

# CARDINAL RAYS

Newsletter of the Ohio Society of Radiologic Technologists

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## Gabbing with Gary

Hello to all of you,  
 Summer is here! The weather is perfect for backyard BBQs and refreshing dips in the pool or lake. Vacations are happening again and we are so hopeful to be back in person in April 2022 for our Annual Meeting in Columbus, Ohio. I recently attended the ASRT Annual Governance conference via zoom June 17-20, 2021. We discussed topics that pertain to radiologic practice, ASRT bylaw revisions and issues facing all technologists nationwide.

I was proud to be an affiliate delegate representing Ohio. I was also proud of all the Ohio delegates representing the great state of Ohio. I attended the Management Chapter and the Radiography Chapter meetings. It was nice to network with other technologists and managers all across the United States. We had a lot of discussion about the changes in shielding requirements at clinical sites nationwide and how proper collimation and accurate positioning will protect the patient from further exposure to radiation.

The OSRT has an upcoming Board of Directors meeting on September 24th, 2021 at 9am. We will be reviewing business of the OSRT and committee progress toward achievement goals for 2022 along with topics that are pressing to the organization. All are welcome to attend! If you want to attend, register for attendance with the Executive Secretary of the OSRT.

The profession is driven by YOU. It's your voice and we want to hear what your challenges are and how we can assist you.

## Gabbing with Gary (continued)

If you have any questions about the society, please feel free, as always, to reach out and we can answer them. Once again, I want to thank you for your support and patience during the Covid-19 pandemic. We all have learned that as technologists, we are valuable front line workers who work tirelessly for the patient. I commend you on a job well done. You are true professionals and dedicated to the profession you have chosen.

Enjoy your summer and know that we are here for you. I am open to comments and would love to discuss any issues that you feel need to be discussed. To reach me send an email to [president@osrt.org](mailto:president@osrt.org).

If you want to truly change things, stand up and answer the call to action. One person really can make a difference.

“Unless someone like you cares a whole awful lot, nothing is going to get better. It’s not.” Dr. Seuss.

I wish you a warm and wonderful summer full of health and joy. Until my next message, be safe and please consider volunteering for next year. We need people like you to move the society forward. Be the agent of Change! Don’t wait for another to step forward.

Thank you,

*Gary*

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"If you want to truly change things, stand up and answer the call to action. One person really can make a difference."

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**Gary Greathouse**  
OSRT PRESIDENT



# Ohio Affiliate Delegate Report

By Gary Greathouse, M.S., R.T.(R) and Judy Miller, B.R.I.T., R.T.(R)(CT)  
Ohio Affiliate Delegates at the ASRT Annual Governance and House of Delegates Meeting

The American Society of Radiologic Technologists' 36th annual Governance and House of Delegates meeting was held as a virtual event this year. There was much discussion about the changes in shielding requirements at clinical sites nationwide and how proper collimation and accurate positioning will protect the patient from further exposure to radiation. As a delegate, it is our duty to get the information back to the membership. The following information has come to light and we wanted to share this news with you regarding shielding and shielding practices.

## Shielding and Fetal Monitoring:

The Education Modules, a set of 6 short modules worth CE credit, created by the CARES committee should be available through the AEIRS website ([www.aeirs.org](http://www.aeirs.org)) should be available in July. These modules will be available free of charge for any radiologic technologist, student, physician, or medical physicist. The ASRT, AEIRS, JRCERT, and ACERT have all been invaluable contributors to these modules.

Ohio was well represented at the ASRT Annual Meeting this year!



