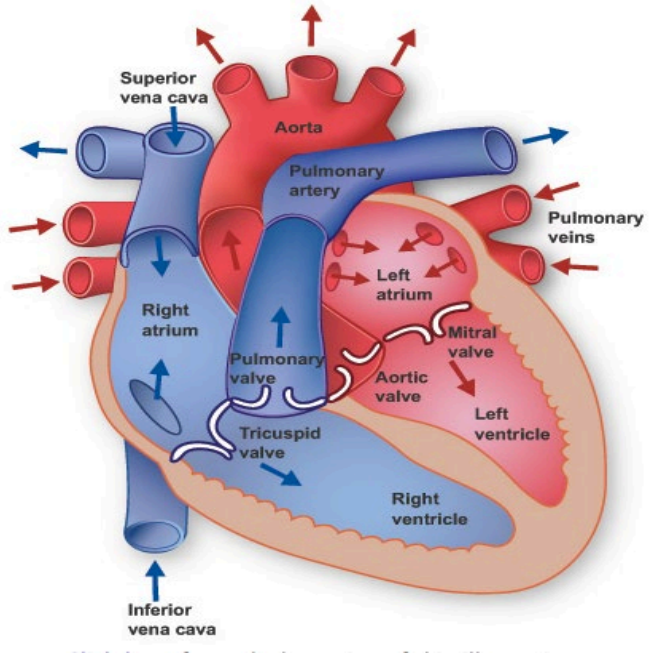
## *HANDS-ON OBJECTIVES*

- Identify cardiac structures (Subxiphoid View)
  - Liver
  - Right atrium
  - Right ventricle
  - Left atrium
  - Left ventricle
  - Mitral valve
  - Tricuspid valve
  - Pericardium

- Identify pulmonary structures
  - Rib
  - Rib shadow
  - Pleural line
  - Lung slide
  - Sea-shore sign (in M-mode)

# CARDIAC ULTRASOUND

## *Gross Anatomy*




www.texasheart.org

## *Ultrasound Anatomy*

Cardiac Ultrasound Scanning Protocol:

- In EM/general convention the probe indicator is to patient's right with the screen indicator dot to the **Left**
- In Cardiology convention the probe indicator is to patient's left with the screen dot to the **Right**.
- Subxiphoid view: https://youtu.be/zcFFTKteaUQ
  - ***Please note that the video describes how to orient the probe marker in cardiology convention, as the screen marker is on the right***

Probe Selection:

- Phased array (cardiac probe)
- Curvilinear

Patient Positioning and Preparation:

- Supine
- Tip: Having the patient bend his/her knees may assist with image acquisition

1. Technique for subxiphoid view:

- Place probe beneath and slightly right of the xiphoid process.
- The probe indicator is to be directed to the patient's right side (if the screen marker is on the left in general/EM convention).
- Hold the transducer like a computer mouse with your index/middle fingers on top. Aim the probe towards the patient's head or left shoulder with the probe nearly flattened and parallel to the abdominal surface.
- Tips:
  - Use the liver as an acoustic window to avoid poor image quality due to air in the stomach and bowel gas.
  - Also, the heart sometimes can be visualized better by having the patient take a deep breath in and holding it, which brings the heart downward closer to the probe.

