

Notes for Educators

A Newsletter for the ARDMS Educator Community



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SPRING 2021

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Sonography Program Spotlight:

University of Missouri, Diagnostic Medical Ultrasound



The University of Missouri, Diagnostic Medical Ultrasound (MU DMU) Program was instituted in 2001. It was the first CAAHEP accredited Master's Degree program in the USA. After restructuring the curriculum, MU DMU's program will now be one of the very few in the USA to include abdominal, OB/GYN, vascular, and adult echocardiography within the undergraduate curriculum which is about 2.5 years in length, not including 2 years of pre-requisites (about 4.5 years total unless you enter college with credits from high school).

ARDMS: How has your program changed in response to COVID-19?

MU DMU: Like programs across the country, we had to rapidly pivot to remote teaching in spring, 2020. We had to be creative in finding ways to support students to continue to develop skills in image acquisition, critique, anatomy recognition, and obstetric measurements when our obstetric scanning lab was shut down mid-semester. We developed a series of online scanning labs using video clips from our previous scanning lab activities to support this...

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Does your Sonography program have deep ties in your community? Is your program leading the way in innovation for education through COVID and beyond? Do you want your program to get the recognition it deserves? If you said "YES" to any of these questions, fill out and submit [this form](#) to EducatorResources@Inteleos.org!



2021 Solution Hack-a-Thon Challenge Update Winning Team Selected!

For many sonographers, physicians, and other medical professionals performing ultrasound scans, pain is a daily reality. Work-related musculoskeletal disorders (WRMSD) limit their ability to live productive lives and care for their patients. In Fall 2020, we reached out to students currently enrolled in a higher education setting to help make the lives and careers of diagnostic medical sonography professionals safer, pain-free and more fulfilling.

The *WRMSD Grand Challenge Virtual Solution Hack-a-thon* took place from December 2020 to February 2021 and consisted of four student teams comprised of students from multiple educational disciplines that competed in presenting a solution to eliminate WRMSDs once and for all.

Please visit [WRMSD Grand Challenge](#) to view the winning presentation team and the honorable mention presentations.

[Inteleos/APA Webinar Series:](#)

In 2020, Inteleos partnered with the [American Psychological Association](#) (APA) to provide a webinar series regarding mental health topics to help healthcare professionals experiencing high stress levels during this COVID-19 pandemic. This three-part mental health webinar series is available to view on-demand on our [Mental Health Resources](#) page to aid healthcare professionals combat with the high stress due to the COVID-19 pandemic.

Each webinar is eligible for one free American Medical Association (AMA) PRA Category 1 CME Credit™ upon completing the CME survey information at the end of the recording:

- [Effective Leadership & Self-Care Strategies in the Time of COVID-19](#) – Recorded Webinar

1 complimentary AMA PRA Category 1 CME Credit™

- [Battling Burnout in the COVID-19 Era](#) – Recorded Webinar

1 complimentary AMA PRA Category 1 CME Credit™

- [Fostering Resiliency Through and Beyond COVID-19](#) – Recorded Webinar

1 complimentary AMA PRA Category 1 CME Credit™



Certification Corner

Submitting Documentation

To avoid delays in the processing of applications with “pay by mail” option, please do not mail documentation with payment. Applicants should upload all required documentation via their MY ARDMS/MY APCA account.

For CAHHEP Accredited Programs

To avoid delays in the processing of applications submitted under Prerequisite 2, students should not apply for the specialty examinations before receiving an email from ARDMS notifying them that their Program Director has provided the required information for their Prerequisite 2 application.

Delayed Graduation?

We understand that sometimes students do not graduate on time; please know that our system allows Program Directors the ability to update students' graduation statuses individually in the online paperless application form. When updating the graduation statuses, any student that does not graduate on time should be left as N/A (please DO NOT add notes). We ask you to e-mail prereq2apps@inteleos.org with the students' names, ARDMS ID number, the reason for the delay, and their new expected date of graduation. We will then update the student's record with this information. Please DO NOT set the graduation status to "No" this status should only be used if students do not (and are not expected to) graduate or complete the program.

Tips for Educators on Managing Stress During COVID-19

Educators across the country have been adapting to new methods of virtual and in-person teaching. With the uncertainty of the coronavirus pandemic and the start of the new school year, these changes to education has caused increased stress and virtual fatigue for many. It's critical that as educators, you are also taking care of yourself during this time to provide the best for your students. Here are strategies to help manage your stress:

Focus on things you can control

With so much uncertainty around the pandemic and its impact on professional and personal situations like returning to the classroom focus on the things that are in your control right now. Identify what is going well or not and determine how you can revise your lesson plans or communication efforts, so you and your students have the best experience.

Address worries and concerns

Increased anxiety is common as we navigate COVID-19 and its broad consequences. Whether you are teaching in-person or virtually there is still the uncertainty of this changing as the school year continues. Share your concerns and problem solve with colleagues, family, and friends to plan coping steps.

Take a digital detox

Try taking a technology break after teaching or spend time outside at the end of the day. Take time to recharge to help boost creativity and stay connected with others. Avoid devices around bedtime, as research shows that smartphone use can interfere with quality of sleep. Set boundaries for yourself when it comes to your devices and determine what is best for you.

Navigate disappointments

Virtual teaching is new for most teachers and with that comes learning a new platform, establishing new classroom guidelines, or grading scale. Whether your new guidelines fail, or students don't complete assignments, navigate these disappointments, and learn how you can adapt. Take time to identify the successes of each week, either big or small, and build off from that and find new methods teaching that may resonate with your students.

Be Flexible

Understand that there is no one-size-fits-all solution to online learning and some students may thrive in this environment, while others may not. Be understanding and compassionate that everyone's situation may be a little different right now and with the uncertainty of COVID-19, many students are experiencing their own stressors. Practice flexibility when it comes to working with your students and be there to support them through this uncertain time.

Check in with colleagues

Although you may be managing your own stress, it is important to check in with those who you work with. Your colleagues may be experiencing the same stressors or worries as you but talking about it can help to normalize their feelings. Taking care of others is beneficial to our overall well-being.

For additional related resources, please visit <https://www.apa.org/topics/covid-19>.



Looking for a Job in Ultrasound?

Here are two featured open positions:

[YNHH Sonography Opportunities \(New Haven, Connecticut\)](#)
[OB/GYN Sonographer \(Seattle, Washington\)](#)

To view more, visit [UltrasoundJOBS by](#)

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- Develop Exams
- Communicate about ARDMS
- Mentor Students

[Click here](#) for information on volunteering with ARDMS or [click here](#) for information on volunteering as a physician with APCA.

ARDMS and search sonography-specific positions in your area. **Create an account**, upload your resume, browse the Career Learning Center and build custom job alerts to fit your needs.

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We Want Your Input for Future Notes for Educators!



Have an article or topic that you would like us to cover in an upcoming Notes for Educators? Send an email to communications@inteleos.org and tell us what you want to hear about today!



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