PRESIDENT’S MESSAGE  
CHRISTINA HUFF, RMA, RPT

I want to start off by welcoming all of our new members to Kentucky State Society American Medical Technologist (KSSAMT). I would like to introduce you to the Board of Directors of KSSAMT. My name is Christina Huff I am the President. The Vice President and Editor is Sanda Jones, Treasurer is Yvonne Hermann, Secretary Selena King, Members at Large are Lisa Bromley and Judy Fortune. Legislative Chair is Julia Hardcastle, Co-Editor Everett Bloodworth. Congratulations Everett for being elected as the National Board President. We are so proud of him.

KSSAMT was pretty busy this year. We did a lot of traveling, networking and participated in earning Continuing Education Credits. The national convention in Chicago was fun while celebrating the 75th anniversary of AMT. Our Fall meeting was held at National College in Louisville it was a huge success, as we had about 50 members attend the all day session. The guest speakers were great! They offered hands on training and life experiences. The topics were very informative. We traveled south to Gatlinburg, TN, for the Southern District’s Magnolia Treasure’s Educational Weekend. The topics were really good, the speakers were great! It was a fun weekend!

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The Bluegrass Tech newsletter is published in the Spring and Fall by the Kentucky Society of American Medical Technologists, under the auspices of American Medical Technologist. The articles represent respective authors opinions and do not necessarily represent the policies or views of KSSAMT or AMT. The Editor reserves the right to edit any article accepted for publication.

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Fall 2014 Southern District Councillors Message

Kaye A. Tschop, MT

A great big thank you to the Illinois State Society for hosting AMT’s 76th Educational Program and National Meeting at the Drake Hotel Chicago, Illinois. Great speakers and very interesting educational topics was the perfect recipe for 303 attendees to enjoy an outstanding week of education and fellowship. It was very fitting for AMT to celebrate 75 years of Certifying Excellence in nine different Allied Health Profession Fields in their city they call home, Chicago, Illinois. The new hard-bound AMT History book was available for purchase for $59. I hope you picked up your copy in Chicago. If not, you can order from the AMT store on-line.

AMT national board welcomes two new AMT board members: Ken Hawker, MT and Deborah Westervelt, RMA. Everett Bloodworth, MT was re-elected to a three year term. The officers are Everett Bloodworth, MT President; Jeffery Lavender, MT Vice-President; Heather Herring, MT, RMA Secretary; and Jeanette Hobson, RMA Treasurer. New AMTIE Board Members: Kay Ferguson, MT and Arthur Contino, RMA.

This is a special time for me to say how very proud I am of the Southern District and to congratulate all my district award winners: Honor Roll states: Alabama, Florida, Georgia, Kentucky, North Carolina, South Carolina, Tennessee, and Virginia.

Publication Award: Kathleene Hardy, RMA from Florida for 2nd place newsletter.

Distinguished Achievement Award: Catherine Brock, RMA from North Carolina, Marvin Matthews, MT from Georgia, and Kaye Burnett, MT from Tennessee.

Exceptional Merit Award: Jerry Hudgins, MT from Tennessee

Pillar Award: Jose Guethon, MT from Florida

Silver Service Award: Pearl Campbell, RMA from Florida, Hattie Gallon, MT from Georgia and Kaye Tschop, MT from Tennessee

GEM Award: Kay Ferguson, MT from Florida, Mary Midkiff, MT from North Carolina, Peggy Oiler, MT from Georgia and Shannon Newman, MT from Virginia

Friend of AMT Award: David Brown, Alabama

Legacy Tribute: Carole Miller, MT from Virginia

President's Award: Kay Ferguson, MT from Florida

Special Recognition Award: Charlotte Hudson Boe, Ph.D. from South Carolina

Technologist of the Year: Kaye Tschop, MT from Tennessee

Order of the Golden Microscope: Nancy Barrow, MT from Virginia

Thanks for all your hard work and dedication to AMT throughout the year and making the Southern District shine. Each of you truly are the "Pride of the Profession". I look forward to working with each of you in the coming year and visiting your state.

In closing, I would like to say thank you to each of you for all your hard work and dedication to AMT. Remember to record all your continuing education credits in AMTRAX. Make sure you retain your documentation in case of an audit. The program is free to all AMT members. Those AMT members that fall under Certification Continuation Program (CCP), please make sure you have the proper points to remain certified.

I want to remind everyone to complete your award nomination forms in plenty of time and send them to the AMT office to ensure they arrive prior to the deadline date of December 1, 2014. Forms that arrive after the December 1 deadline date will not be considered for the award. Every year deserving members are not considered for awards simply because their nomination form arrived after the deadline.

