



2020

Make this year your best year.



1 — 2 — ★
Divide your goal
into bite-size
steps



Share your goal
with family, friends
and community



Keep yourself
motivated and
never give up

New Year's Resolution

A new year—It's time to invest in a new you!

Every year we all make the typical New Year resolutions that we never keep... lose weight, watch less TV, read more books, volunteer... "Setting small, attainable goals throughout the year, instead of a singular, overwhelming goal on January 1 can help you reach whatever it is you strive for," says psychologist Lynn Bufka, PhD.

How about considering investing in yourself and making a New Year resolution that will show your value and keep on giving throughout the years to come? Get a POCUS Certification! How will committing to earning a POCUS Certification be any different than other resolutions?

First, it's been proven the best way to accomplish a goal is to break it up into bite size steps. Take the first step today, and sign up for the POCUS Fundamentals, find a POCUS Education Provider, or join the POCUS community on social media.

Second, share your goal with friends, family, or people in your community. Tell your colleagues you will become POCUS Certified in 2020. Having someone to share your struggles and successes with, makes your journey to certification much easier and attainable.

Third, don't give up. Give yourself motivators to keep forging ahead even when you slip or don't want to continue. Remember, a POCUS certification can help forward your career and put money in your pocket, and most importantly, improve patient safety!

The POCUS Certification Academy gives you the channel to demonstrate your proficiency in point-of-care ultrasound and gives you the opportunity to make a New Year resolution that will keep on giving.

Contribute to the scientific development of the top 25 global point-of-care ultrasound (POCUS) procedures and protocols!

Participate Today



POCUS BYTES™

Join us for our February POCUS Bytes™ webinar! These webinars are free, and their content designed for quick learning.

Register today for the next webinar on **February 19, 2020 at 12:00pm ET.**

MSKUS and Differential Diagnostics: The Top 8 In Physical Therapy with Greg Fritz, PT, DPT, RMSK

REGISTER NOW

CERTIFICATES & CERTIFICATIONS

The Renal/Genitourinary Clinical Certificate includes seven (7) online cases to assess your knowledge in identifying anatomical features and sonographic findings. This Certificate is appropriate for medical professionals whose scope of practice requires the evaluation of renal/genitourinary system to identify hydronephrosis, ureterolithiasis, and other common pathologies

Test your knowledge with the POCUS Renal/Genitourinary Certificate



FOCUS ON POCUS™ PODCASTS



POCUS TIPS - Renal

The FOCUS on POCUS podcasts are dedicated to educating, connecting and inspiring POCUS users through interviews with thought leaders on the forefront of global point-of-care ultrasound.

Checkout our new podcast: Physician Recruiting in the Great White North, with Daphné Savoy, Physician Recruiter and read the accompanying blog "[Leveling the POCUS Playing Field](#)".

- Kidneys should be evaluated in 2 planes, with transducer index marker pointed cephalically
- Deep inspiration will move the kidney below the ribs for easier access.
- [DEEP DIVE tutorial into common pitfalls in renal evaluation and interpretation](#)

[View Infographic](#)



4.0 AMA PRA Cat-1
CME Credits

[Learn More](#)



INDUSTRY NEWS

[Point of care renal ultrasonography for the busy nephrologist: A pictorial review](#) "Mistakes to avoid in Kidney Ultrasound" Simon Freeman Derriford Hospital, Plymouth.

[Retooling Nephrology with Ultrasound.](#) Clinical Journal of the American Society of Nephrology, May 2019.

Pocus@apca.org | POCUS.org

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1401 Rockville Pike, Suite 600, Rockville, MD 20852