Introduction to Sonography and Patient Care 2nd edition Penny Test Bank

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Instructor Test Bank Questions, Chapter 2, The Sonographer: A Closer Look

Review Question Answers

1. C
2. B
3. A
4. D
5. A
6. C
7. B
8. C
9. A
10. C
11. D
12. D
13. B
14. D
15. C
16. A
17. A
18. B
19. D
20. C

Multiple Choice Questions

1. Which type of person is described as a person who talks first and thinks later?
    A. Introvert
    B. Intuitive
    C. Extrovert

D. Sensing

Answer: C. An extrovert is someone described as one who talks first and thinks later.

2. What type of person is described as a person who may be perceived as shy?
   A. Introvert
   B. Intuitive
   C. Extrovert
   D. Sensing

   Answer: A. An introvert is a person who is described often as being shy.

3. Which type of person would be described as someone who would most likely feel "if it ain't broke, don't fix it"?
   A. Introvert
   B. Intuitive
   C. Extrovert
   D. Sensing

   Answer: D. A sensing person would be described as someone who would most likely feel "if it ain't broke, don't fix it."

4. Which type of person would rather fantasize about how to spend his or her next paycheck rather than balancing his or her checkbook?
   A. Introvert
   B. Intuitive
   C. Extrovert
   D. Sensing

   Answer: B. An intuitive person would rather fantasize about how to spend his or her next paycheck rather than balancing his or her checkbook.

5. What type of person would rather settle problems based on the facts, fairness, and truth?
   A. Feeler
   B. Judger

C. Thinker

D. Extrovert

Answer: C. A thinker would rather settle problems based on the facts, fairness, and truth.

6. What type of person would prefer harmony over clarity?

A. Feeler

B. Judger

C. Thinker

D. Perceiver

Answer: A. A feeling person would prefer harmony over clarity.

7. What type of person keeps lists and uses them?

A. Feeler

B. Judger

C. Thinker

D. Perceiver

Answer: B. A judging person keeps lists and uses them.

8. What type of person turns most work into play?

A. Feeler

B. Judger

C. Thinker

D. Perceiver

Answer: D. A perceiving person turns most work into play.

9. What percentage of the population are traditionalists, practical, very organized, trustworthy, and dependable?

A. Approximately 10%

B. Approximately 25%

C. Approximately 5%

D. Approximately 40%

Answer: D. Approximately 40% of the population are ESTJ, ISTJ, ESFJ, or ISFJ and are therefore considered to be traditionalists, practical, very organized, trustworthy, and dependable.

10. Which of the following would be a valid reason for appreciating your personality type?
    A. So that you can align yourself professionally with those who are your type
    B. So that you can avoid certain personality types
    C. So that you can identify your weaknesses and repair them before entering sonography
    D. So that you can identify your strengths and utilize them as a sonographer

    Answer: D. You should appreciate your personality type so that you can identify your strengths and utilize them as a sonographer.

11. Which of the following best describes emotional intelligence?
    A. Combining emotions and cognition facilitates intelligent decisions.
    B. Combining affluence and emotions forces one to make better decision.
    C. Combining assumptions and intuitions aids in decision-making.
    D. Combining emotions and intuition encourages proper guessing.

    Answer: A. Combining emotions and cognition facilitates decisions, manages emotions, improves relationships, and ultimately results in more intelligent decisions.

12. What is the strongest predictor of success in the workplace?
    A. Motivation
    B. Cognition
    C. Confidence
    D. Emotional intelligence

    Answer: D. Emotional intelligence, according to Daniel Goleman, is the strongest predictor of success in the workplace.

13. Which of the following is not a component of emotional intelligence?
    A. Empathy
    B. Social skills
    C. Self-awareness

D. Self-confidence

Answer: D. Self-confidence is not a component of emotional intelligence.

14. The ability of a healthcare worker to manage his or her interpersonal and intrapersonal skills increases his or her:
    A. Self-awareness and cognition
    B. Cognition and enjoyment
    C. Capacity to cope with stress and job satisfaction
    D. Truthfulness and diligence

    Answer: C. The ability of a healthcare worker to manage his or her interpersonal and intrapersonal skill increases his or her capacity to cope with stress and job satisfaction.

15. Which of the following is described as having a thorough understanding of one's emotions, strengths, weaknesses, needs, and ambition?
    A. Self-regulation
    B. Motivation
    C. Empathy
    D. Self-awareness

    Answer: D. Self-awareness is described as having a thorough understanding of one's emotions, strengths, weaknesses, needs, and ambition.

