

Prairie Tech



<https://www.americanmedtech.org>

Central Plains Society of American Medical Technologists Newsletter

Volume 34 Issue 2
November 2018

A Letter from The President Tera Benefiel

As summer ended and fall arrived, our 2018 educational meeting went off without a hitch.

I welcome all of the new members to Central Plains Society of AMT (CPSAMT). As a member-driven society, our board would like to help you in any way possible. Our new email address is cpsamtkzne@gmail.com.

I invite you to the next National Meeting in Chicago, IL to be held on July 1 - 5, 2019. It is a short and simple trip for us here in Kansas and Nebraska.

Our next CPSAMT meeting will be held in Lincoln, NE in October 2019. Details to follow.

STUDENTS! Need money for school? Complete the CPSAMT scholarship form located on CPSAMT website, <https://www.americanmedtech.org/Be-Involved/State-Societies/Central-Plains>.

It is a pleasure and an honor to be your President.

Respectfully,

Tera Benefiel, MT (AMT) CPSAMT President



Disclaimer:

Editorial opinions in articles printed in Prairie Tech Newsletter are those of the author and are not the official policy of the society. Photos are property of Central Plains Society of American Medical Technologists or photographer unless otherwise noted.

The Editor reserves the right to edit all articles where necessary.



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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.

CPSAMT State Officers

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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.

Central District Councillor's Message

I sure hope that everyone enjoyed the sights and sounds of Washington DC as well as the program that AMT arranged for everyone. We had a great turnout for this conference with over 415 in attendance. The fireworks display during July 4th celebration was amazing. Our next national meeting will be held in Chicago, so start making plans. Some new board members were elected to the national AMT Board at the annual business meeting. I want to welcome Harry Narine, MT(AMT), Francine Oran, RMA (AMT), and Marty Hinkel, MT (AMT). We look forward to having them on the board.

Our Central District had numerous award recipients at the award convocation held at this meeting. Congratulations to Kathy Sutton, MT (AMT) from Mississippi, Cyndee Carr, RMA (AMT) from Arkansas, Deborah Westervelt, RMA (AMT) from Missouri, Alberta Smith, RMA (AMT) from Missouri, Felicia Williams, MT(AMT) from Mississippi, Cecil Hunt, MT (AMT) from Mississippi, Art Contino, RMA (AMT) from Texas and Randy Swopes, MT (AMT) from Louisiana.

Francine Oran, RMA (AMT), was also honored with the Most Improved Publication Award. We had so many winners from the Central District and I hope I did not leave anyone out. Please let me know if I did.



If you or someone you know is confused about recording their education credits on AMTRAX, there is a video on YouTube. It is an informative step-by-step video called “Quick Guide to AMTrax for CCP”. Our AMT board is continuing to work on Strategic Planning for our organization and should have some updates for us soon.

Don't forget that we have two upcoming joint conferences. The Great Lakes District Conference will be held October 5th and 6th at the Cincinnati Marriott North Union Centre Hotel in West Chester, Ohio. West Chester is just north of Cincinnati, Ohio. The Magnolia Educational Treasures will also be held in October on the 19th and 20th at the Holiday Inn Gulfport Airport in Gulfport, Mississippi. If you have never attended a joint meeting, well this is the time to start. You have two great meetings to choose from or attend both.



Your District Councillor,

Taffy K. Durfee, MS, MT (AMT)

Announcements

Anita Miller, MLT (AMT) and Larissa Stoddard, RMA (AMT) were awarded the CPSAMT Merit of Distinction; this award honors members who have been actively participating in state society activities for at least two years.

Brenda McNaught, RMA (AMT) was awarded the CPSAMT Merit of Excellence; this award honors members who have been actively participating in state society activities for at least five years.

Annette Cook, MT (AMT) and Francine Oran, RMA/AHI (AMT) were awarded the Certificate of Accomplishment; this award honors members with at least ten years of active participation in society activities.

Tera Benefiel, MT (AMT) accepted the Honor Roll State Society Award of Superior Achievement.

Francine Oran, RMA/AHI (AMT) was elected to a three-year term on the AMT Board of Directors and also awarded the Most Improved Publication Award.

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.



