

CARDINAL RAYS

Newsletter of the Ohio Society of Radiologic Technologists

NEWS & FEATURES

Sessions with Shellie

PAGE 1

Fall CE Session

PAGE 3

Celebrate NRTW

PAGE 4

Student Spot

PAGE 5

Clinicals 101

PAGE 6

2023 Annual Meeting

PAGE 9

Reflecting on ASRT Meeting

PAGE 10

Foundation Corner

PAGE 11

News Flash

PAGE 12

Sessions with Shellie

Greetings and Happy Fall to All!

Well, summer has come and gone, and now many of us are busy adjusting to the new academic year as educators, students, and parents of children attending school. Although you may not be enrolled in a school or formal academic program, I firmly believe that all of us, as radiologic science professionals are lifelong learners due to forever-changing technology and advances in medical practices impacting the imaging and radiation therapy professions. In addition, mandatory continuing education credits needed to maintain professional certification provide opportunities for keeping us abreast of current knowledge and updates regarding the profession. The OSRT recognizes the importance of continuing education and has committed to providing up to 3 remote CE credit offerings twice a year. A remote CE session will be offered in the AM on Saturday, October 22nd. Please refer to the OSRT website for further details regarding this CE event.

Sessions with Shellie (continued)

The new OSRT website is up and running and provides easy navigation to access information, including upcoming events and advocacy efforts of the OSRT. The website is currently in the progress of obtaining additional informational and educational materials relevant to professional and student OSRT members. Advocacy efforts are featured on the website, keeping OSRT members and the public updated on how the OSRT is advocating for the profession and enhancing the standard of patient care when delivering diagnostic or therapeutic radiation. Please take the time to visit and familiarize yourself with the new website. I want to give a big 'Shout Out' to the OSRT webmaster, Denise Moore, for the time and dedication she devoted to developing and implementing the new website.



Shellie Warino
OSRT PRESIDENT

THE OSRT RECOGNIZES THE IMPORTANCE OF CONTINUING EDUCATION AND HAS COMMITTED TO PROVIDING UP TO 3 REMOTE CE CREDIT OFFERINGS TWICE A YEAR.

