
Registry Reports

A Newsletter for the ARDMS Sonography Community



ARDMS®

SPRING 2020

To the heroes who don't wear capes...thank you for your commitment to your patients, for your sacrifice, and for your hard work during COVID-19.



The staff at the **American Registry for Diagnostic Medical Sonography (ARDMS)**, the **Alliance for Physician Certification & Advancement (APCA)** and the **Point-of-Care Ultrasound Certification Academy** would like to offer this video to show you our gratitude. Sonographers, you are invaluable and appreciated!

COVID-19 Updates

For COVID-19 information links and resources curated by an alliance of sonography organizations, [click here](#). To see how COVID-19 is impacting ARDMS, [click here](#).

Share Today!

Are you working during the COVID-19 pandemic? If so, share your experiences with the ARDMS community. We created a [Facebook group](#) for sonographers to exchange stories, advice and offer insight into this ongoing crisis.

We are all in this together and we want you to know your voice is being heard. Join in the conversation and help us document history from the perspective of the front line heroes!



Fighting The Good Fight: Managing Burnout

Stress is an inherent part of life of any adult's life. We accept that fact and go about caring for patients while trying to balance the demands of work and home life in a healthy way. Sometimes enthusiasm, pride, and commitment from your sonography career starts to fade. It can be physically exhausting and emotionally draining. You are not alone.

Last May, [the World Health Organization](#) included burnout to its international classification of diseases as a "widespread occupational phenomenon." Burnout is characterized by three main dimensions: feelings of energy depletion or exhaustion; increased mental distance from one's job, or feelings of negativism or cynicism related to one's job; and reduced professional efficacy.

If any of these sound familiar, then you have taken the first step in managing burnout: recognizing it. The [Mayo Clinic](#) offers some tips to help:

- **Assess Your Situation**
Start by having a candid conversation with your supervisor. Discuss your specific concerns and see if they align with theirs. Working together to come up with a plan to change goals or reach a solution can help in realigning expectations. Plus, it may also open the door for new opportunities.
- **Connect With Others**
Reach out to co-workers, friends, and loved ones. Their support and perspective may deepen your coping strategies. If you have access to an employee assistance program, take advantage of it.
- **Work It Out**
Regular physical activity helps you to better deal with stress and gives you a window to take your mind off work. A quick 10 minute walk around the parking lot delivers increased oxygen to the brain, lowers stress, and improves your mood. Other alternatives that can be very relaxing are yoga or tai chi.
- **Minding Your Mindfulness**
In a job setting, mindfulness translates to facing situations with openness, patience, and calm. Practicing meditation daily is one of the best ways to achieve this. There are many apps available that you can utilize to start.
- **Sleep On It**
Sleep deprivation certainly takes its toll on your well-being. Getting a good night's rest helps restore well-being and builds immunity to protect your health. Plus, it's one of the quickest ways to start reducing stress.

It is very important to engage in good sleep habits, nutrition, exercise, social connection, and practices that promote calm and well-being. If you are having trouble incorporating these activities into your day, take a moment to figure out how exactly you're spending your time. (Like we mentioned above, there are some great apps out there that can help you track it.)

Additionally, a little fun can go a long way. At ARDMS, we do several internal group activities throughout the year, ranging from philanthropic projects to pot-luck lunches. Not everything takes a tremendous amount of planning. Puzzles, giant Sudoku, and crossword boards are a constant in our break room. If it affords someone five minutes to take a mental breather, it is well worth having them there as tools.

We typically end a blog post with a call-to-action (CTA). Sometimes we ask you to give us your feedback on a topic or review some new specifications, other times we ask for you to visit our website or tell you how to prepare for an upcoming test. We're still going to end this piece with a CTA, but the directive this time around is a bit different: give yourself permission to recharge. All of us at ARDMS recognize the extraordinary work that you do and want to make sure our caretakers are taking care of our most valuable asset – you.

Have an idea for an article?

To continue to offer articles on issues that matter to you, we need your feedback. Send an email to communications@ARDMS.org and tell us what you want to hear about today!



CME Audit

In efforts to support our Registrants and ease their burden during these unprecedented times, please note the following for the audit of CME periods ending on December 31, 2019:

1. The CME Audit selection process was delayed by one month; selection took place mid-April.
2. The CME submission due date was extended to August 1, 2020 (normally the due date is April 30th). All required CME documentation must be received by that date.
3. All CME documentation must be uploaded to the CME Bank. Due to the COVID-19 pandemic, the physical ARDMS office is closed and staff are working 100% remotely with no way to access documentation mailed to the office.
4. Results will be sent by August 2020 and posted in MY ARDMS.

If you have been selected but are unable to complete the above noted requirements (ie. unable to upload the required CME documentation into your CME Bank), please send an email to CMEAuditAppeal@ARDMS.org for guidance and assistance.



Looking for a Job in Ultrasound?

Here are two featured open positions:

[Ultrasound Technologist \(Chicago,](#)

Volunteer with ARDMS/APCA!

At Inteleos, we have depended on more than 600 volunteers to help create the global standards of excellence in healthcare and patient safety by:

- Developing Exams
- Communicating about ARDMS
- Guiding Students

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

IL)
Pediatric and Fetal Echo
Sonographer (Salem, OR)

To view more, visit [UltrasoundJOBS by 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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