16. Which of the following describes the ongoing conversation that we must have with ourselves that frees us from feelings?
    A. Self-regulation
    B. Motivation
    C. Empathy
    D. Self-awareness

    Answer: A. Self-regulation describes the ongoing conversation that we must have with ourselves that frees us from feelings.

17. What is described as achieving beyond everyone's expectations, including our own and to achieve for the sake of achieving?

    A. Self-regulation
    B. Motivation
    C. Empathy
    D. Self-awareness

    Answer: B. Motivation is described as achieving beyond everyone's expectations, including our own and to achieve for the sake of achieving.

18. What combines friendliness, cooperation, and effective communication to improve interactions?

    A. Social skills
    B. Empathetic feelings
    C. Compassion fatigue
    D. Self-regulation mechanisms

    Answer: A. Social skills are described as combining friendliness, cooperation, and effective communication to improve interactions.

19. Which of the following is a true statement concerning personality types?

    A. If you find anxiety over your personality type, you should try to change.
    B. You don't have to change yourself; you just have to change your self's outlet.
    C. If you are an introvert, you can change to an extrovert with practice.
    D. Learning about your strengths and weaknesses is a onetime exercise.

    Answer: B. You don't have to change yourself; you just have to change your self's outlet.

20. Which of the following is not true about people who have a well-defined identity?

    A. These people know what they like.
    B. These people never change.
    C. These people know what they believe.
    D. These people know how to utilize their strengths.

Answer: B. People can change the way their personality is expressed, but you must first want to change to make a change.

21. Ethics at work is:

A. Not demonstrated through your actions
B. Doing the right thing because you are told to
C. Bending the rules if needed in order to keep everyone happy
D. Having the capability of knowing the right thing to do and doing it

Answer: D. Ethics at work is having the capability of knowing the right thing to do and doing it.

22. According to a survey of over 1,500 employers, they are searching for all of the following except:

A. Employees who are highly educated
B. Employees who are honest
C. Employees who play by the rules
D. Employees who are friendly

Answer: A. You don't have to always be scholarly to please employers.

23. Which of the following is a trait that both employers and patients expect from sonographers?

A. Intellectual
B. Affectionate
C. Respectful
D. Courageous

Answer: C. Both employers and patients expect the sonographer to be respectful.

24. Patients expect all of the following from sonographers except:

A. Clear communication
B. Compassion
C. Sincerity
D. Love

Answer: D. Patients expect sonographers to listen, provide clear communication, be courteous, be compassionate, be empathetic, understand them, be sincere, and respect them.

25. All hospitals are essentially:

A. Organizations that serve patients without responsibility
B. Organizations out to purely make money
C. Organizations that are primarily concerned with pleasing their customers
D. Organizations that refuse to care for patients who do not have insurance

Answer: C. Hospitals are organizations that are primarily concerned with pleasing their customers, patients.

26. Character includes all of the following except:

A. How a person acts
B. How a person looks
C. How a person feels
D. How a person thinks

Answer: B. Character does not include how a person looks.

27. Which of the following is true of your reputation as a sonography student?

A. Your reputation can easily be changed.
B. Your reputation impacts to your future.
C. Your reputation is based on your scanning ability.
D. Your reputation is based on your social life.

Answer: B. Your reputation as a student is important to your future success as a sonographer.

28. Which of the following is true of social media?

A. Social media is examined by employers prior to employment.
B. Social media is a place where reality exists.
C. Social media is visible to your friends and not anyone else.
D. Social media should be monitored in the patient care setting.

Answer: A. Social media is often investigated by an employer prior to employment.

29. Constructive criticism:

A. Should provide valid opinions about the work of others
B. Should be provided frankly in the scrutiny of others
C. Should ensure that the person recognizes his or her personality faults
D. Is always insincere

Answer: A. Constructive criticism should provide valid opinions about the work of others.

30. Which of the following is not a way to demonstrate respect to your patient?

A. Shaking his or her hand when you first meet him or her
B. Calling the patient by his or her first name
C. Paying attention when he or she needs talking
D. Saying "please" and "thank you"

Answer: B. You should use honorific terms like "Mr." or "Ms." when communicating with patients.