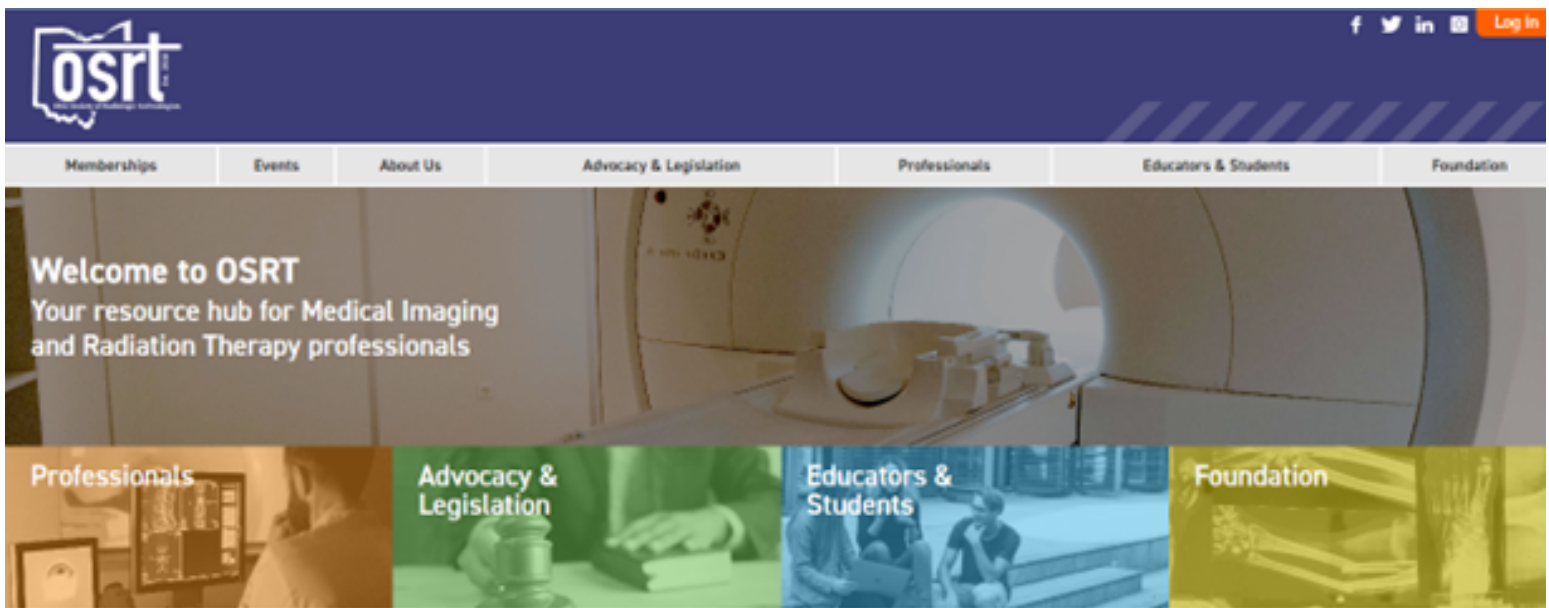
I have been busy the last couple of months learning new skills and techniques to enhance my advocacy efforts when representing the OSRT. I was selected to be part of the ASRT Online Advocacy Academy (OLAA) from July 6- September 12, 2022. Teams meetings, modules, and assignments were part of the expectations to complete the OLAA successfully. Objectives of the ASRT OLAA 2022 were for participants to develop skills and enhance the visibility of the radiologic profession in the affiliate healthcare community, to introduce strategic planning concepts regarding advocacy efforts, and to provide an understanding of the differences between lobbying and advocating. Also, ways of identifying lawmakers and stakeholders who are vital to state affiliates when advocating for continuation, implementation, and change of policies and laws were provided. In addition, how to effectively communicate with these lawmakers and stakeholders was discussed. This was an invaluable opportunity, and I am grateful that I was selected to partake in the 2022 OLAA. I highly recommend that all radiologic technologists interested in learning and/or enhancing their advocacy initiatives be considered for this experience as part of the ASRT 2023 OLAA.

In closing, I would like to thank you for your continued support of the OSRT. Remember to check out the new website and save the date for the CE credit event to be offered on Saturday, October 22.

Respectively,

Shellie

CHECK OUT THE NEW OSRT WEBSITE!



The new and improved OSRT website is up and running - be sure to check it out! Many thanks to Denise Moore, OSRT Webmaster, and her team for all of their hard work.

FALL VIRTUAL CE SESSION

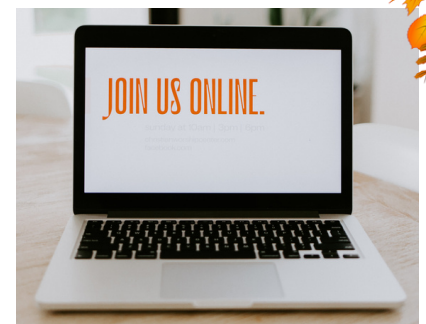
NOVEMBER 5, 2022

3.0 CATEGORY A CE CREDITS*

The OSRT Education Committee will be sponsoring a CE event on Saturday, November 5 from 9 am - 12 pm.

Topics include chest anatomy and positioning review, types of pneumonia, and lung cancer.

Cost will be \$15 for OSRT active members, \$30 for non-members, and \$10 for student members.



Watch your email for registration information.

*Pending ASRT approval

CELEBRATE NRTW WITH THE OSRT!

NOVEMBER 6-12

Get your selfie sticks ready! Celebrate National Radiologic Technology Week with the OSRT on social media and win prizes! Two lucky winners will receive gift cards but you need to play to win! Click on the icons to get social!



Here's what you need to know:

- You must be an OSRT member AND follow us on social media to win.
- The winners will be the technologist and student who participated the most throughout the week.

Memory
Monday



Post your favorite/most embarrassing memory from school/early career.

Tech
Tuesday



Students! Post a selfie with an influential tech who is mentoring them through clinical. New techs! Post a selfie with a coworker who is mentoring you at work!

