



# WISCONSIN ON-CALL

Summer 2021

Editor:

Claire Parda

WISCONSIN STATE ASSEMBLY-ASSOCIATION OF SURGICAL TECHNOLOGISTS

## PRESIDENT'S UPDATE

DANIELLE COOK, CST

Summer has arrived and our world is starting to return to normal. This means that we will be able to again host in-person meetings; the October meeting will be the first since Fall 2019! It is crazy to believe that my first term as President is up in October and the upcoming meeting will be my first in-person meeting since elected. I have learned a lot during this time on the board and have been able to use my critical thinking skills that were developed as a surgical tech. When thinking of the last two years, I would like to compare it to being in your favorite case, with your favorite Surgeon, everything is going great, and suddenly you hear "oh @\*@\*". You immediately jump into action, letting your critical thinking skills and experience take over. Once it is over, your head may be spinning and you realize you did not even think about what was happening at the time, you just did what needed to be done to save the patient. That is how I felt in March 2020 when our spring meeting had to be cancelled due to Covid restrictions 3 days prior to the meeting. Our board had to take action to plan for Fall and were able to host our first Virtual meeting. We then took everything we learned from our first meeting to host the second in March and I feel confident in saying it was a great meeting. I am very grateful for the people who serve on the WI AST board and how they jumped in to help and many went out of their comfort zone to learn new technologies so we could still support our members. We are also grateful to the patience demonstrated by our members as we navigated new waters. We know how important teamwork is in the OR and the board members demonstrated it the last two years. It is so important to remember that everyone plays an important role we need to be thankful for all the support we have.

Due to not being able to have an in-person meeting in the fall, we were not able to have elections for the Board. This means that all the positions are open for election at the upcoming meeting. Please consider running for board and giving yourself a new challenge. It is a great opportunity to learn more about AST, networking and develop skills outside of the OR. I am fortunate to have been part of the WI AST board since 2012 and encourage others to take this opportunity!

National conference will be July 21-23 at Caesar's Palace in Las Vegas. Wisconsin is sending five delegates and, for the first time, are sponsoring a student. If you are at Nationals, please seek out the WI delegates and get to know them. I know when I have attended it was always nice seeing our members and connecting with them. We currently have 1,255 members and I can say I do not know every one so please do not hesitate to reach out when you see us!

I hope all of you have some fun activities planned for this summer. Safely enjoy time with family and friends. Most importantly, do relaxing activities for yourself. I look forward to seeing you in October!

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WRITE FOR US! WE ARE ALWAYS LOOKING FOR INTERESTING ARTICLES AND NEWS FROM AROUND WISCONSIN! SEND ALL SUBMISSIONS TO:

WIASTNEWS@GMAIL.COM



WI AST



wisconsin.ast

## Editor's Note

**CLAIRE PARDA, CST, BSHCA**  
**WI-AST BOARD DIRECTOR/NEWSLETTER EDITOR**

Another season, another newsletter, another update! How is everyone doing? How is your summer going thus far?

For me, it has been a good Spring/Summer. I finished out my contract up in Eau Claire/Chippewa Falls, WI; and let me tell you it feels wonderful to have connected with so many staff up there! I am glad of my time in the northwest part of the state; I might even go back!

For summer, I am staying close to home with per diem contracts and pool status at my previous full time hospital. It has been great to connect again with my friends since not only being away, but that hindrance called Covid. As we go back to our 'previous' lives, just understand the transition may be harder for some. We have a new normal; because we all learned something from being locked down for a year. Let's be understanding to our friends, peers, colleagues and others as we find out what our comfort zones will be this summer. For us, in person summer school is making my daughter a bit anxious. She gets to meet her virtual classmates in person, but man is she crazy about wearing her mask (It's her choice to do so), but also just letting others know "you're in my bubble". This coming from a girl who hugs everyone within sight; she has not only grown up in age, but also the pandemic has opened her eyes a bit.

I hope this summer will bless everyone with the opportunity to travel a bit; even for a long weekend road trip. We have travelled a lot in the past year; mostly because we have a sick family member who doesn't reside in WI. We were able to get an AirBnB in North Carolina, do some amazing sight-seeing and hiking, lots of family time, and enjoyed the mountains. I have come to the decision that the mountains are my favorite!!!

