

CARDINAL RAYS

Newsletter of the Ohio Society of Radiologic Technologists

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Sessions with Shellie

Hello Everyone! I hope you are enjoying your summer and have time planned for spending time with family and friends. Since the OSRT Annual Meeting, committees have been formed, and charges for committees have been delegated. Committees will focus on having regular virtual meetings to allow all members to participate, thus, allowing for different perspectives on how best to achieve the committee charges for 2022-2023. Committee charges include offering at least three continuing education credits via remote sessions bi-annually, the continued/increased presence of social media highlighting the efforts of OSRT, and strategies for increasing OSRT membership. In addition, the new OSRT website will include more accessible access to the latest advocacy efforts of the OSRT.

Advocacy efforts to enhance our profession and patient care are an extremely important part of the mission and vision of the OSRT. These efforts were witnessed first-hand when I attended the ASRT Annual Governance and House of Delegates Meeting on June 24 -26 in Orlando, Florida. The ASRT House of Delegates is a legislative body comprised of elected chapter delegates and appointed state affiliates, thus allowing for all states to have a presence at this Annual Meeting.

Sessions with Shellie (continued)

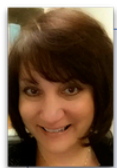
I was proud to represent the state of Ohio as an Affiliate Delegate at the 2022 House of Delegates Meeting. The OSRT Board of Directors appointed OSRT member Jackie Turk to attend the meeting as the other Ohio Affiliate Delegate. Other representatives from Ohio included OSRT members elected as ASRT Chapter Delegates for the education, magnetic resonance, mammography, nuclear medicine, and radiography chapters. Also, Kathryn Shinko, an OSRT student member, was selected to attend the Student Leadership Development Program. The Governance and House of Delegates Meeting include the installation of the incoming ASRT officers for the upcoming 2022-2023 year. OSRT member Dr. Heather Moore was installed as Vice-President on the ASRT Board of Directors.

I was excited to see our OSRT membership's presence at the ASRT Annual Governance and House of Delegates meeting. Chapter and Affiliate Delegates expressed viewpoints and advocated for proposed changes to ASRT bylaws while keeping the best interest of the radiologic sciences and patient care and safety as the premise for their decisions.



Shellie Warino
OSRT PRESIDENT

I ENCOURAGE ALL MEMBERS TO PROVIDE INPUT ON ISSUES, CONCERNS, POLICIES, AND PROCEDURES.



Shellie Warino, M.Ed.,
R.T.(R)(T)

•Ohio Affiliate Delegate



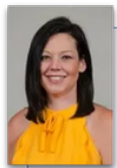
Jacqueline Turk, M.Ed.,
R.T.(R)(MR)(CT)

•Ohio Affiliate Delegate



Julie Gill, PhD, R.T.(R)(QM),
FASRT

•Vice Chair and Delegate, Education Chapter



Tiffany Roman, M.A.Ed.,
R.T.(R)(MR)(CT)

•Delegate, Education Chapter



Kristin Seitz, B.S.M.I.,
R.T.(R)(MR)(CT), MRSO

•Vice Chair and Delegate, MR Chapter



Nicole Douglas, B.A.,
M.E.H.P.E., R.T.(R)(M)

•Chair and Delegate, Mammography Chapter



Ryan Smith, DHSc., MBA,
CNMT, FASRT

•Chair and Delegate, Nuclear Medicine Chapter



Lucas Gross, RSO, R.T.(N),
CNMT, CT

•Vice Chair and Delegate, Nuclear Medicine Chapter



Allison Stokes, B.S., R.T.(R)

•Delegate, Radiography Chapter



Kathryn Skinko, A.A.S., R.T.(R)

•Student Leadership Development Program



Heather Moore, PhD., R.T.(R)

•Incoming ASRT Board of Directors Vice President

During the House of Delegates Meeting, I witnessed initiatives by ASRT officers and delegates to advocate for and bring public awareness of radiologic technologists being recognized as 'Key Frontline Healthcare Workers'. I feel deeply passionate about this initiative and ask that you share any social media, public services announcements, and informational materials you see on this initiative.

I ask you to share this information so that other radiologic professionals like yourself may consider supporting the OSRT and becoming a member of the OSRT to help in continued advocacy efforts for our profession and to enhance patient care and safety.

I am honored to be the president of the OSRT and to have had the opportunity to represent Ohio and have been part of the 2022 ASRT Governance and House of Delegates Annual Meeting. I wish you all an enjoyable and safe summer.

