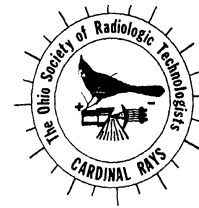




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Ohio Society of
Radiologic Technologists

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Bruckner's Buzz

Volume 41 Issue 3

Hello Ohio Imaging and Therapy professionals! I wanted to start off by thanking all of you for being part of the OSRT family. It seems as if another summer has flown by too quickly and we are getting ready for autumn. Before getting too caught up in the holidays, I hope everyone will get a chance to celebrate National Radiologic Technology Week. This year, NRTW will be celebrated from **November 2- 8** with the theme, *Many Views with One Vision*. Our field has become incredibly diverse; however we all strive for the same thing. The vision of each radiologic technologist is to give our patients the best possible, highest quality care. Have you thought about how you will celebrate NRTW? The ASRT website (<http://www.asrt.org/events-and-conferences/national-radiologic-technology-week>) has many good suggestions, and examples of how others have celebrated our special week. The examples where community members and the media were involved are especially noteworthy. Sharing the important work of our professions is vital. Don't forget to share you celebration plans with both the ASRT and the OSRT. Good luck on a successful National Radiologic Technology Week!

I would also like to encourage everyone to take a look at the recently redesigned OSRT website (<http://www.osrt.org/>). Our web editors, executive secretary and many others have worked very hard over the past several months to make the site

attractive, easy to navigate, and complete. We appreciate the dedication and long hours they spent to make our website a model for other state organizations. Check out the latest news to see which Ohio RTs Strike it Big Nationally. You can apply for or renew your membership online, learn about educational opportunities, and comment on national curricular changes. Employers can post job openings, companies have opportunities to advertise with us. You can also learn more about the OSRT and the OSRT Education and Research Foundation. The mission of the Foundation is to "fund students and professionals engaged in education and research to promote the highest quality patient care." I hope you will look at our website, consider volunteering for a committee, donate to our Foundation, or run for a seat on our Board of Directors.

In April, the OSRT Board of Directors adopted a new strategic plan. Our new plan focuses on core values of Professionalism, Leadership, Education, and Inclusion. The goals of the new plan are to:

- Create a culture of leadership that incorporates guidance and quality governance
- Advance scholarship within the profession
- Increase membership

In line with these objectives, watch for some exciting new opportunities. These include the implementation of a Leadership Academy, publication and presentation workshops, expanded continuing education offerings, and an expanded membership campaign. I want to thank all of the OSRT committees as they work to implement the objectives of this new roadmap for our organization.

I also need to apologize and make a correction for the previous Cardinal Ray's edition. Ohio RTs *Darla Campbell, Cindy Davis, and Emilee Palmer* all attended and completed the ASRT Leadership Academy this year. This is a six-week online course that covers many principles of leadership including communication, policy development, public relations, advocacy, and strategic planning. Congratulations to all three of you! If you are interested in this course, online applications are being accepted August 18-September 18, 2014 (<http://www.asrt.org/events-and-conferences/national-radiologic-technology-week>)


In closing I just wanted to say I hope you enjoy the autumn, and have a wonderful NRTW celebration! Again if you have any questions please feel free to contact me at

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Ohio Society of
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OSRT VISION

OSRT will promote the excellence of professionals in medical imaging and radiologic science.



OSRT MISSION

Advocate for medical imaging and radiologic science professionals by advancing professional practice and educational standards, and providing leadership in health policy.

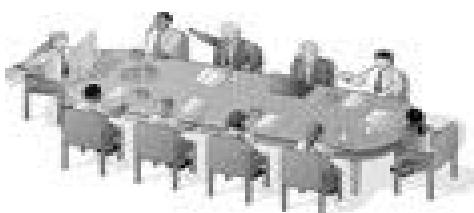
This and That...

Foundation Corner

Meet the Foundation...

We would like to welcome our new Director to the Foundation Board, Gail Schroeder. Gail is the Radiologic Technology Program Director at Kent State University Ashtabula. Welcome Gail!

The OSRTERF Board



75th OSRT Annual Meeting

The next OSRT Annual Meeting will be a milestone year for the organization as Ohio RT's celebrates 77 years of professionalism and advocacy in medical imaging! The meeting will be held April 9-11, and will feature first class CE topics that suits a variety of practice disciplines. 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!

Would you like to be a speaker or do you know someone who should be a presenter at the 2015 Annual Meeting. Please visit the OSRT website to complete your call for proposal at

www.osrt.org



A Note from the Editor

Yes, we are reminding you early about Radiologic Technology week so you can get a head start on celebrating with your co-workers. We would love to hear from you and how you have celebrated the profession. Please feel free to email me at

llarnold@seormc.org

Leisa Horton Arnold-Editor



Tech Talk by Lizzy Hemme, BRST, RT (R) (CT)

What is your name, educational and professional credentials, job title and educational background? My name is Sarah Macke, BRST, RT(T) and I am a Radiation Therapist at the Kettering Medical Center in Dayton, Ohio. I graduated from the University of Cincinnati in 2009 with an Associate's of Applied Science and then went onto complete my bachelors degree in Radiation Science Technology at the University of Cincinnati in 2014.

How would you describe the institution in which you work to someone who is visiting for the first time? I work at Kettering Medical Center in Kettering, Ohio, it is a religious based facility and presents itself as a network of family. The hospital instills the motto, *"Every patient, Every time, Everywhere."* It is a hospital that offers many services including cancer care, brain and spine care, cardiovascular care, breast health and neonatal care. It is a teaching hospital affiliated with Kettering College. Our hospital is beautiful from all aspects and tries to create a welcoming atmosphere for everyone whether you are there for just the day or the entire week.

