



# FLORIDA NEWS

for

Allied  
Health  
Professionals

FLSSAMT  
NEWSLETTER

October  
2016

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No. 2



## President's Message



Greetings to all 7,000 plus members! Welcome to our Fall Newsletter. 2016 has been a very productive year for Florida State Society of American Medical Technologist (FLSSAMT). We have completed some required tasks and have had our first Educational Seminar and had our first business meeting, which was very successful. One of the goals of FLSSAMT is to get as many members as possible active in your organization. Coming to a meeting is a great way of earning your continuing education, networking professionally and socializing with the people in your profession.

We have a great year planned for 2017. Mark your calendar for:

February 11, 2017 – Educational/Scientific Meeting in Port Saint Lucie at Keiser University

June 3, 2017 – Educational /Scientific Meeting in Tallahassee at Keiser University

July 9-13, 2017- National AMT 79<sup>th</sup> Educational Program and National Meeting in Kansas City, Missouri

November 4, 2017 – Educational/Scientific with General Business Meeting, Ft. Lauderdale at Keiser University

Another important goal is to take more delegates to the National Meeting in Kansas City. At the business meeting in September 2016 we provided all the information about meeting the criteria to be a Florida State Delegate. If you were unable to attend, please email our State Editor for a copy. Please use our FLSSAMT website as your resource for information about your organization. It is a valuable tool for involvement.

Florida has always been an outstanding state and we are very proud of the accomplishments of our members. Dr. Naomi Melvin was elected to the National Board of Directors and Oswald Skinner was elected to the AMTIE Board of Trustees.

Remember that this is your professional organization and that your voice and presence is how we continue to be successful and grow FLSSAMT. Your Board of Directors is in the process of building a dynamic speaker registry to provide you the best experts in your field. The participants at the last meeting gave us new ideas and topics that they want to see in the educational sessions. We are excited to be able to provide quality educational offerings for your professional requirements.

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## *FLSSAMT Leadership*



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*President's Message (Continued from page 1)*

If every member would invite or encourage another FLSSAMT member to come, we could double our number of active members! You will be getting e-mail blast that will give you the details of each meeting. These blasts have proven to be an effective method of communication to assure that no member unaware of our activity.

Please feel free to contact me for any questions, concerns or issues that you may have. I am available for you and do not mind calls, e-mails or messages. I will always get right back to you if you do not reach me.

My Best,  
 FLSSAMT State President  
 Alice Macomber RN, RMA, RPT, AHI  
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## *Save the Date*

**FLSSAMT Educational Meeting  
 Feb 11, 2017 in Port St. Lucie**

**FLSSAMT Educational Meeting  
 June 3 in Tallahassee**

**National AMT Convention  
 July 9-13 in Kansas City**

**FLSSAMT Educational Meeting  
 November 4, 2017 in Fort Lauderdale**



## Editor's Message



Welcome to the 2016 Fall Edition of our Florida State Society Newsletter.

I do hope everyone managed through all the storms and flooding safely. Matthew was a monster of a storm affecting millions of people up the southeastern coast. For those who were affected, our thoughts are with you.

Your new FLSSAMT leadership has been very busy getting organized and making plans. We had our educational conference and annual business meeting September 10 in Fort Myers. We enjoyed a nice turn out. For those of you who were able to join us, it was great to see a lot of new attendees, many students and familiar faces. We hope you found the meeting informative, having met your needs and expectations. Check out pictures from this, and the National Meeting later in this newsletter! **Our next meetings are planned for Feb 11, 2017 in Port St. Lucie, June 3 in Tallahassee, and November 4, 2017 in Fort Lauderdale.** Watch for more information later!

If you were unable to attend the National AMT Convention in Memphis, check out your FLSSAMT Delegate reports in this newsletter! It will make you long to attend the next one!