Image Credit: http://www.sonoguide.com/cardiac

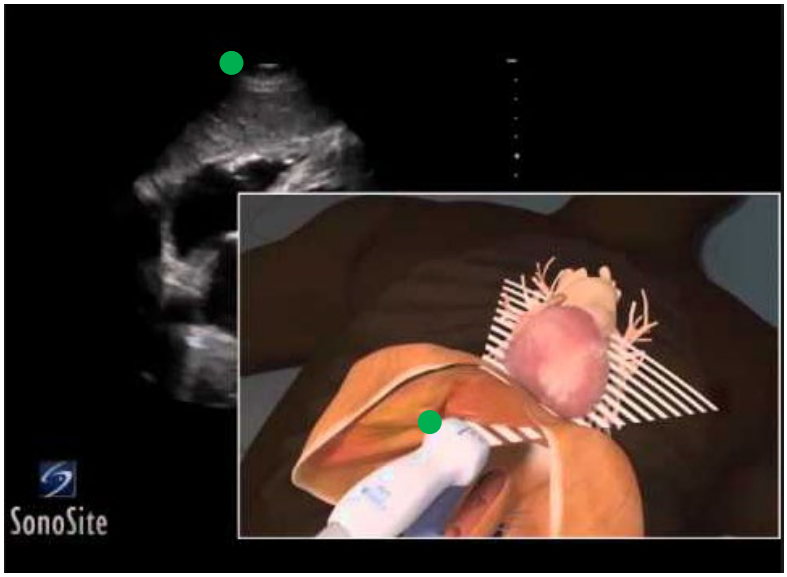
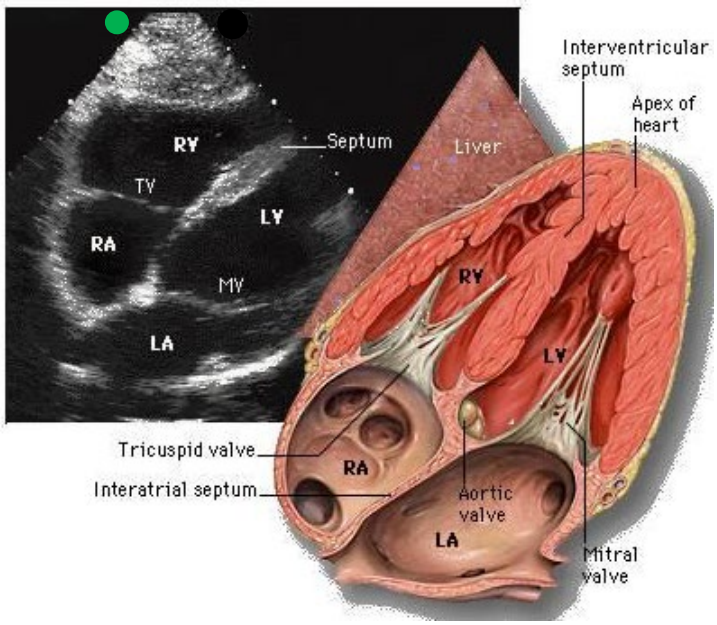