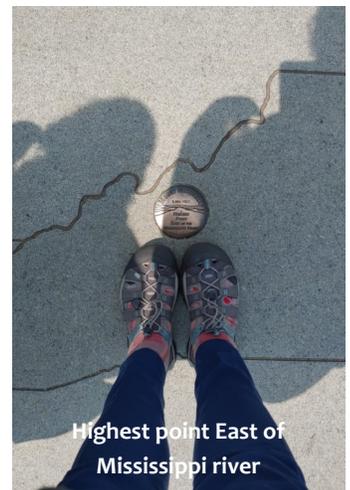
I have the opportunity to be going to Las Vegas for our annual conference as a delegate, so I am looking forward to that commitment; but also catching up with my peers from all over the US. It will be amazing to see everyone collaborating, visiting, and enjoying conference as much as I do. I am also looking forward to driving down, through the mountains \*yes\* since my husband will be joining me and isn't up for flying just yet. Again...remembering to respect everyone's comfort zone.

My time as board director will come to an end at our Fall meeting; I am looking forward to opportunities that are in front of me. My time on the board isn't over, but I look forward to elections and who the delegation decides to choose as our successors. I will be on the ballot; just not sure what I'd like to explore next. Looking forward to seeing everyone in October!



View from cabin deck

*The journey  
is just as  
important  
as the  
destination*



Highest point East of Mississippi river

## Board Member Blurbs



### THE S\*\*T THEY DON'T PREPARE YOU FOR!

**BRIDGET HANSON, CSTFA**  
**WI-AST BOARD DIRECTOR**

In surgical technologist school I was given all the skills and tools to be successful in the operating room. I was taught anatomy and physiology, microbiology, pharmacology, medical terminology, sterile processing, patient positioning and draping, how to remember which one was a metz, and I even made up a cute rhyming mnemonic to remember all the cranial nerves...the list goes on and on. But what I was not properly prepared for, was the trauma of when one of my patients dies on the table in the operating room. No where in the curriculum for my surgical technology program nor my surgical first assistant program was there ever a class dedicated exclusively to dealing with this trauma and the mental health ramifications I could face in my career.

In a current world, where mental health is in the forefront not to mention the past year of a global pandemic, has there EVER been such an increased need for this type of training.

So, I challenge you, as an educator reading this who doesn't already have this in their curriculum, to have this discussion at your next curriculum meeting. I challenge you, the surgical tech, or the surgical first assistant, to contact your hospital administrators or human resources department and inquire about what resources/if any are set in place at your facility. And if the answer is none, challenge that!! I feel that this is an undeniable responsibility for our employers to uphold.

And if you, unfortunately have firsthand experience with this type of trauma and are having difficulties please reach out to a friend, co-worker and/or even your primary care provider, get the help that you need.

We spend every day providing for others and sometimes it's easy to forget...we need taking care of too!!

### NOMINATIONS: TECH-OF-THE-YEAR

**DANIELLE COOK, CST**  
**WI-AST PRESIDENT**

We are currently looking for nominations for the WI State Assembly Tech of the Year. To nominate a tech, please email [wisconsinast@gmail.com](mailto:wisconsinast@gmail.com) with your recommendation, including the reason why you are nominating the person. The selected "Tech of the Year" will receive free registration for one meeting, valid for one year.



## Board Member Blurbs



### LONG TIME-NO SCRUB: NO WORRIES!

**ILEA CORNELIUS, CST**  
**WI-AST BOARD DIRECTOR**

Coming back to scrubbing after being gone for a few months is a little intimidating. I was out of work for 5 months because I was diagnosed with Leukemia and had to have chemo treatments. I couldn't wait to get back to work and back to my "normal" routine. When I was cleared to go back to work, I was very excited and a bit nervous. What if it took me forever to set up my cases? What if I forgot the steps to the procedure? How many new doctors started while I was gone?

It turned out that everything came flooding back. My 21 years of being a CST helped me jump right back in. I may have been a little slower setting up or not quite as fluid with my setups at first but I was my own worst critic. Nobody noticed my delay but me. It was like I never left. I'm so thankful to work at a hospital with great coworkers and doctors. They made my transition back to work so much easier.

*Welcome Back Ilea!*



### NATIONAL CONFERENCE ATTENDEE

**NICOLE VAN VONDEREN, CST**  
**WI-AST VICE PRESIDENT**

Have you ever wanted to attend a National AST conference but worried and nervous about it? (Let me fill you in on a secret, it's nothing to be nervous about!!) I was awarded a scholarship in 2017 and this sparked a huge interest to me. I was getting to go to a National conference; learning what happens at different levels and meeting and networking with all kinds of people. From the candidates, to delegates, the speakers, and merch reps; so many people from all over!! Getting this opportunity made me want to become more involved; that's why I ran as a candidate for the National Board and appointed to the a National Committee.

