

SHIFT

(Sonography High Intensity Focused Training)

The power of collaboration, increasing training effectiveness without affecting service delivery.

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- Sessional Lecturer, Liverpool University
- Expert Witness
- Former Senior Lecturer, Keele University



England

MITA

Midlands Imaging Training Academy





Teaching faculties

To make best use of available
faculties using co-ordinated plans



UNIVERSITY OF
LINCOLN



Nottingham University Hospitals **NHS**
NHS Trust



University Hospitals of North Midlands
NHS Trust



Keele
UNIVERSITY



NHS
University Hospitals
Coventry and Warwickshire
NHS Trust

NHS
University Hospitals
of Leicester
NHS Trust

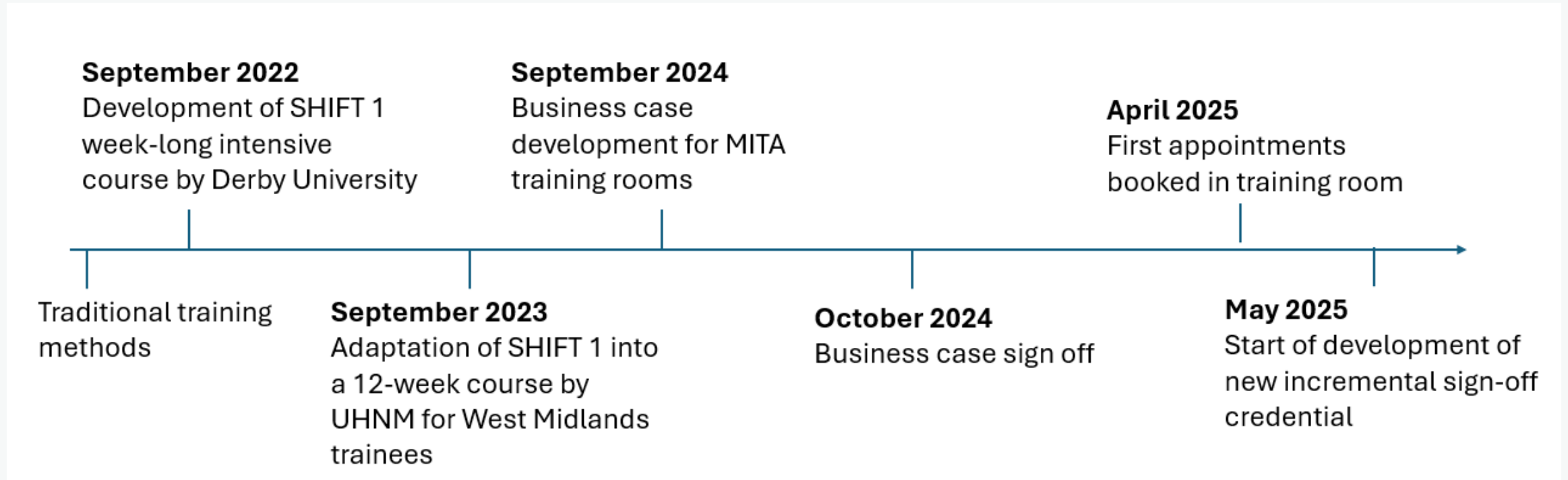
NHS
University Hospitals
Birmingham
NHS Foundation Trust

Background

What is the issue we are trying to address?

- Workforce Shortages
- Increase referrals
 - This has led to outsourcing costs of £1.80 million for non-obstetric ultrasound across the West Midlands, which is the second highest in the country across the imaging networks
 - The % patients in West Midlands waiting longer than 13 weeks has increased from 0.0% in 2021 to 4.9% June 2024. This is more than twice the national average of 2.0%.
 - Staffordshire & Stoke ICS are the worst performing in the region for 6 week wait targets, with a 57% performance compared to a national target of 95%. Staffordshire & Stoke ICS also have the most decreased performance, reducing by 26% since July 2023.
- Inadequate estate (UHNM)
 - The PFI estate for USS has not been expanded since 2012.
 - Lack of training capacity

Timeline of US Training – UHNM model (SHIFT)



Stages of the project so far – collaboration Keele University and University Hospital North Midlands

2 phases:

