

BURSARY REPORT 2019

For conference attendance:

Breast ultrasound with Tom Stavros: Hot topics in advanced screening and diagnosis.

By: Yolanda Smart

On January 18 to 20th, 2019, I attended a three-day conference held by World Class CME with the help of World Radiography Education Trust Fund (WRETF) and my employers, Radiology West Ltd., in Jamaica. The conference was held in San Antonio Texas at the Westin Riverwalk. The topic was, Breast ultrasound with Tom Stavros: Hot topics in advanced screening and diagnosis.



The main focus of ultrasound in my department is usually to find breast lesions (cancerous or benign), cysts or abnormal areas seen on mammograms. My attendance to the conference allowed me meet a list of objectives I had based on the scheduled lectures. These objectives were;

1. To get a better understanding of breast ultrasound and revise things I already know.
2. To get a fresh look at breast imaging and scan techniques that will enable me to scan and meet the needs for imaging breasts.
3. To learn and impart the practical as well as educational information to my team members (ultrasonographers and radiologists) to help us all become better scanners.
4. To share knowledge with Cornwall Regional Hospital's Ultrasound department.
5. To show all Sonographers and Radiologists any new techniques and information I have learnt.
6. To share the new classification system on breast cancer and have discussions, to see if any change is to be made to our department.

Conference

The three days at the conference were intense and packed with information. Although it was grueling three days it was a fulfilling learning experience. The reason I chose this conference was to fine tune my scanning technique and increase my detection skills with an aim to detect breast cancers as early as possible. My country has a high incidence of breast cancer and mortalities that result from this disease, earlier detection might give us an advantage in saving more lives. Some new things I learnt included;

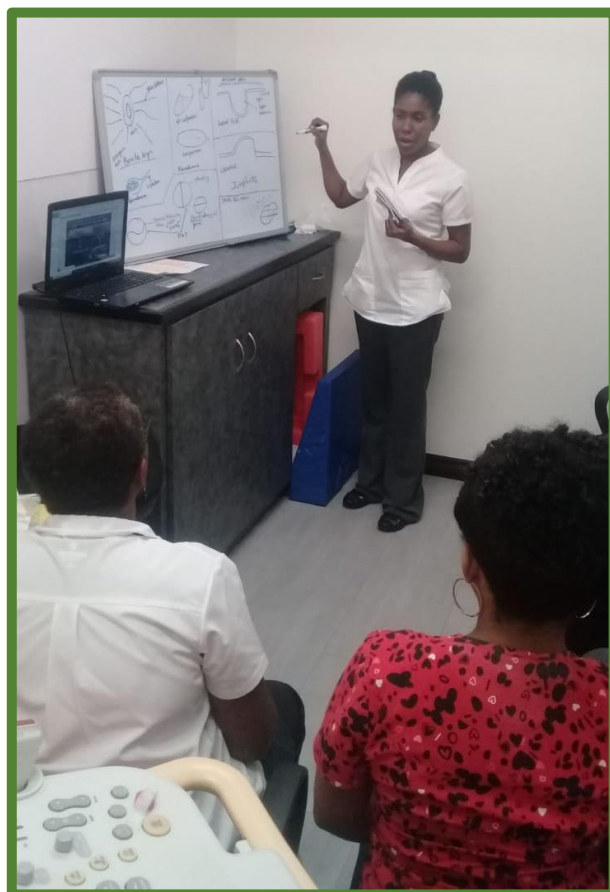
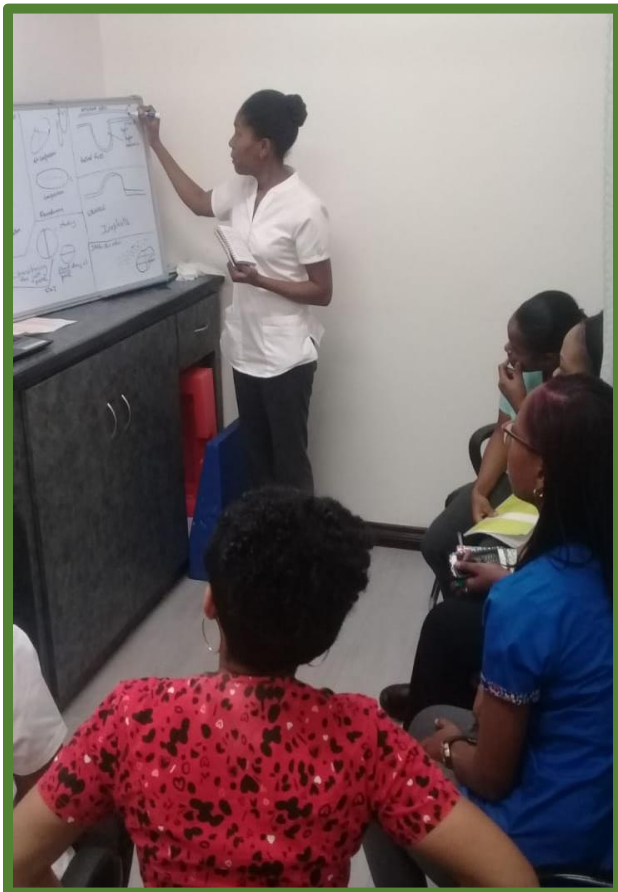
- How to optimize images using functions on the machines.
- The features and function of some new machines on the market, exhibited by companies such as Philips, General Electrics, Samsung and, Hitachi.
- 3D breast ultrasound imaging, equipment and software with computer aided detection as a screening tool for breast imaging. (This is a technology we do not currently have in Jamaica).
- General hand-held scanning techniques for the breast and nipple.
- How to image breast implants.
- Live demonstrations and hands-on training.

