



# Cardinal Rays

## TOP STORIES IN THIS NEWSLETTER



### ARRT CONTINUING QUALIFICATION REQUIREMENTS "CQR"



### Social media and National Rad Tech Week!



### PROGRAM SPOTLIGHT: Sinclair Community College



### Julie's Jingles The NEW meaning of "DO UNTO OTHERS"

Now that the afternoons in the pool or at the beach have come to an end and your schedule might be full with college, fall sports or kids' school activities, it might be a good time to reflect on the impact that we make in the lives of our patients every day. Recently, three people that I care about very much have had major health issues that required surgery preceded by various medical imaging procedures. From the torn rotator cuff to the diagnosis of uterine cancer, people that are irreplaceable in my life, have experienced what we do and who we are on a very personal level. Pick a procedure and probably one of them recently experienced it: radiographs, CT, MRI, sonography, vascular interventional, and PET scanning!

Do you know what all three of them told me? They each commented about the way that at least one technologist made them feel. They didn't know if their images were good or bad or if the technologist had done what they were supposed to do, but they **did** know that they felt comfortable and that their technologist was kind and empathic. What a great compliment to what we do every day! I think that there is nothing nicer that a patient could say than to say that the technologist cared about them.

Many of us grew up in the era of the Golden Rule meaning, "Do unto others as you would have them do unto you." I believe that in our practice of cultural humility we have transformed to a new Golden Rule of "Do unto others as they would like done unto them." This means to treat others as **they** would like to be treated, **not how you** would like to be treated. As we have all continued to learn more about others and value our differences, treating others with respect and dignity carries a strong impact, particularly in today's society.

To know that my loved ones voiced that they were treated well and made to feel valuable and cared for says a great deal about our profession. I would like to think that we all practice this way and care for our patient's in a way that lets them know that they matter, that their life matters. Keep up the good work as an attentive, compassionate and professional technologist! You make all of us look good when you do and you represent us well! Thank you for all that you continue to do on behalf of our patients who often interact with us during the most difficult times in their lives. My loved ones and I are very appreciative.

Enjoy the sweatshirt and sweater weather and keep an eye out for those kids walking to and from the bus stop or school!

**ADVOCACY COMMITTEE UPDATE:****“OSRT at work for YOU”**

The Ohio legislators have been busy this summer working on and supporting the passage of Governor DeWine’s budget bill. The OSRT Advocacy Committee continues to work closely with our legislative consultant, Paul Kudlak, the Ohio Department of Health, Radiation Generating Committee (REC) and Radiation Advisory Committee (RAC) to stay abreast on potential implications to the imaging profession regarding the revisions to the radiology statues passed with the budget bill.

Ohio, one of the most heavily regulated states in the U.S., built into the budget bill a provision stating that for each restriction, agencies must remove two others, which means that licensure and radiation regulations in Ohio could be removed. On July 16<sup>th</sup> a special RAC meeting was called to discuss a letter that will be sent to the Director of Health asking for an exemption from this requirement for radiation regulations in Ohio. The meeting was very productive and a letter stating all reasons why radiation regulations were essential to the public health was revised and approved.

We continue to work with the Ohio State Radiological Society to improve the administration of contrast orders and improve workflow. Second, we are also keeping a close watch on the encroachment of Advanced Practice Nurses. They have met with several legislators trying to gain support to be able to do imaging procedures and supervise radiologic technologists. During the reception at the State House in June hosted by the OSRT we met with Dr. Steven Huffman, Senator from district 5, who is opposed to allowing this to happen, thanking him for his support. We will continue to monitor the situation, meet with legislators and work with the consultants to prevent this from happening.

Tiffany Roman  
OSRT Advocacy Committee Chair

**Check it out! OSRT, Social media and National Rad Tech Week!**

We’re excited to keep our OSRT members informed and involved through our social media accounts. Through social media we provide OSRT members and follower’s information about OSRT activities, national and state legislative updates, and advances in technology and patient care. Our social media committee is comprised of technologists from all over Ohio who are involved in many different modalities.

We are always keeping an eye out for information that our members will find useful. We also love it when our members share things with us so that we can share them with all our followers.

We’re especially excited about our upcoming activities for National Radiologic Technology Week (November 3-9, 2019). The Social Media Committee is planning many activities to feature some of our OSRT members and to get everyone involved. However, to win prizes (yes, there will be prizes!) you must be a current OSRT member, so make sure your membership is current now so you can play along in November!

