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Plan B Topic: Annotated Resource List

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Payton Roberts

Plan B Topic

Ever since I was a little girl, I always knew that I wanted to be a nurse. In the past couple of years, my dream to become one has intensified. My Plan A is to go to nursing school and become a pediatric oncology nurse. However, if for some reason that plan doesn't work out, my Plan B is to become an ultrasound technician. An ultrasound technician is someone who uses a camera to take pictures of internal organs, fetus', or other things inside the human body. I would have to go to a technical school and complete their programs. I would specifically become one that works in a gynecologist's office or a hospital giving ultrasounds to pregnant women. These are called Obstetric Sonographers. I love babies and would love to be able to work with women that are pregnant. It would be cool to be able to share in the joy of finding out they are pregnant, discovering the sex of their baby, and so forth.

While nursing is my ultimate dream, it would still be a really cool job to be an ultrasound technician. The schooling isn't as intensive as nursing, so that it one thing that could be positive; and also the salary is still pretty good. Like I said, I hope that my Plan A works out, but if it doesn't, I think that my Plan B would still be an extremely rewarding career path. While both of my career choices are in the medical field, they do differ quite a bit. First, nursing requires much more schooling than becoming an ultrasound technician does. It also requires many irregular and long hours than an ultrasound technician does. Nursing requires you to be on call pretty much most of the time. However with a job as an ultrasound tech, I would pretty much be working the regular 9-5 hours in an office. There wouldn't be as much stress if I were to become an ultrasound technician. The two careers are really very different. Both of them sound appealing to me, it just depends on where the next few years takes me.

Annotated Resource List

Book Sources

Callen, Peter W. *Ultrasonography in Obstetrics and Gynecology*. Philadelphia: Elsevier, Saunders, 2008. Print.

This book provides not only up to date information on performing ultrasounds on a fetus, but also a collection of colored pictures to give the reader pictures to reference. This is a helpful book because the pictures allow anyone practicing in this field to have real life pictures to look at if they need to reference a certain image that comes up on a patient. It also gives all the information that is required while performing the ultrasound, and information regarding the fetus at certain time frames. This could be beneficial to beginners and if the sonographer needs to reference this information to provide to the parents.

Fleischer, Arthur C. *Sonography in Obstetrics and Gynecology: Principles and Practice*. New

York: McGraw-Hill Medical, 2011. Print.

This book provides all the information that an Obstetric Sonographer could need in their career. It has information on different disorders that could occur, pictures, complications, et. It is a good book to have and get research out of because it is basically all the information needed in one single book. It would help anyone in the field answer any questions they may have about being an Obstetric Sonographer.

Internet Sources

Radiology Info. "Obstetric Ultrasound." *Obstetric Ultrasound*. N.p. , 16 July 2013. Web. 9 Oct. 2013. <<http://www.radiologyinfo.org/en/info.cfm?pg=obstetricus>>.

This website gives out a ton of information regarding an ultrasound that is done on a fetus or embryo inside of a women's uterus. It also tells about what equipment is used, how the procedure is done, how the patient should prepare, what are the risks, etc. This webpage would be beneficial to women and their families if they have never had an ultrasound done before. It gives all the information that someone may be curious or worried about and reassures that it is safe and beneficial.

"Ultrasound Tutorial Video." *Youtube*. Youtube, 17 Dec. 2009. Web. 9 Oct. 2009. <<http://www.youtube.com/watch?v=kpJBfN4WOng>>

This video on youtube gives a good real life view and tutorial on how to perform an ultrasound on the abdomen of a patient. It also shows what the picture looks like while the sonographer is performing the ultrasound. This video would be beneficial to students or those learning how to perform an ultrasound for the first time. It talks you through the procedure so it is very easy to understand and follow along.

Scholarly Journal Article

Filly, Roy A & Crane, James P. Routine Obstetric Sonography. *Journal of Ultrasound in Medicine*. <<http://www.jultrasoundmed.org/content/21/7/713.full>>.

This article talks about the argument of whether it is necessary for women to have routinely scheduled sonograms while they are pregnant. It argues whether or not it is safe to perform many ultrasounds on a growing fetus. This article is beneficial because it gives answers to sonographers who questions whether they should be giving routine sonograms to pregnant women or not. It would be beneficial to sonographers who have been one for many years or are just starting out.

Reference Source

"Pregnancy Ultrasound: MedlinePlus Medical Encyclopedia." *U.S. National Library of Medicine*.

U.S. National Library of Medicine, n.d., Web. 9 Oct. 2013.
<<http://www.nlm.nih.gov/medlineplus/ency/article/003778.htm>>.

This encyclopedia article gives information about the results of an ultrasound done on a pregnant women. It gives numerous examples of both normal and abnormal results that the Obstetric Sonographer may come across. This article would be beneficial to both students and those who are already sonographers. It gives them pictures and examples of results that they may come across during their job.