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CONFRONTING THE VAPING EPIDEMIC
UP IN SMOKE
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AMT Pulse is a quarterly publication of the American Medical Technologists (AMT). Established in 1939, the organization is a global, member-led, non-profit, allied health certification organization that promotes, supports and educates its member certificants. Certification is provided for Medical Technologists, Medical Laboratory Technologists, Registered Medical Assistants, Registered Dental Assistants, Certified Medical Laboratory Assistants, Registered Phlebotomy Technicians, Certified Laboratory Consultants, Certified Allied Health Instructors, Certified Medical Administrative Specialists and Molecular Diagnostics Technologists.

This publication and details about certification requirements can be found online at americanmedtech.org

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Get all the latest updates and content from AMT at americanmedtech.org.
SPRING HAS SPRUNG

Jeannie Hobson, RMA (AMT), RPT (AMT), AHI (AMT), CMAS (AMT)
AMT President

With spring around the corner for some—or in full bloom for others—I hope this issue of Pulse finds you embracing new possibilities in both your career and personal life. We here at AMT have a few planned items of our own, and we’re looking forward to seeing their growth and outcomes:

NEW AND IMPROVED LEARNING CENTER
Now that the Learning Center has arrived, members can easily purchase and fulfill their continuing education needs. The dedicated learning course catalog, more user-friendly search features, updated and modern interface, and increased quiz attempts for selected learning courses are all great additions to this critical component of AMT learning.

AMT STRATEGIC PLAN
The Board of Directors met in February to continue planning for AMT’s ongoing success. The Board is dedicated to making AMT “THE CHOICE for allied health professional certification.” As such, they dedicated one complete day to strategic planning to look at where we have been and where we want to be in the future. We are still in the process of consolidating all the information from the meeting but look forward to sharing the details in a future issue of Pulse and at the upcoming Annual Meeting.

2020 AMT ANNUAL MEETING
This year’s Annual Meeting is fast-approaching (July 13-16) and will be in a new location: Albuquerque, New Mexico. The area has significant history and many sights to see. Planning is also well underway to provide meaningful education, including:

- More than 13 Continuing Education (CE) credits for RMAs, such as: Developing a GI Academy, Medical Assisting Clinical Skills Workshop, Laboratory Values Interpretation for the Medical Assistant, Pre-Certifications and Prior Authorizations and Deep Inside Medical Assisting
- More than 11 CE credits for lab professionals, including: Creating a Strong Lab Team, Quality Programs, Significance of Rapid Identification of Tick-Borne Infection and Tissue Management: An Emerging Role for Medical Technologists

Don’t forget the Annual Meeting also provides members and delegates the opportunity to conduct important AMT business by electing new leaders, approving bylaw changes and making suggestions for improvement and growth. At AMT we are proud to say that we are “member-led”—so come be part of that process. I am looking forward to seeing old friends and making new ones in New Mexico!

ONLINE COMMUNITIES
Be sure to check out this new option to connect with your colleagues and state members. Online communities enable members to ask questions, share information and stay in touch with your AMT family—all in one location. To learn more and access your online state or committee community, visit community.americanmedtech.org/home and log in with your AMT credentials.

As always, it is an honor to serve as your President and to serve AMT.

GO TO PAGE 11 FOR A LAB-RELATED COVID-19 UPDATE

For more information on how this affects AMT developments, such as state meetings, visit americanmedtech.org.
Join an AMT Online Community

Need an answer regarding your state society, a certification, an upcoming meeting or just general advice on how to advance in your career? Engage with your AMT colleagues via our new online communities. You are automatically enrolled as an AMT member. Log in at community.americanmedtech.org/home to post questions, share resources, get answers and stay up to date with national and state AMT news and events. A “Frequently Asked Questions” document can also be found under the “Participate” tab, which includes details on how to modify your news feed, posting, etiquette and subscribing.

Submit Your News or an Article to AMT

Do you know an AMT member or student who has been going the extra mile in your area, or have you received a recent award or accolade? Do you have an idea for an article for AMT Pulse, especially related to lab, medical assisting, phlebotomy or other pertinent allied health issues? Submit your article or idea today to publications@americanmedtech.org.

We Are Here to Help

If you have questions about your application, renewal fees, certification, CCP points, continuing education or suggestions on how AMT can better serve you, please email us at mail@americanmedtech.org or call us at 847-823-5169 between the hours of 8 am and 4 pm CST.