Did you plan any celebrations for National Medical Assistant Recognition Week? Submit pictures of your celebration for consideration to post on the website. Be sure you have permission of anyone captured in your photo for posting. Give your photos captions so we can all see what a great time you had. Send your pictures by email to [khardy3352@tampabay.rr.com](mailto:khardy3352@tampabay.rr.com). Of Course we always are looking for good articles for our newsletter or website as well!

Speaking of photos, we want everyone to know that we always try to take pictures of our meetings and events for posting on our website or in the newsletter to share with all our members. If at anytime you do NOT wish to be included in these pictures, you must inform us.

Do take care FLSSAMT, remembering it is hard to care for others when you are exhausted, be sure to try taking time for yourself. Find something every day for which you can be grateful, no matter how small, even if it is only that you have an umbrella to shield you from the stormy rains.

Kathleene Hardy, RMA  
Newsletter / Website Editor

## AMTrax

AMTrax is a member service designed to help you track your continuing education and other related activities —online. The system provides a convenient means for documenting certification-related activities for employers and licensing agencies and also helps you self-assess progress in complying with the Certification Continuation Program (CCP).

### Using AMTrax

Using AMTrax is easy! Simply login as a member, and click on the AMTrax tab located on your member summary profile page. Once in the system, click on “Add Activities” and then choose a category (descriptions below). Once a category is selected, enter the information as requested. Press submit and the information is immediately updated. You may print your record at any time using date ranges.





## Southern District Councillor's Message

The historic Peabody Hotel was the site of AMT's 78th Educational Program and National Meeting. There were over 400 registered members,

guests and students in attendance. There were over 40 first time attendees at the meeting and the welcome night party and the awards banquet each packed the house with 450 in attendance. The Peabody hotel was beautiful, the weather was *HOT* and AMT members and guests witnessed an historic event during Monday evening's welcome night, an Elvis sighting! Yes, Elvis was in the building!! We have the photos to prove it! There was singing and dancing all evening long. A great time was had by all.

Award recipients from the Southern District received their 2015 awards at the awards banquet in Memphis as follows: Exceptional Merit - Georgia McCauley, MT North Carolina, Rikki Packer, RMA Alabama and Juann Ward, MT, RPT Barbados. Pillar Award - Lynn Dean, MT North Carolina, Karen Hurban, MT Florida, Diana Kendrick, AHI, RMA Georgia and Christopher Seay, MT Tennessee. Distinguished Achievement - Daniel Benson, RMA, RPT Alabama, Shirley Hughey, MT Georgia, Tabitha Jordan, RMA South Carolina and Kimberly Wheeler, MT Tennessee. Silver Service - Walter Parsons, MT Tennessee and Linda Hayes Jones-Sotak, MT Virginia. Cuviglio Commitment to Excellence Award - Deborah Janeczko, RMA Florida. GEM Award - Julia Hardcastle, MT Kentucky and Joyce Lybrand, MT South Carolina. O. C. "Skip" Skinner Armed Services Award - Nettie L. Norphleet, RMA Alabama. Legacy Tribute - Clara Birdsong, MT North Carolina. State Society Publication Awards - Journal 1st Place - Alabama *Alatech* - Nettie Norphleet, Editor; 2nd Place - CASMET - *CASMET For Laboratory Professionals* - Khalil Lucky, Editor; 3rd Place - Tennessee - *Tenn-o-Scope* - Sherry Blevins, Editor. Most Improved Publication - South Carolina - *The Palmetto Scope* - Tabitha Jordan, Editor. Editor of the Year - Nettie Norphleet, Editor - Alabama - *Alatech*. 2015 Honor Roll State Societies - Alabama, CASMET, Georgia, Kentucky, North Carolina, South Carolina, Tennessee and Virginia. Congratulations to each of you. I am proud of all of your accomplishments.

(Continued on page 8)

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## Legislative Report

Submitted by Beatriz Montoya, MT



I attended the meeting of the Florida Board of Clinical Laboratory Personnel who has been working on assisting people of different backgrounds and disciplines who do not meet the traditional requirements to be licensed as a medical technologist in Florida. The public is welcome to listen in on the next meeting on 12/2/16 by calling into 1-888-670-3525 using participation code 7342425575.