Image Credit: https://www.youtube.com/watch?v=BEofsBzfOOw



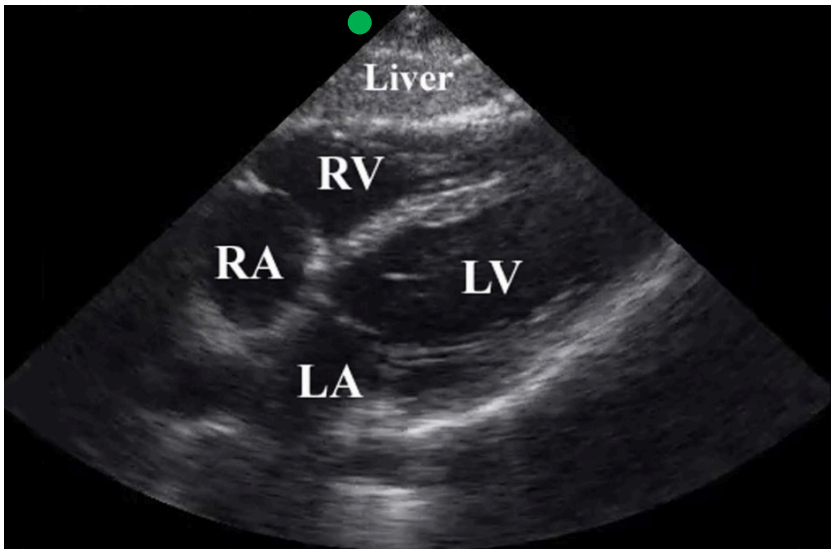



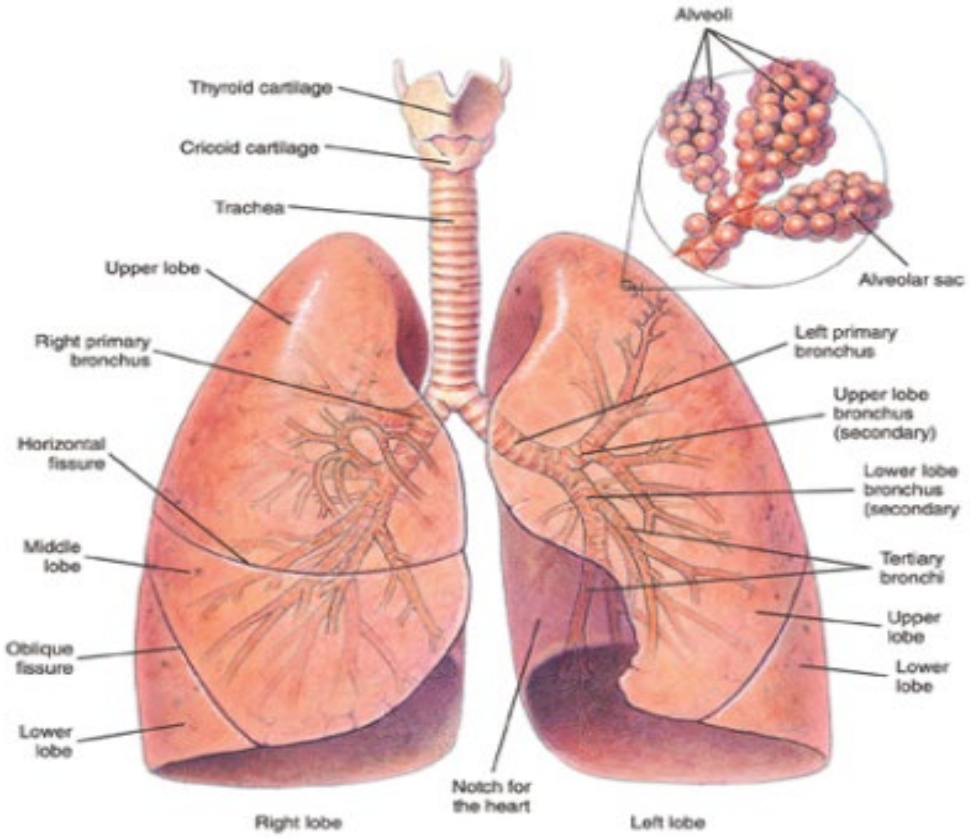

Image Credit: https://www.emergencyultrasoundteaching.com

Structures to Identify:

- Liver
- Right atrium
- Right ventricle
- Left atrium
- Left ventricle
- Mitral valve
- Tricuspid valve
- Pericardium