**Nicole Douglas**  
• Mammography Chapter Chair and Delegate



**Christine Gialousis**  
• MR Chapter Delegate



**Dr. Julie Gill**  
• Education Chapter Vice Chair and Delegate  
• Committee on Fellows



**Gary Greathouse**  
• Ohio Affiliate Delegate  
• Management Chapter Alternate Delegate



**Lucas Gross**  
• Committee on RT Advocacy Region 6 Subcommittee  
• NM Chapter Alternate Delegate



**Allison Hermance-Moore**  
• Committee on RT Advocacy Region 6 Subcommittee  
• Student Leadership Development Program Alumni Committee Chair



**Po Hu**  
• NM Chapter Alternate Delegate



**Judy Miller**  
• Ohio Affiliate Delegate



**Dr. Heather Moore**  
• In-coming ASRT Board of Directors, Secretary  
• Committee on Bylaws



**Emma Palmer**  
• Practice Standards Council Vice Chair  
• CT Chapter Alternate Delegate



**Tiffany Roman**  
• Radiography Chapter Delegate



**Kristin Seitz**  
• MR Chapter Vice Chair and Delegate  
• Committee on RT Advocacy Region 6 Subcommittee



**Andrew Shappell**  
• Alternate Ohio Affiliate Delegate



**Dr. Ryan Smith**  
• Committee on RT Advocacy Region 6 Subcommittee Chair  
• NM Chapter Vice Chair and Delegate  
• Elevated to ASRT Fellow



**Allison Stokes**  
• Alternate Ohio Affiliate Delegate



**Jacqueline Turk**  
• Committee on Nominations



# OHIO ROCKS!



The OSRT is proud of all the hard work and dedication of our volunteers and committee members, many of whom serve in multiple organizations. Two such individuals are Dr. Heather Moore and Dr. Ryan Smith. At this year's ASRT Annual House of Governance and Delegates meeting, both Heather and Ryan were rock stars!



***Heather Moore, Ph.D., R.T.(R)***  
ASRT Board of Directors, Secretary

"I would like to thank the OSRT members for their support in this year's election and hope that everyone will consider getting involved in volunteer opportunities with the OSRT and ASRT. Both organizations offer so much to its members and taking the first step in getting involved as a volunteer is not as scary as it may seem. Just let someone at the organizations know that you are interested, and they will bring you along for the ride of your life!"

***Ryan Smith, D.H.Sc., MBA, CNMT, FASRT***

ASRT Fellow

"I am honored and humbled to have been elevated to ASRT Fellow. The ASRT has provided me with many incredible opportunities to serve the radiologic technology profession and collaborate with some of the most passionate and dedicated technologists in the country. Many special thanks goes to my sponsor – Barbara Hente, the Nuclear Medicine Chapter, and the OSRT for their support. I look forward to continuing to serve for many years to come."



Photo credit: ASRT

# MEET THE BOARD

## Allison Hermance-Moore

Allison Hermance-Moore, A.A., A.A.S., R.T. (R), is currently a staff technologist at OhioHealth Riverside Methodist Hospital in Columbus. She is a Director at Large on the Board of Directors, Advocacy Committee Chair, Annual Meeting Planning Committee Apprentice, Student Liaison, Student Mentor, and Strategic Plan Committee Member. Let's get to know a little more about her.

### How did you first get involved with the OSRT?

I was a student leader from 2018-2019 after my program director mentioned the program to my class and I applied/was accepted.

### Tell us a little bit about your journey with the OSRT.

I've been continuously involved with the OSRT since I began as a student leader. I started out on the Education, Annual Meeting Planning, and Social Media committees, then served as Vice Chair of the

Advocacy Committee and again on the Social Media Committee, and then as the Chair of the Advocacy Committee and the Student Liaison/Mentor. The OSRT has provided an insight into the larger world of radiology while I've transitioned between school and my professional career. I've enjoyed getting to know and work with members from all over the state (and country!) through my involvement and feel that the mentoring I've received has helped me grow within the field.

### What are you looking forward to while serving as an OSRT board member?

I'm excited to be a voice for technologists in Ohio. I have developed a true passion for this field in part because of my work with this organization, and I'm excited to work with our members to help Ohio be a great place to be an imaging professional.

