First, I want to express my sincere thoughts and prayers to everyone affected by Hurricane Florence and Michael. Know that your AMT members all over the United States and the Caribbean feel the same.

The North Carolina State Society has 4061 members as of 4/30/18, most of whom are MTs, MLTs, RMAs, and RPTs. Please make sure you keep all membership information up to date with AMT so that you may receive information and notifications concerning continuing educational opportunities and society business meetings. We generally hold two educational meetings a year. However, in March of this year, the participating state organizations (NCSSSAMT, SCSSAMT, NCSCLS) decided to hold only one educational meeting a year and this was to be Carolinas Clinical Connection. Because of participating organizations’ barriers, Carolinas Clinical Connection is postponed for 2019. However, a smaller 2019 spring meeting is being planned and meeting information will be posted on the AMT NC State Society website (meetings and events) when it is available. The NCSSSAMT Board of Directors

Meeting was held October 18, 2018 and a Business Meeting October 19, 2018 at the Magnolia Educational Treasurers, Holiday Inn Gulfport Airport, Gulfport, MS. Teleconference information to connect to the meetings were sent by email blast from the AMT home office for members interested in attending the meetings but not able to attend in person.

The AMT 80th Education Program and National Meeting, held July 1 – 5, 2018 in Washington D.C at the Hyatt Regency on Capitol Hill, exceeded meeting expectations for the venue and quality of the educational program. Our state delegates attended and some of our state members and our state newsletter, *The Tarheel Tech*, received national awards. The national 1st place student technical writing award was a clinical laboratory science student from our own state! Congratulations to all award winners! There will be special articles on the winners throughout this newsletter.

October 15 – 19, 2018 was Medical Assistants Recognition Week! These professionals serve a vital role in providing quality healthcare to patients and are the majority of our membership. Thank you for all you do every day! Enjoy your holiday season and take care of yourself and each other.

Sincerely,

Georgia McCauley, PhD, MT(AMT)
The *Tarheel Tech* is the official publication of the North Carolina State Society of American Medical Technologists. It is published two times per year in May and November. Electronic versions are posted to the NCSSAMT webpage at www.americanmedtech.org.

Submit comments and information to:
Editor:
Tommie Williams, MT(AMT)
twill29316@aol.com
Associate Editor:
Jerry Johnson, MT(AMT)
johnsoj1@labcorp.com

Closing dates for material are March 15 and September 15.

Circulation: electronic
Advertisement Rates per issue:
Business card $50.00, 1/2 page $100.00

The opinions expressed in any article are those of the author and do not necessarily reflect those of the editorial staff or the NCSSAMT Board of Directors.

All photographs contained here within are the property of NCSSAMT or the Editor unless otherwise noted.

To request a hardcopy of the newsletter please contact the Editor – Tammie Williams

---

**NCSSAMT Officers and Board 2017 –2018**

**President:**
Georgia McCauley, PhD, MT
mccauleyg@wssu.edu

**Vice President:**
Jerry Johnson, MT
johnsoj1@labcorp.com

**Secretary:**
Mary Midkiff, MT
marypmidkiff@gmail.com

**Treasurer:**
Ray Dean, MT
lutherdean@msn.com

**Judiciary Councilor:**
Kimberly Chervount, MT
kcheuvront@FGHL.com

**Southern District Councilor:**
Kaye A Tschop, MT
k9kid@bellsouth.net

**Board of Directors:**
Lisa Maness, Ph.
Judy Smith, MT
jujusmith@embarqmail.com

**Committee Chairs 2018-2019**
Publications, Publicity, Placement: Tommie Williams
By-laws, Policies and Procedures: Mary Midkiff
Membership and Awards: Judy Smith
Scientific: Jerry Johnson
Legislative and Proctoring: Lisa Maness
Nominating and Budget, Audit: Ray Dean
NMLPW and NMLAW: Lynn Dean, Catherine Brock
Student Writing: Mary Midkiff