Have You Moved, Gotten a New Job or Graduated?

In order to best reach our members with all of our communications and reminders, please be sure to log in to the website at americanmedtech.org to update your email, address and phone number. If you’d like to be part of our texting reminder service in the future, click on the “My Homepage” tab at the top right, and then click “Update My Information” to make any changes.
Congratulations to Efren Ventura, MT (AMT), for being selected as the recipient of the Area Director’s Excellence in Customer Service Award at the Choctaw Nation McAlester Health Clinic in McAlester, Oklahoma. Ventura has worked for the Choctaw Nation for 11 years and has been an AMT member since 1994.

OH NAMED PRESIDENT
AMT member and Idaho State University Health Occupations Chair Henry Oh, PhD, RRT, RRT-NPS, MT (AMT), CBiol, FACSc, FRSB, was recently named president of the Lambda Beta Society, the national honor society for respiratory therapy in the U.S. Congratulations!

RAVEN RECEIVES AWARD
Congratulations to member Linda Raven, RMA (AMT), for being selected as the recipient of the TXSSAMT Hall of Fame award.

IN MEMORIAM
James I. Jacoby, MT (AMT), Wabash, Indiana, certified January 1, 1956
Jean B. Millman, MT (AMT), Willingboro, New Jersey, certified January 1, 1956
Elaine Miyamoto, RMA (AMT), Aurora, Illinois, certified October 10, 2008
Dakota Walthall, RPT (AMT), Quartz Hill, California, certified October 10, 2018

As of March 1, 2020

UPCOMING STATE SOCIETY MEETINGS
Due to circumstances related to COVID-19, most spring state society meetings have been canceled. Please be sure to check americanmedtech.org and keep an eye on your inbox for the latest details on future events, including delegate selection for the Annual Meeting.

IN FOCUS
Pulse Spring 2020
UNDER PRESSURE

Blood pressure swings aren’t something to simply wave off, even for young adults. People in their 20s who have blood pressure that frequently fluctuates from low to high could have a heart issue in middle age, according to research published online in January in *JAMA Cardiology*. Researchers noted that for every 3.6mm Hg spike in systolic blood pressure during young adulthood, individuals had a 15% higher risk for heart disease in midlife.

The lead author of the survey, Yuichiro Yano, MD, Assistant Professor of Family Medicine at Duke University in Durham, North Carolina, believes the findings may have implications for how routine blood pressure checks are interpreted and managed by doctors, including lifestyle interventions and medication if necessary. “If a patient comes in with one reading in December and a significantly lower reading in January, the average might be within the range that would appear normal,” Yano said in a press release. “But is that difference associated with health outcomes in later life? That’s the question we sought to answer in this study, and it turns out the answer is yes.”

The study examined data from nearly 3,400 people who enrolled in a heart disease study in the mid-1980s. The patients’ blood pressure was taken multiple times throughout a 10-year period. Researchers then identified and isolated the patients who had variations in systolic pressure and tracked their heart conditions for an additional 20 years. Many in this latter group had cardiovascular issues, including 181 people who died during the 20-year period.
MEATLESS? YES. HEALTHY? WELL…

Plant-based meat substitutes have exploded across fast-food restaurants with more than a dozen chains now offering “meatless meat” options. Dunkin’ Donuts, for instance, first began offering plant-based meat options nationwide in 2019. This year, the chain collaborated with rapper Snoop Dogg to unveil the limited-time Beyond D-O-Double G Sandwich, featuring a plant-based sausage patty, egg and cheese—all served on a glazed donut. The catch? The sandwich rings in at 530 calories, with 32 grams of fat—a significant portion of a healthy daily intake.

Eating plant-based meat in moderation may help improve some aspects of a person’s diet by lessening consumption of red and processed meats. However, in the wake of this new meatless-meat push, nutritionists are warning that such options don’t always mean the food is healthy. Instead, nutritionists suggest looking carefully at the ingredients of meatless items on menus and selecting whole grain options and ones with less fat and salt.

A NEW WAY TO TEST GLUCOSE?

For people with diabetes, hypoglycemic events can be dangerous, even fatal. Until now, those living with the disease often had to use an invasive finger-prick test to monitor and avoid spikes in blood sugar levels. The process can be especially burdensome for elderly populations. However, researchers at the University of Warwick in Coventry, England may have found a fix.

