

Prairie Tech

newsletter

Publication Policy: *The Prairie Tech* is published a minimum of twice a year; before June and before December 31st of each year, by the Central Plains Society of American Medical Technologists. Additional publications may be printed shortly after each scientific seminar, business, and board meetings held each year.

A Letter from the President Tera Benefiel

I am very pleased to be your CPSAMT president for another 2 years. My goals are to grow our membership and to grow the number of attendees to both the National AMT meetings and our CPSAMT meetings.

I would like to invite each CPSAMT member to the 80th Annual National AMT meeting in Washington DC, July 1st through the 5th of 2018. There will be a special place for you to attend and watch the fireworks which will be shot over the United States Capitol. It will be an awesome experience!

I would like to invite all to our next Central Plains Society of AMT Fall Educational and Business meeting. The meeting will be held on August 11, 2018 in Wichita, Kansas.

STUDENTS! Need money for school? Complete the CPSAMT scholarship form.

Respectfully,

Tera Benefiel, MT (AMT)
CPSAMT President



IMPORTANT DATES TO REMEMBER:

July 1-6, 2018 - AMT National Convention in Washington DC

August 11, 2018 - Fall CPSAMT Scientific/Business meeting Wichita, KS

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CPSAMT Mission Statement:

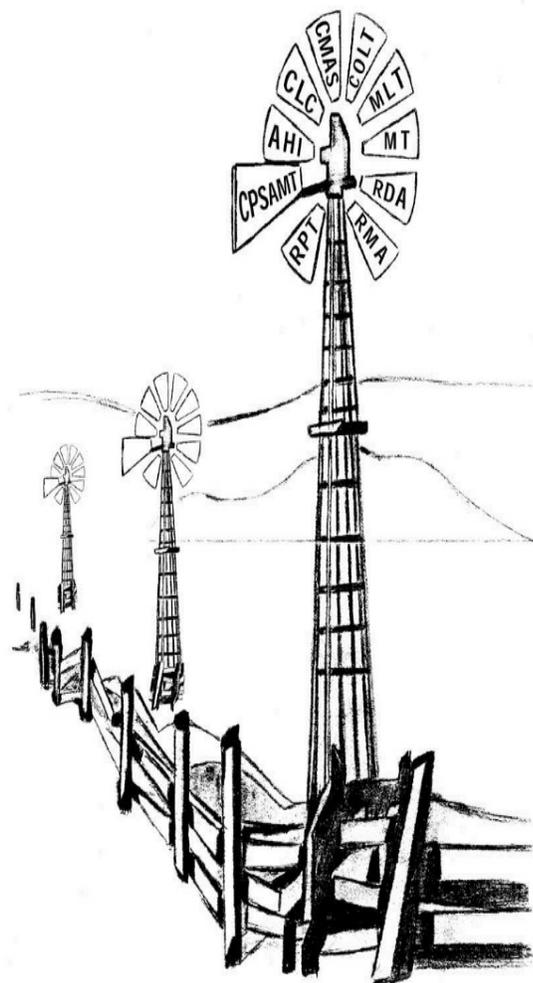
The States of Kansas and Nebraska shall be as follows:

- Act as a medium to channel matters affecting the healthcare profession to the AMT National Office and other agencies;
- Uphold the integrity, standards, and principles by which our registry abides; and
- Promulgate the functions and activities pertaining to the scientific, educational, and social growth of its members.

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Official Publication of Central Plains Society of the American Medical Technologists



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Central District Councillor’s Message Spring 2018

My name is Taffy K. Durfee and I am proud to be your new Central District Councillor. It will be a difficult job to try to fill Randy Swopes’ shoes, but with his guidance, I promise to work hard to do so. He has always been an inspiration to me and someone who I could count on for help.

My home is in Texas, but I plan to try to visit each state in the Central District this year, to meet members in all state societies.

We will be having our 2018 Educational Program and National Meeting in Washington, D.C. on July 1st thru 5th and I hope to see each of you there. The hotel is the Hyatt Regency Washington on Capitol Hill and it is within walking distance to many of the area attractions. Be sure to check out the Early Bird Registration form and get those completed soon to save some money.

The Magnolia Educational Treasures will be holding their 2018 joint meeting in Gulfport, Mississippi on October 20th and 21st at the Holiday Inn Gulfport Airport. If you have never been to one of these meetings, you are missing a lot of fun and education.