I feel these conferences are amazing with the amount of people you can meet and information you can learn from everyone. There are state and national delegates, representation from NBSTSA, sales and product reps from everywhere, speakers from many hospital systems, and even current students from schools across the US. I love talking to others about the way things are done outside my facility. Always learning, always engaging. It is amazing opportunity to go; and our state delegation takes 6 delegates per year. But don't let that stop you! Even if you aren't on the delegation, you earn 16 or so credits towards your re-certification. Still have questions?! Feel free to reach out to me!!

## Board Member Blurbs



### ELECTION TIME!

**SUE MCNEELY, CST, FAST  
WI-AST SECRETARY**

WOW – It will be two years since WIAST had an in-person meeting. October 2, our meeting will be held at Froedtert hospital and we need you to step up and become involved by running for a Board position. Because of Covid every position will be on the ballot. President, Vice President , Treasurer, and two Board positions will be for two year terms. Not sure if you are ready to make a two - year commitment? Then consider Secretary, or one of the three one year Board positions. To be eligible you must be a current member of AST, a CST, and attended a recent WIAST meeting. Now all you need to do is send your CV and a consent to serve form before September 1st to mcneelys@yahoo.com to have your name on the ballot.

I personally was very skeptic to run for a position and now while I am completing my final term want to share how much I have enjoyed meeting and working with fantastic surgical technologists in Wisconsin. It is time for our younger members to step up and start using your voice in our State. I cherish my memories and encourage you to start making yours now.

[Consent to Serve  
CV](#)



### REFER-A-FRIEND

**DANIELLE COOK, CST  
WI-AST PRESIDENT**

Attention Attendees: We are offering a \$15 voucher toward our sale items is you refer a friend to attend a meeting with you. Please note this must be their FIRST time attending any WI AST meeting.

## Items for Sale



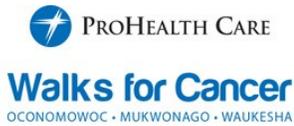
Socks: \$5

Decals:  
\$10



Plus sweatshirts and more!

# News Around Wisconsin



## COMMUNITY SUPPORT FOR WALKS FOR CANCER REMAINED STRONG DURING PANDEMIC

SUBMITTED BY: CLAIRE PARDA, CST, BHCA  
WI-AST BOARD OF DIRECTORS

Local business sponsorships for this year’s Walks for Cancer increased from a year ago, helping bring the total amount raised by the walks to more than \$140,000 — a strong show of support given that the event was entirely virtual and participants walked independently. (Walks for Cancer is held every May across Waukesha County: Oconomowoc, Mukwonago, and Waukesha).

The event, held throughout May, attracted 1,053 registered participants.

“We’re excited to see the community’s continued enthusiasm for the Walks for Cancer,” said Nicole Bessert, ProHealth Care Foundation development officer. “Even in a pandemic, the level of support shows us how much people in our area appreciate cancer care at ProHealth.”

Next year, the foundation hopes it can bring people together again, holding the event in local parks on May 7.

The foundation has raised more than \$7 million through the walks since 1997. The funds raised stay in Waukesha County.



Funding is used for:

- Research to help improve overall survival rates of patients with cancer, increase their quality of life during and after treatment, and aid in offering more effective treatment options.
- Patient and family support, including counseling, wig-fitting services and “Thriving” presentations, which help patients manage appearance-related side effects.
- Educational opportunities for patients and the cancer care team, including programs for cancer survivors.
- State-of-the-art technology and equipment.

**#wisconsinAST**

**THE GRAM!!!**

Instagram! Do you know that we are on it? Our username is Wisconsin.ast. Look us up and send us pictures. Find out what we are doing. Learn who the board members are. Share with us!

Retrieved from: ProNews June 10, 2021

## Commitment; and the Non-Negotiables

**CLAIRE PARDA, CST, BSHCA**  
**WI-AST BOARD DIRECTOR/NEWSLETTER EDITOR**

*“And through all of this it seems like we’ve learned to glorify the outcome of something far more than the defining moments that got us there...”*

*“Consider the way we begin a new year; thinking about the goals we want to achieve, asking ourselves where we want to be at the end of that year, at the end of five years, at the end of 10 years. The last scene of a movie, the final page of a book, the finished meal on the table—we judge a lot of things by how they turn out.”*

*-Joanna Gaines*

Do you find yourself ‘failing’ on commitments? “We planned on going out for dinner” or “That coffee date with Jennie”. If not for intention, what are we lacking? Nothing. Get that out of your mind. Because as we hear, “the journey is more important than the destination”. I am not saying throw all your coffee and dinner dates out the window. I’m just saying we can’t beat up ourselves for pushing one thing out for something else that in the moment is more important. Because...yes, my daughter needed me that day because she had a rough day at school. Or, we decided last minute to stay one more day camping so we missed (insert event here).