<ul style="list-style-type: none">• 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		<p>Special discounted AMT hotel rates:</p> <p>Single or double occupancy \$129.00 + tax</p> <p>Rooms with two double beds and two bathrooms \$159.00 + tax</p>
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Upcoming Events

October 15-19, 2018

Registered Medical Assistants (RMA) and the American Medical Technologists (AMT) celebrating Medical Assistants Recognition Week (MARW)



March 3-9, 2019

Dental Assistants Recognition Week

July 1-5, 2019

AMT 81st Educational Program and National Meeting in Chicago, IL

October 2019

Fall CPSAMT Scientific/Business Meeting in Lincoln, NE

Management Article

I feel such pride getting to work with our staff. Healthcare isn't an easy career field. Everyday we help people live through difficult situations, support them as they make life-altering decisions for their loved ones, and help them leave this life with dignity and peace.

We manage emergency situations, handle a variety of emotions, and do so while demonstrating our healthcare values. All the different things we do; we do while being human.

Healthcare isn't a career where you can constantly be perfect, but it does require passion. Passion to care for people when they are their most vulnerable; passion to get up every day and make a difference in someone's life; and passion to simply be present with someone that needs you.

I have watched people learn from tough situations. Share your knowledge and expertise with those around you, and do the little things that will never be forgotten. It isn't always the biggest lifesaving events that make a lasting memory; it is the simple things that we do to make a difference each day.

Tera Benefiel, MT (AMT)



Letter from the Editor

Hello members,

Helping others has always been my true passion. Whether; it was tutoring students with literacy, vocal music or, just simply volunteering in the beauty shop at a long term care home.



My introduction into health care started eighteen years ago when my mother suffered sudden complete vision loss and decreased mobility. I immediately took a Certified Nurses Assistant course so I could learn the best skills to help her. Through the years I carried over my compassion and love into the professional medical field.

My yearning desire to investigate and understand medical conditions lead me to get in the laboratory scene. Eight years ago, I started my journey to become a MLT. In the future I intend to advance in the laboratory field. Patient care is my priority, so I strive to provide accurate results so patients can receive the best quality care.

I value being a member of American Medical Technologists and our local society. As the editor of CPSAMT I intend to provide updates and information to our members society.

Anita Miller, MLT (AMT) CPSAMT Editor

Advertising Space Ad Rates:

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

Welcome New Certificants

March 9, 2018, through June 7, 2018

June 8, 2018, through August 22, 2018

AHI

ORAN, FRANCINE–LINCOLN, NE
THORNHILL, LAUREN–WICHITA, KS

RDA

BLADES, ALLISON–BAXTER SPRINGS, KS
MACKENSEN, JALEIGH–BAXTER SPRINGS, KS

RMA

CASHMAN, ALISON–TOPEKA, KS
FLIPPIN, BONNIE–WICHITA, KS
GARCIA, ARLET–TOPEKA, KS
KOELLING, MELISSA–SALINA, KS
PETREE, TAMRE–SALINA, KS
SCHROCK, VICTORIA–TOPEKA, KS
SILVA, CABRINI–MANHATTAN, KS
TATE-POSEY, LEONARD–JUNCTION CITY, KS
TORRES, OFELIA–SALINA, KS
VONBERGEN, LAURA–SALINA, KS
WALKER, JAIME–TOPEKA, KS

RPT

LARSON, RACHEL–BELLEVUE, NE
SIMS, MEGAN–MEADE, KS

**AMT IS THE CHOICE FOR ALL ALLIED HEALTH
PROFESSIONAL CERTIFICATION**

MLT

BLACK JR, TODD–MANHATTAN, KS

RMA

ARAGON, ALEJANDRA–PLATTSMOUTH, NE
CABRERA, MARTA–WICHITA, KS
EGGERS, MACAYLA–OMAHA, NE
HOLMES, DAWN–TOPEKA, KS
KABREY, ERIN–CHETOPA, KS
LORENZ, TONJIA – BAXTER SPRINGS, KS
LOVESEE, BAMBI–COLUMBUS, KS
MIZAR, TIKA –OMAHA, NE
MURRELL, SAMANTHA –CHANUTE, KS
NAMBO, EVA–OMAHA , NE
ROPER, REANNE–BELLEVUE, NE
WINDHORST, ILEA – SALINA, KS
WOODEN, TYRONE– PITTSBURG, KS

RPT

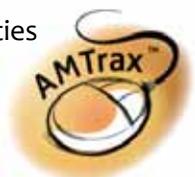
DREW, BERNADETTE– ST. MARYS, KS
SHEPARD, VICTORIA –FONTANA, KS
SIMPSON, IVY–TOPEKA, KS
STEC, MALISSA–BASSETT, NE
WHITE, WILLIAM–HOLTON, KS

The easy way to track your activity for the Certification Continuation Program (CCP)

AMTrax™ is the members-only online service that helps you track your continuing education (CE) activities in order to keep current with your certification.