Wonderful
Wednesday



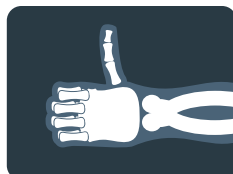
Post something you can't live without on the job/clinical. Something that makes you happy/comfortable or you simply need to survive! (good pair of shoes, comfy scrubs, iced coffee)

Thoughtful
Thursday



Technologists! Post a thoughtful tip for students. Could be from a newly graduated technologist or techs who are more 'seasoned'. We love all our members equally :)

Favorite
Friday



Students! Post a selfie with an instructor or technologist and tell us what your favorite subject has been to this point. Technologists! Post about what your favorite subject was during your educational program.



Student Spot!

Student Cardinal Rays



*Happy
Fall, Y'All!*



Becky Everetts
Student Director
student@osrt.org

Hello everyone. Can you believe how quickly the summer flew by? I feel like I didn't get enough summer picnic food in me. But that won't stop me from firing up my grill this fall/winter and enjoying the last of my summer stash of burgers and dogs! A personal update: I just finished my summer semester and am officially a senior in my radiography program! I didn't think this would be a big deal, BUT it IS! Just two semesters to go, I feel like I can see the light at the end of the tunnel! I hope that gives you newer students hope. My advice to all students, keep your head down, study hard, ask lots of questions, and most of all, HAVE FUN! This is a great career you are starting. I have also begun a mammography course this fall and will have all of my credits completed by the time I graduate in April. I am excited to start this new chapter in my life and start helping patients.

Fall is in the air, and you know what that means? The holidays are right around the corner. This is an excellent time of year to schedule your annual medical appointments. I always plan my annual physical, bloodwork, mammogram, and dentist cleanings in December. It always helps me jumpstart the new year with new goals, whether they are personal or mental health. This is a great time to do it if you haven't scheduled your annual health screening appointments! Fall is one of my favorite times because I can finally start walking outside without melting!

I am an avid walker and prefer to walk outside; however, the summer heat forces me to use my treadmill. Walking is a great way to improve or maintain your overall health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis, and some cancers. Unlike other forms of exercise, walking is free and requires no special equipment or training. To get the health benefits, try walking for at least 30 minutes as briskly as possible on most days of the week. 'Brisk' means you can still talk but not sing and may puff slightly. I wonder what your neighborhood would think if you were singing while on your walk? 😊

Please don't forget about all the great committees in OSRT that you can get involved with. It's a great way to meet new people and learn something new about your exciting new future in imaging. We are always looking for new members. Please let me know if you have any questions or are interested in volunteering! I'd love to help you.

I hope everyone enjoyed their summer and is getting in the fall spirit. Please get in touch with me if you have any questions or suggestions for upcoming articles. I look forward to seeing any of you at the forthcoming in-person Board of Directors meeting in late September.

Student Spot!



Student Cardinal Rays

CLINICALS 101: A SURVIVAL GUIDE

By Kathryn Shinko, A.A.S., R.T.(R)

Nothing is more intimidating than clinicals, but having a list of tried-and-true tips handy can help offset the pressure that many students inevitably face.

Don't wait to be asked – take initiative.

When you're at clinical, it isn't just about the quality of your images (although that is quite important). You're being evaluated as a potential future employee, and not only will the quality of your work be scrutinized, but your work ethic will be too. You don't have to do every exam (and you shouldn't, as that can quickly lead to burnout), but you should be in on almost everything. The student that techs always have to ask to participate in the action will probably find that the invitations will be fewer and fewer, as many will assume – and perhaps rightly so – that they're not interested. Even if there appears to be a lull, there's nothing wrong with asking a tech, "Is there anything I can be doing right now?" A move as simple as that can earn you significant mileage.



If expectations aren't clear, ask for clarification.

Clinicals teach you a lot about yourself, and one of the things I learned about myself was that situations where I'm unsure of what's expected of me make me unbearably anxious. Most clinical sites (but not all) give out paperwork at the beginning of a rotation outlining how students are expected to behave and to what extent they're supposed to take charge during exams. Still, if you find yourself stumbling on details that haven't been addressed, the best thing you can do is ask. If you feel uncomfortable, it's okay to begin a question with a phrase like, "I'm still feeling my way around here and want to make sure I'm doing what's expected of me." The first time I asked a tech, "During my exams, should I be _____?" I probably got a weird look, but eventually, the techs learned to anticipate my questions and were more precise and upfront about how they expected things to go from then on. Knowing from the beginning gave me more confidence, resulting in a better experience for me, them, and our patients.



