

# POCUS 101

## Understanding POCUS basics

### What is POCUS?

POCUS, or point of care ultrasound, is an ultrasound exam that is performed by a physician at the bedside, while assessing or managing a patient. You may perform it to help with a diagnosis, plan a treatment or intervention, or assess your treatment plan.

### What is the "focused question"?

We are not radiologists who do "comprehensive" assessments of organ systems, but instead we approach the ultrasound scan with a specific question that we want answered. For each application, you must know what you are looking for before performing the point of care exam.



*Renal* → *Is there hydronephrosis?*

*Gallbladder* → *Are there gallstones?*

*Abdominal aorta* → *Is there an abdominal aortic aneurysm?*

### Learning curve

Your acquisition and interpretation skills will improve, but will require practice and review.

