

Direct Observation of Procedural Skills (DOPS) Checklist

Yes N/A Yes = Task performed; N/A = Not applicable. If task not performed, leave blank

(I) INDICATION

Clinical

1. Identifies appropriate indication to perform gastric POCUS

Patient

2. Introduces self to patient, describes procedure, explains rationale
 3. Obtains verbal consent
 4. Maintains patient privacy, modesty, and comfort at all times

(A) ACQUISITION

Set-up

5. Ergonomic positioning of equipment and operator, in relation to patient
 6. Machine: appropriate settings (*'Abdomen' setting or similar*), correct transducer (*low-frequency probe for adults, linear probe if < 40 kg*), uses acoustic medium (*gel*)
 7. Positions patient appropriately (*RLD or 45-degree head up with right tilt/lateral or supine*) and exposes upper abdomen

Scanning technique

8. Identifies surface anatomy through manual palpation (*costal margin and xiphisternum*)
 9. Performs survey scan (*sagittal scanning plane in epigastrium*)
 10. Identifies pertinent structures (*liver, antrum, aorta*)
 11. Optimizes image by adjusting probe position, machine settings, or patient factors (*change position, deep breaths*)
 12. Identifies antrum at level of aorta, using Doppler to confirm
 13. If clear fluid content, measures antral CSA in RLD (*outer margin of antral muscle layer*)

(I) INTERPRETATION

14. Describes image using pattern recognition
 15. If clear fluid present, estimates gastric volume*
 16. Correctly determines grade of antrum

(M) MEDICAL DECISION MAKING

17. Determines clinical context (elective vs emergency procedure, details of last meal/fluid intake, other aspiration risk factors)
 18. Grades image analysis (*adequate, technically difficult, or inadequate*)
 19. Determines aspiration risk based on findings (*Low or High*)
 20. Formulates plan based on findings

*Non-pregnant adults: Volume in mL = $27 + (14.6 \times \text{CSA}) - (1.28 \times \text{age})$

*Paediatric patients: Volume in mL = $7.8 + (3.5 \times \text{CSA}) + (0.127 \times \text{age in months})$

*Pregnant patients: Volume in mL = $327.1 + (215.2 \times \log \text{CSA})$ [semi-recumbent right lateral position]

Developed by Dr Navdeep Sidhu, Dr Catherine White, and Dr Anna Pozaroszcyk.

Department of Anaesthesia and Perioperative Medicine, North Shore Hospital, Auckland, New Zealand.

www.waitemata-anaesthesia.com

Email: pocus.northshore@gmail.com

Twitter: @DrNavSidhu