Respectively,

Shellie



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 3 for the ASRT Board of Directors and ASRT Chapter Delegates. More information and eligibility requirements can be found on the [ASRT Election](#) page.



Student Spot!

Student Cardinal Rays



HAPPY SUMMER!!!

I hope everyone finds time in their busy schedules to enjoy this summer weather. I know I am enjoying time in my gardens and my pool. I thought it would be fun to interview a few RTs and report on it this month. I chose a recent graduate Alisha Eckman, R.T.(R) working full-time in a hospital and a veteran technologist of 20 years, Kristi Driscoll, R.T. (R)(M) working in an outpatient facility. I found their experiences and advice quite insightful, and I hope you do too!

When did you graduate from x-ray school?

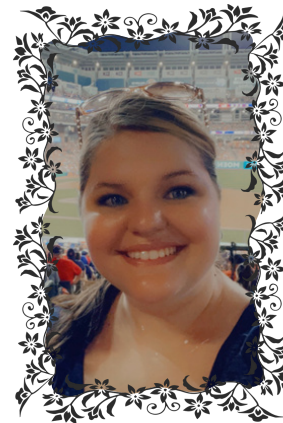
Alisha: December 2021

Kristi: 2003

Did you have a job when you graduated?

Alisha: Yes, I was a Tech Assistant at one of my clinical sights before graduating. When I passed the registry, I was offered a full-time position.

Kristi: Yes, I was offered a job as GXMO (General X-Ray Machine Operator) during my senior year. This helped me tremendously in preparing to be a full-time RT.



Alisha Eckman

When starting as a new RT, what was one of the biggest lessons you learned and why?

Alisha: You don't need to rush through exams; not everything will be textbook. Be flexible and get comfortable being uncomfortable, meaning you will have challenging exams where you will need to think outside the box to get the x-ray, but remember to breathe and always HAVE FUN!

Kristi: Once you graduate, pass the registry and start working, you are on your own. I remember relying A LOT on what I learned in clinical and as a GXMO. I didn't have anyone holding my hand like when I was a student. I worked with a handful of classmates, and we truly leaned on each other and helped each other learn on the job. We did help each other gain confidence.

Student Spot!

Student Cardinal Rays



If you could go back and give yourself one piece of advice, either as a student or a brand new RT, what would it be?

Alisha: As a student, don't be too anxious during exams and at clinical. Think through what you are doing and what the expected outcome is. Don't rush; there is no time limit (except for the registry :)). Also, I wish I had taken a two-week break after passing my registry before starting my new job; the mental break would have been nice.

Kristi: Don't try to be a superhero. Ask for help: lifting, unique positioning, etc. You will burn out, so pace yourself; you have your whole career in front of you. Breathe.

What advice do you have for students today?

Alisha: Again, don't rush through exams at school or exams at clinical. Don't take things so seriously, have FUN and ask questions.

Kristi: Take advantage of your clinical time, do as much as possible, and learn as much as possible (bone density, surgery, fluoroscopy, trauma, etc.). And TECHNIQUE, practice, practice, practice. But most of all, HAVE FUN & LAUGH.

As a student headed into my senior year, I advise new students to work hard and put the study time in as it will help you once you start clinicals. When you get overwhelmed, take a breath, walk away for a few minutes, regroup and get back at it. Remind yourself that you have chosen a remarkable career and that the sky is the limit.

One last friendly reminder....now that it's summer and hot weather is here don't forget to take your dosimeters inside with you and not leave them in your car.

As always, I'd love to hear from you, so if you have any suggestions or requests, please let me know.

Enjoy your summer!

Becky

Becky Everetts
Student Director
student@osrt.org

Student Spot!

Student Cardinal Rays



STUDYING IN SESSION

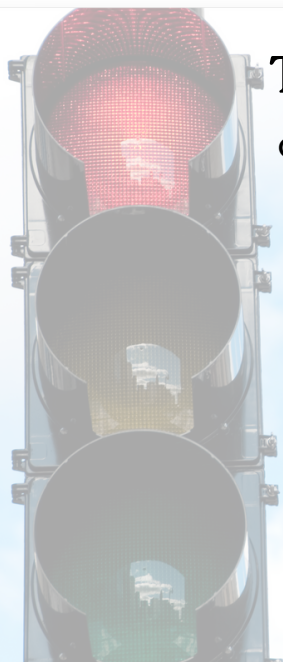
By Lisa Pavilonis, S.T.

