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ScoreCards for

Ob/Gyn Sonography

QUESTION/ANSWER FLASHCARD STUDY SYSTEM

STEP 3 MEMORY DRILL



1-2-3 Step
Ultrasound Education

Step 1
Review text

Step 2
Mock examination

Step 3
Q&A memory skills
flashcard drill

SDMS-Approved
Continuing Education Activity

Approved for **12** CME Credits

TRACI B. FOX

ready to...

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you can

ScoreCards[™] for

Ob/Gyn Sonography

**A Q&A Flashcard Study System for
Ob/Gyn Sonography**

DAVIES
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HOW TO USE SCORECARDS

As part of our 1-2-3 Step Ultrasound Education and Test Preparation program, *ScoreCards for Ob/Gyn Sonography* systematically prepares you to pass the Ob/Gyn Sonography exam for the Registered Diagnostic Medical Sonographer (RDMS)[®] credential. It also helps you to master the facts, problem-solving skills, and habits of mind that form the foundation of success not only on your registry exams but also in your career as an ultrasound professional. And it's fun.

These 495 ScoreCards cover core concepts and principles topic by topic—facts you must master to pass the Ob/Gyn exam. At the bottom of every question page is a “footer key,” indicating the study topic's place within the exam coverage—from first to second/third trimester protocols, fetal anomalies to pregnancy complications, pediatric gynecology to postmenopausal pathologies—so you always know where you are and how you are doing. And at the end of the book you'll find a handy list of all these ScoreCards cross-referenced to the task-oriented ARDMS Ob/Gyn exam topics.*

*We use the last best ARDMS content outline for test preparation, updated to ensure complete coverage. The latest exam outlines from ARDMS provide a generalized categorical overview together with very specific clinical tasks, but they can miss key intermediate topics you must know to pass your exam—hence our hybrid approach to study outlines. Here you get it both ways: The table of contents reflects the key topics you need to know to pass the exam; at the end of the book, “*ScoreCards Cross-Referenced to the ARDMS Exam Content Outline*” lists the questions under the ARDMS exam outline categories that were current as of press time.

ARDMS Advanced Item Type (AIT) Questions

All questions specifically designed to prep you for the ARDMS “Advanced Item Type” (AIT) questions are identified. This is a new class of ARDMS exam question that tests practical sonographic skills by simulating hands-on clinical experience. (See “AIT Preparation Questions” at www.ARDMS.org.)

The ARDMS Ob/Gyn exam uses an Advanced Item Type called “Hotspot” questions. These items require examinees to indicate the answer to a question by using the cursor to point at or mark directly on an image. In *ScoreCards*, similar questions are identified in the question page footers as “AIT—Hotspot” questions. These flashcards ask you to indicate the label on an image that corresponds to the correct answer.

“AIT—PACSim” items are similarly marked. These highly interactive case-based Picture Archive and Communication Simulation (PACSim) questions simulate a reading station and require examinees to read a patient’s clinical history, evaluate existing image(s), and complete a diagnostic ultrasound report by selecting from the options presented. Currently these items are specifically designed for reading physicians taking the Physician in Vascular Interpretation (PVI) exam; however, other specialties such as Ob/Gyn lend themselves to this type of question, so as a bonus feature we have identified such questions in the *ScoreCards* footers as well.

Finally, “AIT-SIC” (Semi-Interactive Console) items are questions that require the examinee to use a semi-interactive console to correct a problem with the image presented. These are limited to the

Sonography Principles and Instrumentation (SPI) examination. They do not appear in the Ob/Gyn specialty exam and are therefore not included among these Ob/Gyn *ScoreCards*.

Tips for Maximizing Your Learning

Here are some tips for maximizing the value of the *ScoreCards* system:

Take it with you. The *ScoreCards* study system is designed to be portable. Use it on breaks or between patients. You can review a dozen question/answer items in five minutes.

Study, test yourself, review. As you study for the ARDMS specialty exam in Ob/Gyn sonography, *ScoreCards* drills you on key facts and figures, it tests your knowledge of those facts in practical situations, and it provides clear explanations and references for further study. Each Q&A card is keyed to the table of contents. You always know where you are, how you are doing, and how important the topic is to your overall success on the exam.

Triangulate on your target. By itself, the *ScoreCards* study system is a powerful, convenient, and fun way of learning and testing yourself. It is especially effective when used with *Ob/Gyn Sonography: An Illustrated Review* (Step 1: review text) and *Ob/Gyn Sonography Review* (Step 2: mock examination). Just as each *ScoreCard* tells you which study topic it covers, it also indicates exactly where you can find further information about the subject, often in the Step 1 review text. So do the Davies mock examinations. This integrated, systematic strategy triangulates on your target—exam and career success!