### What do you hope to achieve as an OSRT board member?

I have two current projects I'm excited about: the upcoming strategic plan and the advocacy action log. I'm excited about the strategic plan because I can see the organization listening to the membership to better suit their needs, and I'm truly thrilled with the direction it is going. The advocacy action log, on the other hand, is designed to look backwards at what our organization has done and to compile those records to better inform our efforts moving forward. I can see both of these projects having long term effects for our members and that brings me joy.

### Any personal notes want to mention?

I was born and raised in Columbus, where I live with a cat named Jasmyne and a dog named Otis. When I'm not at work I love to hike, craft, play board games, and drink craft beer. Last year I got really interested in canning and preserving, and I'm excited that it's almost time to get that going again this year.



# Student Spot!

## Student Cardinal Rays



## WHAT TIME IS IT? SUMMERTIME!!!

If there is one thing I love most in this world, it is the feeling of sunshine on my face and the thought of warm weather all the time. Although school started for me on June 10th, I am trying to find the perfect balance between doing schoolwork and enjoying time outside. Some personal updates have taken place since I last spoke to you. I went on a weeklong vacation with my mom to Hilton Head Island. I got my Rock Steady Boxing Coach's Certification (Rock Steady is a boxing class designed to help those with Parkinson's Disease). Lastly, I also have started back to school at the beginning of June. In the world of a Rad Tech student, summertime can mean a couple of different things. Some students are so anxious to start the next two years of their program, while others are working hard in clinicals for their final year as a student. And for those who are recently graduated, they are ready to take on a job position and start making money in their field! For myself, I am entering my second year in Kent State Salem's radiography program, and I couldn't be more excited for the year ahead of me. I know I am going to have my work cut out for me, but with prioritizing my time right, I know I will be just fine.

I thought I would share some ways that I use to help me with my schoolwork. One way that I am preparing for this semester is by utilizing my planner. I am a big color coder for differentiating courses and I have all my assignments laid out, so I know exactly when I need to get things done. Another way to prioritize schoolwork is to plan each day hour by hour just so I can accomplish all that I want. One tip that I would like to share with students who are trying to stay on top of their work, is to be sure you are asking questions. That is one of the very first things I told my first-year students. You are the one paying for this education, so you are the one responsible for your accountability.

As most of you probably know, the OSRT committees are in the process of meeting to discuss upcoming events, data that relates to the committee, and to talk about ways to improve their role in the OSRT. I am lucky enough to be a part of two committees this upcoming year, the social media committee, and the advocacy committee. I am interested in the advocacy committee because I am so passionate about my future in this career that I want to be a part of the group that advocates for our professional scope of practice. I also wanted to be a part of the social media committee because I am a big user of social media, and I would love to help the OSRT get in contact with more members through social media. It is a quick, easy, and popular way to grasp people's attention.

As always, if you have any questions, feel free to contact me. Enjoy your summer and stay cool! I hope to see many of you in the upcoming meetings whether they are in person or via Zoom.

Yours Truly,

*Marissa*

Marissa Yourstowsky  
Student Director  
[student@osrt.org](mailto:student@osrt.org)

# Oh, the Places You'll Go!

By Olivia House, B.S., R.T.(R)  
Cardinal Rays Reporter



Wow! It feels great to be back writing for Cardinal Rays! If you are a new member and may not know me, my name is Olivia House. I am a recent graduate from The Ohio State University and previous OSRT Student Director. One of the duties of being the OSRT Student Director was writing a journal entry for each bimonthly installment of the Cardinal Rays, and boy do I miss it! But I am back to say "Congratulations" the Class of 2021 and describing a little bit about my transition from student radiographer to a radiologic technologist!

First, a HUGE congratulations to the Class of 2021! What a journey you all have been through. From starting your college careers, to graduating in the middle of a pandemic, your strength and resilience is incredible! 2020-2021 brought in challenges that seemed unimaginable and lessons we thought we'd never have to learn. I am so proud of each and everyone of you for remaining dedicated through this tough time and finishing strong! You have become an example for future graduates to look up to!