Medical Assistants may find Florida Scope of Practice regulations for your professions online:

[http://www.leg.state.fl.us/statutes/index.cfm?App\\_mode=Display\\_Statute&Search\\_String=&URL=0400-0499/0458/Sections/0458.3485.html](http://www.leg.state.fl.us/statutes/index.cfm?App_mode=Display_Statute&Search_String=&URL=0400-0499/0458/Sections/0458.3485.html)

Note: the language that acknowledged certification of medical assistants was removed from the regulation earlier this year.

Dental Assistants allowed duties:

<https://www.flrules.org/gateway/RuleNo.asp?id=64B5-16.005>

Florida Board of Dentistry FAQ:

<http://floridasdentistry.gov/dental-assistantexpanded-duties-faqs/>

<http://www.dentistryiq.com/articles/2009/07/update-on-legislative.html>

## ATTENTION ADVERTISERS

The Florida State Society of American Medical Technologists has over 5,000 members who are employed in various positions in hospitals, private laboratories, universities, state colleges, private educational institutions, physician offices and clinics, physician office laboratories, and dental offices. At least one third of these members are in supervisory or management positions that have direct input into buying decisions at their workplace and all of them have influence in purchasing power for companies that offer products that are beneficial to Individual allied health professionals.

We offer advertising in our Newsletter, which is published twice a year, and/or our website, which is available at all times. In addition, you may choose to have a one page flyer included in the packets that are distributed to member and non-member attendees at our educational conferences which are held in various locations throughout Florida 4 to 5 times a year Attendance at these conferences averages 90 to 150 per event.

### YEARLY RATES FOR THESE OPTIONS:

#### NEWSLETTER ADVERTISING ONLY:

¼ page: \$150 ½ page: \$175 full page: \$200

#### WEB SITE ONLY:

¼ page: \$200 ½ page: \$225 full page: \$250

#### CONFERENCE PACKET INSERTS ONLY:

full page: \$200

### SPECIAL COMBINATION RATES YEARLY:

#### NEWSLETTER AND WEBSITE:

¼ page: \$300 ½ page: \$340 full page: \$375

#### NEWSLETTER, WEBSITE AND

#### CONFERENCE PACKET INSERTS:

¼ page: \$350 ½ page: \$390 full page: \$425

Kathleene Hardy: khardy3352@gmail.com



Brigette D. Howard, SMA  
Harrodsburg, KY



Brigette Howard knew at a young age she wanted to work in the HealthCare field when she grew up. After graduating high school, in 1999, she became a CNA (certified nurse's assistant) with a desire to work in labor and delivery. After a few months her dream was put on hold when her first child was born. Upon the birth of her second child she became a Stay at Home Mom. Fast forward to 2016, and 2 additional children, and she is on the cusp of graduating from Midway University as a Medical Assistant. Ms. Howard has modified her goal slightly, wanting to enter the Ob/GYN field again, only this time as a Medical Assistant. Working as a Medical Assistant, Ms. Howard desires to provide for her four children and also show them it's never too late to better your education. Her long term career goal is to eventually become an office manager, blending her medial assisting talents with her love for interacting with people, helping them navigate through their medical needs.

## Student Speaks:

When it comes to breastfeeding many people think they don't have time for it or they think they can't do it. What they don't think about is the health benefits for the baby and the mom. The list of health benefits is far more important than the amount of time it takes. The health of the baby should be top priority; it will pay off. I like to think of breast milk as liquid gold, the colostrum is a deep yellow color and is the first milk you make during pregnancy and just after birth. It is very rich in nutrients and includes vital antibodies to protect your new born baby from infections. The colostrum also helps the infants' digestive system to grow and function. Colostrum is only available for a few days just before the milk comes in, once the milk has come in it is mixed perfectly for the baby and is also the perfect temperature, now how easy is that!