In closing, I would like to say thank you to each of you for all your hard work and dedication to AMT throughout the year and making the Southern District shine. Each of you truly are the "Pride of the Profession". I look forward to working with each of you in the coming year and visiting your state.

If I can be of service in any way, please do not hesitate to contact me at k9kid@bellsouth.net or phone me at (h) 615-833-3427 or (c) 615-424-0550.

Respectfully submitted,
Kaye A. Tschop, MT
AMT Southern District Councillor

This article is continued on the next page!
Kona side of Hawaii is known for its sparkling resorts, world-class golf courses, white sand beaches, big-game sport fishing and home-grown Kona coffee.

Hilo side of Hawaii is the gateway to Hawaii Volcanoes National Park, historic small-town flavor and interesting shops, restaurants and museums, tumbling waterfalls and towering banyan trees.

Punalu’u Black Sand Beach is part of a habitat of turtles who can often be found basking on the sand in the morning sun.

Hawaii Volcanoes National Park — more than 333,000 acres and still growing — is a UNESCO World Heritage site. To appreciate the volcanoes, plan to spend a day exploring the Park.

Hapuna Beach Prince Resort

- Resort is located 30 minutes from Kona International Airport.
- Beachfront resort faces spectacular Hapuna Beach with white sand beach (named “Number One Beach in America” by Conde Nast Traveler magazine).
- Each guestroom has a private lanai with ocean view.
- Spacious marble bathrooms with separate tub and walk-in shower.
- In-room coffee maker, mini-refrigerator, iron & ironing board, hair dryer, safe.
- 10% discount on spa service | 20% discount in hotel restaurants excluding alcoholic beverages.
- Complimentary self-parking. Internet in guestrooms and admission to Fitness Center.
- No resort fees.
- Outdoor pool with cabanas and heated whirlpool.
- Hapuna Golf Course designed by Arnold Palmer & Ed Seay (18 holes).
- Group room rate also valid for pre- and post extensions at nearby Mauna Kea Resort and sister hotel in Honolulu.

AMT Convention room rate: $169.00 single or double occupancy + 13.416% tax. Rate valid June 18 to June 30, 2015.

If you are interested in taking a seven day cruise to neighboring Hawaiian islands after AMT’s National Meeting, then this cruise is for you. This cruise is not affiliated with AMT in any way so if you are interested, please contact Marty Hinkel, MT (Wyoming) for all information and costs at (h) 307-347-4835, (c) 307-272-5087 or email marty.hinkel@bannerhealth.com.

For those of you who wanted a national meeting in Hawaii, your wish has come true! Hawaii will be the site of the 2015 National Meeting at the Hapuna Beach Prince Hotel in Kohala Coast, Hawaii June 22-25, 2015. Room rates are $169 plus tax brings your room rate to $ 191.67 per night. Make sure you make those flight reservations to fly into Kona International airport. Every room has an ocean view and your very own lanai. Rooms are spacious and beautifully decorated and include marble bathrooms with separate tub and walk-in shower. Each room includes a coffee maker, mini-refrigerator, iron and ironing board, hair dryer and safe. Complimentary internet in guest-rooms, admission to the fitness center and self parking.

There is an outdoor pool with cabanas and a heated whirlpool. Attire is casual wear for the entire week. No formal attire please! For you golfers there is the 18 hole Hapuna Golf Course designed by Arnold Palmer and Ed Seay. There are 10 restaurants to choose from on the premises! Free transportation to the sister resort or for a $5-$10 fee you can hop on the shuttle to the Hilton Waikoloa and shop till you drop at the connected shopping mall. State gift baskets will be taking a hiatus for the 2015 Hawaii meeting due to shipping logistics. Visit Volcano National Park or the Kona Coffee Plantation. There is so much to see and do. There will be more information coming soon so watch your AMT Events magazine and start saving those pennies!
**PHLEBOTOMY CORNER** by Lisa M. Bromley, RMA

**Tips For Difficult Veins**

**Look by feeling:** Always remember that when trying to locate a vein it is by what you feel not what you see. A vein feels bouncy when your pressing. It can be best described as pressing on a wet sponge.

**Find the vein with a light tourniquet first:** If you can’t find the vein after palpating the entire AC (antecubital fossa area), slightly tighten the tourniquet, but do not over tighten. *Never* tap or slap the site, it is abusive to the patient and may lead to hemolysis. Do not allow the patient to pump his/her fist. It may make the vein more prominent, but it can lead to hemoconcentration.