Shuffle it! After using the flipcard format for a while, consider removing the spiral binding and mixing up the cards to vary the order in which they challenge you.

Earn CME credit. The *ScoreCards* study system is an SDMS-approved CME activity that can help meet the CME requirements necessary to maintain your registry status once you pass your exams. Use the CME application that follows the last question in this book. You may use the CME application anywhere, anytime, at your convenience.



What is the earliest sonographic sign of a pregnancy?

- a. double bleb sign
- b. double sac sign
- c. yolk sac
- d. decidual thickening



D. Decidual thickening.

Thickening of the endometrium is an early sign of pregnancy. Thickening does not always confirm an intrauterine pregnancy (IUP), as the uterine lining will increase in size in the presence of an ectopic pregnancy as well. Follow-up ultrasound and serial beta-hCG values must be obtained to confirm an IUP.



A normal gestational sac grows at the rate of:

- a. 0.5 mm per day
- b. 1.1 mm per day
- c. 1.5 mm per day
- d. 2.1 mm per day



B. 1.1 mm per day.

The normal gestational sac has a growth rate of approximately 1.1 mm per day. Inadequate gestational sac growth may be a predictor of pregnancy failure.



What is the term for the sonographic appearance of a small fluid-filled sac contained within the decidua at approximately 4.0–4.5 menstrual weeks?

- a. double bleb sign
- b. double sac sign
- c. intradecidual sign
- d. pseudogestational sac sign



C. Intradecidual sign.

The intradecidual sign represents the very early gestational sac. This sign is seen prior to the appearance of the secondary yolk sac.

Q **4**

When can you first identify a gestational sac using endovaginal sonography?

- a. 4–5 menstrual weeks
- b. 2–3 menstrual weeks
- c. 5–6 menstrual weeks
- d. 6–7 menstrual weeks



A. 4–5 menstrual weeks.

The gestational sac can be seen as early as 4–5 menstrual weeks, but an intrauterine pregnancy (IUP) cannot be confirmed until the secondary yolk sac is seen, typically at about 5–6 menstrual weeks.

- ▶ Baun J: *Ob/Gyn Sonography: An Illustrated Review*. Pasadena, CA, Davies Publishing, 2016, p 8.
- ▶ Gill KA: Gynecology. In Gill KA: *Ultrasound in Obstetrics and Gynecology: A Practitioner's Guide*. Pasadena, CA, Davies Publishing, 2014, p 97.



What term describes the echogenic ring formed by the decidua parietalis and decidua capsularis?

- a. double bleb sign
- b. intradecidual sign
- c. double decidual sac sign
- d. pseudogestational sac sign



C. Double decidual sac sign.

The *decidua parietalis* (also called the *decidua vera*) and the *decidua capsularis* can be visualized together at 5.5–6.0 menstrual weeks and indicate the presence of a pregnancy. Their appearance together is known as the *double decidual sac sign* or *double decidual ring sign*.

- ▶ Baun J: *Ob/Gyn Sonography: An Illustrated Review*. Pasadena, CA, Davies Publishing, 2016, p 10.
- ▶ Sliman MH, Gill KA: The first trimester. In Gill KA: *Ultrasound in Obstetrics and Gynecology: A Practitioner's Guide*. Pasadena, CA, Davies Publishing, 2014, pp 95–96.

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Ob/Gyn Sonography

Traci B. Fox, EdD, RT(R), RDMS, RVT

Q & A FLASHCARD STUDY SYSTEM

The sophisticated *ScoreCards*™ flip- and flashcard study system yields maximum gain with minimum pain, and it's fun. Exercise your ability to think fast and recall key facts wherever you are—at lunch, on weekend outings, or between patients. Written and reviewed by well-known experts, these handy ScoreCards deliver nearly 500 questions keyed to the registry's own exam outline, plus answers, explanations, more than 140 images, and handy references. Step 3 in Davies' CME-approved 1-2-3 Step Ultrasound Education and Test Preparation program, *ScoreCards for Ob/Gyn Sonography* is very effective in combination with *Ob/Gyn Sonography: An Illustrated Review* (Step 1—review text), *Ob/Gyn Sonography Review*, and *Ultrasound Physics Review* (Step 2—mock exams).

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