31. If there is a difference between compassion and empathy, what is it?

A. Compassion is feeling sorry for someone, while empathy demonstrates affection for someone.
B. Compassion demonstrates that we feel for our patients, while empathy demonstrates that you understand to the point of feeling how your patient feels.
C. Compassion demonstrates that you care for certain people, while empathy demonstrates that you care for all people.
D. Compassion and empathy are the same.

Answer: B. Empathy is similar to compassion, but on a higher level. Empathy demonstrates that you understand to the point of feeling how another person feels.

32. To be empathetic, one must:

A. Learn to read the patient's thoughts
B. Yearn to please everyone

C. Attempt to view the world through others' eyes

D. Judge the patient's only by his or her actions

Answer: C. To be empathetic, one must attempt to view the world through others' eyes.

33. What has been identified as the single most important restraint against immoral or antisocial behavior?

A. Sympathy

B. Courtesy

C. Respect

D. Empathy

Answer: D. Empathy has been identified as the single most important restraint against immoral or antisocial behavior.

34. Which of the following is not true of an empathetic sonographer?

A. He or she listens to patients without judging.

B. He or she makes an honest attempt to understand the patient.

C. He or she reveals a willingness to help patients.

D. He or she is cynical about patient complaints.

Answer: D. An empathetic sonographer does not become cynical about patient complaints.

35. What could result in sonographer burnout as a result of continually caring for our patients?

A. Antisocial behavior

B. Compassion fatigue

C. Compassion distraction

D. Compassion distress

Answer: B. Compassion fatigue can be mentioned as a complication often discovered in people who work in caring professions like sonography.

36. Compassion fatigue results from the combination of:

A. Distress and tiredness

B. Compassion and empathy
C. Emotional distress and emotional instability
D. Traumatic stress and burnout

Answer: D. Compassion fatigue results from the combination of traumatic stress and burnout.

37. Which of the following would not be a likely short-term result of compassion fatigue?
A. Cynicism
B. Pessimism
C. Job satisfaction
D. Nervousness

Answer: C. Compassion fatigue can lead to job dissatisfaction.

38. Which of the following would not be a likely long-term result of compassion fatigue?
A. Weight gain
B. Poor work performance
C. Personality changes
D. Desire to leave profession

Answer: A. Weight loss is a likely long-term result of compassion fatigue.

39. What individuals have better coping abilities with compassion fatigue?
A. People with respect, courtesy, and honesty
B. People with high emotional intelligence
C. People with intense empathy
D. People with a regular home life

Answer: B. People with high emotional intelligence have better coping abilities with compassion fatigue.

40. Which of the following is not one of the primary principles of the SDMS Code of Ethics sonographers should use to promote the well-being of patients?
A. High level of intellect

B. Competence
C. Honesty and integrity
D. Trust

Answer: A. A high level of intellect is not one of the primary principles of the SDMS Code of Ethics.

41. Which of the following is true of standards?
A. Everyone's standards are the same.
B. Sonographer standards vary per specialty.
C. Second-rate standards never result in a first-rate person.
D. Standards are the same as goals.

Answer: C. Second-rate standards never result in a first-rate person.

42. Which of the following has been referred to as the characteristic that influences a person's behavior the most?
A. Enthusiasm
B. Self-motivation
C. Reliability
D. Self-esteem

Answer: B. Self-motivation has been referred to as the characteristic that influences a person's behavior the most.

43. Which of the following is not true of self-motivation?
A. Self-motivation is demonstrated by your initiative and enthusiasm to learn.
B. Self-motivation is demonstrated by your willingness to learn.
C. Self-motivated individuals take it upon themselves to learn more about sonography.
D. Self-motivated individuals consistently demonstrate honesty and integrity.

Answer: D. Self-motivated individuals may or may not demonstrate honesty and integrity.

44. Which of the following is not a required trait for sonographers according to the American Society of Echocardiography?

    A. Enthusiasm
    B. Maturity
    C. Friendliness
    D. Positive attitude

    Answer: B. Enthusiasm, friendliness, and positive attitude were listed as required traits for sonographers according to the American Society of Echocardiography.

45. How do sonographers keep current with changes in healthcare in order to maintain certification after one is registered or certified?

    A. Continuing medical education
    B. Continual educational units
    C. Continual medical units
    D. Continuing medical learning

    Answer: A. Sonographers keep current with changes in healthcare through continuing medical education (CME) in order to maintain certification after.

46. Which of the following is not a manner in which you can acquire the necessary continuing medical education requirements after you become a registered sonographer?

