



Susan Richards has completed this personal reflection on **23/07/2020**

Paper: Spring 2020 CPD questions

Personal Reflection:

Since studying for my PgD in 1999 WRMSD has always been a hot topic, I made a presentation about the subject for my PgD. I have always tried to optimise my scanning position and utilise whatever tools I have to reduce my risk of WRMSD. Over the years I have seen an improvement in the ultrasound equipment making it more ergonomic and as I get older I certainly benefit from these improvements. I have always try to get the patient to move to enable scanning without me overreaching or causing poor posture for myself, whilst making sure the patient is comfortable and able to manipulate themselves into the required positions safely and without harm to themselves.

Equally with the modern algorithms utilised today the image quality is superior to 21 years ago. There has been so much progress. However, BMI is an increasing difficulty for sonographers and until this is adequately addressed this will be a cause of WRMSD to staff.