



# WISCONSIN ON-CALL

**WISCONSIN CHAPTER-ASSOCIATION OF SURGICAL TECHNOLOGISTS**

Summer 2020

Editors:

Claire Parda

Karen Bisesi

## PRESIDENT'S UPDATE

DANIELLE COOK, CST

Summer has finally arrived!!! As we slowly see the world around us adjusting to what may become our new normal, I want to give all of you a heartfelt thank you. Thank you for continuing to put the patient first and being there when an emergent case came through the doors. Thank you for stepping WAY out of your comfort zones and assisting in other departments in the hospital; being called upon to perform duties you may not have done since school or ever. Many of you checked in fellow employees and patients at the door or spent your day counting PPE in each department. You listened to EVERYONE complain about wearing a mask; how it is uncomfortable, fogs up glasses, etc., and probably smiled because that is what we deal with every day. Unfortunately, many of you may have seen your hours cut down dramatically and I hope that you were all able to make ends meet. Everyone missed the action the OR provides us and were excited for the day that first elective surgery was allowed again. As we see our OR departments slowly increase their case-loads, please know that I am very grateful for every one of you for your dedication to patients, flexibility, and the way you uphold our Profession.

I would like to apologize for having to cancel our March meeting on such short notice due to the Covid-19 emergence in our state. We are currently working, with the assistance of Nationals, to develop an alternate plan in the event we have restrictions placed for future meetings and will share that information once it is available on our Website.

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. During quarantine I had the time to reflect upon my life and how crazy things were leading up to it; the sudden shift to being at home was a tough transition at first. I was able to put more focus on my family and myself. I realized that as a "yes" person, I was not only overwhelming myself, but I was also making myself less available to those around me. I am now only saying yes to projects that invoke passion and inspiration. I cannot maintain a healthy work/home/physical/mental health balance if I am trying to do too many things at one time. It is unfortunate that it took a world pandemic for me to finally open my eyes, but I am glad I did. I hope that you are also able to walk away from this time with a fresh, new approach on life and what is truly important.

Enjoy your summer and I look forward to seeing all you at our October meeting in Madison!

### INSIDE THIS ISSUE:

- PRESIDENT'S UPDATE
- BOARD MEMBER BLURBS
- F.A.S.T.
- NEWS AROUND WI
- TECH SPOTLIGHT
- MISSION: POSSIBLE
- FALL MEETING: MADISON
- NEXT ISSUE

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

## Board Member Blurbs



### WANTED: BOARD VOLUNTEERS

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

Wisconsin holds its annual elections each year at our Fall meeting. This year our Fall meeting will be in Madison on October 24<sup>th</sup>. We will be nominating a Secretary and three Board of Directors. To run for Secretary, you must have served on the Wisconsin Board within the last five years, have CST or CSFA credentials, be an active AST member, and attended WIAST meetings. To run for the Board of Directors you must have CST or CSFA credentials, be an active AST member, and attended WIAST meetings.

You can also run to be a delegate to the National Conference. Wisconsin will send six delegates to the AST convention in Spring 2021.

Need more information on the responsibilities of any position? For any questions contact Sue at [mcneelys@yahoo.com](mailto:mcneelys@yahoo.com)

Ready to have your name on the ballot? Send your CV and consent to serve form to [mcneelys@yahoo.com](mailto:mcneelys@yahoo.com) before September 24<sup>th</sup>

Think of your profession and step up and work on the Wisconsin Board.



### WELCOME NEW GRADUATES!!!

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

Congratulations new graduates! The Board welcomes you to the Wisconsin State Assembly of the Association of Surgical Technologists and would like to invite you to our upcoming meeting in October. As a new graduate, you will be able to register for one of our upcoming meetings at half price. This offer is good for one year from your graduation date.



### 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

### SELF-CARE

Imposed change can create an opportunity to re-evaluate our priorities, rethink long-term goals and consider what may be lacking in our lives.



### IMPOSED CHANGE

**CLAIRE PARDA, CST, BSHCA**  
**WI-AST BOARD DIRECTOR**

CAN I JUST SAY WOW. 2020 has hit us with a huge “wham-Oh”!!! Earlier this year, I wrote how my intention for 2020 was to “take opportunities I might not have otherwise considered”. With the pandemic, ACL surgery, moving, and my organization’s orthopedic shift; I have had many opportunities to embrace my New Year’s intention.

