



SOPE

SOCIETY OF PEDIATRIC ECHOCARDIOGRAPHY

Quarterly Newsletter

Spring 2023

SOPE Mission Statement

To provide a unique environment for the pediatric and adult congenital echocardiography community to collaborate with other imaging societies to promote networking, education, advocacy, research, and program development

Message from SOPE President, Shubhika Srivastava, MD and Co-Chair, Bernadette Richards, RDMS

It has been a memorable journey with all - recovering through the pandemic with our Booster shots and SPEED dates! The momentum and engagement of our membership continues to allow us to meet the needs and expand the reach for sonographers and physicians in areas of resource needs: education, quality initiatives, early career development and wellbeing. SOPE has now a new logo courtesy of Christine Camarda via Melissa Wasserman. And the subcommittees have new chairs and members that continue to increase engagement and connect to purpose. I want to congratulate and thank Dr. Timothy Slesnick for his tireless support, guidance, and Bernadette Richards for bringing us here today.



Congenital Cardiac Sonographers are our first line healthcare workers in cardiology- they are integral to every patient we take care of and every cardiac program. We are facing challenges in both available pool and retention of such skilled allied health partners. We as a community need to focus on how best to create a pipeline for undergraduates and graduates to value congenital cardiac sonography as a profession that is valuable, satisfying, exciting with opportunities for growth. To do all this work and maintain our networking platforms the SOPE has had to reinstitute membership fees which were put on hold through the pandemic. We now have the opportunity to have Institutions showcase their support of SOPE by becoming Institutional Sponsors - more details in this newsletter. (cont. page 2)

Thank You to Our Institutional Sponsors!



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Special points of interest

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Message from SOPE President (cont.)

Also in this newsletter are updates and reports from our subcommittees, in-depth interviews of two of our SOPE members, job postings, an introduction to our new logo and its creator, and more.

We hope to see you all on May 4th 2023 for the virtual SOPE Membership Meeting, and at the SOPE networking event on June 24 in National Harbor, MD. Stay tuned for details.

With Sincere Gratitude,
On Behalf of the SOPE Board and Subcommittees,

Shubhi and Bernadette
Bernadette Richards, RDCS, FASE
Shubhika Srivastava MBBS,FASE,FACC,FAAP



How to Contact Us

SOPE

1500 Sunday Drive

Suite 102

Raleigh, NC 27607, USA

Phone: 919-863-9488

Fax: 919-787-4916

Email:

tfoy@firstpointresources.com

SOPE Executive Board Members

President: Shubhika Srivastava, MD
Wilmington, Delaware
Nemours Children's Hospital, Thomas Jefferson University

Co-Chair: Bernadette Richards, RDCS
Nationwide Children's Hospital, Ohio State University

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Rady Children's Hospital San Diego, University of California San Diego

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Sonographer at Large: Jennifer Acevedo, ACS, RDCS
Lurie Children's Hospital of Chicago

Immediate Past President: Timothy Slesnick, MD
Children's Healthcare of Atlanta, Emory University

SOPE Executive Director: Tara Foy, tfoy@FirstPointResources.com
FirstPoint Management Resources

Introducing ^{the} New SOPE Logo



SOPE

**SOCIETY OF PEDIATRIC
ECHOCARDIOGRAPHY**

Meet the Artist

Christine Camarda is the designer of our new SOPE logo. Here's a little about Christine in her own words:

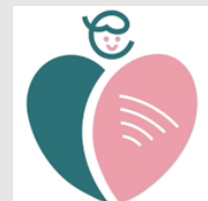
My husband and I are both from West Windsor, NJ and currently live in Robbinsville, which is where I met Melissa Wasserman, through our MOMS Club! We had more in common than just having children the same age -- there was a connection through CHOP. Way back in 1983, I was born with a Ventricular Septal Defect and was under the care of CHOP for my first year of life. Fortunately, my VSD closed spontaneously and I did not have any further experience with CHOP until having my oldest, JJ, now 9 years old, seen at CHOP for a few different reasons but luckily more in the developmental delay category (Audiology, Gastro, etc., and not anything like requiring the deft hand and expertise of my dear friend Melissa). I have a younger son, Joe, who is 7 and was also seen at CHOP Audiology, and a sweet baby girl, Toni (Antonia) who is 9 months, and will be our only baby to not require the services of CHOP! We hope to keep that trend going :)

