

Editorial: Competencies of Nurses in Performing Bedside Ultrasound

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Editorial

The practice of bedside ultrasound (Point-of-Care Ultrasound -POCUS) has rapidly expanded across various medical fields, bringing significant benefits for patient evaluation and treatment. In this context, the role of the nurse as a bedside ultrasound operator has gained prominence, especially following Federal Nursing Council (COFEN) Resolution n° 679/2021, which regulates this practice. The inclusion of POCUS in nurses' routines represents a significant advancement in terms of autonomy, quality, and safety in clinical practice. This procedure allows nurses to perform quick and precise evaluations, contributing to more informed and immediate clinical decisions, which is essential in emergency situations.

In Cardiology, for example, POCUS can be used for the rapid assessment of conditions such as cardiac tamponade, ventricular dysfunction, and hypovolemia. The ability to perform these assessments at the bedside is crucial, especially in intensive care units, where quick decisions can save lives. In Urology, bedside ultrasound is a valuable tool for evaluating the bladder and kidneys, assisting in diagnosing urinary retention, hydronephrosis, and other conditions. The ability to perform these assessments immediately improves the efficiency of care and patient comfort, avoiding unnecessary transfers for exams in other hospital sectors.

In Obstetrics, the nurse's competency in performing bedside ultrasound allows for the evaluation of fetal well-being and the early detection of complications. This is particularly important in obstetric emergencies, where response time is critical. Vascular access is another area where POCUS has proven extremely useful. Real-time visualization of veins facilitates puncture, reducing the number of attempts and increasing the success rate, which is crucial for critically ill patients.

Finally, in Emergency care, the use of bedside ultrasound by nurses can accelerate the diagnosis and treatment of a wide range of conditions, from trauma to acute medical emergencies. The speed and accuracy provided by POCUS are essential for improving patient outcomes. COFEN Resolution n° 679/2021 is an important milestone that

recognizes and regulates this practice, encouraging nurses to seek continuous education and qualification. This advancement not only increases the autonomy of nurses but also raises the standard of care provided to patients, ensuring more quality and safety in clinical practice. It is crucial that nurses continue to train and integrate new technologies and practices into their daily routines, always striving for excellence in patient care.

Bedside ultrasound is one of those tools that, when used effectively, can transform nursing practice and, consequently, improve patient health and well-being.

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