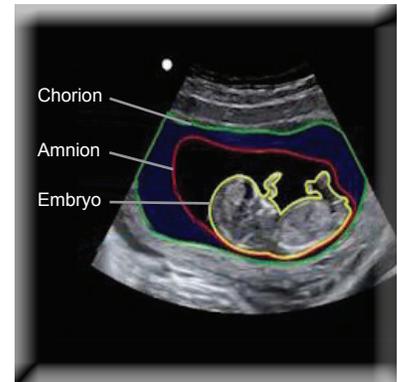


# FUNDAMENTALS OF OB/GYN ULTRASOUND FOR MIDWIVES

## COMPETENCY-BASED PROGRAM TUTORIAL

### WELCOME

Welcome to the Pegasus Lectures series for Fundamentals of OB/GYN Ultrasound for Midwives. This two-part competency-based program, consisting of Point of Care (POC) OB/GYN Ultrasound Physics and Point of Care Midwifery Sonography, provides foundational concepts for midwives desiring to learn and integrate limited scope OB/GYN Ultrasound into their practice.



### MY PEGASUS

To access your course, please visit our website at [www.pegasuslectures.com](http://www.pegasuslectures.com) and login to your **My Pegasus** account. For those with an existing Pegasus account, login with your email address and password. If you ordered online, you created your password when you set up your account on the website. If you ordered by phone or by email, your password is your first and last initials (lower case) and the numbers 1234 (example: cd1234). After the initial login you can change your password, if desired. *The email and password are case sensitive.*

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Ultrasound Physics and Specialty Registry Exam Education, Training, and CME

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 Password  Log In

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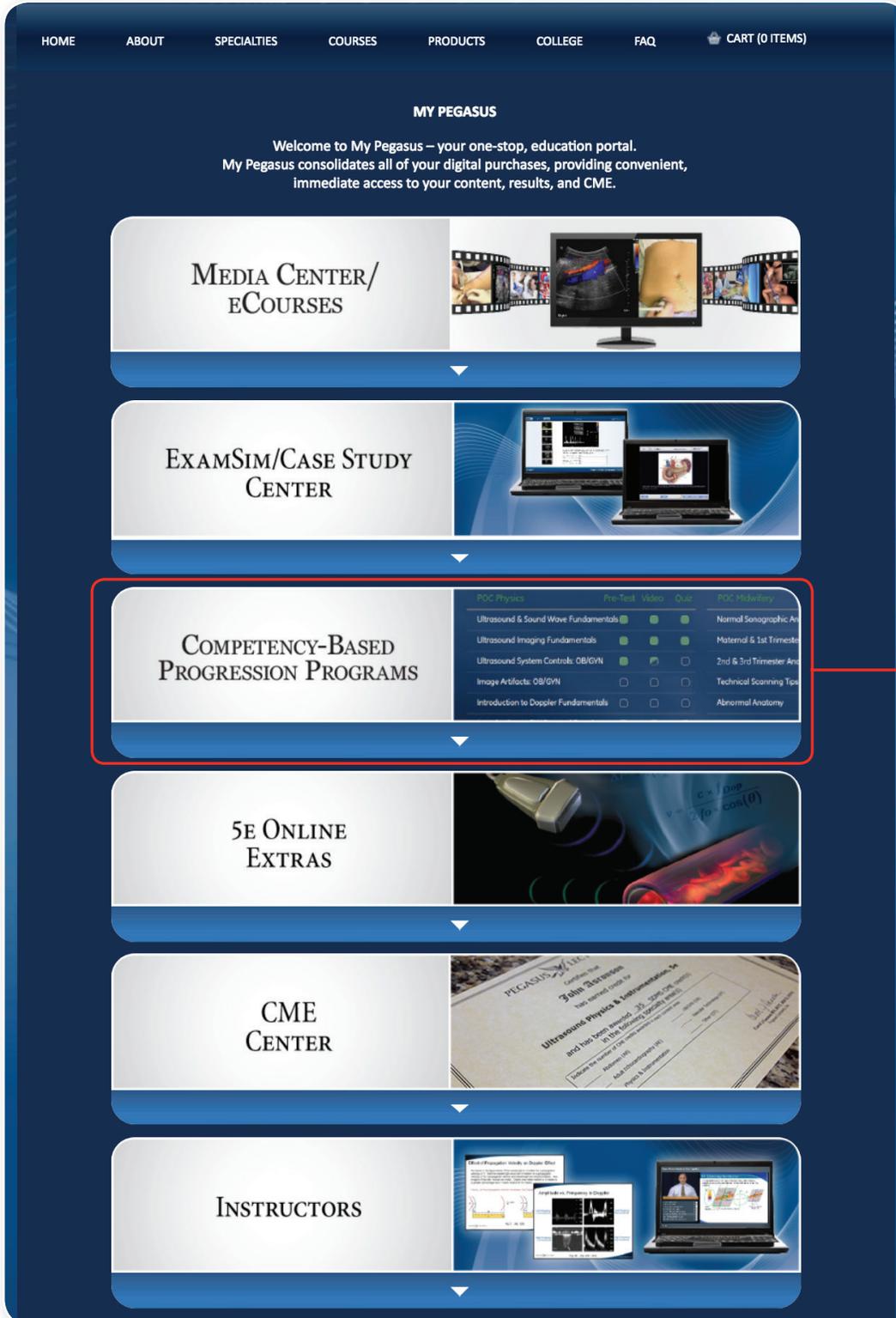
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Login

