

Precooked, processed meat, better known as SPAM (Hormel Foods Corporation, Austin, MN), can be used as an ultrasound phantom to teach several ultrasound applications” Nolting et al (2016).

Abstract:

Ultrasound models, commonly referred to as “phantoms,” are simulation tools for ultrasound education. Commercially produced phantoms are available, but there are “homemade” alternatives such as raw poultry and gelatin molds. Precooked, processed meat, better known as SPAM (Hormel Foods Corporation, Austin, MN), can be used as an ultrasound phantom to teach several ultrasound applications. It is a versatile, hygienic, and easily manipulated medium that does not require refrigeration or preparatory work and can be easily discarded at the end of use.

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Reference:

Nolting, L., Hunt, P., Cook, T. and Douglas, B. (2016) An Inexpensive and Easy Ultrasound Phantom: A Novel Use for SPAM. Journal of Ultrasound in Medicine. March 3rd. .

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