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# CARDINAL RAYS

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Newsletter of the Ohio Society of Radiologic Technologists

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## NEWS & FEATURES

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## Gabbing with Gary

I am humbled and proud to be the next OSRT President. I want to thank the membership for giving me this opportunity to work with all of you over the next year. I wanted to share with you my philosophy on how intend to operate as the OSRT president.

We met virtually this year, but it's my sincere hope and wish that in 2022 we can once again be back to together in person.

I have a few initiatives that I would like to see happen over my presidency. The first is to highlight that we are an organization that values diversity. I plan to highlight the diversity in our membership through videos that will run on our website and possibly linked to social media. Our social media presence is very strong and with your help, we can make it stronger! If you see a social media post, please share. It may reach someone who needs encouragement and a way to join such a great organization.

The second is to increase membership of the organization at both the student and technologist levels. I need your help with the initiative. I cannot do this alone.

## Gabbing with Gary (continued)

When you return to your workplace, tell your co-workers what you have learned, tell them of an organization that advocates for our profession.

Ask them to invest in themselves to become a Member of the OSRT!

Membership costs only 10 cents a day and isn't it worth it to make your voice heard throughout the state? Stand with me to show that you are a professional! The power to create change rests in all of us. Make that change to move forward into a future that will grow our profession!

The third initiative is to be inclusive to our membership; let me know what we can do for you, the technologist. I am here and was elected to be your servant. I will run my presidency in this fashion. If you wish to serve as a volunteer, I need you. I want you to work for the good of our society and grow and change. I know we have many people serving in the OSRT now that love giving back to the profession.

It's my hope that you reach out and let me know how I can help. To reach me send an email to [president@osrt.org](mailto:president@osrt.org). I want to thank you on once again for the honor and privilege to serve this great organization.

Let us grow it together!

*Gary*

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"The power to create change rests in all of us. Make that change to move forward into a future that will grow our profession!"

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**Gary Greathouse**  
OSRT PRESIDENT



# 2020-2021 Board of Directors Report



I am Tiffany Roman, 2020-2021 Senior Chairperson. I want to highlight some of the board activities for you over the past year. I will tell you this board and the committees were very busy and accomplished.

Advocacy is one of the OSRT's strongest strengths and member benefits. This committee, several OSRT members, and board members participated, collaborated, and provided testimony opposing a change requesting that APRNs, in addition to physicians, be allowed to supervise GXMO's working in Urgent Care. This committee is very involved in looking into potential legislation and building relationships at the State House that could potentially affect the medical imaging professionals. I can tell you; these relationships have allowed us to be invited into these conversations, and during the discussions, the OSRT is being listened to and our professional expertise valued.

The Annual Meeting (AM) was held virtually this year. Accomplishing this task was no easy feat. Kudos to them!! It was a huge undertaking.

This year a Bylaws Review took place under the leadership of President Judy Miller. President Miller formed a committee of various individuals, who spent many hours over Zoom, reviewing, discussing, and revising these bylaws for the organization. The task force's hard work paid off with membership approval of all proposed changes.

The Education Committee delivered multiple, well-received, and successful virtual CE events. The development and approval of these events is no easy task, and I want to thank them for a job well done.

The Leadership Academy was also held virtually this year. Because this academy is vital for developing leaders and providing a deeper look into the OSRT organization, the board felt that this needed to happen. The program had to be completely redesigned and formatted from a face-to-face to a virtual environment.

As we all know and experienced, COVID changed our way of life. One effect of COVID professionally was the decline in state professional societies. Many state professional societies have suffered financially from not being able to hold meetings and declining memberships. I am proud to say while the OSRT has experienced some effects, we have preserved them. In conjunction with many other committees, the Membership Committee developed and delivered initiatives to members, non-member imaging professionals, lapsed students, and active members. These initiatives have led to an increase in membership for the OSRT. They aren't stopping, and they will continue to work to increase the membership and work to spread the OSRT brand.

The last committee I would like to highlight is the social media committee. Every day, they promote the OSRT to everyone through posts of funny memes, professional stories, a news feed, and contests. As you know, social media is a vast outlet for exposure. Because of sharing and liking, one post reached 14,000 people, just amazing.