    A. Reading articles and passing quizzes that provide continuing medical education tests for credits
    B. Attending meetings that offer lectures that qualify for continuing medical education credits
    C. Taking and passing national certification examinations
    D. Attending basic education courses

    Answer: D. Sonographers do not typically obtain continuing medical education by simply attending basic education courses.

47. Which of the following is not true of sonographers?

    A. Sonographers should enjoy learning.

B. Sonographers should be self-satisfied and inflexible.
C. Sonographers should believe in themselves and their abilities.
D. Sonographers should never stop learning.

Answer: B. Sonographers should not be self-satisfied and inflexible.

48. Which of the following is true of self-confidence?
A. Self-confidence is inherited.
B. Self-confidence is the same as self-centered.
C. Self confidence is gained through practice.
D. Self-confidence can be taught.

Answer: C. Self-confidence, or believing in one's own abilities, is gained through practice.

49. Which of the following is not a technical skill approved by the CAAHEP that sonographers must be capable of in order to perform an accurate sonographic examination?
A. Honesty and integrity in all that he or she attempts
B. Ability to obtain a thorough clinical history
C. Understanding of human anatomy and pathology
D. Skill to integrate data from sonographic findings with clinical findings

Answer: A. Honesty and integrity are not technical skills.

50. Which of the following is not true of the sonographic reasoning process?
A. Sonographic reasoning provides a way to circumvent critical thinking.
B. Sonographic reasoning establishes a clear way of thinking that sonographers can use.
C. Sonographic reasoning promotes the use of assumptions.
D. Sonographic reasoning uses inductive reasoning as a basis.

Answer: C. Sonographic reasoning does not promote the use of assumptions.

51. According to the sonographic reasoning, which of the following occurs immediately after obtaining adequate clinical history?
A. Clinical hypotheses

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B. Investigative imaging
C. Clinical correlation
D. Sonographic findings

Answer: A. The establishment of several working hypotheses can help guide the sonographer during investigative imaging.

52. What is the first step in sonographic reasoning?
A. Clinical history
B. Clinical correlation
C. Investigative imaging
D. Clinical hypothesis

Answer: A. The sonographer must first obtain adequate clinical history.

53. Which of the following would not be a clinical finding obtained during a sonographic study?
A. Laboratory tests
B. Past surgeries
C. Signs and symptoms
D. Gallbladder sludge

Answer: D. Gallbladder sludge would be a sonographic finding.

54. Which of the following would not be a routine question that could be asked of almost every patient to improve clinical history information gathering?
A. Are you pregnant?
B. Why did your doctor order this sonogram?
C. Have you had any surgeries?
D. How long have you had symptoms?

Answer: A. You would most likely not always need to ask your patient “are you pregnant?”

55. Which of the following would be part of the first step in routine clinical history gathering?
A. Performing investigative imaging for information

B. Examining the patient's requisition for information
C. Asking the patient clinical history questions
D. Performing clinical correlation

Answer: B. You should first examine the patient's requisition for helpful information regarding clinical history.

56. Which of the following would not be a routine clinical investigation task to complete before the sonographic exam begins?
A. Examine the patient's requisition.
B. Examine the patient's laboratory findings.
C. Examine the patient's family members for history.
D. Examine the patient's prior imaging studies.

Answer: C. Prior to the exam, you should examine the patient's requisition, laboratory findings, and prior imaging studies to gather helpful clinical history information.

57. What is the fourth step in the SRM-IMAGE process?
A. Gather clinical history.
B. Gather findings.
C. Gather correlations.
D. Get it done.

Answer: B. Gathering findings is the fourth step in the SRM-IMAGE process.

58. Which of the following is true of scanning?
A. Scanning is a form of kinesthetic training.
B. Scanning can improve for most people by simply reading textbooks.
C. Scanning should be performed only by registered sonographers.
D. Scanning patients who are not ill is not helpful for students.

Answer: A. Scanning is a form of kinesthetic training.

59. Which of the following should not be included on a sonographer's report?
A. Measurements of pathology

B. Measurements of normal structures
C. Sonographer's diagnosis
D. Echogenicity of organs

Answer: C. Sonographers should avoid making a diagnosis but rather strive to describe structures using sonographic terminology.

60. Which of the following is an added perceived occupational stress by many sonographers?
A. Taking call
B. Scanning patients
C. Talking with patients
D. Transporting patients

Answer: A. Taking call is an added perceived occupational stressor for many sonographers.