---

*If you are interested in serving on a committee for 2019 please contact*
Georgia McCauley, MT(AMT)
mccauleyg@wssu.edu
Management Minute

Jerry B. Johnson, MT (AMT) HHS
NCSSAMT Vice-President

**Experience Driven Leadership**

Do you know the difference between knowledge and wisdom? Knowledge is facts; wisdom is what we do with those facts. Many leaders are considered intelligent; they learn from their experiences, make intellectual and sound decisions which contribute valuable benefits to their company. But how do we gain knowledge and insight to become a great leader? Many great leaders have failed in past endeavors. These failed moments have provided valuable lessons on the way to becoming great leaders; making better decisions, and improving on yesterday’s missed opportunities.

In our fast-paced world it is sometimes hard to make wise quick decisions, even for the seasoned experienced leader. To make wise choices, leaders must step back and take time to reflect the task at hand. There might have been a past experience that relates to the present situation, which may help to make a quick wise decision. It takes time to develop wisdom, and careful analysis of the situation will help to avoid grave mistakes and missed opportunities. An experience driven leader frequently reflects on past experiences. Without this reflection, experiences can be misleading and become disengaged.

Wisdom is created by experiencing failures and successes, acknowledging these failures and successes and accepting the result of them. There is no quick fix for leadership wisdom; it is not achieved overnight, it is sometimes hidden and we have to find it within ourselves. It takes time to prepare, grow and cultivate wisdom. Reflection is achieved by analyzing each situation, stepping back and considering all consequences of your decision and moving forward with a solid decision regardless of the consequences.

You have obviously heard the phrase, no pain, no gain. If we want to become an experienced driven leader, we need to learn from our mistakes and failures and accept our shortcomings. Leaders can look back and remember what did and did not work and use these experiences to become a better leader, an experienced driven leader.

“Knowledge Comes But Wisdom Lingers” – Alfred Lord Tennyson


Jerry Johnson is the Regional Phlebotomy Manager for Laboratory Corporation of America, Winston Salem, NC
AMT's 80th Educational Meeting and Educational Program was held at the Hyatt Regency Washington on Capitol Hill. There were 415 registered members, guests and students in attendance. The weather typical for July, hot and humid. What a special treat to be in our nation's capital on the 4th of July watching fireworks over the Potomac River with your AMT friends and family. It doesn't get any better than that!

AMT's 81st Educational Program and National Meeting will be in Chicago, Illinois at the Chicago Hilton Hotel 720 S. Michigan Ave. Chicago, IL 6060 July 1-5, 2019. Room rates will be $ 129 + tax single or double occupancy. Plan your vacation around the AMT national meeting as there is so much to see and do in Chicago. AMT's 2020 meeting will be held in the Western District.

Award recipients from the Southern District received their awards at the awards banquet in Washington, DC as follows: Cuviello Commitment to Excellence Award Dr. Georgia McCauley, MT – North Carolina; Pride of the Profession – Solomon Goldenberg, RMA – Florida; Becky Award – Christopher Seay, MT Tennessee; O. C. “Skip” Skinner Armed Services Award Charlene Lynch, RMA – North Carolina; GEM Award Dr. Paul C. Brown, D. Min, MT – Alabama, David McCullough, MT – North Carolina (posthumous); Exceptional Merit - Nettie L. Norphleet, MS, RMA – Alabama; Pillar Award - Judy Fortune, RMA – Kentucky, Harry Narine, MT, RPT – CASMET; Distinguished Achievement - Sherry M. Blevins, RMA – Tennessee, Khalil L. Lucky, RPT – CASMET; Silver Service – Martha Duncan, MT – Tennessee; Friend of AMT Award Colin “Jay” MA comber – Florida; Legacy Tribute – Jackie Cooper (CASMET); Publication Awards - Journal 2nd Place – Alabama Alatech – Nettie Norphleet, Editor; Newsletter 2nd Place – Florida -Florida News for Allied Health Professionals – Kathleen Hardy, Editor, 3rd Place – North Carolina – The Tar heel Tech