Melissa asked if I'd be interested in trying my hand at designing a logo for SOPE and HECK YES I wanted to! She explained to me her vision and from there I developed the concept: something that represented the heart and babies. I selected a baby pink and soft blue-green to represent all children and echo waves to signify the nature of SOPE's work. I wanted clean lines and versatility so that the logo could be used, either whole or in part, in any setting, combining a recognizable icon along with text. I had a lot of fun stepping outside of my day-to-day work to craft the SOPE logo!

In my former life I was a third grade teacher and left the education world to care for my children, which is when I really started honing in on my design skills. As a teacher I always manipulated my materials (worksheets, calendars, etc.), but after leaving the classroom I indulged my passion for the past 10 years, teaching myself as much as I could and eventually taking courses in graphic design and creative entrepreneurship, so that today I get to be home with my babies while also fulfilling my deep need to create! You can find me digitally on christinecamardadesign.com or IRL drinking a copious amount of proper British tea in front of my computer, cooking/baking/entertaining, prioritizing date nights with my first love--Jonathan, and always chasing after my little monsters.



Logo artist, Christine, with Melissa Wasserman (who asked Christine to design a logo)





We are planning our next SOPE Membership Meeting on 5/4/23....

MAY THE 4TH BE WITH YOU

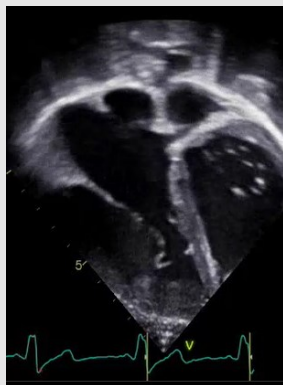
Our Star Wars-themed membership meeting will focus on "Hot Topics in the Pediatric Echo Lab: Sonographer Edition!" Some possible topics include sonographer shortage, creating certificate programs, compensation, and more.

So Save the Date and watch your email for more information!

And one other

SAVE THE DATE

the annual SOPE Social and Networking event is scheduled for Saturday, June 23 following the ASE scientific sessions. Stay tuned for time and location!



Career Development Subcommittee News

The career development subcommittee partnered with the education subcommittee and held a successful webinar during the February SPEED session, which was used to kick off our webinar series, The Pillars of Career Development. Dr. Srivastava provided a framework for discussing how to grow individuals through an entire echo program, and our panel was able to discuss specific challenges at multiple different levels of career.

Next up in our continuing career development webinar series is a session on coaching and mentoring, which is scheduled for Wednesday, May 31. This session will be headlined by Dr. Julie Glickstein, professor of pediatrics at Columbia and fellowship program director. We will have breakout rooms during this session to dive into group coaching and mentoring and introduce our new webinar series format. Look for more information as we get closer to the date!

PEASE Subcommittee News

The Pediatric Echocardiography Advocacy and Sonographer Education (PEASE) subcommittee has most recently focused on understanding and addressing a major concern for many pediatric echo labs, the shortage of pediatric and congenital sonographers. We have estimated that there is a shortage of at least 200 pediatric and congenital sonographers nationally. Unfortunately, there are only 5 sonography schools accredited for pediatric cardiac sonography or pediatric echocardiography according to the Commission on Accreditation of Allied Health Education Programs (CAAHEP). PEASE efforts to date have included identification of local sonography schools to partner with to create pediatric sonography programs or certifications. Many programs have been very receptive to partnerships to at least increase exposure to pediatric and congenital echocardiography. Many sonography students remain unaware of pediatric and congenital echocardiography as an option for their future careers. Early introduction of pediatric and congenital topics by those in the field may drive greater interest. Current and future work will hope to leverage SOPE as a resource to connect sonography training programs with pediatric echo labs interested in collaboration.