61. Which of the following is an advantage of taking call?
A. Time away from family
B. Relaxing sleep
C. Long hours
D. Callback pay

Answer: D. Callback pay is a benefit of taking call.

62. If the liver appears to have the same echogenicity as the right kidney, it is said to be:
A. Anechoic
B. Hypoechoic
C. Echogenic
D. Isoechoic

Answer: D. If the liver appears to have the same echogenicity as the right kidney, it is said to be isoechoic.

63. Fluid is identified around the heart that appears to have solid and cystic components. That fluid is said to be:

A. Simple
B. Shadowing
C. Complex
D. Echogenic

Answer: C. Complex is described as having mixed echogenicities, such as a structure with both fluid-filled and solid components.

64. Normal urine within the bladder would appear:

A. Echogenic
B. Anechoic
C. Hyperechoic
D. Isoechoic

Answer: B. Urine should be anechoic.

65. A solid, dark mass is identified within the liver. The mass is darker than the surrounding tissue but not completely black. The mass is said to be:

A. Hypoechoic
B. Echogenic
C. Hyperechoic
D. Complex

Answer: A. A hypoechoic mass would be dark but not black on the image.

66. A solid, bright mass is identified within the liver. The mass is brighter than the surrounding tissue. The mass is said to be:

A. Hyperechoic
B. Hypoechoic
C. Anechoic
D. Complex

Answer: A. A hyperechoic mass is one with many echoes and would appear brighter than the surrounding liver tissue.

67. An organ with a spotted appearance would appear:

A. Normal
B. Heterogeneous
C. Homogeneous
D. Hyperechoic

Answer: B. Heterogeneous is of differing composition.

68. A simple cyst noted within the lung would demonstrate:

A. Acoustic enhancement
B. Shadowing
C. Complexity
D. Dirty shadowing

Answer: A. A simple cyst should demonstrate acoustic enhancement.

69. Which of the following is another name for acoustic enhancement?

A. Shadowing
B. Ring-down artifact
C. Through transmission
D. Excitation

Answer: C. Another name for acoustic enhancement is through transmission.

70. Which of the following is a valid means for reducing burnout on the job?

A. Get a second job.
B. Reward yourself for accomplishments.
C. Avoid stressful situations.
D. Get a minimum of 4 hours of sleep.

Answer: B. Reward yourself for your accomplishments, and even if your employer does not recognize you, share those accomplishments with friends and family.

71. Which of the following would typically annoy a professional sonographer?

A. A student who checks her smartphone during an examination

B. A student who does not get involved in departmental drama
C. A student who demonstrates humility
D. A student who consistently asks for help

Answer: A. Checking your smartphone during an examination is not a good practice during patient care.

72. Which of the following would be the least efficient means of acquiring more scan time?
    A. Ask if you can begin the examination.
    B. Understand your protocol thoroughly.
    C. Inform the sonographer of task that you would like to attempt.
    D. Try to avoid specific examinations that you do not like.

    Answer: D. Trying to avoid specific examination that you don't like is not an effective means of acquiring more scan time and certainly not a good way to learn.

73. Before presenting a study to an interpreting physician, you should know the patient's clinical history, sonographic findings, and the patient's:
    A. Form of insurance
    B. Demographics
    C. Family contact
    D. Address

    Answer: B. You should know the patient's demographic findings such as the race, gender, and age before presenting the case to an interpreting physician.

Short Answer

1. List four of the eight different components of Myers-Briggs personality typing.

   Answers:

   - Extraversion
   - Introversion

- Sensing
- Intuition
- Thinking
- Feeling
- Judging
- Perceiving

2. List three of the five components of emotional intelligence.

   Answers:

   - Self-awareness
   - Self-regulation
   - Motivation
   - Empathy
   - Social skills

3. List four of the nine qualities that employers want from employees.

   Answers:

   - Honesty
   - Integrity
   - Positive attitudes
   - Reliability
   - Professional
   - Self-motivated
   - Respectful
   - Cheerful
   - Friendly

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4. List four of the seven qualities that patients expect from healthcare workers.

   Answers:

   - Clear communication
   - Courtesy
   - Compassion
   - Empathy
   - Understanding
   - Sincerity
   - Respect

5. List three of the five ways to cope with compassion fatigue.

   Answers:

   - Be informed and learn more about compassion fatigue.
   - Know that compassion fatigue is inevitable, and be prepared.
   - Establish support groups.
   - Encourage others to talk about traumatic events they experience at work in a weekly meeting.
   - Consider seeking outside assistance, or visit employee health.