Tennessee and Virginia. Norman Frankel Outstanding Student Awards - Medical Assistant Student Katherine Williamson, Miller Motte College, Cary, NC; Student Technical Writing Award 1st Place 1st Place: Jennifer Press Osborne, Winston-Salem State University, Winston-Salem, NC “Does Knowledge Equal Power with HBCU Students?”. Congratulations to each of you. You have worked tirelessly for your state society and AMT and are so deserving of your award. I am proud of all your accomplishments.

Three new members were elected to the Board of Directors. Harry Narine, MT, RPT - CASMET, Martha Hinkel, MT - Rocky Mountain and Francine Orin, RMA -Central Plains were elected to their first term. Your AMT Officers are President: Jeannette Hobson, RMA, RPT, CMAS, AHI; Vice President: Christopher Seay, MT Secretary: Deborah Westervelt, RMA, COLT and Treasurer: Ken Hawker, MT.

Medical Assistants Recognition Week (MARW) is October 15-19, 2018. Registered Medical Assistants (RMA) will be celebrating the theme “Medical Assistants: At the Heart of Healthcare” Download the 2018 logo and promo kit from the AMT website and help get the word out in your state.

Check out the newly released AMTrax video – Quick Guide to AMTrax for CCP, now available for viewing on YouTube. It is about nine minutes in length and is a step-by-step instructional video on how to log your continuing education on AMTrax.

CASMET will hold their Biennial General Meeting & Scientific Symposium October 14-18, 2019 at the Radisson Hotel Trinidad. The Magnolia Educational Treasures (MET) will be held October 19-20, 2018 at the Holiday Inn Gulfport Airport in Gulfport, Mississippi.

AMT continues to work on strategic planning for the organizations sound future. Stay tuned for more information as it becomes available.

If you have any questions or need assistance, please do not hesitate to email 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
Ms. Jennifer Preuss Osborne, senior Clinical Laboratory Science student at Winston-Salem State University received the 1st Place Student Technical Writing Award at the AMT 80th Educational Program and National Meeting on July 3, 2018 during the Awards Convocation held at the Hyatt Regency on Capitol Hill, Washington, DC. The title of Ms. Osborne’s paper was “Does Knowledge Equal Power with HBCU Students”. The article included a touching personal experience of Jennifer and her son’s experience with cardiovascular disease. Jennifer is also the President of the Lambda Tau Honor Society and a student researcher with Dr. Georgia McCauley, Chair and Program Director at Winston-Salem State University, and our NCSSAMT State President.

Submitted by Dr. Georgia McCauley, MT(AMT).

STUDENT WRITING AWARD

Sponsored by North Carolina State Society AMT

ATTENTION! MT/MLT, RMA, and PHLEBOTOMY STUDENTS

Write a scientific or feature article and win a commemorative plaque and monetary award presented by the North Carolina State Society of American Medical Technologists. Topics may include the laboratorian’s role in the diagnosis and treatment of disease, review of a condition or disease process, new test or test methodology, patient safety, phlebotomy, why I chose this profession, the meaning of professionalism, etc.

DEADLINE: January 15th

The 1st place award winner will receive $300 and the 2nd place award winner will receive $200

Submissions must be emailed to the North Carolina State Society President. The address is listed in The Tarheel Tech or may be obtained from the AMT website under the NCSSAMT State Society AMT website is www.americanmedtech.org
2018 National Award Winners

Georgia McCauley, Ph.D. MT(AMT)
Cuviello Commitment to Excellence

Charlene Lynch RMA(AMT)
O. C. "Skip" Skinner Armed Services Award

Tommie Williams, MT(AMT)
3rd Place Newsletter

Dr. Georgia McCauley MT(AMT)
President NCSSAMT
Honor Roll State Society
Marry Midkiff MT(AMT)

It was my great pleasure to attend our National Meeting in Washington, DC and serve as a member of our North Carolina delegation. Washington is known for the heat and high humidity throughout the summer months and especially in July, but it did not affect the enthusiasm of members who went on tours and enjoyed the July 4th fireworks on Wednesday of the meeting. As luck would have it, the weather improved on Friday after the meeting and hopefully some folks had planned to stay over and enjoy the many sights to see in our capital.