Hi! I'm Lisa, a second-year student up here in Northeast Ohio - go, Guardians! I joined the medical field back in high school! I ended up attending a vocational school with a medical program during my junior and senior years. The school had a medical program during my junior and senior years, giving me a good head start in college. Throughout my senior year, I shadowed a few hospitals and began to get a feel for things. I temporarily worked in a nursing home between graduation and college. I became fascinated with radiology, its science, and the technology used to obtain different images. I love seeing the inner workings and finer details, so seeing anatomy and how our bodies work (or break!) under certain circumstances was neat! I think one of the nicer yet unsaid parts of clinical is that you begin to learn where your niche is. While I don't enjoy fluoroscopy, I love going to OR, and I could easily spend a day there. I love being able to watch the surgery in the meantime before they ask for images. Many people begin to find where they're comfortable and where they even excel. Some people prefer fluoro, and that's great! I learned that with exams, you begin to know where you gain speed and where you need to improve, and that's the significant part: you're learning as you go.

In terms of advice, there are a few points I'd encourage any student to know:

KNOW YOUR LIMITS WHEN STUDYING.

This could be something as simple as learning what kind of environment you study best in. Back in high school, I was able to blast music and cram myself in a corner, under a pile of notes. Over time, I realized I enjoy a quiet, calm environment with some music in the background and only 1-2 books in front of me. If the weather is nice, go sit outside!



Traffic Light Studying

Go through your notes, and highlight:

- Green means that you can easily recall and don't need to review. Read this only 1-2 times.
- Yellow means that you can recall it but with some trouble or miss a detail. Read this 3-4 times.
- Red means that you can't recall or have no idea what it is. Study these first, and read through these in between the green and yellow topics.

Student Spot!



Student Cardinal Rays

Don't Cram!

I know it's easy to do, but if you're at the point where everything looks the same, close the book and take a break. Stretch, get a snack and get your body moving.

Taking 15-minute breaks between chapters works!



Find Study Buddies!

Your classmates are one of your best study tools! Having a group chat with our class and having study sessions in-person or online was great during exams. Getting together a few times before each exam and going over the material together not only reinforced the material, but it added new details you might have missed the first time around.

ASK Questions!

You're a student, and you're learning. Ask as many questions as you need until you understand it. We won't learn if we don't ask! Ask for positioning tips, ask how to identify anatomy easier on images, ask to practice with a tech or other classmates.

One of the biggest pitfalls of being in the medical field is how easy it is to fall behind on taking care of your health. Be sure to know when to step back and take care of yourself. Now during COVID, it's easier said than done, but even small self-care habits throughout the week will pay off. Overworking yourself is easy, but trying to bounce back from doing so is twice as hard. Take those power naps, enjoy your coffee, and get enough sleep! Your body will thank you in the long run.

SELF-CARE CHECKLIST

- Good sleep
- Meditate
- Exercise
- Read book
- Eat healthy
- Drink more water

What I look forward to the most is no longer doing homework and catching up on all the missed sleep. In all seriousness, I can't wait to go up to OR and do surgery cases and take my mammography registry. Knowing I can help someone out makes all of the late nights worthwhile. Remember why you joined, and think of something each day that reinforces it. You can do it!



Lisa Pavilonis is a second year radiography student at Lakeland Community College in Kirtland, Ohio.



2023 Annual Meeting

April 13-15

Columbus, Ohio

We are accepting presentation proposals, so please consider sharing your expertise with meeting attendees. To submit a proposal, please email the following information to osrt@osrt.org by no later than September 5, 2022:

- Name,
- academic credentials,
- email address,
- the title of the presentation,
- presentation description, and
- 3-5 learning outcomes.



Please feel free to share this announcement with your professional colleagues!

If you have any questions please contact the Executive Secretary at osrt@osrt.org or Allison Stokes, Annual Meeting chair, at Allison.Stokes@osumc.edu.

More information to come on the [Annual Meeting page](#) in the fall.



Foundation Corner

Most of you have heard of the OSRT Education and Research Foundation (OSRTERF). If you are like me, sometimes I look at something and pass it over because I think it doesn't pertain to me. The OSRTERF is here for everyone in the OSRT, and there is a good chance it does pertain to you.

To help the students and professionals, we try to maximize fundraising through different strategies to offer scholarships and research opportunities to encourage academic achievement. Through this fundraising, we can fulfill our mission to fund students and professionals in education and research to promote the highest quality patient care. In doing so, we are following our vision to promote professional excellence through scholarly pursuits across the radiologic practice arena.