# PULMONARY ULTRASOUND

## *Gross Anatomy*



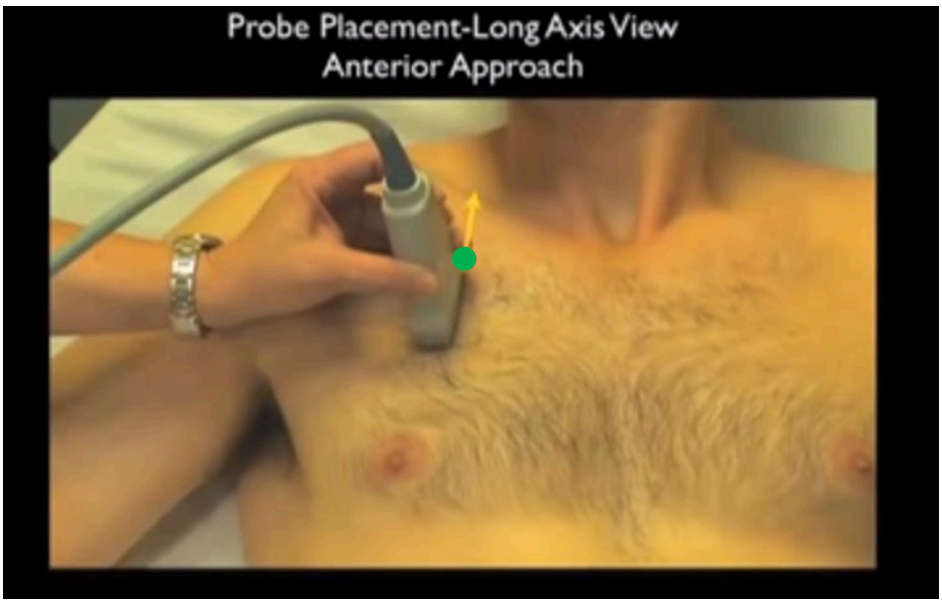

## *Ultrasound Anatomy*

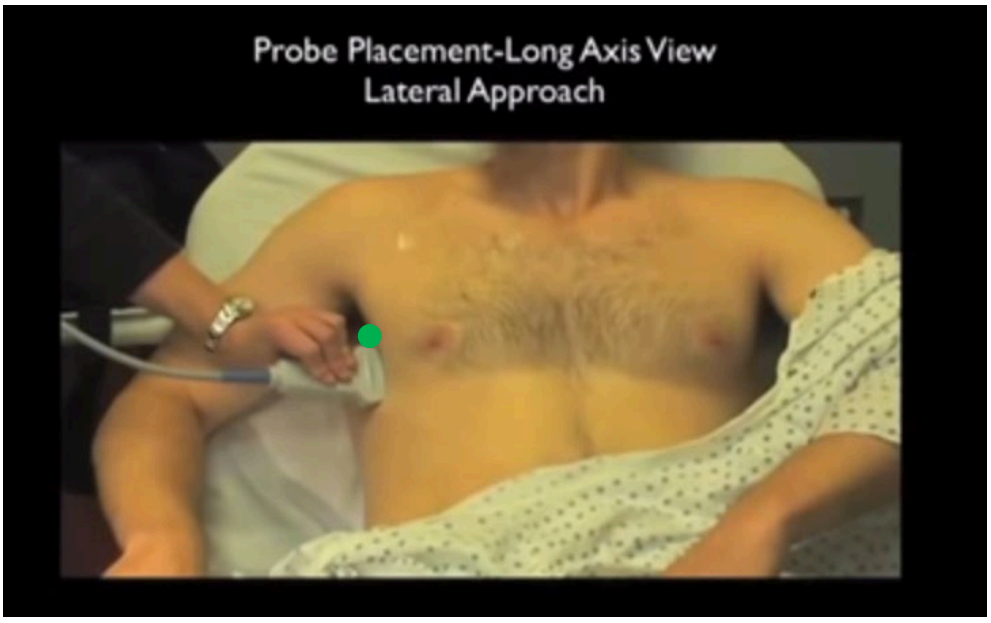
- Pulmonary Ultrasound Scanning Protocol: www.youtube.com/watch?v=dQTTVQ60WsI

Probe Selection: Variety of probes used
- Linear
- Phased array
- Curvilinear

Patient Positioning and Preparation:
- Supine

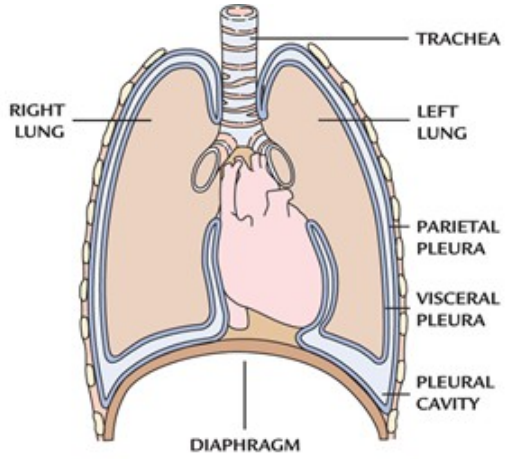
1. Technique:
   - Place probe oriented longitudinally (with indicator towards patient's head) in 2nd to 3rd intercostal space, mid-clavicular line.
   - Additional views can be obtained in other intercostal spaces and anterior axillary line.




Source: https://www.youtube.com/watch?v=Xxdedx1HtHo

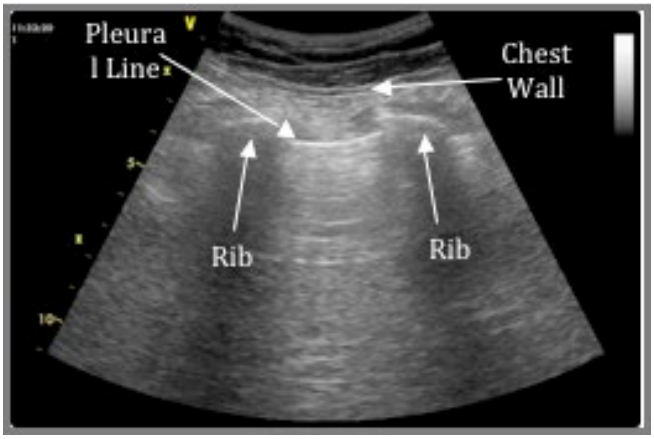
   - Normal lung function on ultrasound will reveal the presence of lung sliding, which indicates gliding of the visceral against the parietal pleura.