The team developed a tool that uses artificial intelligence (AI) to measure data from a wearable electrocardiograph (ECG). The authors used the device in two pilot studies to monitor glucose levels from heartbeat signals in healthy volunteers for 14 consecutive days. While past efforts with ECGs have fallen short, the team’s big breakthrough was using AI to learn the ECG rhythms of individual patients. Results were promising, with the technology having an 82% success rate in detecting hypoglycemia, on par with continuous glucose monitors. The team is now exploring further research to see if the same system could apply to wider populations.
While the vaping epidemic seizes U.S. youth, healthcare professionals can help clear the air.

by Novid Parsi
Young people today face an unprecedented epidemic. Vaping continues to mount, right alongside hospitalizations and deaths.

While the Centers for Disease Control and Prevention (CDC) believes it knows the culprit behind the rash of deaths last year (see EVALI graphic on page 18), the crisis is far from over. After all, more than 5 million teenagers are now using e-cigarettes, according to the Food and Drug Administration (FDA). The mystery of just what is happening from vaping is only beginning to be understood—and solved.

E-cigarettes, or vapes, come in a variety of styles and shapes, with the Juul brand being the most popular. In essence, they are battery-powered devices that heat a nicotine-filled liquid. Puffing the device heats the liquid, which turns into vapor (thus “vaping”) that the user inhales.

Just how bad is it to repeatedly pull from the end of a battery? Scientists aren’t fully sure right now. With regular tobacco cigarettes, for instance, it took decades of research to understand the life-threatening effects.

“People are conducting a huge experiment on themselves about what kind of lung disease you can produce from all these different chemicals that you’re putting into the lung,” Jeffrey E. Gotts, Pulmonologist, University of California, San Francisco, told New York magazine. “The bulk of the evidence is increasingly that these devices have new and unpredicted toxicity.”

While traditional youth smoking has declined, vaping has skyrocketed—rising 78% among high schoolers and almost 50% among middle schoolers from 2017 to 2018. Throughout the 40 years that the federal government has monitored youth substance use, “this has been the single greatest year-over-year increase we’ve seen for any substance ever,” says Brian King, PhD, MPH, Deputy Director for Research Translation, Office on Smoking and Health, CDC, Atlanta, Georgia. “The youth population is at the greatest risk of using vaping products.”
# CONTINUING EDUCATION SESSIONS SNAPSHOT

## DAY 1 | MONDAY, JULY 13

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 am - 10:00 am</td>
<td><strong>2001 Keynote Address</strong></td>
</tr>
<tr>
<td>10:30 am - 11:30 am</td>
<td><strong>BREAKOUT SESSIONS</strong></td>
</tr>
<tr>
<td>2002</td>
<td>Developing a GI Academy</td>
</tr>
<tr>
<td>2003</td>
<td>Lung Physiology with COPD</td>
</tr>
<tr>
<td>2004</td>
<td>Antibiotics and Methods of</td>
</tr>
<tr>
<td>2005</td>
<td>Respecting Patients with</td>
</tr>
<tr>
<td>1:00 pm - 5:00 pm</td>
<td><strong>2006 Workshop</strong></td>
</tr>
<tr>
<td>1:00 pm - 2:00 pm</td>
<td><strong>BREAKOUT SESSIONS</strong></td>
</tr>
<tr>
<td>2008</td>
<td>Competency-based Education in Allied Health Education</td>
</tr>
<tr>
<td>2009</td>
<td>Serum Freelite Chains Aid in the Diagnosis and Monitoring of Monoclonal Gammopathies</td>
</tr>
<tr>
<td>2010</td>
<td>Technical Consultants: Requirements, Responsibilities and Career Development</td>
</tr>
<tr>
<td>2:15 pm - 3:15 pm</td>
<td><strong>BREAKOUT SESSIONS</strong></td>
</tr>
<tr>
<td>2011</td>
<td>The Use of Social Media Outlets in Healthcare</td>
</tr>
<tr>
<td>2012</td>
<td>Creating a Strong Lab Team</td>
</tr>
<tr>
<td>2013</td>
<td>PCR Wet Lab: DNA Extraction from Kiwi Fruit</td>
</tr>
<tr>
<td>2014</td>
<td>The Great Escape</td>
</tr>
<tr>
<td>3:45 pm - 4:45 pm</td>
<td><strong>2015 General Session</strong></td>
</tr>
</tbody>
</table>

Learn more at [americanmedtech.org/be-involved/amt-annual-meeting](http://americanmedtech.org/be-involved/amt-annual-meeting).
### AMT 2020 ANNUAL MEETING

All sessions provide 1.00 CE Hour unless otherwise noted.