6. List three of the six first-rate standards in sonography.

   Answers:

   - Play by the rules of your college and your profession.
   - Know your limitations and weaknesses in your character, and stay away from situations that challenge your integrity.

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- Hold yourself to the same standards as you hold others.
- Set a good example for others.
- Practice in a way that you would be proud to have others see you.
- Look out for the interests of others, and make sure all patients are treated fairly and equally, regardless of who they are.

7. List four of the eight required strengths of a sonographer.

   Answers:

   - Obtain, review, and integrate pertinent patient history and supporting clinical data to facilitate optimum diagnostic results.
   - Perform appropriate procedures and record anatomic, pathologic, and/or physiologic data for interpretation by a physician.
   - Record, analyze, and process diagnostic data and other pertinent observations made during the procedure for presentation to the interpreting physician.
   - Exercise discretion and judgment in the performance of sonographic and/or other diagnostic services.
   - Demonstrate appropriate communication skills with patients and colleagues.
   - Act in a professional and ethical manner.
   - Provide patient education related to medical ultrasound and/or other diagnostic vascular techniques, and promote principles of good health.

8. List the five steps in the sonographic reasoning method.

   Answers:

   - Step 1: Clinical history
   - Step 2: Clinical hypothesis
   - Step 3: Investigative imaging
   - Step 4: Sonographic findings

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- Step 5: Clinical correlation

9. List three of the six routine clinical history questions that could be asked of nearly every patient listed in your text.

   Answers:

   - Why did you doctor order this exam?
   - What are your symptoms?
   - How long have you had these symptoms?
   - Have you had any (relevant) surgery?
   - What other tests have you had done for this issue?
   - Have you had a sonogram before?

10. List the three routine clinical investigation tasks that can be completed before the exam.

    Answers:

    - Step 1: Examine the patient's chart and/or requisitions.
    - Step 2: Examine the patient's laboratory findings.
    - Step 3: Examine the reports from the patient's prior imaging studies.

11. Provide three examples of clinical findings.

    Answers:

    - Laboratory tests
    - Signs
    - Symptoms
    - Pertinent illnesses
    - Past surgeries

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- Other imaging findings
- Family history

12. Provide the five-step mnemonic that can be used by students to perform the sonographic reasoning method in clinical.

    Answer:

    IMAGE

    - I = Investigate history
    - M = Make hypotheses
    - A = Analyze with sonography
    - G = Gather findings
    - E = Evaluate for connections

13. List three of the four tips provided in your text to improve hand-eye coordination.

    Answers:

    - Play video games.
    - Start playing an instrument.
    - Pick up a new sport, or play catch.
    - Pick up a new hand-eye hobby like painting or sewing.

14. List four of the seven tips listed in your text for reducing burnout on the job.

    Answers:

    - Take time for breaks between patients.
    - Learn to manage your stress.

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- Get adequate sleep.
- Enquire often about job task clarification.
- Ask for others to help you if needed.
- Get a hobby.
- Reward yourself for accomplishments on the job, and even if your employer does not recognize you, share those accomplishments with friends and family.

15. List three of the six ways to annoy a sonographer listed in your text.

Answers:

- Constantly complaining
- Constantly talking
- Being a know-it-all
- Being lazy
- Being the consummate rule-breaker
- Getting personal

16. List two of the four ways to acquire more scan time in clinical.

Answers:

- Examine the schedule and plan ahead.
- Make a list of daily tasks to accomplish.
- Scan before or after the exam for a few minutes.
- Know your protocol well.

17. List the three must-know items before presenting a case to the physician.

Answer:

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- Demographic findings—age, gender, race
- Clinical findings
- Sonographic findings

Essay Questions

1. Describe why you chose sonographer, your identified personality type, and how your personality type may influence your future success as a sonographer.

   Answers:

   Will vary per student.

2. Describe the advantages of your personality type and how these advantages are strengths that can improve patient care.

   Answers:

   See Table 2-2.

3. Describe the importance of emotional intelligence in healthcare professions.

   Answer:

   Researchers have proven that high EI is essential for healthcare professionals. Many have claimed that EI represents a set of core competencies for identifying, processing, and managing emotions that enable nurses to cope with daily demands in a knowledgeable, approachable, and supportive manner. EI has been proven to be important in decision-making in the clinical environment and for professional relationship growth. Furthermore, the ability for a healthcare worker to manage his or her interpersonal and intrapersonal skills increases both the capacity to cope with the stresses of work and job satisfaction.