Breast milk has cells, hormones and antibodies to protect from illnesses such as asthma, ear infections, eczema, diarrhea and vomiting, lower respiratory infections, sudden infant death syndrome or SIDS and type 2 diabetes. Now if you ask me, that there is enough reason to breastfeed.

Breastfeeding benefits for the mom are just as important. Breastfeeding leads to a lower risk of certain health problems such as type 2 diabetes, ovarian cancer and certain types of breast cancer. Not only does it help your body get back in shape, it can be a natural birth control, not 100% effective though. When breastfeeding, your body produces oxytocin, a hormone that helps keep the milk flowing and can keep the mom calm.

Breastfeeding is easy on the wallet, as it is free. Formula cost hundreds of dollars a month, and if your infant needs special formula for a sensitive tummy, it can be more! Formula, made from cows' milk, can take an infant time to adjust to, especially digesting it. Also, with breastfeeding there are no bottle and nipples to sterilize and milk is ready when baby is hungry. I breastfed all four of my children, my youngest was born when I was 30. She was breastfed the longest, 16 months. I did however use a pump so dad could help and also bond with her. One thing I can say is that none of my four children have had an ear infection and are rarely sick. Most of my friends did not breastfeed and I recall their children having ear infections and some needed tubes in their ears. I honestly think it has to do with breastfeeding versus formula. I would recommend strictly nursing for the first three months, then, if desired, start pumping.

Always keep in mind to keep hydrated and eat a well-balanced diet. When it is time to sit and nurse, get a drink and/or snack, prop your feet up, and watch your baby, not the clock. Always ask your doctor if any medications you take have an adverse effect on breastfeeding.

Not everyone can breastfeed. Ask your doctor while you're pregnant if you have concerns. Some reasons not to breastfeed include: HIV, taking antiretroviral medications, have untreated tuberculosis, infected with human T-cell lymphotropic virus type I or II, dependent on or using illicit drugs

*(Continued on page 8)*



## What is a Frozen Shoulder?

by Sol. Goldenberg MBA, FRCGP(Lon), M.Sc.

Jean came to the office the other day complaining of pain in her left shoulder, which limited her daily activities and disturbed her sleep. She was a 55 year old female who has been developing pain in her left shoulder over the past month. There was no history of injury. X-rays were ordered which revealed no radiographic abnormality. She was diagnosed with “Frozen shoulder” or Adhesive Capsulitis. The diagnosis was made on the following clinical criteria:

### Diagnostic criteria for frozen shoulder:

- \* Pain arising insidiously in the deltoid region with increasing shoulder stiffness
- \* Pain at the end of external rotation and arm elevation. Restriction of these movement are noted on both active and passive testing
- \* No obvious crepitus on movement (crepitus is a sign of arthritis)
- \* X-rays are not routinely required, but if obtained, usually show a normal glenohumeral joint.

The three phases described above are: Pain, Stiffness and Resolution. Frozen shoulder is considered self-limiting.

### Treatment of Frozen shoulder

- 1) Oral NSAID medications, such as. Ibuprofen 800 mg TID or Naproxen 500 mg BID
- 2) Physiotherapy: Abducting the arm to maximum point of tolerable pain
- 3) Intra-articular corticosteroid injection with hydrodilatation of the joint with 10 ml saline performed (preferably) under guided fluoroscopy or ultrasonography
- 4) Manipulation of shoulder joint under general anesthesia
- 5) Capsular release through arthroscopic surgical procedure

*Mark your calendar-*

**AMT** in Kansas City, MO  
 July 9– July 13, 2017  
 79th Educational Program  
 and National Meeting




**K**ansas City, Missouri, is the “City of Fountains,” boasting more than any city except Rome. The Crown Center is home of the Hallmark Cards headquarters Visitors Center. The Intercontinental Hotel overlooks the elegant, old-world architecture of Country Club Plaza shopping mall, nestled on the banks of Brush Creek.

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### Conclusion

Although frozen shoulder is thought to self-limiting, long term longitudinal follow up studies showed that 41% of patients had persistent symptoms at a follow up of 4.4 years and recurrence rate was in 6-17% of patients within five years.