# 2020-2021 Board of Directors Report



In response to the Senate Resolution 14, the OSRT provided a public statement supporting it. It read: "Mission to enhance the quality of patient care. The OSRT recognizes that racism is a public health crisis and contributes to the health inequities in Ohio. As healthcare professionals, we prioritize life and health of all humans and will continue to deliver quality medical imaging and radiotherapeutic procedures for all patients." This statement was disseminated through our legislative consultant to those at the Statehouse. I couldn't be prouder to be a part of an organization that takes a vocal stand against racial inequalities.

Along with the decision to deliver a virtual AM meeting, long discussions, and investigations, it was determined that we would not be able to have the Phil W. Ballinger Self-Assessment Exam or Quiz Bowl virtually. Not holding these events was a tough decision; however, we are planning to hold both at the 2022 face-to-face AM. I know everyone is looking forward to both events next year's meeting.

Several individuals have decided to step down from their current OSRT organization positions, including the financial manager Jay Ball and Cardinal Rays Editors Sheryl Bacon and Whitney Reese. These individuals have worked tirelessly for the OSRT organization. They have hard shoes to fill and will be missed. We are currently working on filling the financial manager position. Lauren Huffman, the executive secretary, will assume oversight of Cardinal Rays. I want to thank these individuals for their excellent work and dedication to the OSRT.

So, what is the OSRT going to be working on in the upcoming year? Soon after the AM, the OSRT will start working on the new Strategic Plan to begin 2023. If you have ideas or suggestions for initiatives to be included in the strategic plan, please email them to [OSRT@osrt.org](mailto:OSRT@osrt.org). We love hearing from members and imaging and therapeutic professionals.

I want to congratulate all those from Ohio recently elected to leadership positions for the ASRT. Ohio had seven individuals elected to serve the profession nationally. Ohio will be well represented!!! It shows the passion the members of the OSRT have for the profession.

I really cannot express my gratitude and appreciation for all board members, appointees, contracted staff, committee chairs, committee members, and OSRT members for such an accomplished year. They have worked endlessly and participated in many hours of Zoom calls to serve and complete the given charges. Please give yourself a pat on the back for a job well done. Thank you so much for all you do and have done for the OSRT. You should be very proud of yourselves. I know I am incredibly pleased to work with a group of passionate and dedicated individuals who have taught me so much, worked so hard, and accomplished so much.



*Tiffany Roman*

OSRT BOARD OF  
DIRECTORS, SENIOR  
CHAIRPERSON

# 2021-2022 Board of Directors



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

•Senior Chairperson



Judy Miller, B.R.I.T., R.T.(R)(CT)

•Junior Chairperson



Gary Greathouse, M.S., R.T.(R)

•President



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

•President-elect



Nicole Douglas, M.Ed.,  
R.T.(R)(M)

•Member-at-Large



Andrea Tschirner, M.S.,  
R.T.(R)(CT)(BD)

•Member-at-Large



Andrew Shappell, M.Ed.,  
R.T.(R)(MR)(CT)(QM)

•Member-at-Large



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

•Member-at-Large



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

•Member-at-Large



Allison Hermance-Moore, A.A.,  
A.A.S., R.T.(R)

•Member-at-Large



Marissa Yourstowsky, S.T.

•Student Director



# Student Spotlight!



Hi Everyone!

My name is Marissa Yourstowsky and I am the new, OSRT Student Director for the 2021-2022 year. I am currently a Junior at Kent State University Salem and a second-year student in the Radiologic Technology Program. As of right now, my plan for after graduation in May of 2022, is to continue my education and earn my Bachelor's degree in Radiation Therapy. My favorite part about what I do besides taking images is making connections with my patients on a personal level. I believe that once your patient is comfortable with you, they will trust you, allow you to move them in necessary positions, and will lead you to high-quality images.

Over my first year in the x-ray program at Kent State Salem, I feel as if I have learned what my strengths and weaknesses are when it comes to online learning. Although this learning situation isn't ideal for radiography, Kent Salem has done such a wonderful job of providing more information than needed, to make sure we are as prepared as possible. As with anything in life, there will always be challenges. But those challenges are given to us to overcome and use as learning experiences.

I would like to thank the members of the OSRT for offering me this extraordinary position. Just a few months after becoming a member of the OSRT and Student Director on the Board of Directors, I have already participated in many events where I have gained so much knowledge and have met many warm welcoming faces.