As a member of the Government Affairs Committee, I was very interested to hear the latest news of items which should interest our members and all those in the laboratory field. A reduction in fees paid in accordance with the Clinical Laboratory Fee Schedule (CLFS) mainly for high volume tests was of great interest particularly since they were based upon a flawed method of collecting date to determine the new rates. You can rest assured that AMT is joining other organizations in efforts to ensure that changes are made to include reporting by hospital labs. At this time less than 1% of hospital labs were able to report based upon the criteria for reporting.

Another item of concern was the workplace shortage of medical technologists noted in the Bureau of Labor Statistics Report. It is estimated that 12,000 technologists will be needed annually and schools are only producing 5,000. Emphasis was placed on the number of facilities that will not accept students to complete their clinical rotations which makes it difficult for schools.

I really enjoyed the first general session of the meeting which was an overview of the 2018 influenza epidemic. As is the norm, the program included the attendees a choice of seven breakout sessions running concurrently along with general sessions each day.

I encourage everyone to attend meetings when you can and take advantage of electronic means to obtain continuing education credits. It is also important to read national and state publications which include scientific, leadership, and government affairs articles.

Lisa Maness, MT(AMT)

Attending the national conference in Washington, D.C. this past summer during the week of July 4th was a great experience. Upon arrival, the human microbiota session had been replaced by a parasites presentation, which was fun and enjoyable, especially since one of my favorite subjects to teach my own students is parasitology. That evening the welcome party was a lot of fun with food, drinks, and dancing, the theme being related to Independence Day. The awards dinner during the middle of the week was exciting as many from our state won awards. Throughout the week, I enjoyed other sessions on microbiology, including rabies and antibiotic resistances, among other topics. On Thursday we had the district meetings, business meetings, and voted in new candidates to the board. During the week, in addition to being at the conference, I enjoyed sight-seeing in D.C. I walked to so many of the landmarks, including to the Lincoln Memorial and Washington Monument, as well as by the Capitol Building. I also visited several museums, especially those pertaining to art. In addition, I was able to boat along the Potomac River for a couple of hours with my daughter and a student and her son as well as boating on the River with some fellow AMT members on the evening of the 4th of July to watch fireworks. It sure was a really hot week, but also full of activities. I look forward to the next national conference that I
Charlene Lynch, RMA (AMT)

The 80th Annual AMT National Convention in Washington D.C. proved to be yet another exceptional meeting. It was great! The city of Washington D.C. offered something for everyone: tourism, great cuisine, and public transportation. The Hyatt Regency which hosted our stay in D.C. was very accommodating and #1 in customer service. The location of the Hyatt Regency was very convenient, in walking distance to most D.C. attractions like the famous Union Station. City tour busses which offered “hop on and hop off” were readily available. There were many opportunities to have a great experience in D.C. and acquire new knowledge at the 80th Educational Program and National Meeting.

The Convention Educational Program course sessions were very diverse, offering relevant courses for each discipline. The opening ceremony keynote speech by Ms. Evans was very amusing yet offered important tools to enlighten and brighten our everyday lives. I especially enjoyed the lecturing of Mr. Solomon Goldberg, RMA (AMT). Mr. Goldberg lectured on the “Opioid Epidemic” and “Eating Disorders”, courses in which I was very interested in gaining more knowledge and insight. Mr. Goldberg also had amusing stories, but made sure to let you know he was only pulling your leg and not to take him serious.