Some things to think of as we shift into the ‘life with covid’ is to accept that things will not go back to the ‘way they were’. Wishing for that is somewhat unhealthy; whereas we should take a moment to reflect on how we have grown over the last few months and envision our new normal. We can combine the best from our past with the insights we have gained, growing into our 2020 selves.

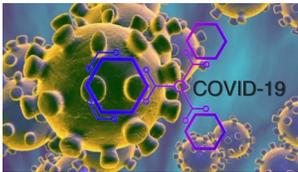
I have taken this opportunity to skim down our family budget; mostly looking at the excess we have in our lives. This came not only as a way to pack and move less as we relocated, but also to accommodate the reduced hours and partial loss of income in our household. I looked at what I wanted to hold on to, what I wanted to let go of, and where I wanted to be at the end of the year. It has made a real difference.

I have come to the realization that what I do for a living could affect the people around me. It’s not about me and working as much as I can to support my family. This includes making the decision to home-school or choose virtual learning for our 5th grader. I understand that mode of education does not work for everyone’s learning style or family dynamics. However, our child thrived during this time (academically) so we embraced it and gave her tools to get the most out of it. We made a schedule for her, including odd jobs around our house and daily tending of our garden. We have found that living a simpler life has helped us thrive in this time of...well a pandemic. We are making family meals, eating on the patio almost every night, and enjoying the time we have with each other. Sewing, crafting, settling into our new place; it’s all a family affair.

Our organization is shifting all scheduled total joints to a sister facility. Because of the pandemic, the shift happened less swiftly than planned. We now have staff floating to our other location; which gives me the opportunity to continue with orthopedic cases, meet new doctors, and see how a different facility (yet within the same system) functions. It has shown me I am accepting of change, and can adapt to it. In a way I am thriving too. I am branching out and learning as a human being and as a surgical technologist.

So, as we forge ahead into the latter part of 2020, I challenge you to embrace the changes you are going through in your current situation, accept there is a ‘new normal’, and remember to promote your own well-being.

## Board Member Blurbs



### OUR “NEW NORMAL”

BRIDGET HANSON, CST, CSFA  
WI-AST BOARD DIRECTOR

Normal. Merriam-Webster’s dictionary defines the word normal as “conforming to a standard; usual, typical or expected”. For obvious reasons, the past 6 months have been anything other than *typical* or *expected*. I do not know about you, but in my house these past 6 months have contained some of the most difficult days of my adult life. It has been an emotional rollercoaster filled with some pretty big feelings and subsequently some pretty big reactions to say the least. And if you have school-age children like me---WOW!! All I can say is just wow!!

Some days were great. There were days where everyone was happy and cooperative and we really were just grateful to get to spend time together...School work got done and supper was made, laundry was done and everything just seemed to click. This definitely provided me with a false sense of hope that I was indeed totally rocking the stay at home, home school mom and wife kind of thing. Then...yup, you guessed it... the **very** next day, reality slapped me in the face hard, as our family train was quickly derailed as the day was filled with tears, meltdowns, frustration and anger, and that wasn’t even the kids!! But I think the worst part of it all was just the confusion. Confusion as my husband and I tried to keep up with the almost minute to minute changes in guidelines and recommendations as we desperately just tried to keep ourselves and our loved ones safe. In all my years of education and working in the OR, never once did it cross my mind that one day, I would end up furloughed from my job for almost 7 weeks, quarantined to my home and be homeschooling my 7<sup>th</sup> grader in geometry!! But we did it. It might not have been conventional or ideal but it was done to the best of our ability, and we did it together. We grew together. I think that this was my biggest takeaway from the whole ordeal—to learn to be flexible and to try to find some happiness in and amongst it all. Trust me this OCD brain does not like change (or anyone messing up her mayo stand). But maybe that was the point. Maybe the point was to slow down, take it all in, breathe, look around and have a messy mayo stand (just kidding...I could never let that happen).

Today, some 6 months later, as we all continue to slowly move forward in our day to day lives, as we try to find and adjust to our new normal, there are still new guidelines and recommendations coming out. The world is still not back to “normal” and that is ok. We will be okay. Maybe even better. It is my hope, that your new normal is not just “conforming to the standard”.