Be on time.

Remember, when you're a student at a clinical site, the other techs are looking at you as a potential colleague. If sometime in the near future you're the person who happens to be coming in at the end of their shift, they want to be able to rely on you to show up on time – and not have to stay an extra half hour because you were late. We all know a student's life is exhausting and hectic, but this is a critical point. Punctuality is a sign of professionalism, and you'll find that many problems can be avoided by simply being where you're supposed to be when you're supposed to be there.



Student Spot!

CLINICALS 101



Treat all patients with respect.

At clinical, you'll observe many different techs with a diverse range of working styles, and it's up to you to curate the traits you like, piecing them together into the kind of tech you want yourself to be. You'll also see various patients, spanning the complete breadth of every spectrum: age, physical capability, educational level, body type, background, and personality. Some will be easy and pleasant to work with, while others will be difficult and not so pleasant – but as a tech, it will be part of your job to treat everyone with respect. Be careful not to join the techs who take jabs and make cruel jokes, as this can become a bad habit and negatively influence how you approach future patients. Think about the times you've sought medical care in your life – were you at your best on those days? Or were you distracted, worried, upset, or in pain? And how would you feel if you knew someone taking care of you or your loved one was snickering, rolling their eyes, and making fun of you in the back?

Put the cellphone away.

Most clinical sites have an explicit policy about cellphone usage, and for a good reason. Even if a tech tells you they don't mind you being on your phone, beware: just a few more videos on TikTok or another game of Candy Crush has a corrosive effect on your focus, taking your head out of the game. Your clinical experience is a time to soak up all you can – to practice, practice, and then practice some more. Your cell phone and all of its charming distractions will still be there at the end of your shift. If you're expecting a call so important that you'll need to check your phone frequently, let someone know and stick to your word, putting it back inside your pocket as soon as you're done checking.



Spend time with every tech – even the ones you don't like.

Every clinical environment contains a cross-section of techs, from those who love to teach to those who get miffed at the very idea of a student's presence. However, you'll do yourself a disservice if you don't spend at least some time working with every tech – even the ones who seem standoffish or intimidating. Realize that their coldness is likely not personal – some techs feel pressured to say something meaningful or wise when a student comes around and gets frustrated because teaching isn't one of their strengths. Some don't do well under the spotlight. Even silently observing these techs will teach you a lot. At my second clinical site, the most aloof tech was a technique whiz, and even though I didn't work with them, I always watched the technique they set for their exams. That taught me a lot without getting in the way and without putting pressure on other techs that were fun to work with but not as competent with setting their own technique. You'll find that you will get along great with some techs, and with others, the situation will be nothing but awkward and unsettling. Work with them anyway. It'll only benefit you in the long run.



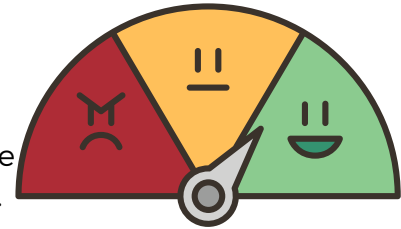
Student Spot!

CLINICALS 101



Take constructive criticism, but don't stand for mistreatment.

One of the techs admitted to me after I graduated that he never gives that score, simply because, "A 5 means you're one of us and that you don't need to be here." As a student, techs know that you're not going to be perfect, and they know ahead of time the common pitfalls that trip up many fledgling learners. Any suggestions they make are meant to make you a better tech, which has a ripple effect of making better diagnostic images and better care for our patients. However, if a tech is ever insulting, malicious, or threatening, tell someone: your clinical instructor, your teacher, or even another student. No one should ever make you feel personally insulted, scared, humiliated, or ashamed.



Never turn down an exam.