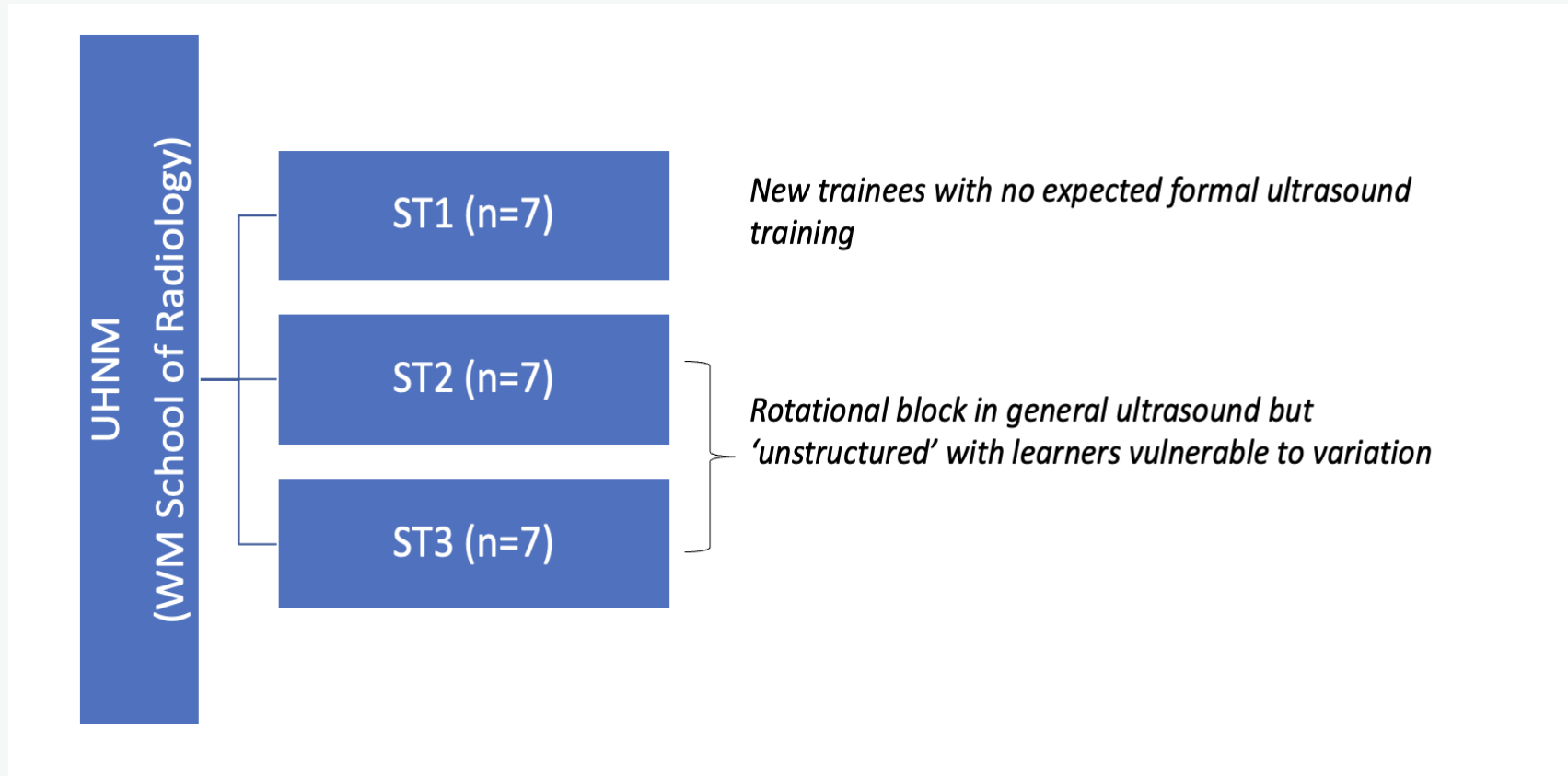
SHIFT 1 (County Hospital, Post Graduate centre)

- Aligning Sonographer and Spr opportunities in simulation
- Location of simulators
- Role of peripatetic trainer in simulation
- Structured training model (G.O.O.S.E)
- Spr training – 1 week simulation followed by 11 weeks structured training.