**Tips for making the vein more prominent:** Warming of the intended draw site will increase circulation to area and make the veins more prominent. Ways to warm the area a commercial heel warmer works well. Using a warm damp wash cloth or towel can help or wrapping the arm in a warm blanket if available.

**Still no luck—Look elsewhere:** There will be may times that the veins are not easy to find in the AC area (antecubital fossa). This is when you can look at the dorsal side (back) of the hand or on the wrist side of the hand. *Never* draw from the anterior side of the wrist.

**Still do not feel a vein:** Do not be afraid to ask someone else to draw the patient. It is never good to proceed if your do not feel confident. Remember it is all about good patient care and what is best for the patient.

**Plan your approach:** Pay strict attention to the direction of the vein and the depth and direction of the vein. Trace the vein with your finger and practice it a few times without actually sticking the patient.

**Be sure to anchor the vein:** This is done by placing the thumb of you free hand below the intended draw site and pull down lightly. Remember to much pressure will flatten the vein and make it difficult to get the bevel into the lumen of the vein.

Written by: Lisa Marie Bromley, RMA
Phlebotomy Instructor
Western Kentucky Community & Technical College
Lab Assistant Murray-Calloway County Hospital
Editor’s Message
Sanda Jones, MT  
KSSAMT Vice President

Hello and Welcome to the Bluegrass Tech newsletter. The Kentucky AMT society hopes you find the newsletter informative and fun. As we try to offer information to keep you informed in your work life and personal life. The Kentucky State Society would like to welcome over 250 new Kentucky AMT graduates. Congratulations to all!! The Bluegrass Tech newsletter comes out electronically twice a year; in the Spring and Fall. Make sure we have your current email address. We can’t get the AMT news to you if we can’t find you. Does your school have a AMT Student Society? Please let us know. We would love to visit your school and see your hardwork and dedication to the organization. Would your school like to host an KSSAMT Educational Meeting? This is a great opportunity to show off your school, as well as talented teachers and staff. You will find our contact information on page 2 of this newsletter. As we travelled to the Magnolia Treasures Educational Weekend in Gatlinburg, it was wonderful to see some new AMT Kentucky faces. Jeremy Maynard, Lettisha Davidson both from the Berea, KY area, as well as Malynda Schuchter, RMA from Northern, KY. It’s always great to see new faces! A big Congratulations to Everett Bloodworth, our new National AMT President.

If you have any questions, comments or suggestions, send me an email.
I hope you and your family have a great Holiday Season!
Sanda Jones
jonesy520@bellsouth.net

2014 Chicago Delegate Report
Christina Huff, RMA,RPT

This was my first time going to Chicago. Now, I know why they call it the windy city. Everything was in walking distance. The hotel was very nice. There were fresh cut flowers everywhere you look. This year, the welcome party had a county fair theme. They had games, hot dogs, hamburgers, popcorn and cotton candy just like at the fair. It was a fun time to meet new people and see friends you don't see every day. All the meetings that I went to went well. I went to a leadership meeting. Some upcoming changes from the meeting starting January 1, 2016 there will be no paper testing. All tests will be given on the computer. I would like to congratulate one of our KSSAMT members who now is the National President for AMT, Everett Bloodworth.
Delegate’s Report
Chicago, Illinois—July 7-10, 2014
Yvonne Hermann, MT

We started off driving on our journey to attend the National Convention in Chicago on Sunday, July 6th which we found was the worst day. We didn’t think about the Fourth of July traffic traveling back home and all the construction on I-65. It took us over 9 hours to get there. Even though we were a little stressed by the time we got there it was still a great trip. Christina and her husband Kelly traveled with us. We talked all the way and were anxious to get to our final destination—The Drake Hotel. We finally made it right before dusk and we were glad because none of us knew where we were going and we wanted to get there while we could still see.

We started attending the educational seminars the next morning starting with viewing a video about the last 75 years of AMT. The best part was that I remember and knew a lot of the people in the video. I attended several really great seminars and took some great information back home.

This year was a new format for me from the past conventions that I attended. Everything was a day ahead each day—Welcome Party was on Monday night, AMT Resolution and Meet the Candidates on Tuesday, Awards Banquet was Wednesday which put the District Meetings and Annual Business meeting on Thursday. At the business meeting three members were elected to the Board of Directors: Everett Bloodworth, MT (Kentucky), Kenneth Hawker, MT (Utah), and Deborah Westervelt, RMA (Missouri). Roxann Clifton, Oklahoma served as past president and went off the board along with Janet Sesser.

