

# ULTRASOUND SCANS

## INFORMATION BOOKLET



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### 1) Introduction

The local ultrasound facility provides a professional, high quality, fast diagnosis and screening service, whilst treating patients with respect and courtesy.

The emphasis is on expert diagnosis and screening to detect abnormalities so that early and accurate diagnosis is made.

Ultrasound procedures are performed by experienced consultant radiologists. The consultant will always explain the findings, and issue a detailed report after the examination is completed.

### 2) An Ultrasound scan is the safest available imaging procedure

An ultrasound scan is a painless diagnostic procedure that uses high frequency sound waves to create images of organs and structures inside your body. It is the same diagnostic procedure which is commonly used for scanning pregnant mothers. It has the advantage of being harmless within the diagnostic range and does not give out radiation as x-ray waves are not used.

### 3) What is ultrasound?

Ultrasound is a high frequency sound that cannot be heard by humans, but which is emitted and detected by ultrasound machines. The machine detects the sound wave and produces pictures – called ultrasound images.

### 4) How does ultrasound work?

Ultrasound travels freely through fluid and soft tissues, but is reflected back as ‘echoes’ when it hits a more solid (dense) surface. For example, ultrasound waves will travel freely through fluid and will be reflected back to the ultrasound probe, such that ultrasound images are electronically computed for that particular organ or structure.

### 5) Service Locations and Timetable

The service has initially been set up as follows:

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# 1) Purfleet Care Centre



Purfleet Care Centre,  
Tank Hill Road,  
Purfleet.  
RM19 1SX.

Scheme Choose & Book : 01708 805141  
Centre telephone number: 0 1708 864834  
Fax : 01708 862577

#### Ultrasound scanning days

Mon day 06.00 pm - 9.00 pm  
Tuesday 10.00 am - 01.00 pm & 06.00 pm - 09.00 pm  
Thursday 09.00am - 12.00 pm  
Saturday 09.00am - 12.30 pm

#### 2) May Flower Community Hospital,



Mayflower Community Hospital  
Bluntswall Road.  
Billericay.  
CM12 9SA.

Centre telephone number: 01277 621130

Ultrasound scanning days at “Mayflower Community Hospital.”

Tuesday 4.00-6.00 pm  
Saturday 9.00-1.00 Am

**3) Robert Frew Medical Centre.**



Robert Frew Medical Centre  
Silva Island Way,  
Salcott Crescent,  
Wickford.  
SS12 9NR

Scanning dates to be arranged

**4) The Murree Medical Centre**



The Murree Medical Centre,  
Pattiswick Square,  
Basildon.  
SS14 2RJ

The locations and timetable are yet to be agreed to and may change according to demand.

## 6) What are the other common uses of the procedure?

**Thyroid ultrasound** is used for diagnosing suspected thyroid disease. Most ultrasound examinations are performed to look at palpable or visible 'lumps', or enlargement of the gland found during a clinical examination. The ultrasound can establish if the nodule is inside or outside the thyroid gland and whether it is a cyst or soft tissue nodule. Cysts are almost always non cancerous (benign), although in some cases the fluid may be taken out by a needle, under ultrasound guidance, for additional testing.

**Testicular ultrasound** is an imaging technique used for the diagnosis of suspected abnormalities of the scrotum. It is the primary imaging method used to evaluate problems of the testicles and surrounding tissues. It is used when patients feel a lump in the scrotum. Other indications for ultrasound scan include an absent or undescended testicle, inflammation, testicular torsion (twisted testis), fluid collection, abnormal blood vessels (varicoceles) or a mass (lump or tumour).

**Transvaginal ultrasound** is a very intimate examination carried out in women suspected of having abnormalities in the uterus or ovaries. It is used to look for uterine fibroids, endometrial abnormalities, mass lesions & cysts in the ovaries, fluids & collections in the pelvis as a result of pelvic infections, and it is particularly useful in diagnosing polycystic ovaries as part of polycystic ovary syndrome (PCOS). This examination is carried out by a consultant radiologist or consultant gynaecologist (or sometimes by trained midwives or technicians).

## 7) Other uses of Ultrasound

In addition to other parts of the body, ultrasound is used to examine the heart and this procedure may be performed by cardiologists, radiologists, or specially trained cardiac ultrasound technologists. It is commonly used for gallbladder disease and very widely used to evaluate normal pregnancies and to foetal abnormalities.