While these efforts will ideally provide more new graduates interested in pediatric and congenital echocardiography, the process of training is not done upon hiring. Most new graduates and adult sonographers converting to pediatric and congenital echo require 1 year or more until they are independent. The PEASE subcommittee is working to collate resources and develop consensus guides for this process. We hope that by sharing resources we can decrease the burden on any one echo lab and maximize efficiency of this process, without sacrificing quality.

The final efforts of the PEASE subcommittee will focus on retaining current pediatric and congenital sonographers. Sharing resources on career ladders and development and efforts to improve ergonomics to reduce work related musculoskeletal injuries will make for happy and healthier sonographers. Stay tuned for more to come in this area.

Subcommittee Co-Chairs: Garick Hill, MD and Bernadette Richards, RDCS

Communication Subcommittee News

Hello to the SOPE community! After a long search, we recently announced our new SOPE logo! As a committee we are excited about it, and hope that you are as well. The new logo will present on our website and social media accounts, and perhaps even some merchandise, later on! On the horizon for this year are a new and improved website, as well as some social media campaigns. We are still going strong on Twitter, Instagram, Facebook, LinkedIn, and TikTok – so be sure to like and follow! The links are located on page 10. Thank you for supporting us as we support you.

Subcommittee Co-Chairs: Jason Williams, MD; and Janet Barnes, RDCS

Subcommittee Members: Jennifer Co-Vu, MD; Joanne Chiu, MD; Beth Printz, MD; Melissa Wasserman, RDCS, RCCS; Jason Johnson, MD; Jennifer Acevedo, ACS, RDCS, FASE; Sujatha Buddhé, MD; Elena Kwon, MD; Simone Jhaveri, MD; and Tara Foy



SOPE Online Library

The SOPE Library is birthed from the Education Subcommittee as a repository to house educational materials related to the Pediatric Echocardiography community. The Education Subcommittee has vetted each of the documents housed within the library. We hope this collection of materials, books and media aide in the development of careers and to broaden the scope of knowledge of our community. The library is available to SOPE members:

[SOPE Library](#) | [SOPE](#)
(sopeonline.org)

Education Subcommittee News

New Co-Chairs:

Jennifer Co-Vu, MD, FASE, FAAP, FACC

Neha Soni-Patel, Med, BS, RDCS, RCCS, FASE

Members: Seda Tierney, MD, Ray Lorenzoni, MD, Carolyn Wilhelm, MD

Welcoming new members! Shannon Nees, MD, Jenna Keelan, MD, Nitin Madan, MD, Shivani Patel, MD, Ruchika Karnik, MD and Dawn Park, RDCS, RDMS

Fellows-In-Training who are interested in becoming members of the subcommittee: please email Tara Foy <tfoy@firstpointresources.com>

Monthly meetings of the committee are on the first Tuesday of the month. Monthly 30 min webinars-Society of Pediatric Echocardiography Education Dates (SPEED)- occur on the fourth Tuesday of the month 8 pm ET/ 5 pm PT

New this year: Free 0.5 CMEs/CEUs to SOPE Members

SPEED Topics this past quarter: Sonographer Education Strategies and Successes, Pillars of Career Development: Introduction to Program Building (Co-hosted by Career Development), ECHO and ECMO (Record 300+ registrants!!) SPEED talks are loaded to the SOPE website under the Library tab and are available to SOPE members for viewing.

April SPEED Session!