See the new AMTrax™ user guides for the web or your smart phone.
Check them out now at www.americanmedtech.org/Stay-Certified/AMTrax

Provided by
AMT website



CPSAMT 2018 Scientific/Business Meeting



Phillip Gray, RRT spoke on professionalism.

The CPSAMT meeting was held in Wichita, KS on August 11th, 2018. The itinerary was filled with CEU opportunities from great speakers. The session's topics ranged from professionalism in healthcare to dental health of children and how it coincides with their overall health.

Coach JJ Davis, pumped up the energy in the room with a paper folding exercise and a group puzzle project. Celia Easley from Central Plains Area Agency on Aging intrigued feelings of compassion during her session on communicating with older adults and directing them to resources. The scientific sessions concluded with Cheryl Lippert, MT (ASCP) providing techniques to enhance leadership skills.

The CPSAMT business and awards meeting took place midday. Tera Benefiel presented awards to members for their years of dedication and hard work.

-Larissa Stoddard, RMA (AMT) and Anita Miller, MLT (AMT) were awarded the CPSAMT Merit of Distinction; this award honors members who have been actively participating in state society activities for at least two years.

-Brenda McNaught, RMA (AMT) was awarded the CPSAMT Merit of Excellence; this award honors members who have been actively participating in state society activities for at least five years.

-Annette Cook, MT (AMT) and Francine Oran, RMA/AHI (AMT) the Certificate of Accomplishment; this award honors members with at least ten years of active participation in society activities.

Attending meetings offer fun opportunities of learning and visiting other members. Join us at the next CPSAMT meeting in October 2019 in Lincoln, NE.



Speaker Lourdes Vázquez, RDH, BS, MS, ECP-I spoke on dental conditions in children.



JJ Davis, NCCC, Head Women's Basketball Coach led an interactive session on success.



Treasurer; Brenda McNaught, RMA (AMT) and Vice President; Larissa Stoddard, RMA (AMT) welcomed the meeting attendees.

Annette Cook, MT (AMT) Certificate of Accomplishment



Pictures property of CPSAMT

Francine Oran, RMA/AHI (AMT) Certificate of Accomplishment



Delegate Report

Francine Oran, RMA/AHI (AMT)

WOW! What a wonderful AMT National Convention we had this year! I had never been to Washington DC before, and so having it there was especially cool for me in more ways than one. For starters, I had the opportunity to be a bit of a tourist while I was there. Secondly, I went to many great presentations of which I will discuss two of my favorite sessions for you. Lastly, I had the opportunity to run in an election for a national board position; and I am very proud to announce that I won the RMA/RPT/CMAS slot, with much help from my great team!

Sunday night I was the Moderator of Workshop A entitled Active Learning in the Classroom. Our speaker was Dr. Julie Lavender. She is very knowledgeable presenter regarding this topic, and we had a really good time. Active learning is a style of teaching and learning that involves active engagement of both instructors and students. It is a proven method to improve learning and move students to higher levels of understanding. We left the workshop armed with strategies to immediately incorporate in our classrooms.

Active learning includes sharing ideas, classroom interaction, brainstorming, collaboration, discussion and a sense of community; which is exactly how our group felt after our three-hour session. We started by playing a fun "breaking-the-ice" game where you threw a beach ball and answered the question that your thumb landed on. It was a great way to get to know each other! Some of the activities we participated in were: self-assessment, think-pair-share, large group discussion, case studies, informal or triad groups, and a critical thinking exercise.

My absolute favorite session was the keynote address entitled Half Full Of It: Activating Optimism and Other Hard-Core Soft-Skills presented by Tami Evans. She was a super fun and dynamic speaker and at one point in the presentation, she had the entire room on their feet and dancing. It was a very entertaining and interactive program and a great way to start off our week!

The program discussed the following hard-core soft-skills: motivation, communication, relationships, self-confidence and optimism. Some specific things that I took away from this hour were: Be the light, Share the light, and Shine the light; bringing levity to the workplace has been mathematically proven to increase productivity; don't carry baggage that someone else packed; connection creates culture and culture engages employees - thereby attracting and retaining engaged employees; be the captain of connection- sharing positivity; laughter has the same physical benefits to your body as exercise - lunges for the soul; make the best of this adventure - have I laughed today?; recognize and appreciate people and be specific - who are they, what they did, and what is the positive impact on you; and always bank on thanks.