I always use this lovely poem for the week of Girl Scout camp; and I think it holds true meaning for many of us working moms and families—

We measure so much about the outcome of things; whether at home or at work. And in many ways that levels the playing field for defining success. But what if we place the same importance on the journey as the outcome? What about the unforced and unplanned opportunities that come, and yet those are the successes we were looking for all along? That is where we need to define our ‘non-negotiables’; so that in the middle of the grind, distracted by all the noise...we hold true to who we are.

Take it like a trauma case; now I haven’t worked a lot of trauma. But, I have done my few crash sections—and when it comes down to it all the times I’ve done my setup prepares me for this...I know what the priority is, and I know where my instruments are. Does it matter how graceful we are?

No matter how the details of life change, or what storms pass, or who comes in and out of our lives...the non-negotiables we have to get right. Our spouse, being the best parent to our kids, faith/creed, and for us as ST’s, putting the patient first. In a world that wants every aspect of our attention, we need to safeguard those non-negotiables in order to stay true to who we are. It’s ok to say ‘no’, drive that Camry another 2 years, and do/say/feel what is right for you; keeping those precious non-negotiables close to your heart.

As the world opens up, vaccines are distributed, etc. etc; remember this; If you still feel uncomfortable doing social activities or not wearing a mask—It’s ok. You’re not the only one trying to get back into the swing of things!

(Quote originally in *Magnolia Journal Summer 2021*)

### GIRL SCOUT LEADER’S POEM

My dishes went unwashed today  
 I didn’t make the bed  
 I took her hand and went with her  
 To Girl Scouts instead.

That my house was neglected  
 That I didn’t sweep the stairs  
 In twenty years no one on earth  
 Will know or even care.

But that I helped a little girl  
 From child to adulthood grow  
 In twenty years, the whole wide world  
 Will look and see and know.



# Education Updates



## FALL MEETING

**SATURDAY OCTOBER 2, 2021**

**FROEDTERT HOSPITAL  
900 N 92 STREET  
MILWAUKEE, WI 53226**

### Agenda TBD

7:50-8:00	Danielle Cook WIAST President	Welcome
8:00-8:55	TBD	
9:00-9:55	TBD	
10:00-10:55	TBD	
Break	TBD	
11:30-12:25	TBD	
12:30-1:25	TBD	
1:30-2:25	TBD	

### Cost

\$60 for members / \$70 non-members

\$10 Students

**Registration open from August 28th - September 26th**

**NO late registrations will be accepted.**

**More information about hotel and accommodations will be update on the WIAST website along with registration link.**

**<http://www.wiast.org/fall-event.html>**

**Please bring non-perishable food donation for our food drive to local pantry.**

### SAVE THE DATE

Our Spring meeting will be held at Aurora BayCare Medical Center On Saturday March 6, 2022. If you are interested in hosting a meeting please let a board member know.

## National Conference



### 51ST AST SURGICAL TECHNOLOGY CONFERENCE MAY 26-28, 2021 | LAS VEGAS

Read all about what our delegates and WI-AST members learned at conference this year in our Winter 2022 Newsletter!!!

Want to attend a conference for WIAST? At our fall meeting in October, put your name on the delegate ballot for a chance to be a delegate! Delegates get reimbursed for travel, hotel, and cost of early bird registration!

Questions, email us!

### NEXT ISSUE

- Spring Meeting 2022
- 2021/22 Board of Directors
- National Conference 2021 Recap
- “Your Article Here!!!”

Submit articles to [wiaastnews@gmail.com](mailto:wiaastnews@gmail.com)

### 52ND AST SURGICAL TECHNOLOGY CONFERENCE JUNE 2-4, 2022 | NEW ORLEANS

Never attended a conference and looking to network and talk to many people from around the US? Then this is the ticket! Registration is \$275 for early bird (subject to change) and the average credits you earn is 16. Come join the fun in The Big Easy while listening to awesome speakers from all specialties! Want to be a delegate? See information above, or talk to a board member!

# THANK YOU WISCONSIN!!!



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