**ACCESS**

To access the Pegasus player, click on the **Competency-Based** panel in My Pegasus.



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**MY PEGASUS**

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**EXAMSIM/CASE STUDY CENTER**

**COMPETENCY-BASED PROGRESSION PROGRAMS**

POC Physics	Pre-Test	Video	Quiz	POC Proficiency
Ultrasound & Sound Wave Fundamentals	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Normal Sonographic An
Ultrasound Imaging Fundamentals	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Maternal & 1st Trimester
Ultrasound System Controls: OB/GYN	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	2nd & 3rd Trimester Ans
Image Artifacts: OB/GYN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Technical Scanning Tips
Introduction to Doppler Fundamentals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Abnormal Anatomy

**5E ONLINE EXTRAS**

**CME CENTER**

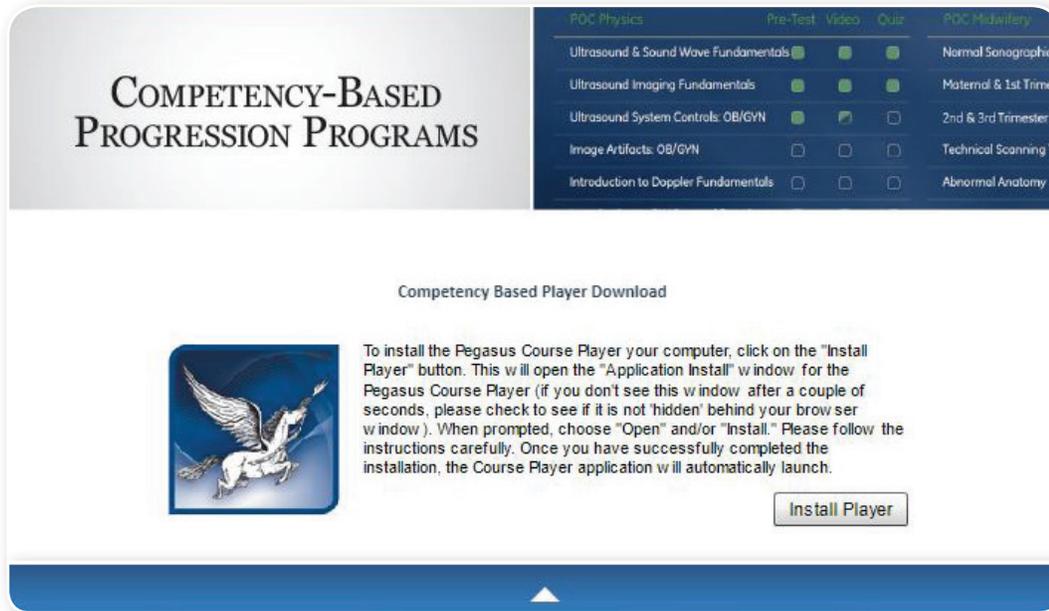
**INSTRUCTORS**

*Competency-Based Programs*

**DOWNLOAD**

To install the competency-based player, click on the **‘Install Player’** button. This will open the ‘Application Install’ window for the Pegasus Course Player. (If you don’t see this window after a couple of seconds, please check to see if it is “hidden” behind your browser window.)

When prompted, choose **‘Open’** and/or **‘Install’**. Please follow the instructions carefully. Once you have successfully completed the installation, the Course Player application will automatically launch.



POC Physics	Pre-Test	Video	Quiz	POC Midwifery
Ultrasound & Sound Wave Fundamentals	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Normal Sonographic A
Ultrasound Imaging Fundamentals	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Maternal & 1st Trimes
Ultrasound System Controls: OB/GYN	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	2nd & 3rd Trimester A
Image Artifacts: OB/GYN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Technical Scanning Te
Introduction to Doppler Fundamentals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Abnormal Anatomy

**COMPETENCY-BASED PROGRESSION PROGRAMS**

Competency Based Player Download

To install the Pegasus Course Player your computer, click on the "Install Player" button. This will open the "Application Install" window for the Pegasus Course Player (if you don't see this window after a couple of seconds, please check to see if it is not 'hidden' behind your browser window). When prompted, choose "Open" and/or "Install." Please follow the instructions carefully. Once you have successfully completed the installation, the Course Player application will automatically launch.