Some of the benefits that the OSRT has to offer for student members is an annual Quiz Bowl, the Annual Meeting, access to newsletters regarding the OSRT and Ohio/National Legislative activities, and even student educational grants. Another great aspect about being a member of the OSRT is there are many opportunities for you to get involved. Being involved can mean taking a role on a committee, serving as a director, or even just participating in large informational events.

Lastly, I want to say how excited I am to work in this position over the next year and see where I end up with the OSRT. I am looking forward to working with many new faces and learn so much more about my profession.

Please feel free to reach out to me or any of the other members of the Board if there are any issues you would like addressed or if you would like to learn more about the OSRT!

Yours Truly,

*Marissa*

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



## ***Foundation Corner***

On behalf of the Foundation board of directors, I would like to say THANK YOU to everyone who participated in the Foundation efforts to raise money this year during the Annual Meeting. We cannot express how appreciative we are of the overwhelming support we received by donations from our members this year. Without your support, we would not be able to offer grants to our students and technologists. With this being our first year to do a "Foundation Donation Nation" drive, we were unsure what to expect but the membership showed a tremendous amount of support. We welcome your feedback on this way of fundraising. Let us know what you liked or what suggestions we should consider for the future. As we continue to make positive changes for the future, we would love to hear from you. In addition to our new donors this year, we also thank our continuing donors who participated this year, including The Ohio Radiological Society (ORS), Denise Moore and the OSRT Business Board.

I would also like to extend a congratulations to all grant award recipients for this year. We are always pleased to offer these opportunities to deserving students and technologists with a desire to succeed and continue advancing in the profession.

The Foundation board members will be working tirelessly over the next year in effort to continue providing various competitions and honors grants for our future students and technologists. Look for updates on the web and in the next edition of Cardinal Rays.

*Whitney Reese*

OSRTERF Chairperson

### **Congratulations to the 2021 OSRTERF Grant Recipients!**

#### Ohio Radiologic Society Education Grant

- Kathryn Shinko, S.T., Cleveland Clinical School of Diagnostic Imaging
- Samuel Wolf, S.T., Central Ohio Technical College

#### W. Lee Shadle Grant

- Olivia Douglas, S.T., The Ohio State University

#### OSRTERF Honors Grant

- Joshua Liles, S.T., Central Ohio Technical College
- Peter Ryan, S.T., Cleveland Clinical School of Diagnostic Imaging

#### OSRT Humanitarian Grant

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



# Radiation Safety and Patient Fetal and Gonadal Shielding: Current Updates for OSRT

By Nina Kowalczyk, PhD, RT(R)(CT)(QM), FAEIRS, FASRT

Over the past 2 years, I have had the fortunate opportunity to represent AEIRS as a member of the Communicating Advances in Radiation Education for Shielding (CARES) Committee, working with professionals from different sectors to share diverse opinions and perspectives, discuss potential changes to clinical practice and to participate in the development of communication and educational activities regarding the discontinuation of gonadal and fetal shielding in diagnostic radiology.

Since April of 2019, there has been considerable discussion about the use of patient gonadal and fetal shielding in diagnostic x-ray imaging, prompted primarily by the publication of the position statement on this topic by the American Association of Physicists in Medicine announcing that the routine use of patient gonadal and fetal shielding, once a mainstay of patient radiation protection, may no longer be best practice for protecting our patients. Its purpose was to educate the imaging community that these fetal and gonadal shields provide no tangible benefit to patients; may compromise radiologic examinations by interfering with important patient anatomy; or may actually increase patient dose to more sensitive organs, such as the stomach and colon, when placed in the x-ray beam path and detected by an automatic exposure control system. I know Heidi Sebastian mentioned the OSRT's response in her presentation on Friday morning and I hope I can help you all understand why there is a need to make this significant change in our practice.

From an historical perspective, the widespread practice of gonadal shielding did not really begin until the 1950's due to concerns that radiation exposure to the gonads would cause mutations in one's offspring. It was in 1976, that the Food and Drug Administration added a section to the Code of Federal Regulations suggesting that gonads be shielded during diagnostic radiographic examinations due to concerns about the hereditary effects to offspring. It is important to point out that this was a recommendation, it was not a requirement, and it was issued over 40 years ago. Over this time period, longitudinal research studies have found no hereditary effects in humans from radiation levels associated with diagnostic imaging. In fact, data regarding fetal dose suggest that doses of less than 100mGy demonstrate a very small to nonexistent risk to an embryo or fetus. Consequently, genetic risk estimations in human populations have concluded that there is no direct evidence of a radiation associated excess of heritable disease.