#### DAY 2  |  TUESDAY, JULY 14

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 am - 12:00 pm</td>
<td>2016 Workshop</td>
</tr>
<tr>
<td>8:30 am - 9:30 am</td>
<td>BREAKOUT SESSIONS</td>
</tr>
<tr>
<td>2017</td>
<td>Laboratory Values Interpretation for the Medical Assistant</td>
</tr>
<tr>
<td>2018</td>
<td>Quality Control</td>
</tr>
<tr>
<td>2019</td>
<td>Mythbusters: Phlebotomy</td>
</tr>
<tr>
<td>2020</td>
<td>Soft Skills for Hard Jobs</td>
</tr>
<tr>
<td>9:45 am - 10:45 am</td>
<td>BREAKOUT SESSIONS</td>
</tr>
<tr>
<td>2021</td>
<td>The Link Between Diabetes and Heart Disease</td>
</tr>
<tr>
<td>2022</td>
<td>Impact of Laboratory Medicine on Critical Access Hospitals Revenue and Care Strategies</td>
</tr>
<tr>
<td>2023</td>
<td>Quality Programs</td>
</tr>
<tr>
<td>2024</td>
<td>Colorblindness: So, You Really Can’t See Me?</td>
</tr>
<tr>
<td>11:00 am - 12:00 pm</td>
<td>BREAKOUT SESSIONS</td>
</tr>
<tr>
<td>2025</td>
<td>Functional Neurological Disorder: What Is It and How to Help Those Who Have It</td>
</tr>
<tr>
<td>2027</td>
<td>Surviving Zombie Attacks</td>
</tr>
<tr>
<td>2028</td>
<td>Government Affairs Roundup</td>
</tr>
<tr>
<td>1:00 pm – 5:00 pm</td>
<td>2029 Workshop</td>
</tr>
<tr>
<td>1:00 pm - 2:00 pm</td>
<td>BREAKOUT SESSIONS</td>
</tr>
<tr>
<td>2030</td>
<td>Complex Regional Pain Syndrome / Reflex Sympathetic Dystrophy</td>
</tr>
<tr>
<td>2031</td>
<td>EKG: Technique and the Importance of the ST Segment</td>
</tr>
<tr>
<td>2032</td>
<td>When It’s More Than Just a Headache: A Look at Meningitis and Encephalitis</td>
</tr>
<tr>
<td>2033</td>
<td>Employee Management</td>
</tr>
<tr>
<td>2:15 pm - 3:15 pm</td>
<td>BREAKOUT SESSIONS</td>
</tr>
<tr>
<td>2034</td>
<td>Pre-Certifications and Prior Authorizations, Oh My!</td>
</tr>
<tr>
<td>2035</td>
<td>Clonal Hematopoiesis of Indeterminate Potentials</td>
</tr>
<tr>
<td>2036</td>
<td>Tissue Management: An Emerging Role for Medical Technologists</td>
</tr>
<tr>
<td>2037</td>
<td>Developing Healthcare Leadership</td>
</tr>
<tr>
<td>3:45 pm – 4:45 pm</td>
<td>2038 General Session</td>
</tr>
<tr>
<td></td>
<td>BREAKOUT SESSIONS</td>
</tr>
</tbody>
</table>

#### DAY 3  |  WEDNESDAY, JULY 15

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 am - 10:00 am</td>
<td>2039 General Session</td>
</tr>
<tr>
<td>10:30 am - 11:30 am</td>
<td>BREAKOUT SESSIONS</td>
</tr>
<tr>
<td>2040</td>
<td>Deep Inside Medical Assisting</td>
</tr>
<tr>
<td>2041</td>
<td>Identification of Leukemia</td>
</tr>
<tr>
<td>2042</td>
<td>Health Disparities</td>
</tr>
<tr>
<td>2043</td>
<td>Soft Skills: What Are They and How Do We Teach These to Our Students?</td>
</tr>
</tbody>
</table>
### 2020 ANNUAL MEETING PROGRAM AT-A-GLANCE