Follow and tag us on all our social media accounts:

Facebook: The Ohio Society of Radiologic Technologists

Instagram: osrt\_society

LinkedIn: OSRT Ohio Society of Radiologic Technologists

Twitter: @TheOSRT

Kristin Seitz

Social Media Chairperson

**Note from the NEW OSRT Executive Secretary:**

Greetings! My name is Lauren Huffman and will be transitioning into the Executive Secretary role. I am excited to be taking on this new challenge in my life and continue my service to the OSRT. I have served as President, Chairperson of the Board, and on many other committees over the years. I have been a technologist and OSRT member since 2000 and truly enjoy being a part of the organization. I am looking forward to helping the membership with questions and meeting registrations.

I live in Zanesville, Ohio with my husband Jared, also an OSRT member, and our son, Cole. I would love for you to stop by the registration area so I can meet you personally at the 2020 Annual Meeting!

Lauren Huffman, R.T.(R)(CT)

## WHERE ARE THEY NOW?

Editor Note: Jessica Bates was very active in the OSRT as a student. She joined the OSRT in 2017 and was chosen as a Student Director. Her contributions to the Society were much appreciated. She is now a Director on the OSRT Education and Research Foundation Board and plans to continue her involvement in the Foundation and the OSRT.



Hi everyone! I am Jessica Bates R.T.(R). I graduated from Sinclair Community College in Dayton in 2018, and was hired soon after at Grandview Medical Center in Dayton. I started off PRN, then went to a Monday through Thursday second/third swing shift, and now I'm doing all weekends on third shift. Three twelves are definitely my favorite!!

Since I've graduated I really haven't had much of a break. I immediately went back to school - a summer class started the day after graduation and then I began the Baccalaureate Radiation Science program at UC Blue Ash shortly after that class ended. My employer trained me in CT, and I plan on taking my registry sometime in December of this year. Just as in the radiography program, I am still a bit unsure of where my B.S. will take me, but I believe life leads us on a certain path and I am willing to take the ride that this great profession provides us!

I was thirty when I decided to return to college, and it was one of the best decisions I ever made. Going to school for Medical Imaging was by far THE best decision I've ever made. I am passionate about what I do and the profession I serve. No matter where my education and my profession takes me, I hope to serve this field for as long as I can.

## FOUNDATION CORNER

Greetings from the OSRT Education and Research Foundation!

It is hard to believe that the fall season is knocking on our door. Just like our thoughts turn towards football and tailgating, the Foundation begins to rev-up its grant opportunities and available resources to fund the grants for 2020.

In the past, we have reached out to our membership for assistance in securing corporate funding to help support our grants. We would like to continue this initiative and are once again asking for your assistance with this fundraising effort. If you have the names and contact information for any corporate vendors or other professionals who are interested in supporting our efforts, please forward this information to [osrt@osrt.org](mailto:osrt@osrt.org). A successful fundraising campaign will bring increased revenue and sustainability to the Foundation's mission and vision.

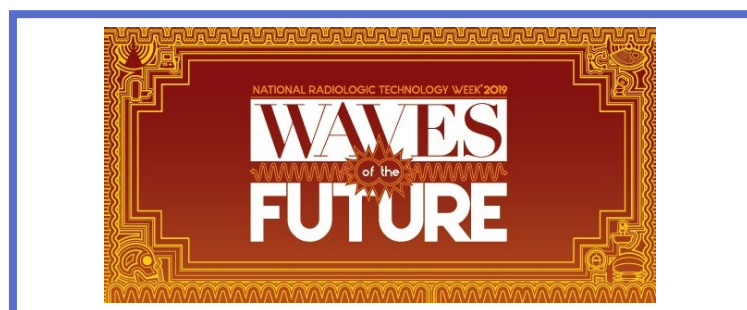
Another grant opportunity for technologists and students this upcoming year will be the OSRT Humanitarian Grant. Look for more information about this grant opportunity in the near future. Thank you to Denise Moore and her t for all their hard work in developing the guidelines for this grant.

A listing of the competition and grant opportunities available to students and technologists will be viewable shortly. The listing will be emailed to educators and students in September.

Thank you,  
Gail Schroeder  
OSRTERF Chairperson



OSRTERF  
Board of  
Directors



## PROGRAM SPOTLIGHT: Sinclair Community College



### “What are you doing for your service learning project”?

Just that one sentence can strike dread in the heart of many programs, but here at Sinclair Community College we have found a great fit by partnering with Choices in Community Living (CICL). CICL is a nonprofit agency that provides services in the community for people with developmental disabilities. By allowing our students to interact with their clients, CICL has contributed to our students’ learning about effective communication with the developmentally disabled.