A 3-view right wrist comes your way and you've already comped on wrists long ago. Do you turn it down? Don't. You may have comped on a wrist, but you haven't comped on that specific wrist. Every person's body is different, and two exams of the same body part can be worlds apart depending on the person's physiognomy, affliction, attitude, or ability to move. And even if it's the most textbook wrist in existence, you can always, always use the practice.

Feeling nervous and insecure during clinical is uncomfortable – but also perfectly normal! Remember, you won't be a student forever, and you'll come out on the other side as a developed, professional, and competent technologist. Take these tips to heart – and even come up with some of your own! Good luck, students!

Kathryn Shinko is a former contemporary artist who has always been fascinated by the human body, and in 2020 she decided to pursue Radiologic Technology as a career. Her goal is to join the three disciplines of healthcare, education, and fine arts to advance medical imaging as a profession. In April 2022, she graduated from the Cleveland Clinic School of Diagnostic Imaging as an RT and pursue Computed Tomography. Last year, Kathryn was awarded an Education Grant by the OSRT. Most recently Kathryn participated in the ASRT Student Leadership Development Program. She resides in Cleveland, Ohio.





2023 Annual Meeting

April 13-15

Columbus, Ohio

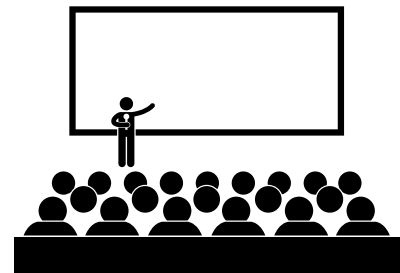
Plan now to join colleagues for the 82nd OSRT Annual Meeting Thursday, April 13 through Saturday, April 15, 2023, at the Columbus Doubletree, in Worthington, Ohio. You can earn the majority of your required CE credits in one weekend! Come and join us, expand your learning and socialize with fellow technologists! Mark your calendar now to join us!

- CQR and Registry Review Topics
- OSRT Business Session
- Student Quiz Bowl
- Philip W. Ballinger Student Self-Assessment Exam
- OSRTERF Grants and Competitions
- Thursday Night Party
- Social Media Contests
- Plus much more!!



We are still 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 October 1, 2022.

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



If you have any questions, please contact the Executive Secretary at osrt@osrt.org.

Reflecting on the ASRT Meeting: The need for technologist participation

By Jackie Turk, M.Ed., R.T.(R)(CT)(MR), CTT+

As the Ohio delegate in June, I was fortunate to participate in the ASRT House of Delegate Meeting. Due to my involvement in OSRT and ASRT, I was qualified, and the Board of Directors appointed me to this position. It was an honor to serve in this capacity and one I did not take lightly. While there, I was able to attend updates from the ASRT, ARRT, and JRCERT, as well as attend chapter meetings for MRI and CT. I networked with members from Ohio and other chapters and affiliates, shared best practices, and discussed current events impacting technologists and patients. At the end of the meeting, after much discussion and deliberation throughout the week, I voted on changes to the bylaws and practice standards on behalf of Ohio based on what was best for our state technologists and patients. It was amazing to see the business of the house facilitated so efficiently.

On another note, it was alarming to see how fragile our profession can be and how quickly it can change if not continuously monitored and tended to at both the state and national levels. At the ASRT meeting, some states were not represented due to a lack of member involvement and support. State societies have disbanded and no longer have a vote at the ASRT meeting. That same situation exists for some modality chapters as well. Due to technologists not running for positions at the state and national levels, we are losing voices.

We, as technologists, need to do better at taking an active role in our profession. We need to keep our state societies like the OSRT thriving so that they can be our voice and the voice of our patients. We need this voice both at the state and national levels. Ohio has always been a strong presence at ASRT, but I will never take that for granted. We need to keep that culture in future generations of technologists. Our technologists and students need to be active participants in the OSRT and ASRT so they may continue to be that voice.

Please be active in this profession of ours. Volunteer on a committee. Run for the Board. Reach out, and we can find your fit. I am sure you will find it as rewarding as I have and fully appreciate the value of your voice once you see it in action!



Jackie Turk at the ASRT Annual Governance and House of Delegates meeting with ASRT CEO Dr. Sal Martino.

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



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.



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

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](#).

GET SOCIAL!

Click on the icons for the OSRT social media pages



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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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