#### Reference:

Rangan A., Hanchard, N., McDaid, C., (2016), *What is the most effective treatment for frozen shoulder?* BMI, 2016, p.328-330;354:i4162



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*Southern District Councillor's Message (Continued from page 4)*

There were three members elected to the Board of Directors. Re-elected were Jeannette Hobson, RMA, RPT, from California and Christopher Seay, MT from Tennessee to another term, and Naomi Melvin, PhD, EdD, MPH, CLC, DLM ASCP, from Florida was elected for her first term. Your new AMT Officers are President: Jeffrey Lavender, MT, and Vice President: Jeannette Hobson, RMA, RPT, CMAS, AHI, and Secretary: Deborah Westervelt, RMA, COLT and Treasurer: Ken Hawker, MT.

The bylaw proposals printed in the June AMT Events magazine were passed by the House of Delegates.

American Medical Technologists Institute for Excellence (AMTIE) held elections for their Board of Trustees at their Annual Business Meeting. Charles W. Baker, MT, from South Carolina was reelected, Oswald Skinner, MT, from Florida and Fred H. Morley, III, MT, from Arizona and were elected to their first position on the board.

The 79th AMT Educational Program and National Meeting July 9-13, 2017 will be held at the Intercontinental Hotel at the Plaza Kansas City, Missouri. We will be meeting at the same hotel as the previous Kansas City meeting. The Fairmont is now the Intercontinental Hotel. Room rates will be \$ 129.00 plus tax per night single or double. Amenities include a heated pool with sun deck and fitness center. Rooms are beautiful and include a marble bath, coffee maker and iron and ironing board. Plan your vacation around the AMT national convention. Mark your calendars and join us in Kansas City!

The 2018 80th AMT Educational Program and National Meeting will be held in the Eastern District.

Medical Assistants Recognition Week (MARW) is October 17-21, 2016. Registered Medical Assistants (RMA) is celebrating the theme "Medical Assistants: Healthcare with a Human Touch." Download the 2016 logo and promo kit from the AMT website and help get the word out in your state.

If you need anything please do not hesitate to email me at [k9kid@bellsouth.net](mailto: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

## FLSSAMT Meeting in Ft. Myers



*Student Speaks (Continued from page 6)*

taking prescribed cancer chemotherapy agents or undergoing radiation therapy.

There are many positions a mom can get into to feed the baby. The cradle hold, cross-cradle hold, lying on her side, football hold, and the laid back position. My favorite was the cradle hold.

Breastfeeding is the closest thing to nature that we can give a baby; it is natural and very nourishing. Our body makes breast milk for a specific reason, so why not use what is readily available! No preservatives and added unknown ingredients that could be poisoning our babies or give them a potential to develop allergies and/or breathing problems. Additionally, an infant is less likely to develop a sensitivity to breast milk. Our body is amazing. Why not use it naturally to raise healthy babies!



## *Delegate Reports*

The National Meeting provides an opportunity to be part of a wonderful organization. I enjoy meeting people from all over the US and Caribbean. I have attended 14 conventions and now I know the faces and some names of many amazing health care providers and instructors. This is the first meeting that I attended as the President of FLSSAMT and was very anxious, but my Florida Board takes care of their own. For years I have watched Florida be the best. ....The educational seminars were well planned and offered great learning opportunities. This learning motivates us to excel in what we do; learning always makes me hungry for more. Thank you for the opportunity to attend the 2016 National Meeting and to be a delegate for the state.

Alice Macomber, RMA

Having the opportunity to come to Memphis for the 2016 National Meeting is a real blessing for me! I was not able to go to Hawaii last year and I missed my friends that I only see once a year. The Speakers did a good job with all the presentations. I always learn new things at the convention. The fellowship and friendships that I have built over many years are valuable to me. I enjoyed the banquet and especially seeing Dr. Fidler get his special award. Thank you for the opportunity to be a Florida Delegate.