SPEED (Society of Pediatric Echo Education Dates) presents: ***RV Imaging in Tetralogy of Fallot***
April 25 at 8 pm EST

SPEED
SOCIETY OF
PEDIATRIC ECHO
EDUCATION DATES

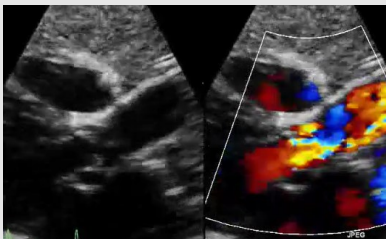
4TH TUESDAY OF THE
MONTH, 5 PM PST

Echo Collaborative Subcommittee News

Career Opportunities:

- ⇒ **Seattle Children's** is seeking a Pediatric Cardiac Sonographer in Seattle. For details click here: [Echo Sonographer in Seattle, Washington | Careers at Hospital Main Campus \(icims.com\)](#)
- ⇒ **Mount Sinai Health System: Kravis Children's Hospital** in NY, NY is seeking a pediatric/congenital cardiac sonographer. For details click here: [Pediatric/ Congenital Cardiac Sonographer- Mount Sinai Hospital- Full Time Days in New York, New York | The Mount Sinai Hospital](#)
- ⇒ **Cohen Children's Medical Center of NY—Northwell Health** is seeking a Pediatric Cardiac Sonographer Lead in Long Island NY. Link to details: [SOPEjobsboard](#)

Do you have a Job Posting you would like advertised in this newsletter and on the SOPE website? It is FREE for SOPE members to advertise. For details follow this link [Career Center | SOPE \(sopeonline.org\)](#), or contact Tara Foy at tfoy@firstpointresources.com To get your jobs listed today!



SOPE Echo Lab QI Collaborative: Decreasing Pre-operative Imaging Discrepancies in Patients prior to Surgery for Congenital Heart Defects

Echocardiography is the mainstay for the diagnosis of congenital heart defects prior to surgical repair and is an integral component of how well patients do in the operating room. Yet, diagnostic error rates range from 3% to 30% in published literature. Single center improvement efforts to reduce errors have had variable sustained success. Under the auspices of the Society of Pediatric Echocardiography (SOPE), we initiated a quality improvement (QI) collaborative. Our first project is to improve diagnostic accuracy of pre-op echocardiography for congenital heart defects prior to undergoing surgical repair or palliation.

Thus far, echo labs from 15 pediatric heart centers across the country have entered 1,482 patient records over 11 months into a central Research Electronic Data Capture tool (REDCap, Vanderbilt University, Nashville, TN). The cohort of surgeries included complete 2-ventricle repairs of tetralogy of Fallot, balanced atrioventricular canal defect, atrial or ventricular septal defects, aortic arch obstruction including interrupted aortic arch, and truncus arteriosus. Monthly virtual meetings with participating centers were utilized to troubleshoot and refine the REDCap tool and discuss cases to understand systems issues that lead to increased errors. A diagnostic error was defined as a finding that was missed on pre-operative imaging evaluation and correctly identified either in the operating room at the time of cardiac surgery or within 14 days after surgery. The baseline rate of diagnostic errors (number of diagnostic errors / total number of surgeries) was 6.8%. The top anatomic areas of error included the ventricular septum, atrioventricular valves, coronary arteries, and aortic valve. Most errors were preventable or possibly preventable. A small but important percentage of errors had moderate to severe impact on a patient's clinical course.

We are currently writing up a manuscript that includes the methodology for creating this first multi-center initiative and the patient-, center- and systems-level associations with error rates. Our monthly virtual meetings now focus on developing interventions specific to each center that can reduce error rates over time. We are grateful to SOPE for giving centers a collaborative and transparent way to collectively improve how we image, report and communicate for this group of patients.

Echo Collaborative Subcommittee Co-Chairs: Shobha Natarajan, MD and Meryl Cohen, MD

Open Executive Board Positions

The Society of Pediatric Echocardiography announces two open positions to the SOPE Executive Board- **Secretary**, and **Sonographer Member**. The Secretary position is a one-year term, and this individual will then progress through the ladder to Treasurer, Vice President, President, and Past President (each also a one-year term). The Sonographer Member position is a 2-year term, followed by advancement to Board Co-Chair for another 2 years.