**Install Player**



**Important:** After the initial download, you will access the program from the Pegasus Player icon. For PC users, the icon will be located on your desktop. MAC users will find the icon on their launchpad.

Using your same email and password, login to the Pegasus Lectures course player and click **‘Begin’**.



PEGASUS  LECTURES INC.

Welcome to the Pegasus Lectures Course Player

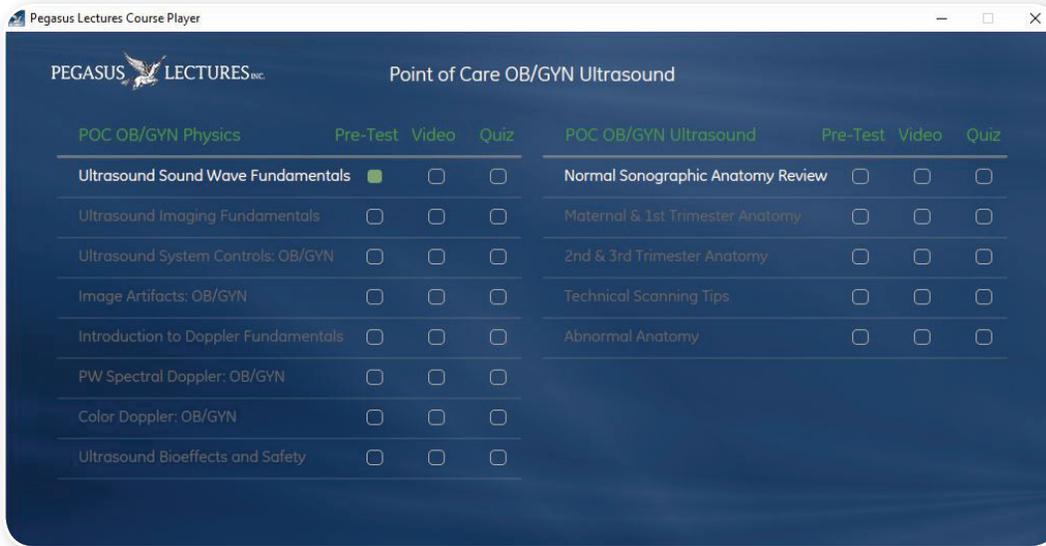
Login

Password

**Begin**

**MAIN MENU**

The main menu allows for navigation as well as a quick method to visualize your progress within the program.



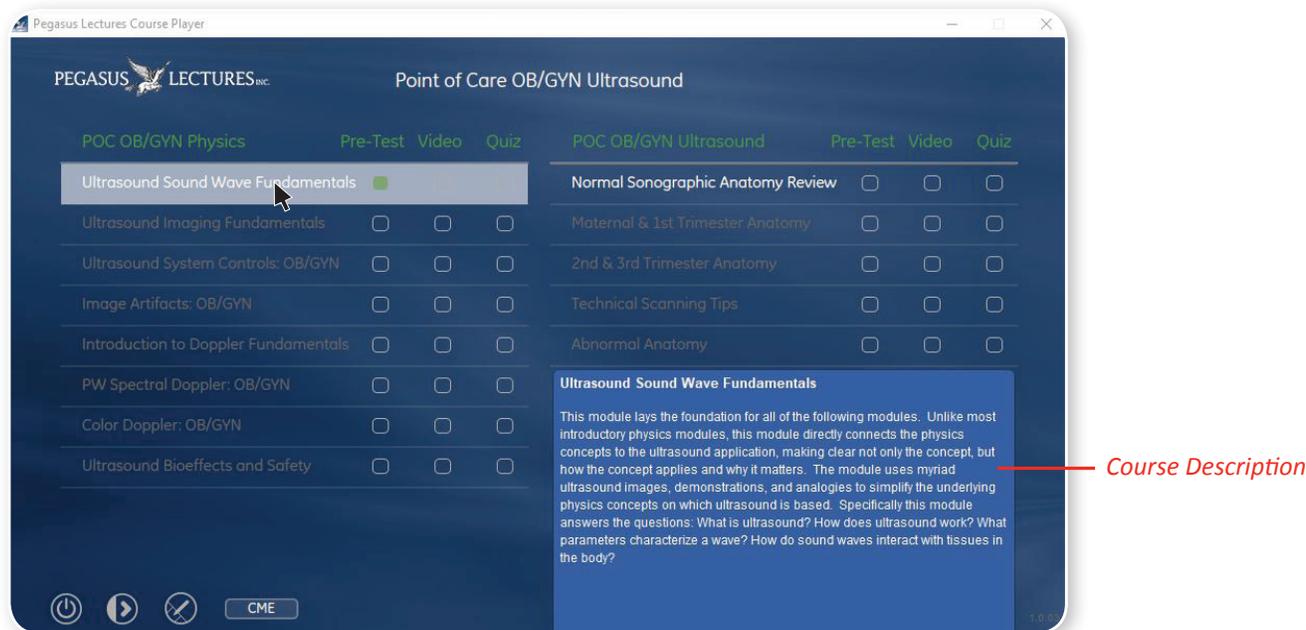
If you have purchased both components, the POC Physics and POC OB/GYN Ultrasound sections will both be active in your account. If you have only purchased one part, the other section will be inactive.