Don’t forget to check out the state society websites for publications, both current for meeting dates and their locations and past publications of up to two years for historical content.

Hope to see you soon.

Taffy K. Durfee, MS, MT (AMT)

Central District Councillor

AMT IS THE CHOICE FOR ALL ALLIED HEALTH PROFESSIONAL CERTIFICATION

Mark your calendar –
AMT in
Washington, DC
July 1-5, 2018
80th Educational Program and National Meeting

Hyatt Regency Washington on Capitol Hill is conveniently situated two blocks from the U.S. Capitol and close to D.C.’s most popular historic, cultural, dining, and entertainment venues. Dulles Int’l Airport is 35 minutes away. Reagan National Airport is 10 minutes away. It is a short distance from Union Station.

HYATT REGENCY WASHINGTON ON CAPITOL HILL

- Hyatt Grand Bed™
- Complimentary high-speed internet in guestrooms
- Individual climate control
- Hair dryer, coffeemaker, iron/ironing board
- iHome® alarm clock radio
- Indoor heated pool, complimentary Hyatt StayFit gym

Special discounted AMT hotel rate: \$129.00 + tax single or double occupancy; \$154.00 + tax triple occupancy; \$179.00 + tax quadruple occupancy

Hyatt Regency Washington on Capitol Hill
 400 New Jersey Avenue, NW
 Washington, DC 20001
 Hotel phone: 202/737-1234

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 American Medical Technologists
 Certifying Excellence in Allied Health

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Announcements

- Get Involved with AMT and AKF partnership!
Visit www.kidneyfund.org/amt/.



- CPSAMT will be having their annual scientific/educational meeting August 11TH, 2018 in Wichita, KS instead of in October. Hope to see you there.
- CPSAMT is proud to announce their new District Councillor Taffy Durfee, MT (AMT)!

July 4th Fireworks Display Over the Potomac: Register for the bus transportation (\$20 roundtrip)

If you would like to see the fireworks display, AMT will provide bus transportation (\$20 roundtrip) to "The Wharf," an area overlooking the Potomac River that has restaurants, bars, and shops. You can eat and drink there, browse the shops, and be in a good spot to see the fireworks display.

Picture and information provided by the AMT website



Editor's Message:

Welcome CPSAMT Members,

It is a great honor to be the new editor of Central Plains Society of the American Medical Technologists (CPSAMT). It is my goal to provide current events and valuable tools to our members. It has been my pleasure to work with Fran Oran, she has been a wonderful coeditor and mentor. I want to thank her for all her hard work all these years with our newsletter.

In July 2017, I attended my first National AMT meeting in Kansas City, MO. It was a great experience and has made me very excited about my certification, my state society involvement, and the future for our AMT organization and members. For the last 3 years I have been a Board Member at Large for CPSAMT. I plan to surpass that role by becoming a greater asset to the Central Plains Society's Board for many years to come.

Anita Miller, MLT (AMT)
CPSAMT Editor

AMT IS THE CHOICE FOR ALL ALLIED HEALTH PROFESSIONAL CERTIFICATION

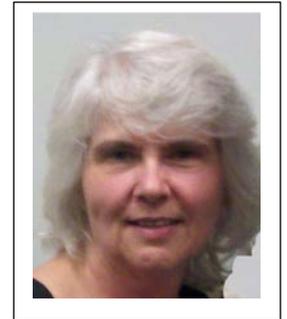


Management Article

Written by Tera Benefiel, MT (AMT)

We've all heard the statement, probably a thousand times, "if it wasn't documented, it wasn't done", and that was before we passed our boards. We've all rolled our eyes or giggled as we read another meme about the all too real situations of our day.

I want to challenge you to look beyond the check boxes. It is easy to click through an assessment that you've done a hundred times this month without too much thought. You know where each box is located and just want to click to get it done quickly. As you quickly check each box, have you taken the time to think that each one is telling the story of your patient? When a medical record is reviewed in a week, a month, or several years later, what will your patient look like?



Will your documentation support the care and orders that were provided? Too many times we go through the documentation motions and forget that the patient is at the center of everything we do. If we don't document I & O accurately, it effects the treatment plan for the patient. If we do a pain assessment at the end of the shift, did our patients get the treatment they needed.

Every word and every box matters. It matters for the treatment and interventions our patients receive. It matters if the outcome is good, because it shows your effort. It matters if the outcome is bad, because it shows you did your due diligence to offer the highest quality care.