The “Duties and Responsibilities of State Society Officers” was a great new session offered at this National. Ivette Rivera, RMA, RPT, AHI (AMT) presented a very informative presentation on the duties of a Board Secretary. I would recommend this and the other sessions in this topic to any member. While the Committee Meetings are the normal order of business at the National conventions, they are always a good opportunity to learn about other committees you may wish to join. The Armed Services Committee (ASC) for which I am a member, was very fortunate to welcome Command Sergeant Major (CSM) Gilpin, The Inspector General Sergeant Major, Pentagon, Washington, D.C. as our guest speaker. CSM Gilpin informed us of the future changes to the military to include the new physical fitness standards. Thank God I’m retired, the new standards would definitely be a challenge for me.

In closing: How can we enhance the AMT National Convention in 2019 while gaining new dedicated members? On a personal note I encourage other AMT members to get involved locally in their State Societies. Then come join us at the next National Convention in Chicago, Illinois. I’m looking forward to seeing you there!

Charlene Lynch, RMA (AMT)
MSG (RET), USAR

Judy Smith, MT (AMT)

The 2018 American Medical Technologists National Meeting is in the books. The meeting was packed with educational seminars, social events and organizational duties. The hotel was nice and comfortable and the staff was extremely friendly and helpful.

The meeting opened with the US Military Color Guard entering with authentic dressed musicians playing Yankee Doodle Dandy. The Keynote Address was lively and interactive which gave a positive start to the meeting. The scientific sessions covered each of the disciplines so all attendees had available options for continuing education.

As a delegate I had the responsibility to attend the Resolution Committee meeting, Meet the Candidates, Southern District Meeting, Annual Reports, Town Hall, AMTIE and the National Business Meeting. There are continual changes that take place in the organization and it of utmost importance to remain involved and informed. It is an eye opener to attend the our National Meeting.

As always, it was great to visit with and talk to our AMT friends and family. I am honored to have been able to participate as a delegate and represent NCSSAMT.
The NCSSAMT Delegation and family members enjoyed many of the historic and impressive sights in the DC area. During the National Meeting.
Are you Ready for the 2018-2019 Flu Season?

How CDC Classifies Flu Severity

How does CDC track flu activity?

CDC tracks flu activity through key flu indicators, including the percentage of influenza-like illness (ILI) visits to outpatient clinics, the rates of influenza-associated hospitalizations, and the percentage of deaths resulting from pneumonia or flu.

How does CDC define “severity”?

CDC began using a new approach published in 2017 to define flu season severity. CDC first calculates intensity thresholds (ITs) for three key flu indicators using data from past flu seasons. CDC then classifies the severity of individual flu seasons by determining whether the indicator values during the peak of each flu season crossed their respective ITs.

What did researchers do to classify the severity of flu seasons in this study?

Flu severity is assessed using the following data:

1. the percentage of visits to outpatient clinics for ILI,
2. the rates of influenza-associated hospitalizations, and
3. the percentage of deaths resulting from pneumonia or influenza that occurred during each season.

The Moving Epidemic Method is then used to translate the data into standardized intensity thresholds (ITs) for each indicator. The peak value of an indicator is compared to the respective IT for that indicator to arrive at a severity classification.

- Severity is classified as "low" if at least 2 of 3 indicators for the overall population peak below the respective systems' lowest ITs.
- Severity is classified as "moderate" if at least 2 indicators for the overall population peak between the respective systems' lowest and mid-range ITs.
- Severity is classified as "high" if at least 2 indicators for the overall population peak between the respective systems' mid-range and high ITs.
- Severity is classified as "very high" if at least 2 indicators for the overall population peak above the respective systems' highest ITs.
- Severity was also assessed by age group.

What are intensity thresholds and why are they important?