Next to each module name, there are three boxes representing the status within that module of the pre-test, video, and post-test sections.

- An empty box indicates that the content has not yet been completed.
- A half-shaded box indicates that you have started but not yet completed the content.
- A fully-shaded green box indicates that you have completed the content.

A description of each module is shown by placing the mouse cursor over the module title.



Other main menu icons (located in the lower left corner of the screen) include:

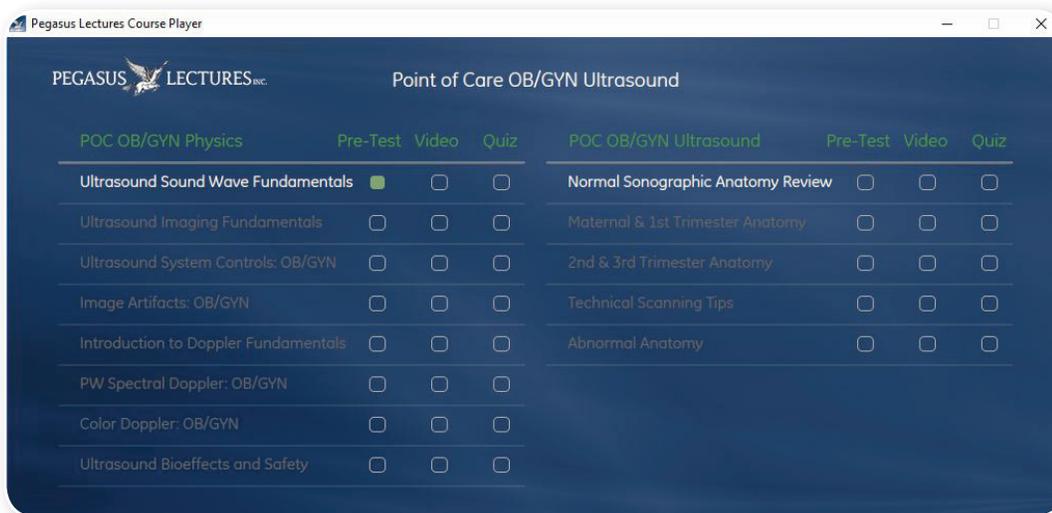


**'Power' icon:** allows the participant to exit the program

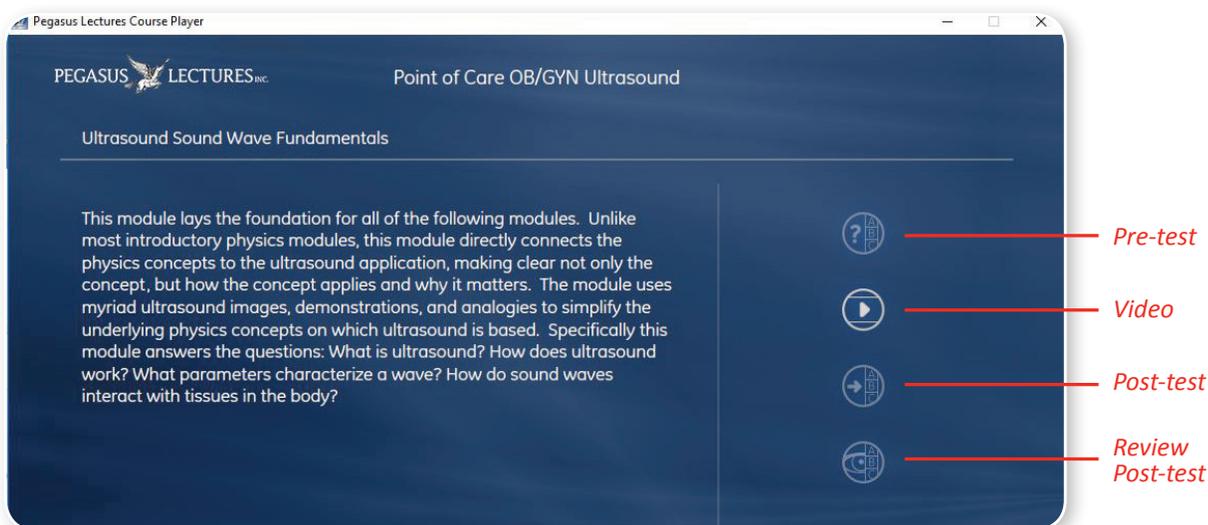
**'Resume Course' icon:** Click to continue from the point you last viewed

**'Reporting' icon:** Use to access report pages which show your detailed progress and performance by module. (Once you are on the report pages, click on arrows in the lower right corner of the report page to view reports of additional modules.)