In addition I briefly wanted to describe my transition from being a student to taking on the role of radiologic technologist. In my case it has been a fairly smooth transition. The clinical environment and the multiple sites I rotated through have definitely helped to prepare me for what I would experience in the work field. Even though clinical can be tough, it is one of the single most important things for a student radiographer to experience. Apart from clinical I was lucky enough to also work as a radiographer assistant outside of school. As a radiology assistant, I was an "extension" of a licensed radiologic technologist. I was able to work on positioning skills, image evaluation, documentation, communication with physicians, and patient interactions outside of clinical. This position also aided in my transition from student to R.T.(R) as I was able to get my foot in the door before graduation. After sitting (and passing!!!) the certification exam, I was able to quickly start my new journey as a registered radiologic technologist. It's a new and very rewarding feeling to be in charge of my own images and be a main point of reference for patients and families through their imaging exams. I am very thankful for my experience as a whole; from my educational endeavors to working as a rad assistant. With that said, I cannot say thanks without mentioning the OSRT as they helped me through such a key time in my life. I have met so many bright and wonderful people through the OSRT that have molded me into the young woman, and technologist, I am today. From their networking opportunities to the multitude of resources they have for radiation imaging and therapy professionals and students, this organization has been so vital in my transition from student to R.T.(R). I am proud to write that I have renewed my OSRT student membership to a radiologic technologist one! I am forever grateful for my journey and experience!

Please check out [www.osrt.org](http://www.osrt.org) or email [orst@osrt.org](mailto:orst@osrt.org) to learn more about how the OSRT can serve you and your transition from student to technologist!

# Words of Wisdom: Advice for New Technologists

By Lauren Huffman, M.A.Ed., R.T.(R)(CT)  
Cardinal Rays Editor

I recently asked the educators in Ohio to provide me with some "words of wisdom" to pass along to new graduates who are now beginning their journey as technologists. It was my thought to create a Top 10 list. However, I received such an overwhelming response (kudos to all you educators!) that instead of a Top 10 list, I'll be featuring their advice over the next few issues. These are not only great suggestions for new technologists, but great reminders for those of us who might be a little more seasoned.



Networking happens everywhere. You never know how someone you meet today may assist in a career move in the future. The imaging community is a small one. Starting a new job may seem overwhelming. Any skill takes times to develop, but work ethic is useful on day one. Prove yourself to be a hard worker and learn from each mistake. If it is your fault, fix it and apologize. Nevertheless, it is important to eventually think about negative situations objectively to determine how you can grow from the experience.

- **Lizzy Hemme, MS, RT(R)(CT)**

Adjunct Professor of Allied Health, University of Cincinnati

Once you graduate and become part of the certified RT profession, you have a choice to make. You can become a person who clocks in and out of a "job" or you can become part of the "profession" as a professional. You entered your program seeking a professional career. So, practice like a professional! The ARRT Code of Ethics for Radiologic Technologists serves to guide you, as a certificate holder, in evaluating your professional conduct.

You might ask how you can support and participate in professional organizations? One specific way is to be an active member! Your professional organizations are the groups who fight for you as a professional, protecting your Scope of Practice and assuring quality patient care. They advocate for you and your career. If nothing more, at the very least, join the OSRT and the ASRT so they can represent you with strength in numbers needed to advocate effectively for you. OSRT costs you a mere \$35/year investment. Join or renew now and continue your membership so that OSRT can help advocate for your career, so you can perform your important, essential work with the highest quality standards.

- **Denise Moore, M.S., R.T.(R)**

Professor Emeritus, Sinclair College



Please pay it forward...

Remember how you felt as a student. Welcome the new student and help them learn, help them feel comfortable, and be an advocate for your students. Never stop learning. Remember your patient, they need your care and compassion.

