

**The Pregnancy Foundation  
2015 Garite Mini-Sabbatical Recipient**

“Advanced Ultrasound Techniques”

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Mentor:  
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**Recipient Statement and Summary:**

My father called me last night and asked me what I learned while I was in Los Angeles with Dr. Platt, and I found it difficult to know where to begin.



Words cannot fully encapsulate the extent to which Dr. Platt, bar none, is both an amazing doctor and an incredible person. I was constantly impressed when he entered each patient’s room and gave every single one of them 110% of his attention, regardless of the time of day, or the complexity of the case. Dr. Platt has received a plethora of honors and accolades throughout his career including being named annually to the “Best Doctors in Los Angeles” by Los Angeles Magazine and “Best Doctors in America” by Health Magazine, and there is no mystery as to why he receives these awards. He is an expert in the field of fetal ultrasound and therefore sees a great deal of fetal pathology. He talked to me about the logic behind his approach, and each time I walked away from the discussions with a new understanding of the art of ultrasound, and with renewed respect for his talent and wisdom.

Fetal diagnosis using ultrasound technology is quintessential to the maternal fetal medicine specialist, and once I graduate from fellowship my goal is to be proficient in both performing and interpreting fetal anatomy ultrasounds and fetal echocardiograms, and in manipulating the ultrasound machine in order to obtain the best image possible. During this month I gained an understanding as to the indications for fetal cardiac ultrasound examinations as well as acquired a familiarity for the basic physical principles and limitations of fetal cardiac ultrasound imaging. I became comfortable with fetal cardiac anatomy, physiology, and pathophysiology, and learned the unique requirements of fetal echo in the diagnosis of structural malformations of the heart. I learned the elements of the complete fetal heart exam, learned how to identify the common forms of congenital heart disease, and furthered my ability to recognize an abnormal view of the heart and to relate the abnormal cardiac findings to the clinical outcomes.

I have a keen interest in fetal ultrasound as I believe that understanding ultrasound findings can dramatically impact a patient, her family and her prenatal care. The diagnosis of fetal malformations is one of the primary goals of obstetric sonography, and fetal malformations are one of the major causes of adverse perinatal outcomes and long-term disability. Findings from the ultrasound assessment of the fetal cardiovascular system can relate to the pre- and postnatal management of congenital heart disease, and can alter and improve the long-term course of the newborn. The Mini-Sabbatical provided me with extra training in performing fetal ultrasounds and diagnostic fetal echocardiographic examinations. I am forever changed as a physician, and I am truly blessed that The Pregnancy Foundation offered this opportunity so that I could receive a well-rounded education.