When we first teamed up with CICL, we sent our second year students out to the various YMCA’s that hosted the “Fun Fit” program for this population. The first year, students were there interacting/exercising with the CICL clients for a single day. Students requested that they be allowed to do this more than once so we expanded it to 3 days, then added a day when the clients could come to our campus. During their time on campus, the clients learn about different healthcare services from students in other programs such as Occupational Therapy, Respiratory Therapy, Medical Assisting and Surgical Technology in addition to our own program. We end the day with a pizza party and a visit from the Sinclair mascot (our own department chair – Angie Arnold!). It is our hope, that by seeing firsthand what goes on in the different departments, we can alleviate some of the fear and anxiety associated with the hospital for these clients. The Sinclair Radiology Department was recognized this year by the Montgomery County Board of Developmental Disabilities Services as supporters of people with developmental disabilities whose efforts have contributed significantly to improving the quality of life for people with developmental disabilities.

Ann Swartz & Vicki Luster  
Sinclair Community College Program Faculty

## OSRT Board of Directors Executive Committee Update:

Last year, the OSRT board of directors voted on the 2018-2022 Strategic Plan. The plan was created around three core values: Professionalism, leadership and education. The goals that were then created from these values include increasing membership and visibility of the OSRT, Promoting advocacy efforts, advancing scholarly activity, and fostering a culture of leadership. Over the last year, the OSRT committees kicked off the plan with a great start! Active membership was increased and maintained, as well as the OSRT state advocacy event was planned and took place on June 5<sup>th</sup> at the statehouse, increasing advocacy efforts. Instagram and LinkedIn accounts were created for social media, increasing the visibility of the OSRT. Scholarly activity goal was met for this past year through presentations at the OSRT meeting, as well as a member article in the ASRT Journal. The executive secretary succession plan was completed and our new secretary has taken the reigns, contributing to fostering a culture of leadership.



This year, President Gill was diligent in including all of the strategic initiatives in the presidential charges. The board has also approved the executive committee proposal for a webmaster contract that went into effect this past month. The executive committee will be completing the job posting this year and will hopefully have an apprentice in place by next year for the Web Master of the OSRT. Over the next year, we look forward to exercising the skills of the amazing professionals leading each and every committee or task force that strive toward success of meeting the goals and implementing initiative of the strategic. Thank you to the commitment of the board, for their leadership in this process, and all of the committee leaders and volunteers that help the OSRT and Ohio professionals meet our mission to advocate for medical imaging and therapy professionals by advancing professional practice to enhance the quality of patient care.

Emma Palmer, OSRT Senior Board Chairperson



!STUDENT! !STUDENT! !STUDENT! !STUDENT! !STUDENT! !STUDENT! !STUDENT!

September/October 2019

Volume 19 Issue 2



Abby Murphy  
OSRT Student  
Director

Hello everyone,

Cardinal Rays Bi-monthly Student Issue

September/October 2019

Volume 19 Issue 2

I hope everyone has been enjoying their summer! I can't believe school starts back up again in the next few weeks. I hope everyone has been checking a lot of things off of their summer bucket lists!

Have you ever thought about joining the OSRT as a student or new technologist? For this issue I asked my fellow Student Leaders why they decided to join the OSRT and gain all the benefits that come with it. First, learn why each of them chose their profession.

Kendra: "I'm currently a second year, starting my 4th semester at OSU. I chose my profession as an x-Ray technologist because I've always wanted to be in the medical field, and thought imaging was the most interesting step in a diagnosis. I enjoy patient care while also seeing many interesting cases in my clinical rotations."

Ali: "I just entered my second year as a student. I actually broke my nose and had to get an MRI. That's what made me start considering radiology as a career. I researched a lot about it and discovered it was something I would love to do."

Arian: Arian is in her second and final year of the program. "I chose the journey of becoming a Radiologic Technologist for a few reasons. My main purpose in life is to help those around me. I strive to make a positive difference in as many lives as I can and being in the healthcare field supplies me with countless opportunities every day. Another reason is based off of my experience as a young child, getting x-rays and being scared and unsure of what was going on. I aspire to be an expert technologist that can explain the process and my part in it so well, that patients of all ages understand what to expect and trust that they are in good hands."

There are so many benefits for students like us to join the OSRT and get more involved. Have you been considering joining? Here are some awesome reasons to get more involved now and after graduation.