- **Debra Myers, M.Ed, R.T.(R), R.D.M.S., R.D.C.S., R.V.T.**

Director of Medical Imaging Programs, Marion Technical College



## Words of Wisdom: Advice for New Technologists



My words of wisdom are 1) to always advocate for the patient, even when it means professionally questioning the physician or nurse; 2) to not be afraid to ask for help - this is vital for quality patient care; 3) always continue to learn - a better way of doing something, a better exam explanation, a different modality, or an advanced degree; and 4) volunteer for committee assignments or extra tasks at work - this demonstrates your initiative and loyalty to your employer.

- **Julie Gill, PhD, R.T.(R)(QM), FASRT**  
Professor, UC Blue Ash College Allied Health Department

1. Try to keep in mind the compassion for people that led you into this field.
2. Try to keep in mind how you felt as a student when you interact with your students.
3. Keep a journal in which you respond to these questions (maybe once a week):
  - What am I thankful for?
  - What am I afraid/worried about?
  - What do I hope for?
  - What am I learning?
  - How am I helping others know that I care about them?

-**Jeff Rowe, M.S., R.T.(R)**  
Retired Clinical Coordinator, Columbus State Community College



As you transition from student to technologist, your focus still remains on the patient and practicing ALARA. Be flexible and be willing to learn something new.

- **Christine Smith, M.S.Ed., R.T.(R)(CT)(ARRT)**  
Chair, Radiologic Technologies and CT, Owens Community College

As you enter the field and transition from being a student to technologist I encourage you to remain passionate about what brought you to this career. Give each patient your best and remind yourself of your "why" when you have rough days. Enjoy each day in the profession and be thankful to have this opportunity to make a difference in the lives of others.

-**Whitney Reese, M.Ed., R.T. (R)(CT)**  
Clinical Coordinator, Central Ohio Technical College





# Foundation Corner

The flowers are blooming and the first “official” day of summer is approaching. I hope you are taking some time to get outside, enjoy the sunshine and be thankful for this beautiful season! The OSRT Education and Research Foundation directors would again like to express our sincere thanks to all donors for this year. We continue to successfully fulfill our mission to fund students and professionals engaged in education and research to promote the highest quality patient care but not without the generosity of giving nature of our donors. So, THANK YOU for your consistent support over the years.

We are planning a late summer board meeting during the month of August where we will be spending time reviewing current grant guidelines, policies and procedures as well as all competition specifics. You can expect to see positive changes for the year to come. With this in mind, we ask students and technologists to consider participating in education and research grant opportunities but understand there will likely be changes coming down the pike in the next several months. Once these changes have been finalized and voted on, we will ensure they are posted on the OSRTERF webpage.

How can you help, you ask? We invite and encourage you to send us any comments or suggestions you have regarding our current grant and competition guidelines. What can we do to make this important part of our society stronger? Please send any comments or suggestions you may have to myself at [reese.2234@mail.cotc.edu](mailto:reese.2234@mail.cotc.edu) by August 1st to be shared and discussed at the August board meeting. Thank you in advance!

Have a wonderful summer!

OSRTERF Chairperson

## OSRTERF Board of Directors

- Whitney Reese, Chairperson
- Deb O'Mellan, Vice-chairperson
- Sheryl Bacon – Secretary
- Terri Bruckner – Director
- Faith Todd – Director
- Ellen Johnson – Director
- Jessica Bates – Director
- Jay Ball – Director
- Judy Miller – OSRT Board Liaison

# CQR - WHAT?!

Continuing Qualifications Requirements (CQR) is required for **any** credential that is earned after January 1, 2011 and for all R.R.A.s. This is a 3-step process which consists of a professional profile, a structured self-assessment (SSA), and prescribed CE.

Please visit the [ARRT CQR page](#) for information and resources. Your CQR process will begin three years prior to your 10-year anniversary of the credential being assessed. You can log into your ARRT profile to see when you are due to begin the process.

What can you do to prepare for your SSA? **START EARLY!!** Get the books out and study! Taking the time to review and refresh on the current content specifications of that credential will help prepare you for the SSA and might decrease the number of prescribed CE needed.