I encourage you all to remember that the patient is at the center of everything we do, even our documentation.

FOR YOUR INFORMATION!

Use this as advertising space for
your place of work or for
Open healthcare staff positions.
Ad Rates:

Full Page:	\$80.00
Half Page:	\$45.00
¼ Pages:	\$35.00
Business Card:	\$25.00

From the AMT office

Use your professional credential plus "(AMT)" to share your AMT pride and achievement!

Why not showcase your certification from AMT every day? Members should start sharing AMT's well-earned reputation by adding the suffix "(AMT)" after your discipline-specific credential. This addition to your credential shows your AMT pride and helps distinguish your prestigious AMT certification from other organizations' credentials with confusingly similar names. FOR EXAMPLE: Mary Jones, RMA (AMT) Tom Tech, RPT (AMT) Joe Smith, MT (AMT) Jane Doe, MLT (AMT)

As a member of AMT, you know that AMT is a nationally and internationally recognized certification agency and membership society for allied health professionals. AMT's goals are to promote and maintain a high standard of excellence for allied health professionals, support their role as part of the patient healthcare team, and provide continuing education and membership programs to enhance members' professional and personal growth.



CPSAMT

Congratulates and Welcomes our New Certificants

August 31, 2017 through March 8, 2018

Develop Your Competencies and Start Earning CE Today

Find all of the AMT online continuing education opportunities by visiting the AMT store on our website at www.americanmedtech.org/AMTStore.aspx

AMT members can record their CE activities through AMT's easy to use online tracking system. AMTrax Credits from any AMT online CE programs are automatically transferred into your AMTrax account.



Medical Technologist, MT

BASILIO, FLORENCE - WEST POINT, NE
 HUSTEDDE, KATHERINE - GARDNER, KS
 NGUYEN, MICHAEL - MERRIAM, KS
 WEIDERMAN, BRIAN - MANHATTAN, KS

Registered Dental Assistant, RDA

BAYSINGER, KIMBERLY - RENO, NE

Registered Medical Assistant, RMA

BASSETT, SAVANNAH - GOODLAND, KS
 BROWN, BAILEY - BALDWIN CITY, KS
 CHAVEZ, KARINA - TOPEKA, KS
 CHITWOOD, JOYCE - TOPEKA, KS
 CORTEZ, MALLORY - WICHITA, KS
 COWAN, SANDRA - WICHITA, KS
 DELEON, SELENA - TOPEKA, KS
 DELOERA, VERONICA - WICHITA, KS
 EASTER, CHEYENNE - TOPEKA, KS
 FINOCCHIARO, NICOLE - OMAHA, NE
 GAINEY, DARIA - WICHITA, KS
 GOODLOW, NICOLE - OLATHE, KS
 GUERRERO, ROGELIO - KANSAS CITY, KS
 HARLOW, BLISS - WICHITA, KS
 HERNANDEZ, ITZEL - WICHITA, KS
 HILL, ASHLEY - TOPEKA, KS
 HUTTO, BARBARA - COLUMBUS, KS
 JOHNSTON, KIMBERLY - HUMBOLDT, KS
 JONES, LESLIE - PITTSBURG, KS
 KEREKANICH, AMANDA - WICHITA, KS
 KESSEL - GROVER, EMMA - WICHITA, KS

LEE, ERIN - OTTAWA, KS
 MCCLELLAN, KEYONNA - WICHITA, KS
 MOORE, KATLYN - BAXTER SPRINGS, KS
 MORTIMER, KATHERINE - TOPEKA, KS
 MURR, ELIZABETH - GIRARD, KS
 OTTER, DOLORES - WICHITA, KS
 PALACIOS HERNANDEZ, LUZ - WICHITA, KS
 PERCELL, SHELBY - PARK CITY, KS
 RAINEY, ALYSSIA - TOPEKA, KS
 RAYTON, RACHEL - TOPEKA, KS
 RIPPLE, ROGENIA - PITTSBURG, KS
 SALMANS, TAYLER - TOPEKA, KS
 SCHRAG, TAMI - OVERLAND PARK, KS
 SPLECHTER, ALISON - HUMBOLDT, KS
 SUTTON - COLLINS, MUSLIMA - WICHITA, KS
 THOMAS, ALVINA - TESCOTT, KS
 UMMEL, DAWNETTA - HUTCHINSON, KS
 VOSBURG, CORY - WICHITA, KS
 WHITE, GWENLOYN - OMAHA, NE
 WILSON, TAMIKA - TOPEKA, KS
 WILSON, WANDA - WICHITA, KS