Pearl Campbell, RMA

The location of the National Meeting was classic American elegance! ....The opening session focused on laughter at a time of unease in our country and in the world. The Tennessee division of the Department of Health gave an excellent presentation on emerging diseases. ....Various presentations covered other disciplines including Hematology, Genomic and Molecular identification of diseases. There were numerous presentations on organizational leadership and communication. ....I was nominated to run as a member of the AMT National Board of Directors and Oswald Skinner was elected the AMTIE Board of Trustees.

Naomi Melvin, PhD

The conference was well organized and the venue was great!....Topics were relevant in advancing my career and I learned that laughter IS the best medicine....Clinical Genomics was a review of a subject that interested me. ....Most of all, I enjoyed meeting all our AMT friends. Thank you for giving me the experience of traveling to different parts of the country.

Solomon Goldberg, RMA

Every year, every meeting is an opportunity to meet the old friends of the past and a chance to meet new friends for the future. Memphis was no exception. The speakers were experienced in their field, and the lectures concise and info packed..... At the Welcome Party, the marathon Elvis Tribute kept the crowd excited and moving hips around the entire room....Young, old and in between were all participating. Changing the ticket drawing .....for the State Baskets freed up more time for the entertainment.... The size, lighting and location for the winning tickets could be improved upon..... Moving the Awards Banquet up one day was the best idea! It gave people the chance to rest up before the Thursday meeting marathon..... All-in-all, the people of Memphis, and hotel staff were very friendly and welcoming. Good time had by all

Karen Hurban, MT

Thank you for allowing me, once again, to attend this convention. The conference over all was great! The Hotel and staff were very good. Workshops were great..... Encore presentation of 2015 LRN outbreak response, assessing signs of Nutrient Deficiencies, the Editor's Workshop, and the Classification, Diagnosis & Monitoring of Diabetes, all great sessions!

Patricia Poitier Sands, RMA

What a wonderful convention and another successful meeting with friends! The highlight for me was being elected to the AMTIE Board. I can't wait to dig in and get my hands dirty working for this great organization

Oswald Skinner, MT

I enjoyed this meeting, the city and the Hotel. The lectures offered were outstanding! The Welcome Party and Awards Banquet were very nice. It was a great opportunity to share experiences with my AMT family. I am very proud to be a part of this great organization

Beatriz Montoya, MT

*(Continued on page 10)*



## AMT National Convention in Memphis, TN



### Delegate Report (Continued from page 9)

I moderated and participated in....CPR...I learned new procedures and was happy when I passed the course; Active Learning: Engaging Students...a review of skills I use every day in my teaching; Keynote Address was a nice reminder that Laughter is one of the best medicines; Allied Health Professionals Testifying as Expert Witness....it was fantastic to see how the legal community recognizes... the skills of the medical assistant as a witness; Hot Topics for RMAs: Scope of Practice...ICD-10....Medical Assisting as a career, not just a job; the Welcome Party was crowded...the Elvis imitator was entertaining...the State "Baskets" was disappointing-winning tickets simply listed on a board...though drawing names is time consuming, it was certainly more entertaining and interactive; As a member of Future Planning/ Membership Committee ...discussed how to encourage ...participation in state and national events...making meetings more appealing...it was enlightening to hear younger members ideas; .....I appreciate(d) the Meet the Candidates as Naomi Melvin ran for AMT Board and Ozzie Skinner ran for position on AMTIE Board...both did a stellar job: Awards banquet was a wonderful event....two of our members won awards ..Karen Hurban MT received the Pillar Award and I was honored to receive the CuvIELLO Commitment to Excellence Award; I attended ....the Leadership Program intended to assist supervisors...to develop positive skills in leadership... very interactive. Enjoyed meeting with District Councillors in How to Make Your State Society the Best It Can Be.....Final day of the convention was filled with business meetings...is a reminder this is a member operated organization...an opportunity to participate in the process.... The President's Dessert was bittersweet ..eating all the sweets mixed with goodbye's.

Deborah Janezko, RMA

(All Delegate reports were edited for space but contain the words of the authors.)