

Visit Oregon Health and Science University Hospital (OHSU), fetal imaging unit and Professor Roya Sohaey

I have had the privilege to hear professor Sohaey give lectures in Tampere 2014 and get to know her. She is the head of fetal imaging department in Portland, Oregon Health and Science University and a writer of textbook "Diagnostic Imaging of Obstetrics".

I visited OHSU from 2nd of September to 14th of September 2017. During clinic days I participated imaging normal and abnormal fetuses and had a lot's of hands-on training with multiple amazing professionals including Prof Sohaey, Associate prof. Karen Oh and Associate prof. Brian Sheffer. I specifically tried to make my skills on fetal echo better.

OHSU fetal imaging unit has six rooms where sonographers perform fetal ultrasound. All physicians who are attending are in one room that has online monitoring from each room. Every visit specific structural views are recorded, also those times when the reason of appointment is fetal growth. If sonographer doesn't find these views, physicians will record them and if not found, patients will return later if these view haven't seen before. If there is known abnormality physician will perform ultrasound in every case after sonographer. Fetal ultrasound is done by specialized radiologist, perinatologist and Fetal Maternal Medicine fellows. General OB/GYN specialist have some bedside ultrasound skills, but not in same extend than in Finland. After every visit, extensive report of fetal structures and growth is written and signed by physicians. If there is difficult or interesting case every physician is participating and discussing the meaning of the finding.

In Oregon termination of pregnancy is legal through the whole pregnancy. If gestational weeks are over 22, KCl is used. The decision of termination of pregnancy is done by parents after discussion with a perinatologist and geneticist and doesn't need permits from any other institute.

During my stay I participated on monthly fetal heart meeting where cases of last months live born infants with heart defects where evaluated with MFM fellows. Fetal cardiologist showed from sine loops how to detect these anomalies and told us postnatal care and survival. In addition two types of heart anomalies were discussed in detail with illustrations of surgical management etc.

Every Wednesday they have multi-professional meeting with radiologist, perinatologist, fetal and pediatric cardiologist, neonatologist, pediatric neurologist and nephrologist, surgeons and social workers. All cases on going are discussed, fetal echos and ultrasound are shown on big screens and prenatal and postnatal management is discussed. Family's psychological well-being is also discussed. Births are planned so that resources could be the best on the time child is born.



I feel so grateful that I had the opportunity to make my horizon wider and see OHSU's "well-oiled-system" in work. I made my fetal echo and 3D skills better on that trip and got new motivation to educate myself further. I want to give my warmest thanks to NFOG Fund making this all possible!