It is also important to understand that the tissue weighting factors have changed significantly over the years. This is not totally new information. In 1977 the International Committee on Radiation Protection assigned the gonads a tissue weighting factor of 0.25. However, this dropped to 0.20 in 1990 and to 0.08 in 2007. Currently the red bone marrow, the breasts, the colon, and the stomach are the most sensitive organs with a tissue weighting factor of 0.12.



## Radiation Safety and Patient Fetal and Gonadal Shielding: Current Updates for OSRT (continued)

Additionally, there have been major changes in x-ray tube design, tube shielding requirements, improvements in generators, AEC, and imaging receptors over the past 40 years that have significantly reduced to amount of radiation required to obtain an optimized radiographic image.

Therefore, in January 2021, the National Council on Radiation Protection concluded that in most circumstances gonadal shielding use does not contribute significantly to reducing risks from exposure and may actually have the unintended consequences of increased exposure and loss of valuable diagnostic information. They NCRP now recommends that gonadal shielding not be used routinely during abdominal and pelvic radiography, and that federal, state, and local regulations and guidance should be revised to remove any actual or implied requirement for routine gonadal shielding. They do acknowledge, however, that gonadal shielding use may remain appropriate in some limited circumstances. The recommendations in this NCRP statement are limited to patient gonadal shielding during abdominal and pelvic radiography.

The most recent ARRT Radiography task inventory, content specifications, and clinical competency requirements which are effective January 1, 2022 have implemented this change. In the Safety section, genetic impact was removed. Embryonic and fetal risk were moved to the somatic effects sub-section. Under minimizing patient exposure, shielding was removed from the document. Additional detail about protective devices was added under personnel protection and ALARA.

The ASRT Radiography Curriculum revision cycle, which is in process, most likely would not be implemented into educational practice until 2023, which, in turn may prompt a change in the JRCERT standards depending upon the final updated radiography curriculum.

The AAPM CARES Committee is committed to sharing the newest evidenced-based recommendations with the radiology community. Please take advantage of six free CE modules developed by the AAPM CARES Committee which will be available of the AEIRS website (AEIRS.org) early this summer. For additional information and a list of frequently asked questions, please visit the AAPM CARES website at [CARES@AAPM.org](mailto:CARES@AAPM.org) and follow them on Facebook or Twitter.



Dr. Nina Kowalcyk retired from The Ohio State University after 34 years of service to the University. Her professional career experience spanned over 40 years including positions in radiologic science education, research, radiology administration, and clinical practice in radiography, mammography, CT, and MR. Nina earned a B.S. degree in Radiologic Technology, an M.S. degree in Allied Health Administration, an M.A. degree in Adult Education, and a Ph.D. in Adult Education and Quantitative/Qualitative Research Methods from The Ohio State University.

She is active in the ASRT, ASRT Education and Research Foundation, AEIRS, and the Ohio Society of Radiologic Technologists. Nina is an ASRT and AEIRS Fellow and is a life member in both the ASRT and OSRT. Dr. Kowalcyk holds primary ARRT certification in radiography and post-primary certification in quality management and CT. She has lectured at the local, state, national and international level, as well as authoring professional articles, textbooks, and continuing education materials.

# News Flash!

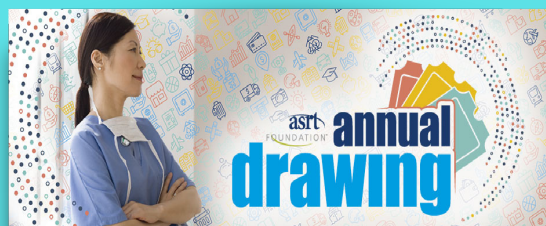
OSRT.org is getting a big facelift. Representatives of the OSRT and its board met with Web consultants to work through a Brand Sprint exercise. A brand sprint is an expressive exercise that helps turn ideas about your brand into a defined brand image. The sprint resulted in defining 4 specific target audiences for OSRT. Those are Ohio imaging and therapeutic professionals, Ohio legislative bodies, educators, and students. In addition to the targeted four audiences, the site serves the Education and Research Foundation. Based on the outcomes of the brand sprint experience, our web consultants are working on the site reorg and redesign.