## 8) What does an ultrasound scan involve?

You lie on a couch and an operator (usually a consultant radiologist), applies a lubricating gel on the part of the body to be examined. A probe is then placed on your skin over the part of your body to be examined. The lubricating jelly is designed to allow sound waves to pass through your body by making good probe & skin contact. The probe is connected by a wire to the ultrasound machine. Pulses of ultrasound are sent from the probe through the skin into your body. The ultrasound waves bounce echoes back from various parts of the body which are registered by the machine. The machine displays the pictures, on a TV like monitor so that the operator and you can see the images of your organs, blood vessels and fluids in your body. The printed images are sent with the written report.

## 9) How long will it take?

The scan test is painless and takes about 15-30 minutes, depending on which part of the body is being examined. Some tests especially echocardiograms (ultrasound of the heart), take longer (may take up to 45-60 minutes). A cardiac ultrasound looks at the heart muscles and functions of the various chambers and the valves (blood flow is also analysed) and is usually carried out by a consultant cardiologist. Ultrasound scans to detect clots (or DVT's) in the deep veins of the leg may take up to 30 minutes.

#### **10) What is an ultrasound test used for?**

An ultrasound test is a diagnostic tool which supports patients' clinical management. An ultrasound test is also carried out in preventative health screening, predominantly to look for blood flows through the carotid artery. The screening of the carotid arteries wall may detect narrowing and plaques in the blood vessels if present. An ultrasound can detect aneurysm of the abdominal aorta.

#### **11) What should I do to prepare for the test?**

Preparation for each scan depends on the clinical problem that needs to be solved. For upper abdominal scans such as liver, gallbladder, and pancreatic scans, you will be told not to eat any meals for at least 6 hours before the scan or overnight if you are scheduled for a scan in the morning. For adult pelvic and urinary bladder scans, you will be instructed to drink fluids to fill up your bladder up to a point where you are just a little uncomfortable, but not bursting. You will also be advised to avoid fizzy drinks for both upper abdominal & pelvic scans. You will be advised to keep urine in your bladder and not to empty it until after the examination. For a transvaginal ultrasound, you do not need any preparation.

You will be told what you need to do before any particular scan.

#### **12) Are there any side effects or complications from ultrasound?**

Ultrasound scans are painless and safe, unlike x-rays, CT's and nuclear medicine examinations, ultrasound does not use radiation. It has not been found to cause any problems or complications within the medical diagnostic range.

#### **13) Booking Process**

Your GP surgery will arrange the appointment with you, offering you an appointment within two weeks at one of the local service locations.

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## 14) Types of ultrasound examination

### 1) Musculoskeletal Ultrasound

Examination includes: soft tissue scanning to look for injuries to muscles & tendons, shoulder, wrist, Achilles tendon and its attachment to bone. It is a recognised examination tool for some knee injuries or problems.

### 2) Upper Abdominal ultrasound

Examination includes: liver, gallbladder, bile duct, pancreas, kidneys, spleen, abdominal aorta & para-aortic regions.

### 3) Urinary Tract Renal ultrasound

Examination includes: kidneys, urinary bladder (pre and post micturition assessment to look for urinary residue).

### 4) Vascular ultrasound

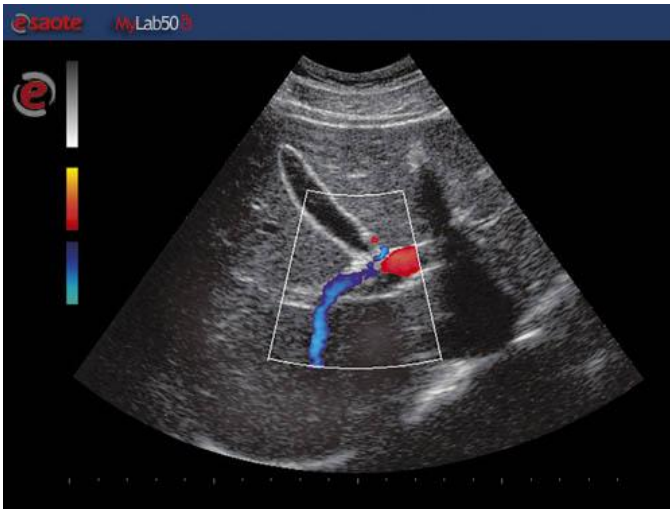
Examinations include: carotid arteries (including carotid artery intimal thickness) and venous studies (to look for venous thrombosis).