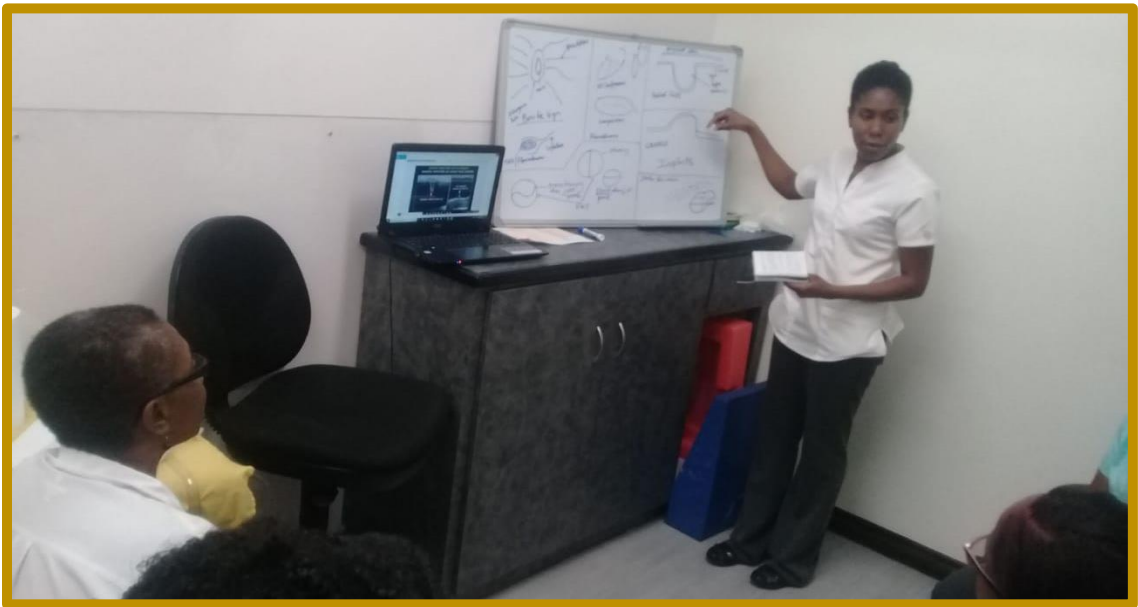
Presentations given to my department

After returning from the conference I sorted through the information I received both from the notes I made and the lectures I was emailed. I condensed and then prepared for two sessions; One session for ultrasonographers; and one for the radiologists.

On the 27th of February the first session was held with 4 ultrasonographers and one ultrasonographer in training. We discussed new techniques, pathology to identify, features that would improve imaging and unused software and features on one of our newer machines. We came to an agreement of how we will measure breast lesions going forward and what is to be done in some special cases. After an hour a half session, we decided that I would type the rest of the information and send to each participant. The lectures were emailed along with my typed notes on March 5th,2019.