Registered Phlebotomy Technician, RPT

GRANT, WILLIAM - ROSSVILLE, KS
 JONES, AIMEE - IOLA, KS
 KAISER, HANNAH - PAOLA, KS
 LEWIS, HAYLEY - BURLINGAME, KS
 MILLER, BRANDI - CHANUTE, KS
 MORALES OROZCO, FLOR - TOPEKA, KS
 NWAKPUDA, VICTORIA - TOPEKA, KS
 WOODEN, TYRONE - CHANUTE, KS



CPSAMT Scientific/Education Meeting Topeka, Kansas October 2017

Meeting was held at Stormont Vail Hospital.



It was filled with Continuing Education Units (CEU) hours and CPSAMT involvement recognition.

Tera Benefiel, MT (AMT) awards Brenda McNaught, RMA (AMT) the Merit of Distinction plaque.

This award honors members who have been actively participating in state society activities for at least two years.



Tera Benefiel, MT (AMT) congratulates Terri Sterneker, RN, BSN by awarding her the CPSAMT Speaker plaque and gift. Terri ended our day with a wonderful talk, the topic was entitled "To Touch a Heart".



Tera Benefiel, MT (AMT) awards Larissa Stoddard, RMA (AMT) the Certification of Recognition plaque.

This award honors members who became newly active within the state society with a minimum of one-year active participation.

Congratulations goes to Anita Miller, MLT (AMT) who also received the Certification of Recognition award!



CPSAMT Scientific/Education Meeting Topeka, Kansas October 2017



Tera Benefiel, MT (AMT) acknowledges Central District Councillor Randy Swopes, MT (AMT) for many years of service to the CPSAMT society. Randy Swopes, MT (AMT) will be greatly missed. Without Randy's help and dedication our society would no longer be in existence. He did a great job for CPSAMT! We can't thank you enough.

CPSAMTs then Central District Councillor, Randy Swopes, MT (AMT) spoke to us regarding the topic "Bloodborne Pathogens".



CPSAMT surprised Randy Swopes, MT (AMT) with a cake of appreciation that he willingly shared with all.



My Wellness Quotient

Written by Fran Oran, RMA (AMT)



I completed a health assessment two years ago through my work. The assessment tool came from a group called EHA wellness, which is an educator's health alliance program. I was shocked and dismayed to receive a grade of a D+. You see, I have always considered myself a pretty health conscious person for my entire life; but it was apparent to me that I had gotten off my wellness track.

I was determined that I would begin to make changes in my life and my next health assessment was a B+. The top recommendations were regarding my nutritional choices, such as to eat more fruits and vegetables, cut back on red and processed meats, and try to limit the amount of refined grains. Top recommendations regarding my physical health were to continue to have a healthy body mass index (BMI), perform strength exercises and keep standing. Lastly, the top recommendations for my mental health were to get 7-9 hours of sleep, continue healthy coping strategies to manage stress, and to continue to do what keeps me happy.

My new health score made me very happy. I realized that I had made great strides towards living a healthier lifestyle, but I still felt like I could do even better. I was especially interested in applying the recommendations that were provided; so, I have been working on my dietary choices, I joined a gym and I am using a "standing" desk and have been working on my positive lifestyle habits.

Last month, my EHA wellness challenge was to read the book "Mind Body Spirit: The Triple Bond of Optimal Wellness" by Keith Karren, PhD. I liked the concept of my wellness being a result of a balance between the three (page 6). The book discusses the five dimensions of health: physical health, emotional health, intellectual health, social health, and spiritual health (page 15). Paying close attention to these dimensions made a lot of sense to me.

Also, the book describes the four core principles of well-being: a feeling of personal control and empowerment; a sense of meaning and purpose; a sense of acceptance and connectedness; and a feeling of hope (page 132-133). I work to live with integrity, and increase my capacity to love, and most importantly, to do something meaningful for my well-being every day (page 132).

I read a message the other day (author unknown), and I really liked what it said. "Take life day by day and be grateful for the little things. Don't get caught up in what you can't control. Focus on the positive". Another great quote that I read recently was - Happiness is the new rich. Inner peace is the new success. Health is the new wealth. Kindness is the new cool. In closing, you should try to ask yourself "What did I do for my mind, my body, and my spirit today?"(page 11).