Lastly, I liked her six steps to FUN:

- 1) **F**undamentals - stick with the basics
- 2) **F**unky - be unique
- 3) **F**unctional - work in a collaborative environment
- 4) **F**ungible - readily changeable to adapt to new situations (flexible)
- 5) **F**unds - use your resources wisely
- 6) **F**un - be and have FUN!



Photo provided from AMT Events Sept 2018

Thank you for allowing me to represent our society at the national convention as one of your delegates.

Delegate Report

Joyce F Jones, MLT (AMT)

What a privilege to be able to attend the AMT National Meeting on the Fourth of July in our nations capital. This was my second national convention and this one was just as hot as the meeting in Memphis. The heat and humidity, as difficult as it was, didn't seem to stop any of us from having a truly great time.

I chose not to attend any of the workshops on Sunday. For me, the convention started on Monday morning after the Keynote Address. The first General Session I attended was "A Season to Remember: An Overview of the 2018 Influenza Epidemic. There were a lot of statistics on who, where and when the flu hit. As most of us know, the elderly and young children were the hardest hit. It was explained to us why the flu inoculations were not always very effective. I learned a lot.

For lunch that day, the American Kidney Fund and AMT partnered together and provided a pizza lunch. This was a fund raiser for kidney patients across the U.S. It also gave us more time to get to know some of the other people who were there.

And then, right after lunch, it seemed appropriate to go to the next session on "Got Worms? The Public Health Impact of Parasitic Helminths in the U.S." I love parasites. The most icky, disgusting subject in Laboratory Medicine. You can't help but squirm at some of the pictures, and to find out that some of the parasites we thought were solely found in Africa, can now be found here in the states. Yuck!!!!

Munchausen Syndrome by Proxy was my next class. Our presenter was Jean M. Palmer. She was the grandmotherly type of woman, and you could just feel the compassion this women had for all the mothers to whom she had met or spoke of. This is a psychiatric condition that affects usually a parent or caregiver. I think most of the people there were direct patient care (RMAs) givers who felt the need to be able to be aware this could be a concern. This was a very heart felt session.

My last session for the day was "Human Microbiota". As with all the other sessions, I was amazed at the expert levels at which the lessons were given. Bacteria is slimy, colorful and most interesting.

The last class was over by 1645, at which point it was dinner on our own. At 1900, Wine and Cheese Welcome, then Club AMT (which I did not go to).

Great time, great fun, GREAT Central Plains Friends.

And congrats to Fran.

Joyce F Jones, MLT (AMT) – Board-Member-at-Large



Photographer Annette Cook

Delegate Report

Sheri Daugherty, RMA (AMT)

I am so grateful for having the incredible opportunity to be a delegate to the Washington DC conference. I will give you a summary of a couple of the educational sessions I attended, but education is only a portion of the benefit of going to the conference.



Networking with other members of AMT is not only fun it is also inspirational! I met a gal who was a medical assistant for years, but she wasn't certified or registered. She knew her employer was going to start taking Medicare sometime in the future, so she went to school and became a Registered Medical Assistant. As soon as she passed the national test, she got a huge promotion and is overseeing several clinics.

On Tuesday, I attended a session called "Pockets of Time" taught by Alice Macomber, RMA (AMT), RPT(AMT), AHI(AMT). She was amazing, and I hope I have a chance to attend another session taught by her someday. Pockets of Time are those few minutes we have while we are waiting on things like a test to run, a patient to get dressed, or a patient to fill out a questionnaire. Instead of just standing and tapping our toes, we can find a quick task to do that will save us time later. It is amazing how many little things we can get done in just a couple of minutes.

Alice taught another session on Wednesday called "Special Needs of the Geriatric Patient." The practice where I work doesn't take Medicare, but there are lots of folks well into their 70's who still have full time jobs and are not on Medicare. We were reminded that not all senior citizens are hard of hearing. Not all senior citizens have a hard time comprehending what we are saying.

Alice talked about one of the struggles some seniors have that had never occurred to me. The one that impacted me the most is the fact that declining peripheral vision is one of the first things seniors face. Have you ever driven on the expressway and gotten behind that person who "camps out" in one lane and won't move over no matter what? Even if they are in the lane that is supposed to be for the fastest drivers? I now wonder if it just might be that they are going to wait until they are 100% positive it is safe enough to change lanes. I know I am going to be more mindful and understanding when I'm out on the road.

I kept my AMT membership current after graduating from school and passing my test in 2007. I even attended the AMT conference in Las Vegas but coming to our Central Plains meeting and going to the conference in DC gave me the chance to get to know some smart, smart ladies who bring out the best in me. I will always offer them any help I can.