Below are images from the first session





On the 4th of March I had the second hour and a half presentation for the radiologists. I presented on;

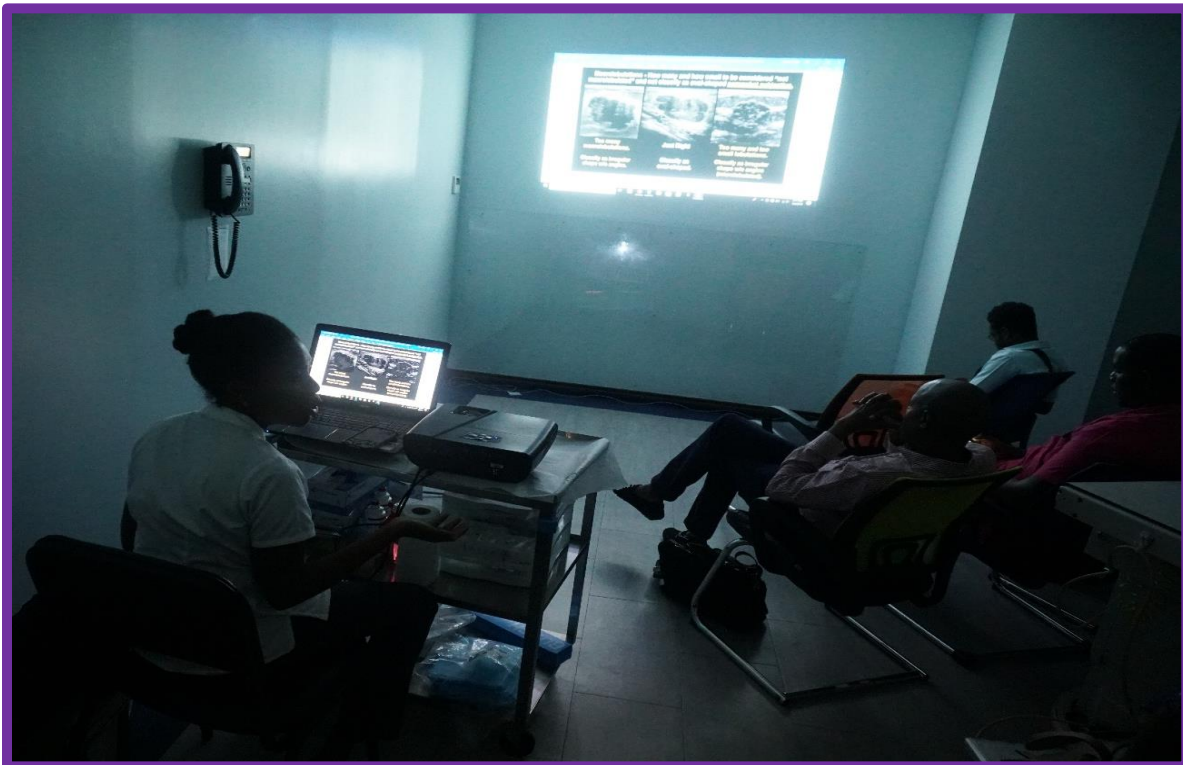
- Ultrasound “non-mass” features and lexicon that correspond to MRI “non-mass” enhancement (NME): How we might make second-look ultrasound more effective when there is NME on MRI.
- Analysis of false negative BI RADS 3 and under-classification errors in BI RADS and how to correct them.
- We also briefly discussed elastography and 3D breast ultrasound.

All three full time radiologists were present from my company. Three part time radiologists were also invited, with only one in attendance, as the other two (employees at Cornwall Regional Hospital) could not make it. One Radiologist is training from Cornwall and an intern hoping to be accepted to the University Radiology Program were in attendance. Two ultrasonographers from the Hospital were also present.

During the presentation the radiologist had recommendations for scanning sonographers based on discussions and information received. All the recommendations that were given to improve imaging and findings for reporting purposes were added to the email sent to the sonographers sent on the 5th of March. All the information emailed to my team members were also sent to those who attended from the hospital and the one private part-time Radiologist.

Below are images of the second session





Both presentations were well received by the participants based on the feedback. They are now in the process of going through the material I have sent and I have also encouraged each to send, or ask me questions if they have any uncertainties concerning the material. Additionally, if they need help with the practical aspect of breast ultrasound, I have indicated that they should feel free to ask.

It was truly a blessing to have been assisted by the WRETF to attend this conference. It was an honour to have worked with Mr. Ian Henderson during my application and receipt of this bursary. He was truly a great help. I have gained more confidence in my scanning and I hope the sessions I had, or any in the future will give others the same confidence and encouragement for their technique. Finally, Radiology West Ltd.'s assistance was also paramount in my attendance to this conference. My company's support before, during and after was tremendous.