



The ten commandments of point-of-care ultrasound (POCUS)

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1. Thou shalt keep thine transducer clean and sterile, for it is the vessel of imaging.
2. Thou shalt choose the appropriate probe for the body part thou art examining, lest thou wander in darkness.
3. Thou shalt adjust the depth and gain, for clarity and understanding shall be thine aim.
4. Thou shalt practice the sacred art of image optimization, for thou shalt not worship artifacts.
5. Thou shalt not neglect to document thine findings, for they are the truth upon which decisions are made.
6. Thou shalt integrate POCUS with thine clinical judgment, for it is the foundation of patient care.
7. Thou shalt seek continuous education and training, for the path to mastery is lifelong.
8. Thou shalt not use POCUS to harm or exploit, but to heal and alleviate suffering.
9. Thou shalt respect patient privacy and dignity, for they are sacred.
10. Thou shalt teach the next generation the ways of POCUS, that it may flourish for generations to come.

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