## Board Member Blurbs

### AGENDA



#### HOSTING A MEETING

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

Have you ever thought about hosting a meeting? Hosting is easy! The board will walk you through every step of the process. We will help guide you to find a hotel for out of town guests, an evening social location for Friday night, food and beverages for the day of the conference, door prize gifts, and speaker gifts. We will give you a budget. The board takes care of all paperwork to nationals for credits. All you need is a Conference room big enough to seat 125 people at tables or in a lecture hall. You will need to find 6 speakers. Ask the doctors that you think are fun to work with, the ones that do procedures that you think are fascinating, or the ones that do one of a kind procedures. If you're not sure who to ask to speak, we can give you suggestions on topics others have requested from previous meetings. Hosting a meeting is a great way to meet some board members if you are thinking you may want to join the board in the future. We are currently looking for meeting sites for Fall of 2021 and Spring/Fall of 2022. Please email me at [corneliamuskie@gmail.com](mailto:corneliamuskie@gmail.com) if you are interested in hosting or if you have any questions. I look forward to hearing from you. Our next meeting is scheduled for October 24, 2020 in Madison at UW Hospital. March of 2021 will be held in Green Bay at Aurora BayCare.

#### SELF-CARE

Ask yourself a series of simple questions each morning to set the tone for your day.



#### 6 QUESTIONS

**CLAIRE PARDA, CST, BSHCA**  
**WI-AST BOARD DIRECTOR**

- ⇒ What am I grateful for today?
- ⇒ Who am I checking in on or connecting with today?
- ⇒ What expectations of "normal" am I letting go of today?
- ⇒ How am I getting outside today?
- ⇒ How am I moving my body today?
- ⇒ What beauty am I creating, cultivating, or inviting into my life today?

To promote well being, the Greater Good Science Center in Berkeley, CA, suggests asking these questions of ourselves every day. Posting these where we can see them; even making them part of our morning routine—helps ground us in positive actions and increase well being. These questions imply that we will take some action, even if just mentally. During this new normal; consider adding this questions to promote your well-being.

*Retrieved from ProHealth News, May 24th 2020*

## What is FAST?



### REQUIREMENTS FOR SUBMITTING AN APPLICATION

NICOLE VAN VONDEREN, CST  
WI-AST VICE-PRESIDENT

F.A.S.T stands for "Fellow of the Association of Surgical Technologists". It is the *highest* honor that members within our organization can achieve, who have been devoted to the practice of Surgical Technology. In Wisconsin, we currently have 5 F.A.S.T. members who have earned this prestigious title. *To earn this award you must:*

Submit an application with 2 letters of recommendation from:

- ⇒ A current AST Board of Director,
- ⇒ A member of a State Assembly Board of Directors,
- ⇒ Current committee member of an AST national standing committee,
- ⇒ AST Former President holding the F.A.S.T designation, or
- ⇒ An individual that holds the F.A.S.T. designation.

Members who submit an application must:

- ⇒ Not have any violations in the Code of Conduct,
  - ⇒ Be in an active membership status,
  - ⇒ Be certified through NBSTSA.
- 1) You must make a full disclosure of any felony convictions, have no professional disciplinary actions recorded through AST, NBSTSA, or state licensing or registration authority
  - 2) You must have maintained an active membership status for a minimum of 6 consecutive uninterrupted years at time of application.
  - 3) You must also have maintained the CST credential for a minimum of 6 consecutive uninterrupted years at time of application.
  - 4) One must also participate in activities that support AST and the profession through State and National roles.

Applications are accepted annually by May 15<sup>th</sup>. Individuals receiving this honor are recognized at the AST National Conference during the opening ceremony. Members will receive a certificate and a pin. If you submitted an application but are not selected your application stays on file for 2 years; but you must remain an active member and active in your credentialing.

Emeritus status can be awarded to those practitioners who have retired. The individual must still provide evidence of meeting the above requirements including 2 letters of recommendation.

Congratulations to all who have received this prestigious honor! What an amazing accomplishment!

#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!

## News Around Wisconsin

### NEW BADGES SHOW FACES BEHIND THE PPE

PROHEALTH WAUKESHA MEMORIAL-MAY, 2020

SUBMITTED BY: CLAIRE PARDA, CST, BSHCA

*Heidi Wacker and Allison Richman showcase the new badges that can be worn outside of personal protective equipment.*

ProHealth Care team members are providing outstanding care to COVID-19 patients, yet the personal protective equipment they are required to wear can have unintended consequences. For already frightened patients, the masks, gowns, goggles, gloves and face shields can be intimidating. They also make the person underneath the PPE a complete mystery.



The problem was outlined for the team in the Studio (Waukesha Memorial's Printing/Design department), and the designers there set to work on a solution. The result: new identification badges that help caregivers develop a more personal connection with patients. The badges feature large photos of staff members and can be worn outside of the PPE so that the patient can see who is helping them.