Kendra: "I joined the OSRT after being told about it by my teacher, Allison Stokes. She encourages me and my classmates to get more involved in the profession, and she told me about how beneficial it would be to join. After joining, I would recommend other students to join because it's a great way to begin networking. I have met other students, technologists, and teachers from all over the state. I'm grateful for everything the OSRT has taught me about my future career, and the people I've met through this society."

Ali: "I joined the OSRT after my former classmate, Allison, shared her amazing experience with me. I heard about the OSRT and the awesome things that they do at the beginning of my school career. After chatting with Allison and realizing I could be a part of the great things they do, I was more than willing to join. The OSRT is truly for everyone in the field of radiology. They are there to inform us of what is going on in the radiology world. It's a great support system for professionals in the radiology field. As far as students go, they go above and beyond every year to help us with the registry exam. Creating the quiz bowl and making a fun contest out of studying has helped so many! Also including a mock registry exam allows students to see where they fall which can be super beneficial."

Arian: "I joined the OSRT because I knew it would not only help me better understand my future profession, but it also supplies me with a vast knowledge of history of the organization. My teacher/program director also spoke with my class about the OSRT at the beginning of my first year and sparked my interest, so I had to learn more and get involved! The OSRT helps students understand the importance of our future job, becoming x-ray technicians, and the laws surrounding it. The foundation strives to maintain the importance of having certified, knowledgeable, x-ray techs readily available who are experts at what they do and how it effects each patient. You have a voice and you matter! It is each and every one of our responsibilities to voice our opinions and be informed of the laws that surround our profession. Every person is vital in ensuring that our profession stays within our field only, and together we form the village that it takes to stay up to date on the latest changes and laws, and the future of where our profession will take us!"

As always, if you have any questions about becoming more involved, please reach out to us!

Abigail Murphy, Student Director

[Murpha6@mail.uc.edu](mailto:Murpha6@mail.uc.edu)

## ARRT CONTINUING QUALIFICATION REQUIREMENTS “CQR”

### The OSRT is here to help!

Have you been wondering what to do about the ARRT Continuing Qualification Requirements? Judy Miller, the President-Elect of the OSRT and the current Education Committee Chairperson, has provided a brief overview for this issue of the Cardinal Rays.



This overview is not all inclusive of the complete CQR process. Links are provided below to videos and documents published by the ARRT. It is advisable that you watch the videos to gain a better understanding of the CQR process.

In an effort to promote high-standards of patient care by qualified individuals, the ARRT has developed a method that allows registered technologists to document their continued qualifications. Radiologic technologists who have been awarded a certification starting January 1, 2011 are required to document their continued qualification every 10 years in the certification that they hold. Certifications obtained prior to 2011 are not subject to CQR. For example, you are awarded a certification in radiologic technology in 2010 and a certification in computed tomography (CT) in 2011. CQR is only required for your CT certification. During this 10-year period, you are still required to complete your biennial CE requirements. The last 3-years of the 10-year period is called the CQR compliance period. This compliance period begins the first day of your birth month in year 8 and ends on the last day of the month *preceding* your birth month in year 10. This gives the registered technologist 3 years to document the compliance components, which must be completed by the end of the 10-year period in order to continue certification and registration in the discipline. It would be advisable to begin the compliance components as soon as eligible, especially if you need to complete CQR for more than one discipline. You will be notified through your online ARRT account when the process begins.

There are seven sections in the compliance component. The first two sections are participant agreement and disclaimer. The third section is the professional profile, which has three subcomponents consisting of a Reflective Exercise, a Profile Summary, and Clinical Refreshers. The reflective exercise asks you to indicate how often you have performed, over that past two years, the various clinical activities identified in the most current ARRT practice standards. Your responses are then compiled and presented as a graphical representation in the profile summary. The final section of the compliance component is clinical refreshers. While not meant to be comprehensive or used to meet CE requirements, the optional refreshers are a method to remind technologists about the basics of conducting a given clinical procedure. The last four sections pertain to the structured self-assessment (SAA), the compiled results of your SAA, educational activities available to assist you with knowledge gaps in the areas where the standard was not met, and requirements for CQR CE activity.

The SAA is an assessment tool to measure your knowledge based on the current ARRT practice standards required to enter the profession today. This is a proctored assessment, therefore you will need to make an appointment at a Person VUE testing center or schedule an appointment with a remote proctor. The video titled “CQR: An In-Depth Look” explains this process starting at 3:03 - 6:03. Two-three weeks after you complete the SAA, you will receive the results of your assessment. If you have met the standards for each area, then you are finished with CQR. For those areas where you are deficient in knowledge, you will be assigned prescribed areas of continuing education. The “CQR: An In-Depth Look” video explains this process starting at 6:04 - 8:22. There will be links provided on the ARRT website to educational opportunities for you to choose from. The links will take you out of the ARRT website to the website of the company where you can purchase continuing education to help you to increase your knowledge in that area. Each continuing education activity will list the amount of credits awarded for both CQR and CE requirements. Once you complete the activity, log onto your ARRT account and report the CE activity. In addition, the OSRT will be providing CQR approved continuing education topics at the 2020 annual meeting.