One major step in the redesign process is organizing existing site content. The first step in this process is the wireframe process. A wireframe is an image or set of images which displays the functional elements of our website. It is used for planning a site's structure and functionality. We expect the new design to be ready to launch by early June! We will notify members once the site launches. Stay tuned....

## ASRT FOUNDATION DRAWING

You can help the OSRT by donating in the ASRT Foundation's Annual drawing. When purchasing your drawing tickets be sure to indicate state affiliate under "Campaign" and select Ohio. The OSRT has a chance to win if we sell the most tickets from an affiliate.

Tickets can be purchased by clicking below. Deadline to purchase is May 28, 2021.



## Leadership Academy

The OSRT hosted a virtual Leadership Academy on March 13 and 14. Ten participants learned about the OSRT and leadership roles.

- Olivia House
- Haley Griffin
- Alisha Guerrero
- Whitney Reese
- Andrew Shappell
- Sheena Shifko
- Andrea Tschirner
- Alan Vespie
- Shellie Warino
- Marissa Yourstowsky

The next Leadership Academy will take place in Spring 2022. More information will be posted on the OSRT website and social media. We would love to have you join us and become a future leader!

## OSRT Board of Directors Meeting Schedule

First Mid-Year Board Meeting  
Friday, September 24 @ 9:00 a.m.  
Location TBD

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

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

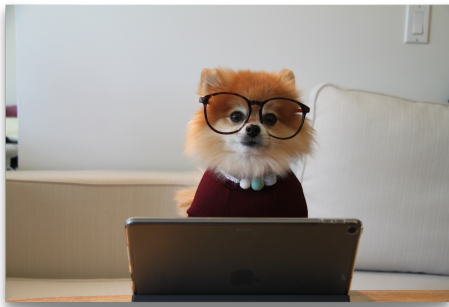


PHOTO BY COOKIE THE POM ON UNSPLASH

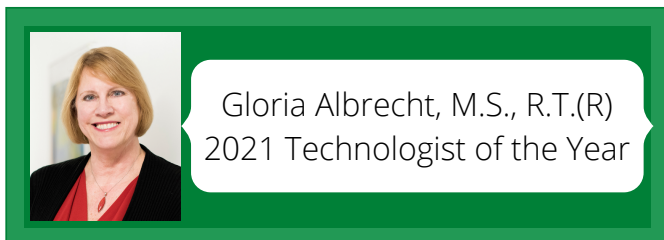
## The 2021 Virtual Annual Meeting was a success!

We missed seeing everyone in person this year, but we want to send our thanks to everyone who joined us virtually for the 80th OSRT Annual Meeting! This was the first time an OSRT Annual Meeting has been offered virtually and we look forward to your feedback. We hope you enjoyed our speakers and the topics presented. Twelve continuing education credits were offered for technologists along with a JRCERT presentation for educators. Many of the sessions were also approved for ARRT prescribed CE for those who have completed the ARRT structured self-assessment. Thanks again to our speakers for their dedication pre-recording their presentations and being present to answer your questions during their scheduled sessions.

In attendance was Tricia Leggett, DHEd., R.T.(R)(QM) representing the JRCERT and Debra Poelhuis, MS, RT(R)(M), AEIRS President.

We were able to hold the Business Session on Saturday of the Annual Meeting and conduct the business of the Society. Congratulations to our new officers and to our 2021 Technologist of the Year, Gloria Albrecht!

A special THANK YOU to Dr. Terri Bruckner, Andrea Tschirner, and Allison Stokes for planning a terrific meeting!



# SAVE THE DATE

## 2022 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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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

I hope that you have enjoyed the latest issue of Cardinal Rays! I'd like to thank Sheryl Bacon and Whitney Reese for their help and guidance.

I would love to hear from you! Is your department or program doing something fun and interesting? Let me know, I would love to feature you! Do you have suggestions for articles or information you would like to read about? Send me an email or call - I'd love to chat!

Namaste,

*Lauren Huffman*

Cardinal Rays Editor