To help you obtain this excellence, here are a few things we offer:

- Student Grants
- Technologist Grants
- Mammography Grant
- Humanitarian Grant
- Occupational Radiation Safety and Protection Grant

Everything I have put in this article is on the [OSRT Foundation](#) web page. It has all the information on the grants. If you haven't taken the time to check this out, now is the time.

Debbie

Debbie O'Mellan
OSRTERF Chairperson



YOU HELPED THE OSRT WIN!



The OSRT won 1st place in the Annual ASRT Foundation drawing for "Most Money Raised." Thank you to those who purchased tickets.

President Shellie Warino and President-Elect Kristin Seitz accepted a check for \$750.00 at the ASRT Annual Governance and House of Delegates meeting.

IS IT YOUR TIME TO RENEW?

Don't forget to renew your OSRT membership! Look on your membership e-card or contact the Executive Secretary to see when it is your time to renew.



Renewal notifications will be sent via email before your membership expiration. Make sure to not miss these emails by setting the OSRT email as a trusted sender, so our emails don't end up in your junk folder. Also, be sure that the email you are using is the email in your member profile.

Why renew? Well, why not! OSRT membership has many benefits, including professional advocacy, discounted rates for CE opportunities, networking, scholarships, and volunteer opportunities. For more information, check out our [membership benefits](#).

BOARD OF DIRECTORS MEETING SCHEDULE

All are welcome to attend the Board of Directors meetings. They are free to attend, but pre-registration is required. Please get in touch with the OSRT Executive Secretary for more information or register.

Friday, September 23, 2022

9:00 am

In-person at Columbus State Community College

Friday, January 20, 2023

8:30 am

Virtual via Zoom

Wednesday, April 12, 2023

10:30 am

In-person at the Columbus DoubleTree Worthington

NEW FINANCIAL MANAGER AND DIRECTOR APPOINTMENTS

The OSRT is pleased to announce that Alisha Guerrero has accepted the position of Financial Manager for the OSRT. Alisha will begin her apprenticeship with Jay Ball and begin the transition to her full position over the next several months. Please join us in congratulating Alisha!

Tiffany Roman has been appointed by the Board of Directors to fill the Director-at-Large position that was held by Alisha.



FALL VIRTUAL CE SESSION

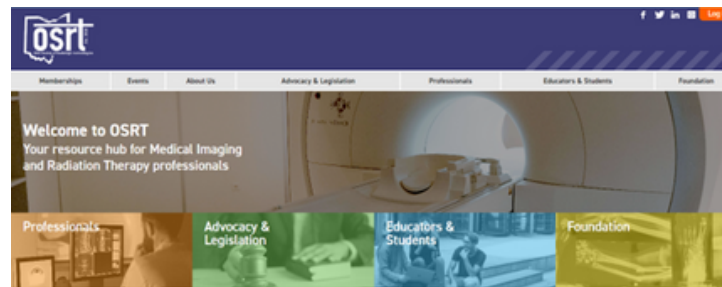
The OSRT Education Committee will be sponsoring a CE event tentatively scheduled for:

Saturday, October 22 from 9 am - 12 pm

More information to follow on the website as soon as the committee meets and selects speakers and topics.



GET READY FOR A FRESH NEW LOOK!



Good news, OSRT Members—we are about to launch a new Website design! In the next couple of weeks, the new design will be launched. This has been a long-awaited undertaking. The new design offers content for professionals, educators, and students and is more mobile-friendly. There is a place to get current news about OSRT's events, advocacy efforts, and pertinent news.

When we launch the new design, there will be a couple of hours of site downtime to make the transition. You will receive an email from us to let you know when the site launches. Please take time to peruse the new design. I think you're going to love it!

ASRT STUDENT LEADERSHIP DEVELOPMENT PROGRAM

Applications for the 2023 ASRT Student Leadership Development Program (SLDP) will be accepted from August 1 - November 11, 2022. 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 21 - 25, 2023), and have excellent networking opportunities.

More details from the OSRT will be emailed to educators and students soon or click here for the [ASRT SLDP page](#).

WANTED

VINTAGE IMAGING EQUIPMENT

If you or your employer has vintage x-ray equipment or accessories that you would like to donate, please contact the OSRT Historian, Angie Arnold, at osrt@osrt.org. The OSRT would like to expand our historical archives.

GET SOCIAL!

Click on the icons for the OSRT social media pages



OSRT Executive Office

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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! I appreciate any feedback that you have about Cardinal Rays. What information would you like to read about? Let me know!

Namaste,

Lauren Huffman

Cardinal Rays Editor



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