**GETTING STARTED**



To begin, click on the title of the module. The module names are listed on the left and must be completed in order. Once the pre-test, video, and quiz of the first module are successfully completed, the next module will activate. You can navigate to content either by clicking on the module name, or simply by clicking on the ‘resume course’ icon as previously mentioned.

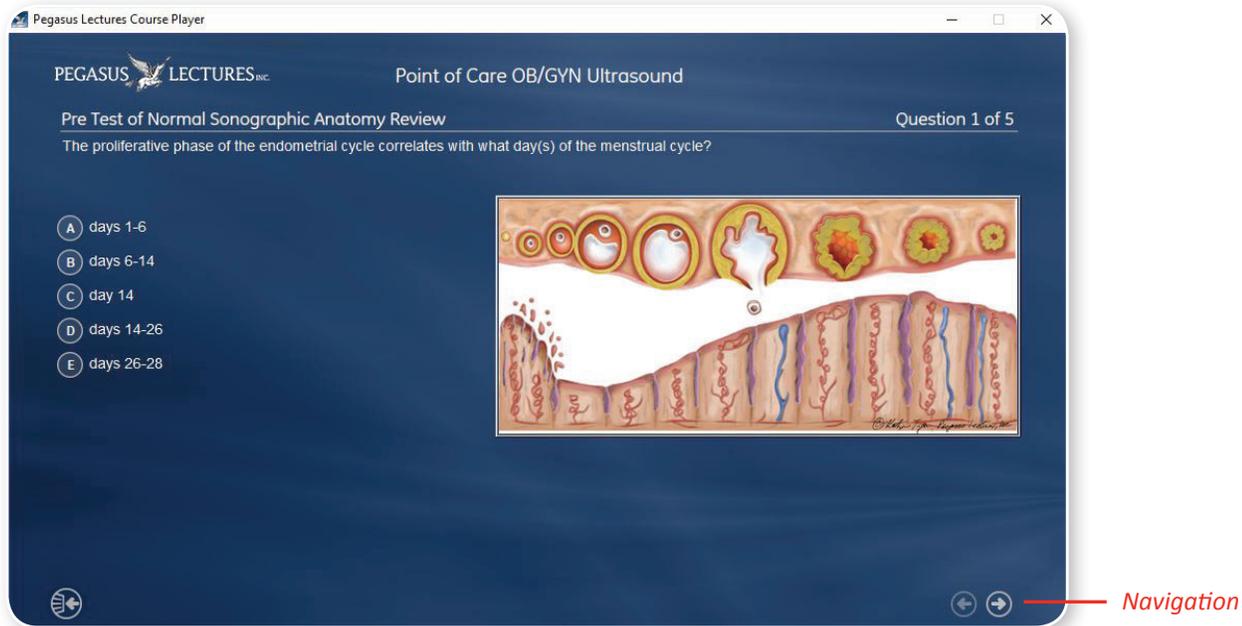


After clicking on the module, you will see that the module name is displayed at the top, and that the module description is contained below.

On the right there are four icons. The top icon represents the **module pre-test**. The second icon represents the **module video**. The third icon represents the **module post-test**. This button remains inactive until the module video has been viewed completely. The bottom icon activates the **review of the module post-test**. The review icon will also remain inactive until you have successfully completed the module post-test. After you have passed the post-test, the review icon will activate and you can review the post-test.

**PRE-TEST**

The purpose for the pre-test is to allow a method of testing out of modules for users who already have a background in maternal and fetal imaging. Please note that it is not mandatory to complete the pre-test. Of course you are allowed to take the pre-test even if you do not have a background in ultrasound imaging. If you take the pre-test and pass, you will be given the option of skipping the module video and going directly to the module post-test. It is recommended that you view the module video even if you do pass the pre-test.

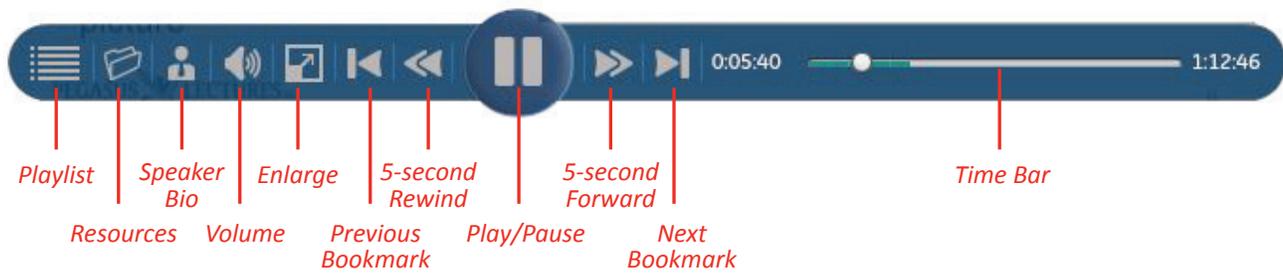


To navigate the pre-test, use the two arrows in the bottom right corner to advance to the next question or return back to a previous question. Within the tests, there are different types of questions. The question directions specify what you must do to answer the question, such as drag titles and drop them into a box or select the correct answer choice. For questions such as drag and drop type questions, if you make a mistake, you can reset the choices by clicking on the **'reset'** button.