I hope that this overview will give you a better understanding of the CQR process. Below are the links to the ARRT videos.

“CQR Overview” [https://www.youtube.com/watch?time\\_continue=6&v=hV-k0Z75J4I](https://www.youtube.com/watch?time_continue=6&v=hV-k0Z75J4I)

“CQR: An In-Depth Look” <https://youtu.be/3-BNTKMRqs>

ARRT Continuing Qualifications Requirements [https://www.arrrt.org/docs/default-source/governing-documents/continuing-qualifications-requirements.pdf?sfvrsn=7f0305fc\\_14](https://www.arrrt.org/docs/default-source/governing-documents/continuing-qualifications-requirements.pdf?sfvrsn=7f0305fc_14)

## OSRT 2020 Annual Meeting

Join us for the 80<sup>th</sup> Annual Meeting!

April 9-11, 2020

Columbus Doubletree - Worthington

### Topics/Events Planned

- CQR and Registry Review Topics
- Patient Care
- Education
- Digital Imaging
- OSRT Business Session
- Student Quiz Bowl
- Philip W. Ballinger Student Self-Assessment Exam
- Thursday night Party
- Social Media Contests
- Plus much more!!

The 2020 Annual Meeting Committee members are very excited about planning and hosting the 2020 conference. Planning is well under way and we look forward to seeing you in April! If you have never attended the Annual Meeting, make the 2020 conference your goal. This is a fantastic way to have fun, network with other imaging professionals from around Ohio, reconnect with friends and professional colleagues, and make some new friends!!

[Terri Bruckner](#); [Christine Gialousis](#)  
2020 Annual Meeting Co-chairs

## OSRT VISION

The OSRT will be the voice of Ohio medical imaging and radiologic science professionals.

## OSRT MISSION

The OSRT advocates for medical imaging and radiologic science professionals by advancing professional practice to enhance the quality of

## OSRT Executive Office

325 Lake Vista Dr., Zanesville OH 43701

Phone: 440-382-5607

Email: [osrt@osrt.org](mailto:osrt@osrt.org)

Web: [osrt.org](http://osrt.org)

## From the Editors

Hello from Whitney Reese and Sheryl Bacon!

National Radiologic Technology Week:

“Waves of the Future”

Hello Fellow Technologists and Student Technologists,

NRTW is November 3-9, 2019 and as you have probably realized by now the theme is “Waves of the Future”. Since the Merriam-Webster Dictionary started including “noun phrases” in its definitions I looked up the term, not really expecting to find a reference. But there it was!

### “DEFINITION OF WAVE OF THE FUTURE

:an idea, product, or movement that is viewed as representing forces or a trend that will inevitably prevail.”

<https://www.merriam-webster.com/dictionary/wave%20of%20the%20future>

That made me (Sheryl – Whitney isn’t nearly as old as I am) think of the progression of our profession over the last 50 years. Could you have envisioned CT, MR, US, PET and SPECT? When I began my training way back when, our department had a darkroom, chemical tanks, film dryer, a fluoroscope that glowed green, a barium bucket (that’s a story for another time!), a stereoscopic reader and NO computers of any kind. Somebody certainly has made waves!!

The OSRT has been making waves for a long time. Forward thinkers have always been involved in the Society and that continues to be the trend. Sometimes it seems as though we only break the surface with ripples, but a lot of ripples can add up to a tidal wave. A good example of the OSRT making waves centers on our advocacy efforts – starting with our efforts to secure licensure for technologists in the state of Ohio. That small, persistent effort (ripple?) grew in size and intensity and most recently landed us at the Ohio Statehouse Legislature reception! Now there are more of our state representatives who know who we are and what we stand for.

There are many of us who will make waves in the future – the “what” and the “how” is yet to be known. A wave is an unstoppable force and together we can be unstoppable too!

Note: If you could invent something to improve patient care, produce better images or just make your workday easier, write a letter to the Editor of the Cardinal Rays with your idea!

Until next time,

Whitney and Sheryl

[Whitney Reese](#)

[Sheryl Bacon](#)