The temporary badges are available upon request from the Studio. Staff members need to submit a photo for use.

“A large picture ID helps create a more personable experience for our patients, and it also assists in putting them at ease in difficult situations,” said Grace Hanneken, medical interpreter. “The impact so far has been very positive. Patients may recognize us from previous encounters, and because of our large badges, they can see the face behind the mask.”

## Tech Spotlight



### WHY I BECAME A SURGICAL TECHNOLOGIST

DESIREE MATEO, CST

PROHEALTH WAUKESHA MEMORIAL HOSPITAL

Growing up I always knew that I wanted to do something in the medical field. At first it started as a veterinarian, then it was ultrasound, and then surgical technology. I saw that WCTC offered the Surgical Technology program and thought I should just give it a shot. Even though I didn't know much about it, I always enjoyed watching videos of surgical procedures and seeing different things. I enjoy being a surgical tech because I learn something new everyday and I have the chance to see and experience things on a daily basis that most people will never see a day in their lives.

## News Around Wisconsin



### MISSION: POSSIBLE

**KAREN BISESI, CST, CSFA  
WI-AST BOARD DIRECTOR**

You hear about mission trips and how exciting they are. People keep asking and encouraging you to go. What do you do? Do you give in? Do you give every excuse to not go? Well, I did just that, I gave every excuse not to go and suddenly I had no more excuses.

In the operating room, I know when someone asks me to do something, I do it. No questions asked, I try to help everywhere I can. Therefore, I could not say no. Whoa! Now I am committed, no backing out. I went to the meetings, sat there listening and taking as many notes as I could. I was going to be prepared for the worst. That's what I do in the operating room, this plan has to work, right? I was lucky, I knew other people that would be there, doctors included. (That didn't really matter, they were all super nice.) It really is an experience; scratch that: A great experience!

Scrubbing was so much fun, the cases were great! It was mostly orthopedics. Cases included total knees, total hips, and fractures. It's not my primary specialty, but that did not matter. We were there to provide any assistance to the surgeons: tech and assistant. Some even helped with SPD and sterilization. The skills that the surgeons have are out of this world. I knew they were good, but to see them out of their element gave me new respect. We had to think out of the box on just about every case. We had limited instruments, so we had to think like McGyver sometimes. The days were long, but really we became family quick and it didn't matter anymore. It was a week of hanging out doing what we love.

Would I do it again? Maybe. It was hard work, it was scary, it was uncomfortable. However, the friendships and the family feel that we had would bring me back. The tears of joy from the patients and how they truly are grateful we can do this would bring me back. I think the experience brings it all back to the patients; it's all about them. You will feel that and you will never forget that feeling.



# THANK YOU WISCONSIN!!!

The WI-AST Board of Directors would like to thank everyone for their patience and willingness to deploy to other departments during this pandemic. We thank educators for doing their best to educate our future surgical technologists and stepping out of their comfort zones with virtual learning. We hope everyone stays safe and healthy during these uncertain times. As hospitals start up with elective cases, we are among those who have been furloughed, on the front lines, deployed to other departments, and we empathize with our Wisconsin surgical technologists. Have a safe, healthy, and 'new normal' second half of 2020.

Danielle Cook, CST-President

Nicole Van Vonderen, CST-Vice-President

Susan McNeely, CST FAST-Secretary

Channa Liebl, CST-Treasurer

Karen Bisesi, CST, CSFA-Board Director

Ilea Neri Cornelius, CST-Board Director

Bridget Hanson, CST, CSFA-Board Director

Claire Parda, CST, BSHCA-Board Director

Kimberly Schauer, CST-Board Director



## Education Updates



### FALL ANNUAL MEETING AND ELECTIONS

**Location:**

UW Hospital  
700 South Park Street  
Madison, WI 53715

If you have food allergies or questions contact:  
Stephanie Champeau 920-288-4582  
champeau2@aurora.com

Registration 7-7:45am  
Meeting 7:45am – 2:55pm

*\*\*Sorry no refunds will be given\*\**

**Hotels:**

TBD

### NEXT ISSUE

- Reconstructive ACL Surgery
- 2021 Board of Directors
- National Conference 2021
- Scholarship winners
- Meridian CSFA Info
- “Your Article Here!!!”

*Submit articles to  
wastnews@  
gmail.com*

**We are currently working on and discussing options for virtual meeting attendance in the event there are restrictions in place. We will keep you updated on any changes as they are brought forward. Thank you for your patience and dedication to the field of surgical technology!**

**WI-AST Board**