Reference: Karren, K (2018). Mind Body Spirit: The Triple Bond of Optimal Wellness. Heber City, UT: Integrated Health & Wellness. [Interested in purchasing the book?](#)



QUESTIONS CORNER

Topic: Who needs a chill pill?

Real Professionals “Real Answers”

Q: When you are not seeing eye to eye with another professional what ideas can you share that help you handle the situation?

A: *If it is a petty situation simply walk away from a disagreement. If it is about patient safety or accuracy always stand your ground and involve a supervisor if it is not resolved immediately.*

Anita Miller, MLT (AMT)

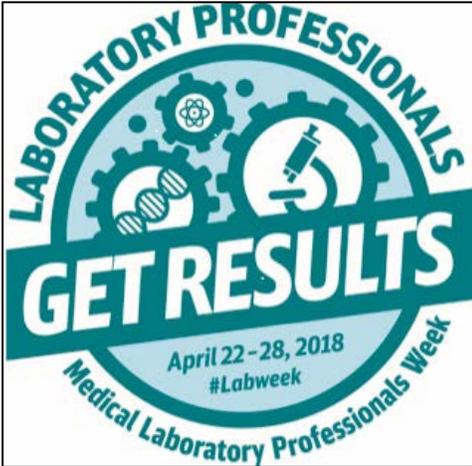
Q: When taking blood or giving a shot to a child what calming techniques do you use?

A: *It depends on the age of the child. When they're old enough to understand that it's not going to be a fun experience, be honest with them. Tell them that it may hurt, but they can help by 'going to their happy place' to take their mind off of it and to hold still to make the process move along faster. Use a calm, soothing tone in your voice. The parent's involvement also helps a lot. If the parents are calm and respectful of what needs to be done, the child will generally follow suit... generally. 😊*

Annette Cook, MT (AMT)



In the Spotlight -
 Medical Laboratory Professionals Week
 Was celebrated April 22-28, 2018



Medical Laboratory Professionals Week calls attention to the vital contributions to healthcare by medical laboratory science professionals. AMT wants to show our support and gratitude for the hard work laboratory professionals do.

This week was a time for medical laboratory personnel to celebrate their professionalism and be recognized for their efforts. Another goal is to inform and educate medical colleagues and the public about the medical laboratory and the impact of having these dedicated skilled professionals has on the overall patient care.

Provided by the AMT website



Jeffrey William Colyer, MD
 47th Governor of Kansas since 2018
 Pictured below with Larissa Stoddard, RMA (AMT)
 and Tera Benefiel, MT (AMT) presiding the
 Proclamation signing ceremony in honor of
 Medical Laboratory Professionals Week

Tera Benefiel, MT (AMT),
 President of CPSAMT
 and Larissa Stoddard, RMA (AMT),
 Vice President of CPSAMT
 In attendance for the Proclamation signing
 ceremony in Topeka, Kansas



Laboratorian Article

Written by Annette Cook, MT (AMT)

My first experience with death was when I was in the 3rd grade. A little boy in our class had been diagnosed with Leukemia about a year and a half before and had passed away. Everyone in my class had seen him struggle with a disease that back then, didn't have a good success rate. I suppose that had an impact on my career choice.

Going through school, I had many different career choices, as we all do. When I got to college and chose Biology as my major, I had a Bacteriology teacher that was a former Medical Technologist. That spurred my interest... a lot.

Years later, I got to thinking about my career choice to become a medical technologist and remembered that little boy. I imagined him getting sick and the doctors ordering lab work, trying to find out what was wrong. Then I thought about what I do for a living.

Who was the very first person to know that that little boy had a terminal disease?

The doctor? Nope.

The nurse?? Also no.

It was the Medical Technologist. The Med Tech who saw what that little boy's white count was, and who looked at that slide and saw the abnormal cells on that slide. In that instant, the medical technologist was the ONLY person on this earth who knew what was making that little boy sick. Having to release that information to the physician is a very difficult task.

I have been in that position... too many times.

During Medical Laboratory Professionals week, I salute all the people I work with and have worked with who, every day, may run into the situation of having to pass along bad news, OR good news to the physician regarding their patient's treatment. We don't have as much patient contact as others do in the medical profession, but we care about our patients just as much.

I LOVE what I do.

We are ALL here for our patients.

WE are the science behind the medicine.