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4. What can be done if you identify traits in your personality that cause you concern or that may be perceived as weaknesses?

   Answer:

   If a single part of your personality is causing you concern or difficulty with dealing with people during routine communications, you should find alternative ways in which to express those traits that are less destructive to your ultimate communication goal. In essence, “you don’t have to change yourself, you just have to change your self’s outlet,” and while no one can blame you for who you are, you are ultimately responsible for how you act.

5. Describe the shared attributes between employers and patients yearn for in healthcare employees and explain how this is important.

   Answer:

   If we compare the two lists of expectations between employers and patients, several common qualities manifest—respect, competence, honesty, and friendliness. The correlation makes sense, however, if you understand that, fundamentally, patients are customers, and hospitals are businesses trying to please those customers. Both employers (hospitals) and customers (patients) expect the same things, and as the employees, it is our obligation to simultaneously please both.

6. Describe how one’s reputation is established.

   Answer:

   Personal values are tenets that someone holds in high regard and that are highly desirable and worthy of esteem. Combined, our character and personal values help form our reputations, or the ways in which others view us.

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7. Describe the importance of preserving professionalism online.

   Answer:

   You must recognize that online activity and personal online social media, such as Facebook, Twitter, and Instagram, are often examined by prospective employers. Consequently, you need to be watchful concerning online posts of negative judgments and irresponsible behaviors that are perceived as unfavorable for someone pursuing a professional occupation such as sonography. For example, posts that display alcohol abuse, even if you do not chronically abuse alcohol, may be viewed by some as behavior that is counterproductive to professionalism. Be careful what you put on the Internet to protect your reputation.

8. Describe the main difference between empathy and compassion.

   Answer:

   While compassion is the ability to feel for others, empathy demonstrates that you understand to the point of feeling how another person feels. To develop empathy, one has to attempt to view the world through others' eyes. Placing yourself in a patient's circumstances helps you appreciate what he or she is going through at the time.

9. Explain how self-motivation influences behavior and how it is important on the job as a sonographer.

   Answer:

   Self-motivation could potentially be the characteristic that most influences a person's behavior. Self-motivation is the ability to do what needs to be done without being influenced or initiated by someone else. It requires the perception to recognize a goal and the courage and strength to reach that same goal. Completing tasks without being told is vital in healthcare. Though not all job duties are clearly outlined sometimes, sonographers are often

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self-motivated independent workers who recognize tasks that must be done and complete them.

10. How can you improve your confidence in scanning and patient care?

    Answer:

    Confidence in your abilities as a sonographer is something that comes with much practice, so you must be patient with the development of your skills, and gradually, you will gain more self-confidence. Essentially, self-confidence is something that cannot be taught, but rather gained with experience.

11. In your own words, explain the process of sonographic reasoning.

    Answers:

    Will vary per individual.

12. Describe what a sonographer should include in a sonographer report.

    Answer:

    Basic descriptive information of the sonographic examination, including measurements of normal and abnormal structures, the sonographic appearance of organs and structures, and the manifestation of any sonographically identifiable abnormalities noted during the examination.

13. Describe some of the occupational stresses for the sonographer and how to combat them.

    Answer:

Demanding work schedules, taking call, and burnout. It is important for sonographers to be aware of the symptoms of burnout and to use the tips provided in Table 2-12.

14. Explain how you can be productive in clinical and how you plan to communicate effectively with sonographer, interpreting physician, and other workers in the hospital.

    Answers:

    Will vary per student.

15. Describe how you plan to acquire a thorough clinical history from your patients.

    Answers:

    Will vary per student.

16. List the five elements of compassion.

    Answers:

    Recognition, connection, altruistic desire, humanistic response, and action.

Fill in the Blank (See Key Term for Chapter 2)

_____ is responsibility for one's actions.

_____ means sudden onset.

_____ means without echoes.

_____ means being self-confident without being aggressive.

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_____ is a work-related condition during which one experiences physical and emotional exhaustion.

_____ is additional monies earned because one is asked to return to work after normal business hours, which results from taking call.

_____ is the way a person thinks, feels, and acts.

_____ is the gradual onset or an ongoing condition.

_____ is the process of obtaining clinical history and contrasting that information with sonographic findings.

_____ is lacking the ability to obtain a thorough clinical history and relate the information with the sonographic findings of the examination.