#### SUNDAY, JULY 12
- 12:00 pm – 5:00 pm  Registration
- 9:00 am – 5:00 pm  AMT Board of Directors Meeting
- 5:00 pm – 9:00 pm  AMT Council Dinner Meeting

#### MONDAY, JULY 13
- 6:30 am – 8:00 am  Breakfast
- 7:30 am – 5:00 pm  Registration
- 8:00 am – 8:30 am  Moderator Briefing
- 8:30 am – 9:00 am  Opening Ceremony
- 9:00 am – 10:00 am  Keynote Address
- 10:00 am – 10:30 am  Coffee Break
- 10:00 am – 2:00 pm  CE Breakout Sessions
- 10:30 am – 11:30 am  CE Breakout Sessions
- 11:30 am – 1:00 pm  Lunch (on your own)
- 1:00 pm – 2:00 pm  CE Breakout Sessions
- 1:00 pm – 5:00 pm  CE Workshop
- 2:15 pm – 3:15 pm  CE Breakout Sessions
- 3:15 pm – 3:45 pm  Refreshment Break
- 3:45 pm – 4:45 pm  CE General Session
- 6:00 pm – 7:00 pm  First-Time Attendee Reception (invitation only)
- 7:00 pm – 10:00 pm  Welcome Reception

#### TUESDAY, JULY 14
- 6:30 am – 8:00 am  Breakfast
- 7:30 am – 8:30 am  First-Time Delegate Orientation
- 7:30 am – 5:00 pm  Registration
- 8:00 am – 12:00 pm  CE Workshop
- 8:30 am – 9:30 am  CE Breakout Sessions
- 9:30 am – 10:00 am  Coffee Break
- 9:45 am – 10:45 am  MA Student Challenge Bowl
- 10:00 am – 2:00 pm  CE Breakout Sessions
- 10:00 am – 12:00 pm  Delegate Credentialing
- 11:30 am – 1:00 pm  Lunch (on your own)
- 1:00 pm – 2:00 pm  CE Breakout Sessions
- 1:00 pm – 5:00 pm  CE Workshop
- 2:15 pm – 3:15 pm  CE Breakout Sessions
- 3:15 pm – 3:45 pm  Refreshment Break
- 3:45 pm – 4:45 pm  CE General Session
- 6:00 pm – 7:00 pm  Award Ceremony Cocktail Hour
- 7:00 pm – 8:00 pm  Awards Banquet
- 8:00 pm  Awards Convocation

#### WEDNESDAY, JULY 15
- 6:30 am – 8:00 am  Breakfast
- 7:30 am – 8:30 am  Armed Services Committee Breakfast
- 7:30 am – 8:30 am  State Presidents’ Leadership Forum
- 7:30 am – 5:00 pm  Registration
- 9:00 am – 10:00 am  CE General Session
- 10:00 am – 10:30 am  Coffee Break
- 10:00 am – 1:00 pm  Delegate Credentialing
- 10:30 am – 11:30 am  CE Breakout Sessions
- 11:30 am – 1:00 pm  Lunch (on your own)
- 11:30 am – 1:00 pm  Editor’s Workshop
- 1:00 pm – 3:00 pm  Meet the Candidates & Resolutions
- 3:30 pm – 5:00 pm  Committee Meetings
- 6:00 pm – 7:00 pm  OGM Cocktail Hour (invitation only)
- 7:00 pm – 9:00 pm  OGM Dinner (invitation only)

#### THURSDAY, JULY 16
- 6:30 am – 8:00 am  Breakfast
- 7:30 am – 8:30 am  District Meetings
- 7:30 am – 12:00 pm  Registration
- 8:30 am – 9:00 am  Delegate Credentialing
- 9:00 am – 9:30 am  AMTIE Annual Business Meeting
- 9:30 am – 12:00 pm  Town Hall Meeting
- 10:00 am – 10:30 am  Coffee Break
- 12:00 pm – 1:30 pm  Lunch (on your own)
- 1:30 pm – 4:30 pm  AMT Annual Business Meeting
- 3:00 pm – 3:30 pm  Refreshment Break
- 4:30 pm – 5:00 pm  AMT Board of Directors Meeting
- 6:00 pm – 10:00 pm  Thursday Night Social at Indian Pueblo Cultural Center

#### LEGEND
- ○ Continuing Education
- ● Business Meetings
- ■ Social Events