### 5) Scrotal ultrasound

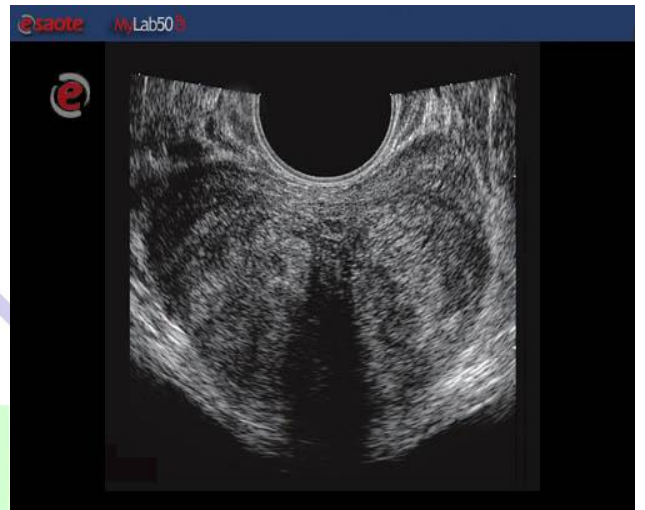
The examination looks for tumours within or outside the testes, abnormal collection of veins, hernias, and fluids in the scrotum.



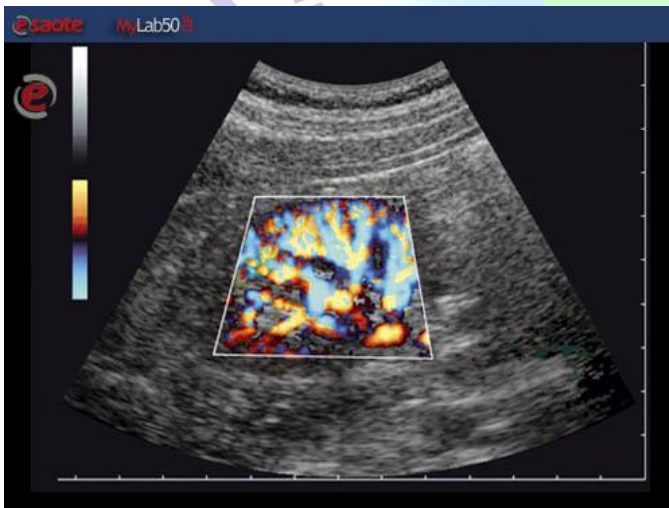
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Gallbladder Scan



Prostate Urology Scan



Kidney in Abdominal Scan



Spleen

## 15) Our staff

(Personalised NHS Consultant Lead Care)

- **Clinical Lead/GP in charge:** -  
Dr T. Nimal – Raj

- **Governance Lead:-**  
Prof P. Dawson, Professor of Radiology at UCH London.

- **Quality Of Care  
IT & Support**  
IMOTEK (UK), Mr Kobiramanan, Bsc, Msc,

- **Quality Assurance/Equipment::**  
IMOTEK (UK) - Mr Mike Showell

- **Consultant Lead:-**
  - 1) Dr. K. Oshagbemi: RDMS(USA), DMRD, FRCR  
Clinical lead /Consultant Radiologist

CCST Accredited currently Senior Consultant Radiologist in NHS.  
Specialist in basic ultrasound, Head & Neck Imaging, Doppler Ultrasound,  
and gynae ultrasound.

Formerly Chief of Medical Services & Medical Director at a Military Hospital in Saudi Arabia. Formerly Lecturer in Radiology at the University of Ilorin Medical School, Nigeria and formerly a Tutor in Ultrasound in Dallas Texas USA.

- **Consultant Radiologist**

- 1) Dr. R. Bissifi, MRCC, & Board Certified radiologist from Sweden.  
Consultant Radiologist.

CCST Accredited Senior Consultant Radiologist in NHS.  
Specialist interest basic ultrasound and breast ultrasound.

- 2) Dr. Anil Kumar – MRCP, FRCR  
Consultant Radiologist

CCST Accredited Consultant Radiologist in NHS  
Special interest ultrasound.

- 3) Dr. Aslam – FRCR  
Consultant Radiologist

CCST Accredited.  
Consultant Radiologist in NHS

- 4) Dr. Tuhin Sikdar – FRCS, FRCR, FRCRCSR  
Consultant Radiologist

CCST Accredited Senior Consultant Radiologist in the NHS  
Interventional radiology, basic ultrasound, and musculoskeletal ultrasound.