At the conclusion of the pre-test, you will be shown your results. If you do not pass the pre-test, you will need to view the module. You can go back to the previous menu by clicking on the **'back menu'** button.

## MODULE VIDEOS

**Video Control Bar:** The **control bar** appears when you move the mouse anywhere within the program window. As long as you keep moving the mouse, the control bar stays active. Once you stop moving the mouse, the control bar disappears after a short delay, allowing you to better view the video. The main control of the control bar is the ‘**pause**’ and ‘**play**’ button. When the video is paused, the control bar appears and remains active until you resume playing.



**Navigating within the video:** In addition to the **play** button, there are four ways by which you can navigate within the video. First, the **double arrows** allow you to move forward or backwards in small, 5 second increments. Second, you can scrub forward or backward by using the **time bar** which shows your position within the video. By dragging the dot on the bar, you can jump ahead viewed content or backwards in the video. Note that you are always allowed to navigate back to review content already viewed, but you are not allowed to skip unviewed content by moving forward. This restriction is important since the concepts taught build on previous concepts, so skipping content would lead to confusion.

**Navigating using Bookmarks:** The third and fourth methods for navigating within the video are related. In the lower left corner, the **playlist** is displayed. The playlist displays, by time code and topic, the subsections of the module. You can navigate within the module by simply clicking on the desired bookmark within the playlist. Again note that you are able to review any previously viewed content but you are not allowed to move forward if moving forward would result in skipping content. On the control bar, you can also jump forward or backward by clicking on the ‘**next**’ or ‘**previous**’ bookmark arrows.

**Playlist placement:** The playlist can be turned on and off by clicking the **playlist** icon on the **control bar**. The playlist can also be moved by clicking and dragging with the mouse.

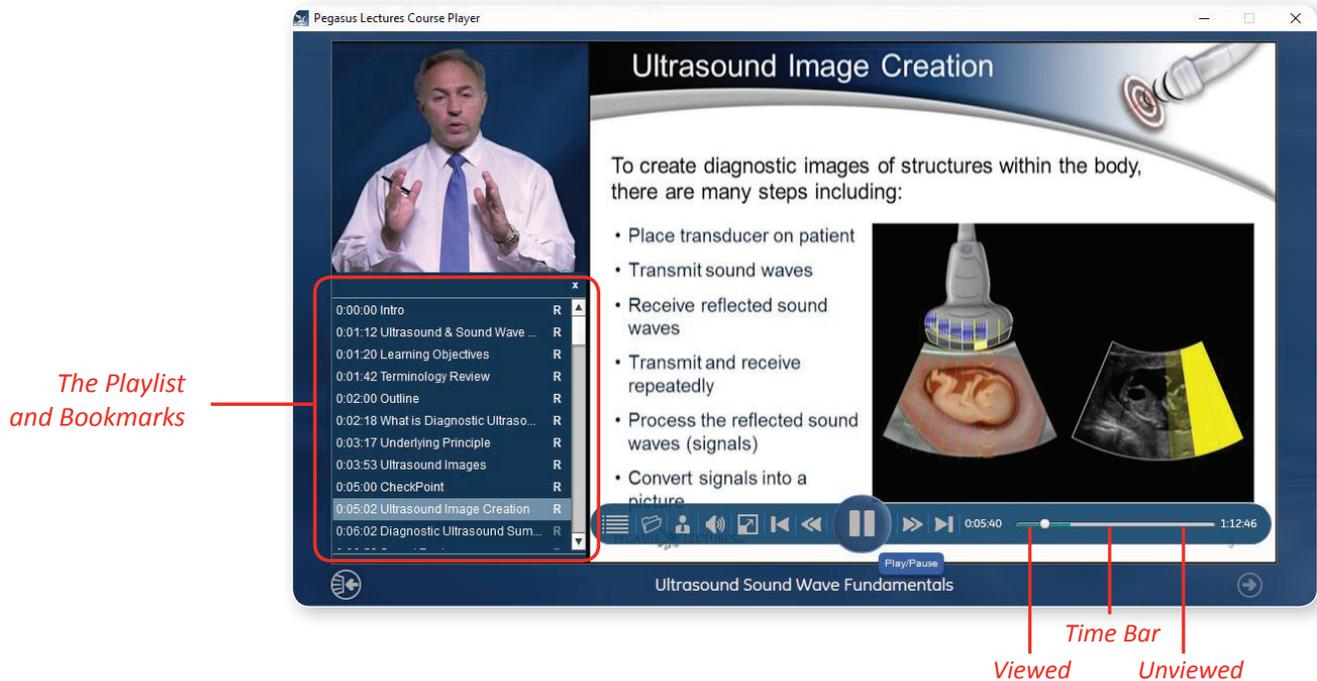
**Full Screen Option:** There are times when you might want to view the content in a larger format. On the control bar there is a **full screen** option. If you want to resize the window to the normal view, you can click again on the **window icon** of the control bar, or you can click the ‘**escape**’ key on your computer keyboard.