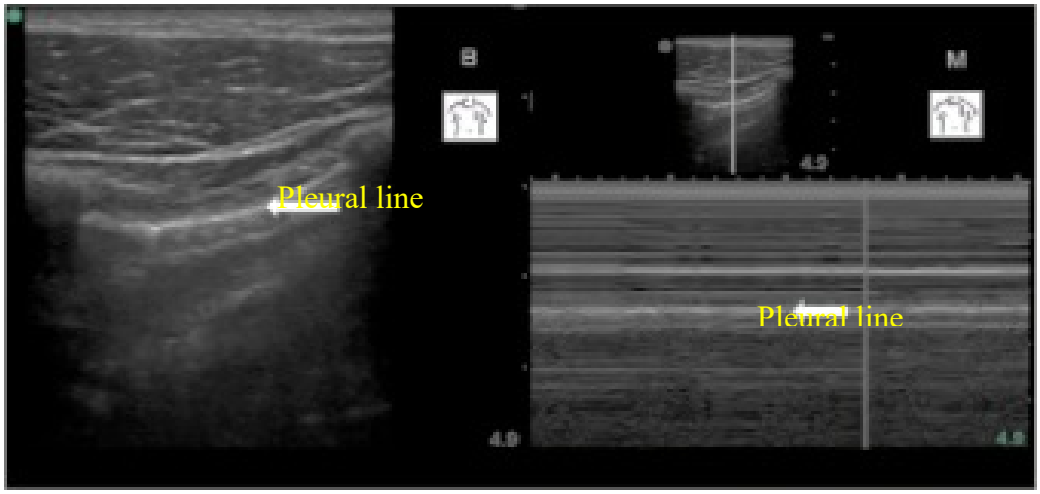

http://www.womens-health-advice.com/assets/images/human-body/respiration-diaphragm.jpg

- Confirmation of the pleural line is visualization of ribs (hyperechoic rim) flanking each side with associated rib shadow (artifact: "posterior acoustic shadowing").

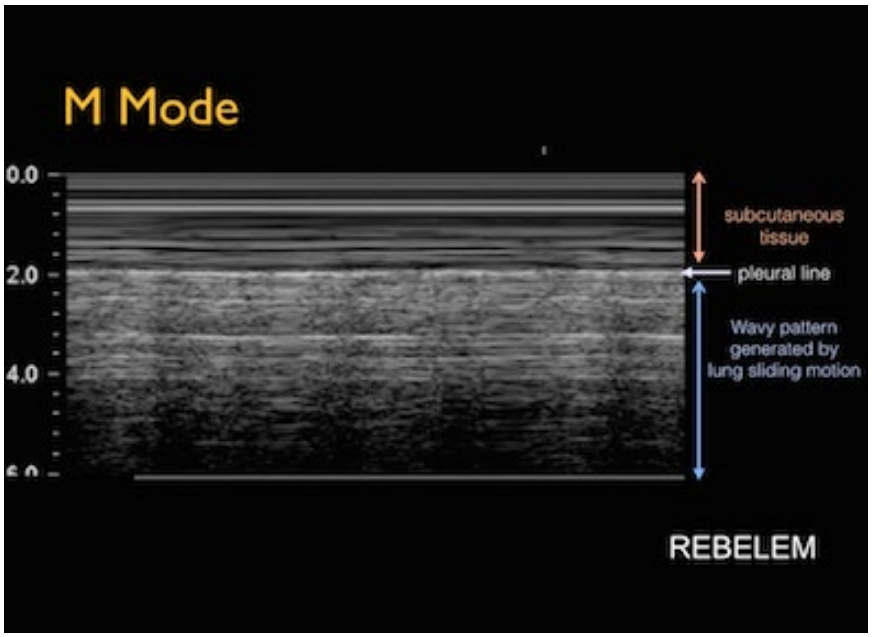

www.rebelem.com/ultrasound-detection-pneumothorax/



- In M-mode or "motion mode," movement of tissue at the designated line over time.
- M-mode can alternatively be used to detect lung sliding, which would reveal a "sea-shore sign" – the subcutaneous tissue towards the top of the screen produces horizontal straight lines and below the pleural line will appear wavy like sand on the beach.




Credit: http://www.hindawi.com/journals/crira/2014/906127/fig2/




Source: www.rebelem.com/ultrasound-detection-pneumothorax/

Structures to Identify:

- Rib
- Rib shadow
- Pleural line
- Lung slide
- Sea-shore sign (in M-mode)