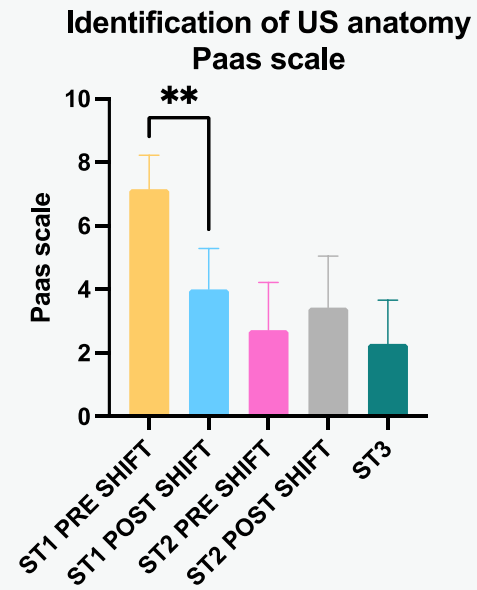


Evaluation of SHIFT 1 at UHNM

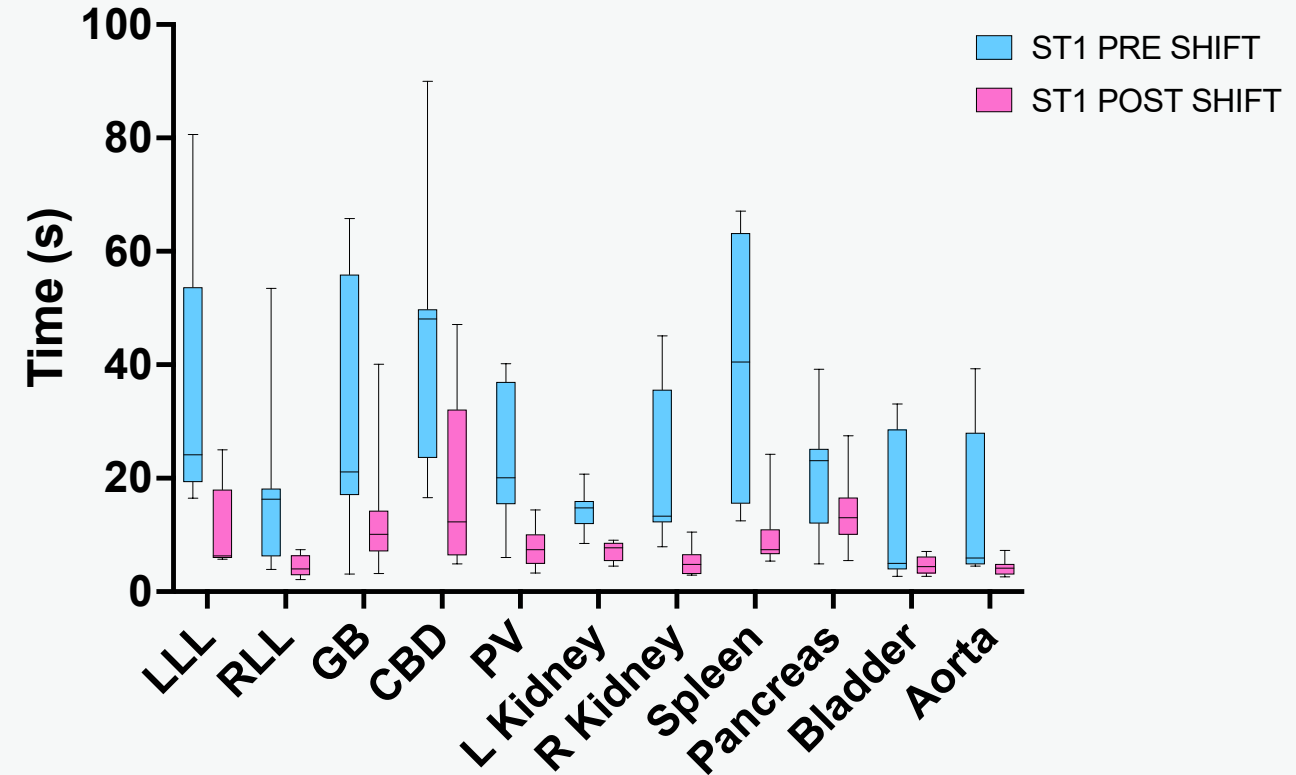
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ST1 results



