



Take Time for Yourself

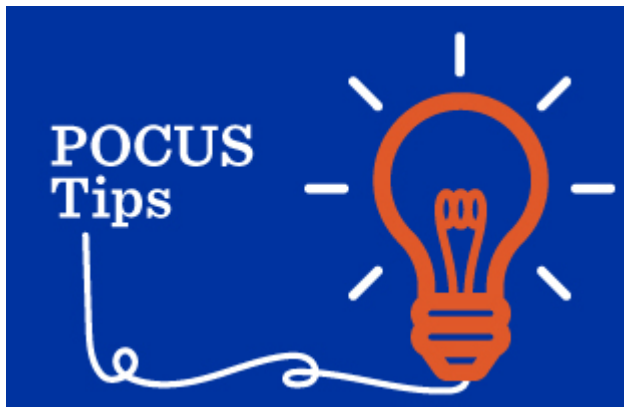
Healthcare professionals are facing a formidable challenge amid a pandemic: managing our mental health. As we help others heal, it can be easy to lose sight of our needs and slip into unhealthy routines.

This month, we encourage you to be mindful of your mental health with the following recommendations:

- Use relaxation techniques.
- Eat well and exercise daily.
- Make time for stimulating activities.
- Establish a routine.
- Practice self-affirmation.
- Ask for help.

For more information and resources for healthcare providers, click the button below

[Learn More](#)



POCUS Quick Tips

The benefits of [POCUS lung scans for COVID-19](#) include the following:

- Patients can be triaged quickly and at the bedside.
- POCUS does not pose additional risks or side effects for those with already compromised immune systems.
- Serial examinations can be used to monitor disease manifestations in the heart and lungs.

CERTIFICATES & CERTIFICATIONS

The POCUS Lung Certificate includes seven (7) content areas consisting of online cases to assess your knowledge in identifying anatomical features and sonographic findings including:

- Pneumothorax
- Pleural effusion, simple and complex
- Focal interstitial or partial alveolar syndrome
- Consolidation with and without dynamic air bronchogram

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FOCUS ON POCUS™ PODCASTS



POCUS BYTES™

[Tracking COVID-19](#), with Dr. Yale Tung Chen, MD.

[POCUS: A Great Tool in Diagnostic Procedures](#), with Sanjay A. Patel, MD, FACP, FHM.

[The Importance of External Validation](#), with Dale Cyr, CEO for Inteleos.

[Obtaining Cardiac Views with POCUS](#) on May 21st, 2020 at 12:00PM Eastern Time with James Day, RDC

[How to Perform a Lung Ultrasound and COVID-19](#), available now with Cliff Gronseth, MD.

Explore Podcasts

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INDUSTRY NEWS

American Medical Association. ["Caring for our caregivers during COVID-19."](#) April 15, 2020.

["Imaging COVID-19 with Point-of-Care Ultrasound."](#) Imaging Technology News. March 23, 2020.

["Here's the Damage Coronavirus \(COVID-19\) Can Do to Your Lungs."](#) Cleveland Clinic. March 20, 2020.

Uniformed Services University. Center for the Study of Traumatic Stress. [Psychological effects of quarantine during the coronavirus outbreak: What healthcare providers need to know.](#)

Inter-Agency Standing Committee. Reference Group for Mental Health and Psychosocial Support in Emergency Settings. ["Briefing note on addressing mental health and psychosocial aspects of COVID-19 outbreak."](#) [Version 1.1].

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