SOPE members who wish to be considered for the open Board positions are asked to submit a statement of interest (SOI) that succinctly communicates their interest in the opportunity. The SOI should list your contact information, highlight your relevant experiences, and what unique skills you possess which can help the society fulfill its mission. Interested candidates may submit their CV or resume along with the statement of interest, however, a CV or resume submission is not required for consideration.

Those interested in open board positions are asked to send their statements of interest to tfoy@firstpointresources.com by **4/15/2023** to be considered.

SOPE Board Member Spotlight - Sujatha Buddhe, MD



Sujatha Buddhe, MD, moved to the US after completing medical school at the Osmania Medical College in Hyderabad. Her residency and fellowship were in New York and Michigan. She then moved to the Pacific Northwest, and lives in Redmond, 30 minutes away from Seattle Children's Hospital where she has worked for almost 10 years. *"I have been working with a great team of echo docs and sonographers who have been like an extended family. I will miss them when I move to Stanford this Summer."*

Looking forward to joining another great group there."

Do you have kids/family you'd like to tell us about?

I have three kids, 2 girls and a boy. Siddhi is 11, Shriya is 7, and Sohumi is 5 years old. They fill our life with joy and keep us busy with their afterschool activities and sports. My husband Sateesh works at Google. That is the most of what I know about his work and I am sure that he would also not quote anything more than a children's heart doctor about my work like my kids. My family has been my strongest support to pursue any of my passions.

"Love what you do and do what you love!!!"

What do you do to relax?

I love to run. I was one of those "not a runner" for a long time until I decided to give it a try after having my third kid. Since then, it has changed me. While I run a couple of half-marathons each year, I ran my first marathon solo during COVID when everything was shut down after I started my training. I also enjoy training young girls (my daughter and her friends) for their runs.



Like most Seattlites, we love hiking, camping and traveling. Staying in the Pacific Northwest is a huge perk and gives us the opportunity to hike or run on most weekends.

What is your latest passion?

Professionally, I am looking for opportunities to maximize potential and impact. With this interest, I started my MBA at the Berkeley Haas last year. It has been one of my best experiences so far. Despite the time and financial burden, it is totally worth it. An amazing cohort with diverse experiences, great professors and in person classes stimulate our brain and widen our perspective. I will graduate in May 2024, but who's counting. Mentorship and EDI - As a subcommittee chair of Women in Medicine, I started exploring opportunities to empower women in medicine. Even at Berkeley, I took a course "Inclusive leadership program". I hope to leverage the tools and mentorship gained through these experiences in my roles within institutions and national societies. I am



very eager to support and mentor trainees and early career faculty.

Personally: I started guitar classes recently. After years of driving my older kid to her guitar classes, I decided to explore my own passion too. Looks like it is going to take a lot of commitment and time for me to gain meaningful skills - "work in progress forever". I also love cooking traditional food when I have time.

How did you choose pediatric cardiology?

I love physiology and challenging variability between cases. Pediatric cardiology and particularly imaging checks these boxes.

Anything else you'd like to share?

Love what you do and do what you love!!! And this shouldn't be limited to work.

On My Days Off... *Featuring: Piers Barker, MD*

By: Jennifer Co-Vu

One can get so lost in the busy-ness of everyday life in the echo lab that sometimes it's easy to think that we don't have any more time for our hobbies. But sometimes our hobbies interconnect in a very real way with our work. The SOPE communications committee is inspired to continue this segment in our newsletter highlighting the hobbies and talents of our fellow imagers.

Piers Barker, MD, is a member of SOPE and a very busy physician – how does he find the time for hobbies? Piers, talks about how he is involved in fetal canine and puppy echoes, his love of rowing, and how the presence of rowing in his life balances with his work and family in this exclusive **On My Days Off** Q&A.