➤ **Administrative Staff**

- 1) Lorraine West  
Administrative -officer in-charge (overall)  
Reports archive & dispatch
- 2) Melissa Aitken  
Reports archive & dispatch
- 3) Caroline Knight.  
Complaints handling officer  
Reports archive & dispatch
- 4) Gina Wallace  
Chaperone

➤ **Management Lead**

Dr. Tham. Nimal-Raj

(New staff to be appointed)

**16) Basic Principle of the Practice by the staff**

1. Provide Friendly service
2. Personalised service
3. Provide Comfort for patients
4. Provide Care & Encouragement.
5. Pay attention to patient's needs and concerns.

**17) GP Audit Tool Evaluation of the GP/Consultant Lead**  
**Primary Care Scanning**

1. Was the process booking satisfactory?
2. Waiting time - was it satisfactory < 1 week?
3. Was faxing the transmission the best way?
4. Did you receive the Consultants report within 3 business days?
5. Was the contact with the Primary Care Scanning Centre quick and with no delays?
6. Overall would you prefer community scanning centre  
Or Hospital scanning centre?



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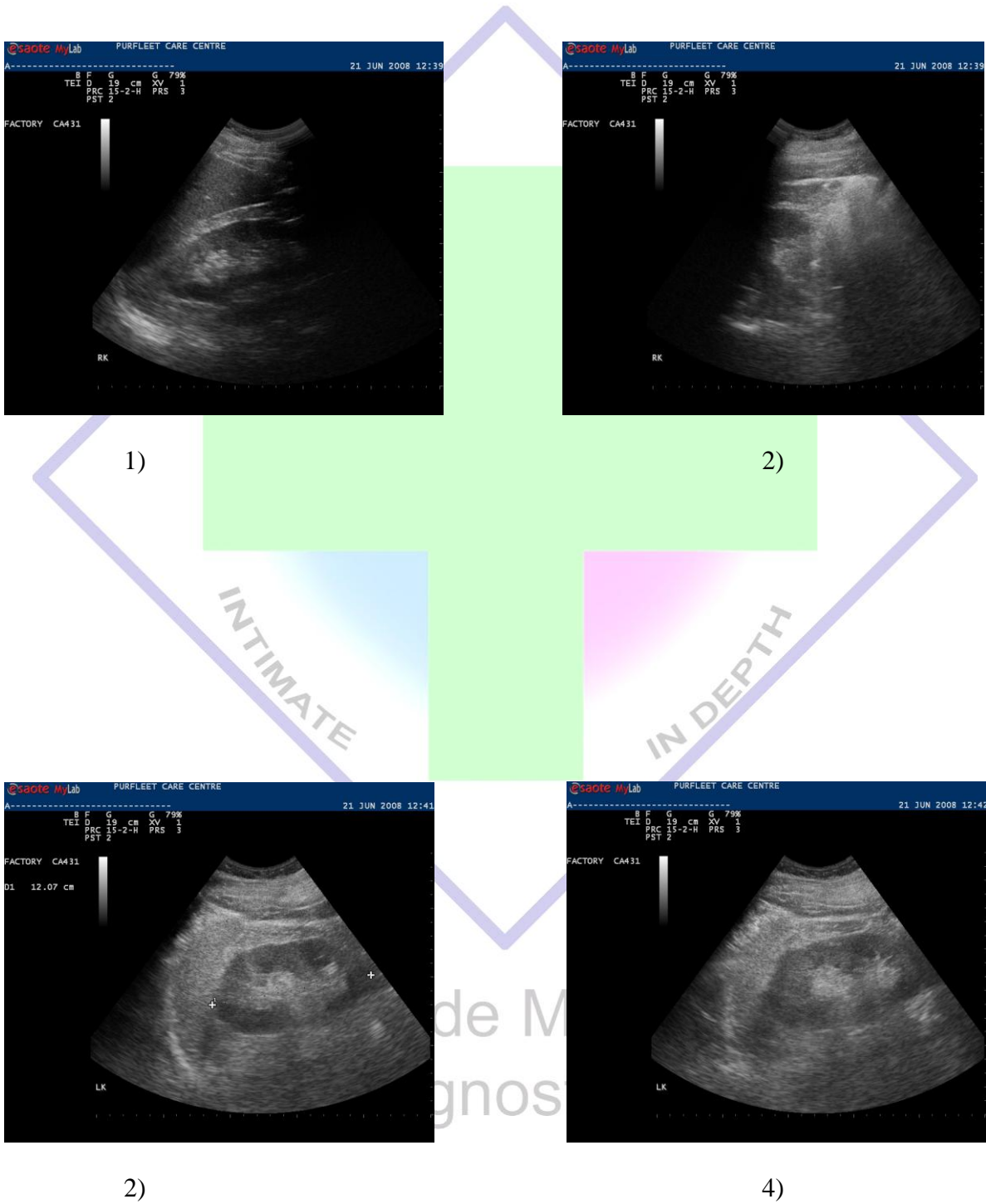
**18) Patient Satisfaction Survey**  
**Primary Care Scanning GP/Consultant Lead**