After adjourning for a short while, the Board of Directors returned letting us all know the newly appointed slate of national leaders:

- **Immediate Past President- Mary Burden, MT**
- **Everett Bloodworth, (center) MT (Kentucky) ** Yeah!!!
- **Vice-President** Jeffrey Lavender, MT
- **Secretary** Heather Herring, MT, RMA
- **Treasurer** Jeannette Hobson, RMA, RPT, CMAS, AHI

*This article is continued on the next page!*
We then had the AMTIE annual meeting with the election of Art Contino, RMA (Texas) and Kay Ferguson, MT (Florida). The AMTIE board added a new public member, Mike Shelton. David Yocum after serving 17 years on the AMTIE board as public member went off the board. Zena Maraggun also went off the board. The new AMTIE board elects are:

- Executive Director: Dr. Gerard Boe
- Public Member: Mike Shelton
- President: Norma (Taffy) Durfee
- Vice-President: Linda Jones
- Secretary: Kay Ferguson
- Treasurer: Charlie Baker

In celebrating 75 years, there was a hardbound AMT history book of AMT from 1939 to 2014. It can be purchased on line if you want one. I would like to thank you for electing me to be your National Convention Delegate. I appreciate your trust and faith in me to represent the state of Kentucky. As always it was a great week.

**July 2014 Chicago Pics!**

*State’s Honor Roll Group!*

*Kaye, and Christina accepting award.*
Election 2014 in Kentucky is one of the most anticipated in the country, Senator Mitch McConnell, incumbent, running against Alison L. Grimes. More money has been spent than any other time in history. All eyes will be on our state in November.

October of this year is the deadline for Medical Assistants to be certified to work with electronic medical records. Many assistants across the state have been studying to prepare for the test. On the other hand, many physicians are going to reframe from accepting Medicare and Medicaid patients to get around the new law.

Our state Board of Directors has discussed working on a traveling program to offer a review for those individuals that would like to take a certifying exam. We will discuss this further at the next board meeting.

Each time the Kentucky legislatures are in session, several proposals are brought to the floor that could have an impact on our organization. It is imperative that all of our members be aware of any proposed bill that could affect us adversely. At this writing, the November election is the most important item on the agenda. If you are aware of any new discussions, please give me a call or send me an email. My new e-mail address is jhhardcastle75@yahoo.com.

Thanks for allowing me to serve in this capacity.
In the News from the CDC!
Flyer downloaded from the Centers for Disease Control website.

www.cdc.gov/vitalsigns

Cervical cancer is preventable

More than 12,000 women get cervical cancer every year. Up to 93% of cervical cancers are preventable. Human papillomavirus (HPV) vaccination helps prevent infection with the HPV types that cause most cervical cancers. The Papanicolaou (Pap) test screens for abnormal cells that may develop into cancer and the HPV test screens for the HPV virus that causes these cell changes. Even though screening works, 10% of women in the US in 2012 reported they had not been screened in the last 5 years. Every visit to doctors and nurses is an opportunity to discuss cervical cancer prevention. No woman should die of cervical cancer.

Doctors, nurses, and health systems can:
◊ Help women understand what screening tests are best for them and when they should get screened.
◊ Screen or refer all women as recommended at any visit.
◊ Make sure patients get their screening results and the right follow-up care quickly.
◊ Use reminder-recall systems to help doctors, nurses, and patients remember when screening and HPV vaccination are due.
◊ Strongly recommend that preteens and teens get vaccinated against HPV.

4,000
More than 4,000 women die of cervical cancer each year.

93%
As many as 93% of cervical cancers could be prevented by screening and HPV (human papillomavirus) vaccination.

8 Million
In 2012, 8 million US women ages 21 to 65 reported they had not been screened for cervical cancer in the last 5 years.
PHOTO GALLERY 2014

Fall Educational Meeting - National College - Louisville, KY

Magnolia Treasures - Gatlinburg, TN
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Coffee Break Case Study!
We are sorry to say that the case studies are no longer available for the Bluegrass Tech. The author of the articles has retired. She will be missed. We appreciate her hardwork and dedication to submitting these case studies. Thanks, Marsha B. Cattaneo, MT for your contribution to AMT.

Check out the Phlebotomy Corner on page 5.

2015 Calendar
February 21st, 2015 - KSSAMT Board Meeting (Bowling Green)
April 19-25, 2015 - Medical Lab Week
June 22-25, 2015 - National Convention (Big Island of Hawaii)
July - Bluegrass Tech Newsletter
September, 2015 - Fall Educational Meeting
October 19-23, 2015 - Medical Assistants Week

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