Where do you currently practice and what is your current position/academic rank?

I've now been at Duke University for almost 19 years – time goes by really fast! I'm currently the Section Head of Pediatric Cardiac Non-Invasive Imaging, Medical Director of the Pediatric Echo Lab, and Professor of Pediatrics and Obstetrics/Gynecology in the Duke Pediatric and Congenital Heart Disease Center. I am also tremendously privileged to have an adjunct appointment in Veterinary Cardiology at the North Carolina State University College of Veterinary Medicine.

What are your talents/hobbies outside of medicine?

Outside of medicine, I really enjoy spending time with my family. My wife and I will celebrate our 30th anniversary this year (see "time flies" above), and we have two boys, one in law school and one in college. We all went to Cornell University so that's been a fun family tradition. My wife and I always do the New York Times Sunday crossword together (I'm allowed to help with the short, simple words), and my two boys and I have fun creating different cocktail recipes for movie nights when we're all home. We have had



Brittany Spaniels since the boys were young, and while we had to say good-bye to the older one this past summer, the younger dog continues to keep us all endlessly amused.

As for a hobby – I'm a pretty serious rower. I've been part of a masters team (meaning age category, not necessarily skill) for over 15 years, and

raced at the Head of the Charles and the Head of the Hooch this past fall. However, I have also been known to occasionally do fetal echoes on pregnant dogs and cardiac exams on puppies...

When did you start your hobbies/talents?

I was a competitive cross-country skier in high school in Canada (after my obligatory time playing hockey as a goalie), but I decided to try out for Cornell men's lightweight crew the first week of freshman year. I ended up making the team, and fell in love with rowing and racing.



What intrigued you about your hobbies/talents in particular?

Rowing really is a fascinating sport. It's an amazing blend of power, strength, balance, rhythm, harmony and grace – connecting with the water, being outside, making the boat move fast, pushing yourself into some unpleasant degrees of discomfort – coupled with the thrill of racing against other boats. There are a ton of true metaphors about rowing and teamwork, and it seems to attract people in medicine. Dr. Benjamin Spock (the Pediatrician who wrote the famous book "Baby and Child Care" that most of our parents probably had) was an Olympic gold medalist in rowing.

It's also very meditative, perhaps because you're always going backwards, and endlessly challenging. You do the same stroke over and over again, so every stroke is another opportunity to get things right, do things better – while at the same time you're sitting only 4 inches above the water so there's no room in your head to think about anything else other than staying upright – all of which makes it a great mental break from work.



When do you find time for your hobbies amid your busy schedule as an imager?

It's definitely not easy! Fortunately, Kirsten (my wife) is extraordinarily understanding (in 8 million additional ways), and the Duke Pediatric Echo Team kindly puts up with me as well. I try to row each weekend day, and in the spring, summer and fall I'll get on the water while it's still dark in the morning to row before work. In the winter the workouts tend to shift to the rowing machine in the evening.

For the fetal and postnatal puppies – we've stayed close to the person who bred our two dogs – and who could possibly miss an opportunity to practice the equivalent of early gestational scanning or play with/listen to 4-week-old puppies?

What are the advantages and disadvantages of having a hobby? Was it beneficial to you?

No doubt the biggest disadvantage of having a hobby like rowing is the time it takes away from family and other potential hobbies. However, being able to empty my mind, commune with nature and the water and friends, and be in good enough shape to endure a race is hugely beneficial to my mental health. I do believe that there's truth in the "student-athlete" approach to work – meaning that work in one activity helps you be more efficient and focused in another – and that you can't do everything. For instance, I almost never watch TV, and I tend to listen to more books while driving to work than reading them. And of course, playing with a dog is immensely therapeutic just on its own.



What is an Institutional Sponsorship?