Cardinal Rays will be featuring a "Rapid Review" section in the future. If there is a topic that you would like to rapidly review please let us know.

# STRATEGIC PLANNING

Are you aware that the OSRT starts the strategic planning process about two years before the plan is implemented?!? Our new plan will be implemented in April of 2023 so we are already working on it!

Thanks to those of you that completed the survey sent out in May as we will use your responses and feedback to create our new plan! Our next planning meeting is at the end of June and we will likely meet every 1-2 months thereafter depending on our progress. Thanks for helping us by providing your input via the survey!

## Leadership Academy

The OSRT will be hosting the next Leadership Academy in Spring 2022! More information about the Academy and the application process will be in the next issue of Cardinal Rays and posted to the [Leadership Academy page on the OSRT website](#). If you are interested and have questions please contact the OSRT Executive Secretary.

At the OSRT Business Session, memorial resolutions are read to remember and honor those OSRT members who are no longer with us. If you know of an OSRT member who has recently passed away please contact the OSRT Executive Secretary with their information so they may be included in the Memorial Resolutions.

## OSRT Board of Directors Meeting Schedule

First Mid-Year Board Meeting  
Friday, September 24 @ 9:00 a.m.  
Double Tree Columbus-Worthington

Second Mid-Year Board Meeting  
Friday, January 21 @ 9:00 a.m.  
Virtually via Zoom

Pre-Annual Board Meeting  
Wednesday, April 6 @ TBD  
DoubleTree Columbus-Worthington

All are welcome to attend! **To register for these meetings please contact the [OSRT Executive Secretary](#).**



## ASRT Officer and Chapter Delegates... Nominations Open

Do you know an ASRT member that would enjoy being involved. Maybe that someone is you? Nominations are now open until October 1 for the ASRT Board of Directors and ASRT Chapter Delegates. More information and eligibility requirements can be found on the [ASRT Election page](#).



Applications for the 2022 ASRT Student Leadership Development Program (SLDP) will be accepted from July 1 - September 30, 2021. The SLDP has recently undergone some changes and the deadline to submit an application is early than in previous years. Selected students will participate in the 3-year program and learn valuable leadership skills with the ASRT and OSRT, attend the ASRT Annual Governance and House of Delegates Meeting (June 23 - 26, 2022), and have great networking opportunities. More details from the OSRT will be emailed to educators and students soon.

To be eligible, students must:

- Be currently enrolled in an accredited medical imaging or radiation therapy program,
- Be a current ASRT student member,
- Be a current OSRT student member.
- Complete the application and essay,
- Include a signed letter of recommendation from your program director.

[Click here for more information on the SLDP.](#)

**ASRT Foundation to Offer LGBTQ+ Scholarship Opportunity. Click for more information.**

# SAVE THE DATE

## 2022 OSRT Annual Meeting

### April 7-9

DoubleTree Columbus Worthington

We can't wait to see you there!

Presentation proposals are now being accepted for the 2022 Annual Meeting. Presentations should represent material in one of the following areas:

- Student Preparation for the ARRT Exam
- Professional Advancement
- Advanced Imaging Modalities
- Patient Care and Communication
- Ethical and Legal Issues
- Pathology
- Human Diversity
- Technology Advancement
- Clinical Skill Enhancement
- Teaching and Learning
- Digital Imaging

Proposals should include session title, description, 3-5 goals/objectives.

Submit your proposal no later than September 1, 2021 to the [OSRT Executive Secretary](#).

# GET SOCIAL!

Click on the icons for the OSRT social media pages



## OSRT Executive Office

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(440)382-5607

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

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

## 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 patient care.

## Letter from the Editor

Thank you for taking the time to read this issue of Cardinal Rays! If there is something you want to read about please let me know.

A special thank you to all the educators who submitted their words of wisdom. You are rock stars! Be sure to check out the September/October to see whose advice will be featured. Will it be your faculty? Stay tuned to find out....

Namaste,

*Lauren Huffman*

Cardinal Rays Editor