**Audio Volume:** The audio volume can be adjusted by clicking on the **speaker** icon and then sliding the control up or down.

**Speaker Bio:** To know more about the presenter, click on the **speaker bio** icon.

**Additional Resources:** The **folder** icon provides access to additional resources. The resource files provide very useful information including definitions of terms learned and used throughout the course, documents about the safe use of ultrasound, and clinical protocols.

**The Playlist and Bookmarks:** As already mentioned, the playlist displays the subsections of the module video. The subsections can be didactic lectures, ScanLabs, or CheckPoints. ScanLabs are based on live imaging sessions and teach the specifics of how to scan. CheckPoints are interactive questions that you must answer correctly before you will be allowed to resume viewing the video. Sections of the video already viewed appear in a highlighted bar and white text. Note that the time bar also reflects the status of your viewing. The sections you have already viewed are indicated by a green bar. Sections you have not yet viewed are shown in gray and are inactive.



**Playlist placement:** The playlist can be turned on and off by clicking the **playlist icon** on the **control bar**. The playlist can also be moved by clicking and dragging with the mouse.



**The Playlist and Customized Review:** You will notice that there is a letter “R” at the end of each bookmark title. This R stands for **Review** and allows you to create a customized review of sections in which you have difficulty. Once selected for review, the color of the R changes to red and is saved from session to session. Anytime you come back to this video the R will be highlighted, reminding you of the need to review the specific content.

## CHECKPOINTS

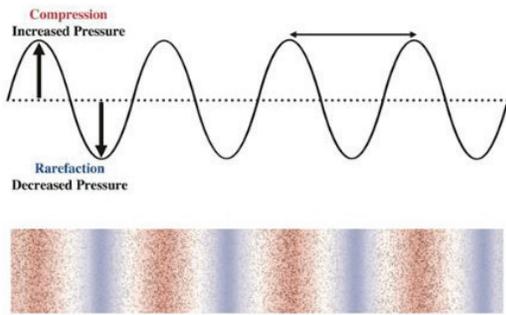
To assess your understanding of key concepts, interactive **CheckPoints** are integrated throughout the program. If you answer incorrectly, it is suggested that you consider re-watching that particular segment. (Your answers do not impact your score on the final post-test.)

### CheckPoint

Which of the following statements about sound is not true?

Sound propagates as a transverse wave.

Sound is a longitudinal wave, not a transverse wave. Although we tend to draw sound as a transverse wave because it is easier to draw, the particles within the tissue vibrate back and forth in the same direction as the wave is traveling, not perpendicular to the wave directions.



You answered correctly.

Continue

## MODULE POST-TESTS AND POST-TEST REVIEW

Once a module is completed, you will be given access to the module post-test. In order to gain access to the next module, you must pass the **post-test**. Of course, if you do not pass, don't worry, you will be able to review the module video again and retry the test until you pass.

Quiz Result of Ultrasound Imaging Fundamentals

Percentage Correct = 63%

Unfortunately, you did not pass.

Note: Topics in which you answered questions incorrectly will be indicated in red on the playlist.