(Please circle appropriate answer)

1. Was the booking process acceptable?  
Very good, good, poor
2. Did the staff at the scanning centre confirm the booking in time?  
Very good, good, poor
3. Were the appointment timings acceptable?  
Satisfied      not satisfied
4. Did you find the place easy to drive and park?  
Very good, good, poor
5. Did the reception staff communicate and explain  
Very good, good, poor
6. Was the scan preparation given in detail?  
Very good, good, poor
7. Was the waiting time for the scan acceptable?  
Very good, good, poor
8. Did the Consultant explain the scanning process satisfactorily?  
Very good, good, poor
9. Were you given a post scan explanation?  
Very good, good, poor
10. How did you find the suitability of the Surgery?  
Very good, good, poor
11. Overall rating?  
Very good, good, poor.
12. Would you have preferred to be scanned at the local Hospital?  
Yes, No

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### 19) Some scans produced at Purfleet Health Centre



**Community Ultrasound scanning centres are:**

**1. Purfleet Care Centre**

Mon	6:00pm	-	9:00pm
Tue	10:00am	-	1:00pm
	6:00pm	-	9:00pm
Thurs	09:00am	-	12:00pm
Sat	9:00am	-	12:30pm

**2. Robert Frew Medical Centre, Wickford**

**3. May Flower Community Hospital, Billericay**

Tue	04.00-06.00 pm
Sat	09.00-01.00 pm

**4. Dr Aslam & Partners Surgery, Pattiswick**

**5. Dr Jones & Partners, Tilbury**  
Scanning dates to be arranged

**6. Grays Health Centre**  
Scanning dates to be arranged

**7. Dr Devaraja & Partners**  
Scanning dates to be arranged

**8. The Sorrells, Stanford – le – Hope**  
Scanning Dates to be arranged

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## **20) Frequently Asked Questions and Answers**

### **1) How can a patient be booked for ultrasound scanning?**

Your GP can refer you by the system called Choose & Book.

### **2) Is this the only way a GP can book the appointment?**

No, if the GP thinks clinically that the condition needs immediate/urgent scanning your GP can contact us by telephone to get the urgent scan booked the same day.

### **3) What happens when I have the scan?**

Your scan result will be discussed with you by the Consultant Radiologist, who will later arrange for your scan report to be typed and sent with your scan pictures to your referring GP.

### **4) What happens if the scan report reveals an abnormality.**

The Consultant Radiologist and the centre GP will refer you straight to the Hospital with the report and the scan pictures.

### **5) What happens if I am not satisfied with the scan or the procedure?**

You can either make a verbal complaint or hand in a written complaint which you may leave with the reception staff.

### **6) How long will it be before I get a response?**

You will be acknowledged within 48 hours and the reply issued within 5 working days.

7) Can I have copies of the scan and report?

Yes you can be given a copy of your report and scan.

8) When will the report and scan get to my GP?

The scan report will be typed and dispatched within 2 - 3 working days with the scan pictures. If a finding is considered to be urgent, the consultant radiologist will call your GP by telephone to discuss your results.

9) Can my referring GP contact the Consultant Radiologist to discuss my scan and report?

Yes your referring GP can contact the Consultant Radiologist and he would be happy to explain the findings and answer your questions.

10) Do we have a complaint and service manager for this service?

Yes, we have a complaints officer and her name is Caroline Knight, we also have a service administrator Lorraine West.

11) Who is the physician in charge of the service ?

Dr. K. Oshagbemi.