What does your job entail? I am a registered radiation therapist, which means that I administer high doses of radiation to patients with benign or malignant cancers. I have found the role of the therapist is constantly evolving with new technology and a willingness to learn. Personally, it is very comforting to witness the major advancements related to treating the patient and maintaining patient safety. Advancements for treatment include: making the beams more conformal to the tumor target, decreasing the amount of patient toxicities, quicker treatment times and more comfortable patient immobilization devices.

Why did this type of work interest you? Primarily I get to see the same patients every day for 3 to 7 weeks depending on their type of cancer. The bond that I am able to create with my patients is really neat because you are helping them fight off their disease while also being their rock of support. One of the things I admire the most about my patients is they are not afraid to talk to one another own specific issues and I often see families come together and support one another.

How did you get your present job and what kind of experience and preparation helped you the most? Through school most students do clinical rotations which allows for those hospitals to meet you and see your skills. Since I did most of my clinical rotations in Cincinnati this made it a little more difficult when I began looking for a job in Dayton. I actually got my job because one of my classmates referred me. It is kind of interesting that almost half of our graduating class works in the same department. Honestly, the clinical portion of school is what helped to prepare me the most to work with patients at different facilities. I have met so many radiation therapists through this growing time that shared their clinical experiences that have shaped me into the therapist I am today. I am truly grateful for each and everyone one of them for caring so much that I succeed and helping me to do it.

How many hours do you work in a typical week? I typically work forty hours a week with occasional additional hours for emergency type situations. Weekend call is rotated among all the therapists and usually occurs about once every ten weeks.

Could you describe one of your typical workdays for me? I am the first person in our department, so I begin by warming up the equipment and completing the quality assurance. My day begins with patients arriving every fifteen minutes for treatments; this requires me to program each individuals treatment plan. Some people might think this is assembly line type work, but it takes great skill and efficiently to maintain compassion to these patients.

What do you think the most important skills and abilities are for this position? The most important skills for a radiation therapist are someone who is compassionate, patient, a great critical thinker and likes the challenge of change.

What aspects of your job do you find most challenging? The most challenging part of my job is when patients reach the point of their treatment and they are weak from radiation and chemotherapy. It is so difficult to watch your patients, who become your family, weather this storm. Cancer is a terrible disease and unfortunately you cannot help everyone beat it, watching those you truly care about come back for treatment as the cancer continues to spread is the hardest part of my job.

What do find most enjoyable or rewarding? At the end of a patients treatment we celebrate by letting them sign their name to a big poster board and ringing a bell. To see each of these patients, who have waited weeks to do this, is truly rewarding knowing the struggles that they have overcome to get this far. These boards line the walls of the departments and many loved ones come to look for the names of those both living and deceased.

Describe a satisfying or meaningful experience that you have had during your career. It is really hard to pick just one meaningful experience that I have had, but I can think of one that sticks out. I had a patient being treated for a head and neck cancer. This is one of the worst treatments because when the side effects begin, the patients do not want to eat and start withering away. This particular patient began his treatments being so upbeat. Every day he would pick new music to listen to from jazz to salsa. When his treatments ended for that day, sometimes we would even dance. We would have a great time that you would never even know that he was going through cancer treatments until about the fifth week of treatment. One day he came in and you could tell he had been up the whole night getting sick. I knew this has been particularly hard for him to come in for his treatment, but he did not want to miss one. At the end of his treatment that day, I grabbed his hand and told him that I understood how hard this must be, but that he was the most kind, intelligent person I had ever met even with the coolest shoes! (He bought special shoes for his treatments that were bright and colorful) I told him that God knows how strong you are and now we just have to weather this battle and show him that you know. He gave me a big hug and said thank you that is just what I needed. Not every patient goes through this, but when you get to share a moment like this it changes you forever.

What changes do you see occurring in this field (your specialty specifically) during the next few years? I would imagine that strides are going to continue to make radiation even more precise so smaller margins are needed. I think that respiratory gating will be used on many patients to eliminate movement during treatments so the radiation is directed specifically to the target.

Where would you like to see yourself in five years? In five years, I hope to be working my way up the ladder and becoming the manager of our department. Since obtaining my job three years ago, I have been promoted to the Chief Therapist. I hope to work with my manager to learn the business side of the network and use that knowledge to make an even better work environment.

What do you wish you knew (but didn't) when you first contemplated this career? I wish I knew what the treatments really involved for the patients. Most treatments are noninvasive and the patients feel pretty comfortable receiving them. Some treatment require invasive techniques For example, internal radiation involves placing a catheter in the body that needs treated and then live sources are sent through those catheters. Sedation is sometimes needed to insert these catheters which involves a whole new level of stress when performing this type of procedure.

What suggestions do you have for an individual wishing to enter this field? I would recommend this field to anyone who is wishing to enter a patient care field. The relationships that you build with your patients are truly the most rewarding aspect especially when they come back after treatments and are feeling great.

If you could start all over again, would you change your career path in any way? If I could start all over again, I would never in a million years think about changing my profession or the experiences that have shaped me into who I am today. One thing I would change is getting my Bachelor's degree sooner because the only way you can advance your careers is to have the proper education.

Are you a member of any other professional clubs, associations or organizations? I am a member of the American Society of Radiation Therapists.

What kinds of hobbies and activities do you enjoy in your spare time? In my spare time I like to volunteer at the Relay for Life and Making Strides, both of which support those with cancer. I also enjoy sewing, being outdoors, making crafts and playing with my two cats. I have been thinking about ways to become more involved in my community, but right now school has my full attention.