ST1 Identification of US anatomy



Proposal – 1 year pilot for MITA/Keele Training Room (SHIFT 2)

West Midlands Integrated Care Boards

UHNM Education
Team

NHSE Midlands Diagnostics Team



Room
Development
(Including
purchase of USS
machine)

Lead IDA

Supporting
Radiography
Student
Placement as a
patient
chaperone

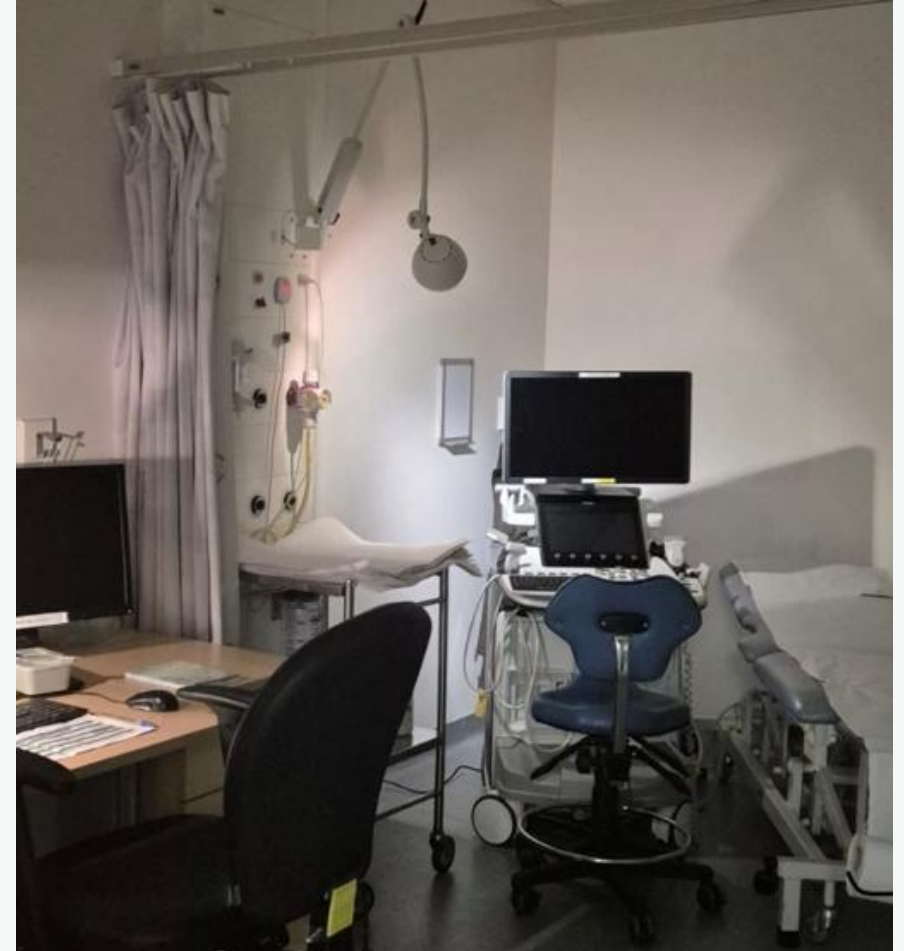
Peripatetic Trainers

Stages of the project so far – collaboration Keele University and University Hospital North Midlands

2 phases:

SHIFT 2 (UHNM)

- 2024 funding
 - Dedicated training room
 - IDA appointed
 - Remit – not recruit from current pool of sonographers
 - Include Student radiographer clinical placement



Overview – How to implement

Dedicated
Ultrasound
Training
room

- The MITA ultrasound training room located in A&E Imaging away from the main department
- An Appointment scheduler books tailored lists – ambulatory patients at extended 30 min slots to accommodate teaching time. Lead IDA oversees the scheduling, rotas and day to day running of dept.
- Current students are Apprentice Sonographers and Trainee Sonographers. These are trained by 5 Peripatetic Trainers and an Ultrasound Practice Educator. Also, specific training lists are arranged for qualified Sonographers i.e. carotids.