AMT is a very professionally run organization that I am so proud to be associated with. I am thankful and honored to have been given the opportunity to serve as a delegate in Washington D.C.

Sheri G. Daugherty, RMA (AMT)

Delegate Report

Annette Cook, MT (AMT)

The 2018 annual meeting of the AMT met July 1-5 at the Hyatt Regency on Capitol Hill in Washington, DC. What an honor it was to be a delegate for this meeting. It was a very busy week with many opportunities for continuing education credits available as well as plenty of 'off-time' for touring.

This delegate began the week on Monday evening attending the Wine and Cheese Welcome Reception and Club AMT.

Thursday was the final day of the convention for this delegate and was full of delegate duties. After breakfast, the AMT District Meetings began at 8:30am. Taffy Durfee, newly elected Central District Councilor updated everyone on AMT business pertaining to the Central District states as well as calling for volunteers for AMT Committees.

After the District Meeting, this delegate attended the AMTIE Annual Business Meeting. What a wonderful learning experience, to learn about what all AMTIE does to assist in furthering education for AMT members as well as students.

Then off to the Town Hall Session where AMT members could voice opinions and ask questions of the board members pertaining to AMT issues ranging from local to national issues.

After lunch was the AMT Annual Business Meeting. Voting for the new board members was quite enlightening as it took two rounds of voting to finally get the right number of votes for election. This is a great time to get to know other AMT members from other state societies and network with them. It was also a proud moment for the Central Plains Society-AMT as our very own Fran Oran was elected to a board position. Congratulations Fran!!



Peppermint patty flowers made to support Fran's candidacy.

This delegate would like to thank the members of the Central Plains Society AMT for this opportunity to attend the 2018 National Meeting of the American Medical Technologists.

It was great to get to network with my CPSAMT family of delegates as well as fellow AMT members. I had a wonderful time!



2018 CPSAMT Delegates

Annette Cook, MT (AMT)

Delegate Report

Tera Benefiel, MT (AMT)

Thursday was a very busy day. The morning started out with District meetings where we meet our new District Councillor Taffy Durfee MT. Taffy also invited all to the Texas Spring meeting on the cruise. Information may be found on the Texas website.

Next was the AMTIE business meeting with committee reports including scholarship information. The AMTIE silent auction, Tree of Knowledge donations and 50/50 raffle raised over \$3,400 for scholarships to deserving students and AMT members. Session ended with Membership input and discussion.

Townhall session opened with presentation and voting on resolution. Session ended with open dialogue between members and AMT board.

Resolution from OKSSAMT: would ask the American Medical Technologists' Board of Directors to reconsider the definition of "Organizational Participation" to include service at the both the state and national levels of the AMT. Did not pass.

Resolution from OSSAMT: THEREFORE, BE IT RESOLVED: That the AMT Board of Directors should create an "AHI of the Year" award to be presented annually at the AMT national convention, and that nominations for said award may be submitted by any state society board of directors. Passed

Resolution from OSSAMT: THEREFORE, BE IT RESOLVED: That the AMT National Bylaws should be amended to allow each active state or international society to elect one (1) Allied Health Instructor (AHI) who is a member in good standing of said society as a delegate to each annual business meeting. Did not pass.

Lunch of Champions was great as usual This is where members recognize and honor the AMT of the Year awards. The afternoon started with AMT National business meeting committee reports including AMT Board of Directors election. The convention Committee reported 415 meeting attendees which included 336 members, 12 student members, 52 guests, and 15 non-members. The break out for certifications are as listed. Of the member attendees, 54 have multiple certifications. AHI 25, CLC 2, CMAS 6, CMLA1, COLT 4, MLT 18, MT 157, RDA 1, RMA 132, and RPT 44.

I am very happy and pleased to announce Francine Oran RMA, AHI from Nebraska election to the AMT board of directors. The state delegates elected two other members to the Board of Directors: Martha (Marty) Hinkel, MT, from Wyoming; and Harry Narine, MT, RPT, from Trinidad and Tobago. Departing members include Jerry Hudgins, MT, from Tennessee; Heather Herring, MT, RMA, from Minnesota; and Everett Bloodworth, MT, from Kentucky. The Board thanked the departing members for their years of service.

The day and week ended with the AMT President's Sweet Suite Dessert Reception. This gave us the opportunity to talk to our AMT Family and say see you next year. My granddaughter even had a chance to say goodbye to her new friends.