You may have noticed our listing of institutional sponsors on the front page of this newsletter. Here's the scoop... To promote institutional involvement, we are offering the following opportunities for institutional sponsorship for 2023:

Platinum \$4000

- ◆ Waiver of membership fees for all physicians, sonographers and fellows at your institution for each year of sponsorship
- ◆ Large size logo in newsletters, website and membership meeting background screen
- ◆ Free job advertisements in newsletters
- ◆ An article highlighting your institution annually in a SOPE quarterly newsletter
- ◆ One SOPE SPEED event to highlight the institution's research, clinical specialties, and/or work in progress
- ◆ Sonographer education and career growth
- ◆ Access to standardized protocols
- ◆ Higher priority for echo collaborative, QI and subcommittee opportunities

Gold \$2000

- ◆ Waiver of individual membership fees for up to 10 physicians and 10 sonographers at your institution for each year of sponsorship, all fellows are free

- ◇ Small logo in newsletters, website and membership meeting background screen
- ◇ Free job advertisements in newsletters
- ◇ Sonographer education and career growth
- ◇ Access to standardized protocols
- ◇ Higher priority for echo collaborative, QI and subcommittee opportunities

The benefits of Institutional Sponsorship include:

- Recognition of your institution on the Society of Pediatric Echocardiography website Sponsorship page, including a listing of the institution, the institution's logo, and list of all SOPE members from the institution
- Recognition of Institutional Sponsorship on electronic and print communications of the SOPE including quarterly newsletter, and acknowledgement in membership meetings for each year of sponsorship

Your support will allow the SOPE to achieve its goal of providing the unique platform and avenue for congenital and pediatric echocardiographers, particularly for career advancement of sonographers.



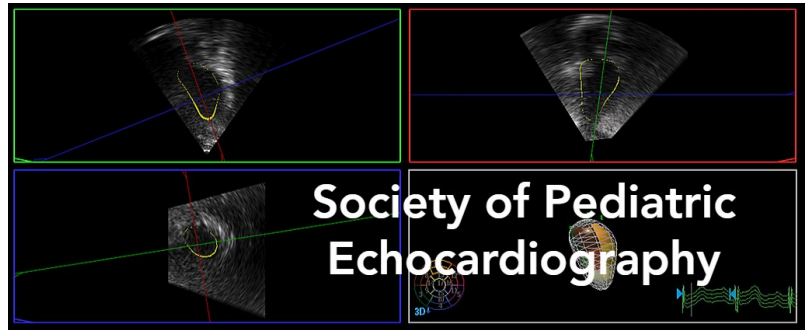
What's on the SOPE Website?!

Who Are We?

Since its formation in 1975, the Society of Pediatric Echocardiography (SOPE) has provided a forum for education, collaboration, and networking to the community of pediatric and adult cardiologists, fellows, and sonographers with a specific interest in the practice of pediatric and congenital echocardiography.

SOPE is an independent organization whose mission is to maintain and promote excellence in the echocardiographic examination of every fetus, infant, child, and adolescent as well as the adult with congenital heart disease. In addition, SOPE is committed to optimizing the training of pediatric echocardiographers and sonographers, having participated in the development of guidelines and standards for the nomenclature of cardiac septal structures as well as physician training in pediatric, fetal, and transesophageal echocardiography.

In collaboration with the American Society of Echocardiography, the American Heart Association, the American College of Cardiology, and the IAC Echocardiography, SOPE assists in the establishment and promotion of universal standards for the nomenclature and orientation of two-dimensional transthoracic and transesophageal echocardiography as well as contrast and fetal echocardiography.



The Society of Pediatric Echo's Website is ready for you:

Follow the tabs at the top of the main page to join or renew your membership, read the latest news, check out the library (!), look for upcoming events, and check out the job postings.

Did you know that as a SOPE member you can add a FREE job posting on the website? Contact Tara Foy.

[SOPE | Society of Pediatric Echocardiography \(sopeonline.org\)](https://sopeonline.org)



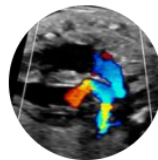
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