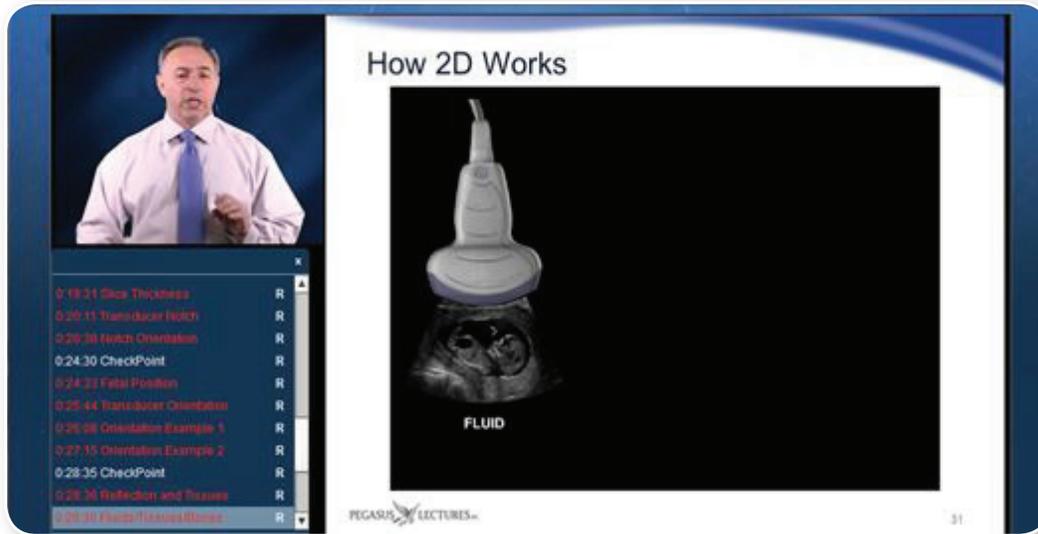
In order to enhance your learning experience, the questions in the quiz are linked to the content presented in the video.

The list below indicates the topics in which you answered questions incorrectly. You can choose to review just the areas in which you answered questions incorrectly (indicated by the red bookmark(s) on the playlist) or you can watch the entire video again.

- 0:05:46 How 2D Works
- 0:09:48 Image Dimensions
- 0:19:31 Slice Thickness
- 0:02:27 Basic Image Production
- 0:03:34 Scanning Animation
- 0:08:16 Dimensions and Directions
- 0:09:19 Transducer Dimensions

Please click the forward arrow in the lower right corner to return the beginning of this module for review.

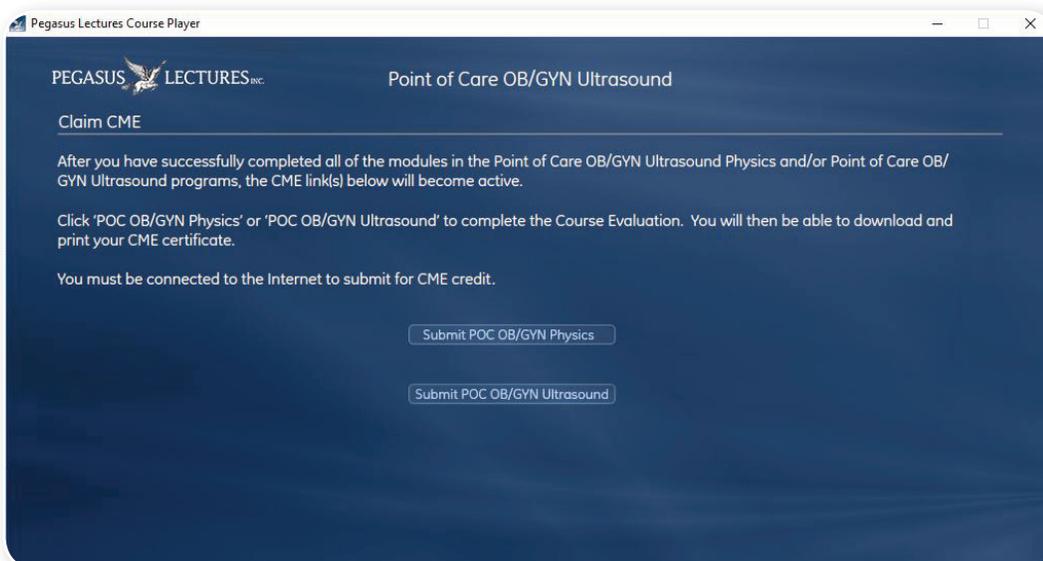
To aid in your review, areas in which you answered questions incorrectly are highlighted in **red**.



This program is designed to help you build a foundation for maternal and fetal ultrasound imaging. This course is not to serve as a standalone program, but as the precursor to a hands- on program. Many of the concepts taught within this course may require reviewing multiple times. We believe that you will learn best by reviewing all of the modules multiple times, even after you have passed the module post-tests. Don't worry if you do not understand a concept at first. Learning new concepts requires time, patience, repetition, and effort. And remember, this program is intended to serve as the foundation and pre-cursor to your hands-on training.

## CME

After you have successfully completed all of the modules in your program, the CME link(s) will become active. Click on the completed course(s) to complete the course evaluation. You will then be able to download and print your CME certificate. You must be connected to the internet to submit for CME credit.



## TECHNICAL ASSISTANCE

For technical assistance, please contact our office by one of the following options:



Email

**Email:** [techsupport@pegasuslectures.com](mailto:techsupport@pegasuslectures.com)



Chat Now

**Live Chat:** click on the blue 'Chat Now' pop-up panel located on the lower right corner of [www.pegasuslectures.com](http://www.pegasuslectures.com)



Phone

**Phone:** 972.564.3056