_____ are educated guesses based on clinical history findings.

_____ is the act or process of knowing.

_____ is the national accreditation granting body for sonography education (CAAHEP).

_____ is the ability to feel for others and for their well-being.

_____ is a complication often discovered in people who work in helping professions like sonography that results from the combination of traumatic stress and burnout.

_____ is the pleasure one gains from being able to help others and the feeling that one has the ability to make a positive difference in patients' lives.

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_____ is the ability to complete a job successfully.

_____ is a structure that has both fluid-filled and solid components.

_____ is a courteous manner of offering well-reasoned positive and negative opinions about the work of others.

_____ is education required to maintain certification or licensure in a healthcare profession.

_____ is demonstrating polite behavior.

_____ is a structure that produces echoes often used synonymously with hyperechoic.

_____ is the number of echoes within a structure.

_____ is the enhanced ability to recognize emotions in oneself and others and the capacity to use those emotions to improve emotional and intellectual growth and decision-making.

_____ is a trait that demonstrates that one understands, to the point of feeling, how another person feels.

_____ is eagerness or excitement for what one is doing.

_____ is strength of mind that allows someone to face difficult circumstances with courage.

_____ is law that is aimed at protecting the patient's rights and reducing waste, fraud, and abuse in the healthcare industry.

_____ means differing composition.

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_____ means uniform composition.

_____ is fairness and truthfulness in behavior.

_____ is meekness in dealing with others.

_____ is a structure that produces echoes often used synonymously with echogenic.

_____ is having few echoes within a structure.

_____ is a form of reasoning whereby one makes an educated guess based on facts.

_____ is thinking with honesty and choosing the best paths to follow based on high standards.

_____ is having the same echogenicity.

_____ is an organization that establishes standards, reviews, and recommends education accreditation for sonography programs.

_____ is hands-on learning.

_____ is stress related to job duties in the workplace that results in negative psychological and physiologic effects.

_____ are things that someone holds in high regard and that are highly desirable and worthy of esteem.

_____ is the study of the function of the human body.

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_____ is the process of completing tests following initial certification in sonography to maintain qualifications.

_____ is the way in which others view us.

_____ means to demonstrate polite regard for others.

_____ is the frustration that arises when job expectations differ between employer and employee.

_____ is the belief in oneself and one's abilities.

_____ is the perception to recognize a goal and the courage and strength to reach that goal.

_____ is the failure of the sound beam to pass through a structure.

_____ means genuineness.

_____ is normal anatomy as it is demonstrated on a sonogram.

_____ is a reasoning process for the sonographer by which he or she integrates the data obtained through clinical history gathering to the study at hand in order to facilitate optimum diagnostic results.

_____ is the basis for one's conduct.

_____ is the potential for effective action.

_____ is always being aware of and considerate of the feelings of others.

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_____ is the process by which a sonographer is paid a small amount of money to be on standby via telephone for emergency cases after regular department hours, including nights and weekends.

_____ is the consequence of wanting to help a traumatized or suffering person.

_____ is the process of identifying personality types.

Medical Terminology (Root Words: Part 1)

abdomen(o)—abdomen
acr(o)—extremity
aden(o)—gland
adipo—fat
alb—white
andr(o)—male
angi(o)—vessel
ankyl—crooked, fusion
bili—bile
blast (or -blast)—embryonic state
brachi(o)—arm
brady—slow
carcin(o)—cancer
cardi(o)—heart
caud—tail
cephal(o)—head
cerebr(o)—brain
cerv(i)(o)—neck
chol(e)—bile
chondr(o)—cartilage
col(i)(o)—colon

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cost(o)—rib

cut—skin

cyan(o)—blue

cyst(i)(o)—bladder

cyt(o)—cell

dactyl—fingers or toes

derm (or -derm)—skin

dors(i)(o)—back

encephal—brain

enter(o)—intestine

fasci—bundle

galact(o)—milk

gastro—stomach

gest—carry

gloss(o)—tongue

gyn(o)—women, female reproductive organs

heme or hemato—blood

hepat(o)—liver

hist(i)(o)—tissue

hydro—water

hyster—uterus

ile(o)—ileum

ili(o)—ilium

ischi(o)—hip

jejun(o)—jejunum

kine(t)(o)—movement

labio—lips

lact(o)—milk

laryng(o)—larynx

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