In
house
training
for US
staff

5 Peripatetic
Trainers & US
Practice
Educator

Extended
slot times
for more in
depth
training

1:1 tailored training lists for
Apprentice Sonographers &
Trainee Sonographers

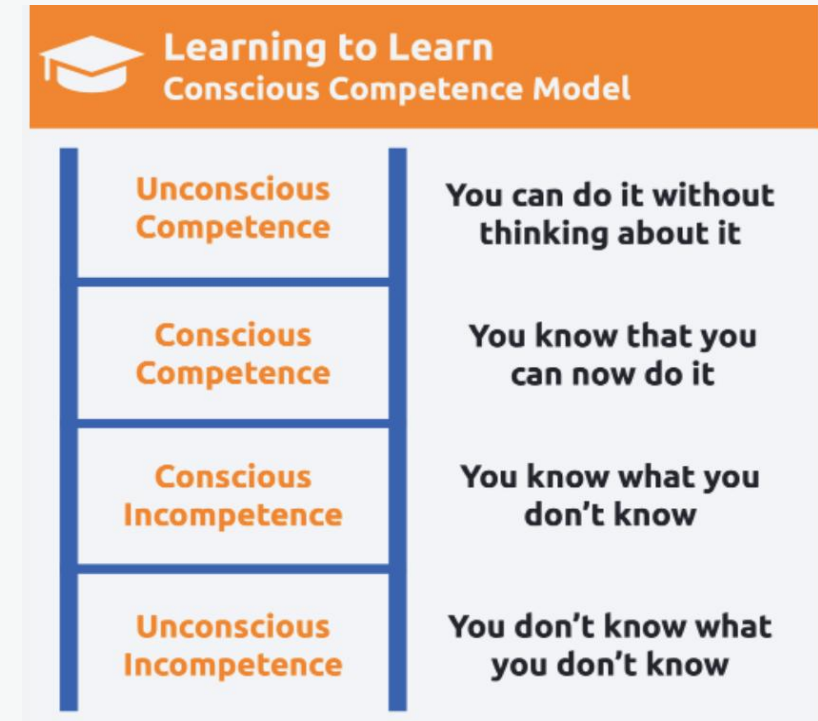
Pedagogy

G.O.O..S.E. – Conscious competence model Simplifying complex tasks

Examines the Psychomotor aspects of teaching

- Deconstructs USS training
- Manageable tasks & skills
- Cognitive load management
- Clear actionable steps

- Implementation in specialized training facility and environments



[Pascoe, S. Sonography.2025;12:79-87](#)

G.O.O.S.E.

1. Get the window **RAPP**
2. Optimise the window - **CRAPS**
3. Optimise the image

Respiration

Anatomy

Probe position

Patient position

Centre

Rotate

Angle

Pressure

Survey

Depth

Gain

Focus

Frequency

4. Select the image **FAMS**

Freeze

Anotate

Measure

Sore

5. Explain the findings **ASSBEEV**

Anatomic location

Size

Shape

Borders

Echogenicity

Echotexture

Vascularity

Sequential and repeatable

SHIFT 2 - Feedback

Extra
scan time,
so less
pressure

Would like Gynae
training to be
incorporated

Achieve more
hands on scanning

I've gained
confidence

Trainers are
supportive,
engaging and
approachable

Sonographers
that are very
experienced in
training

Constructive
Feedback
and clear
guidance

Long walk for patients
and need to pass very
sick patients on trolleys

It really is an
amazing
program for
Students

enthusiasm
for
Ultrasound

All Trainees said
that the training
met their
expectations

Trainers can
show you
adaptive
techniques

Outcomes / comments and future plans

- **Benefits**

- SHIFT 1 20 Radiologists trained to independent scanning after 12 weeks
- SHIFT 2 Confidence and satisfaction of trainees increased and in the first 20 weeks 933 extra patients were scanned contributing to reducing patient waiting lists at the Trust.
- Additional benefit – extra Clinical Placement capacity for a student radiographer.

- **Negatives**

- Some patients were not happy with the walk from the waiting room
- Toilet is a short walk so not ideal
- UHNM major trauma centre, US room opposite CT so not ideal
- Obstetrics cannot be facilitated

- **Future plans**

- Secure a more suitable room with more appropriate facilities
- Continue as long as funding is available and there is a need
- Expand to include Obstetric scans

Thanks for listening

Any questions?