An intensity threshold is a value developed using data from past flu seasons that helps assess the chance that a system will go above a certain threshold. In this instance, intensity thresholds (ITs) are important because they help researchers classify flu severity based on the level of flu activity at the peak of the season. For this study, ITs were developed for the overall population and further separated into three age groups: children, adults, and older adults.

The ITs used in the paper correspond to a 50% (1 in 2), 10% (1 in 10) and 2% (1 in 50) chance of exceedance during an influenza season. These threshold values were used to classify flu severity into low, moderate, high, and very high categories and then applied to U.S. seasons from 2003–04 through the 2015–16, including the 2009 pandemic.

Has the method used to define “severity” changed?

Before this methodology was adopted in 2017, CDC used various criteria to subjectively determine severity, including visits to outpatient clinics, the number of flu-positive respiratory specimens, hospitalizations, and deaths. By contrast, intensity thresholds give researchers the ability to determine flu season severity systematically.

What were the results of applying the new methodology retroactively to 2003-2004?

Of the 13 influenza seasons overall, four were classified as low severity, seven as moderate severity, and two as high severity (2003–04 and 2014–15). No seasons were classified as very high severity.

Seasonal severity also varied by age group. Older adults (65 years and older) experienced the greatest number (3) of seasons that were classified as high severity (2003–04, 2012–13, and 2014–15) while children (0-17 years) were the only age group to experience two seasons that were classified as very high severity (2003–04 and the 2009 pandemic). Adults (18-64 years) did not experience any seasons that were classified as high or very high severity.

Why is it important to assess flu season severity?

By measuring the severity of influenza seasons, CDC can use key flu indicator data to guide public health actions, such as targeting prevention and treatment messages to appropriate audiences and make recommendations designed to prevent flu illnesses and death.

Reprinted from www.cdc.gov
SAVE THE DATE!

North Carolina Spring Symposium

April 5, 2019
Wake Tech Community College

A joint scientific educational meeting with NCSCLS and NCSSAMT

Editors Note

Tommie Williams, MT(AMT)

I recently received my AMT 30 year pin. It shocked me at first. How could 30 years just slip by?

I appreciate my AMT family for all the lessons learned, opportunities, support and the never ending encouragement. AMT members are certainly the Pride of the Profession. Everyday they contribute to the well being of our family, friends and community. I am honored to be a part of this group of professionals.

If you are a new member to AMT I encourage you to become involved in our state society leadership activities. NCSSAMT sponsored meeting offer you a chance to network with other professionals, gain leadership experience and of stay up to date on all the changes facing the healthcare community.

Our next meeting is April 5, 2019 at Wake Technical College.

Come join our AMT family
Happy Holidays!
Tommie
Mark Your Calendar – July 1-5, 2019

AMT in Chicago
81st Educational Program and National Meeting

The Chicago Hilton Hotel is ideally situated in the heart of the “Windy City” on Michigan Avenue in the South Loop, where incredible experiences are around every corner including Grant Park, Shedd Aquarium, Adler Planetarium, Museum of Science & Industry, Field Museum, and the famous Art Institute of Chicago.

Hiltons of Chicago
Chicago Hilton Hotel
720 S. Michigan Ave.
Chicago, IL 60605
Hotel phone: 312-922-4400

- Hilton Serenity Bed Collection™
- Fitness Center
- Free wireless internet in guestrooms
- Rooms overlook Grant Park
- Indoor lap pool & Jacuzzi, running track, and sundeck
- Walking distance to South Loop dining and State Street shopping

Special discounted AMT hotel rates:
Single or double occupancy
$129.00 + tax
Rooms with two double beds and two bathrooms
$159.00 + tax

For additional Information:
Contact AMT: 10700 West Higgins Road, Suite 150, Rosemont, IL 60018
Phone 847/823-5169 • Fax: 847/823-0458 • E-mail: mail@americanmedtech.org
Website: www.americanmedtech.org