

Wisconsin On Call

Meetings

The fall WI-AST Assembly meeting (Techtoberfest) was held in Appleton at St. Elizabeth Hospital on October 1st and hosted by Tina Pollex. Elections were held for delegates to the National Convention and open board positions. Some of the educational topics included were treatment of foot and ankle conditions, working on a surgical mission, breast cancer and, always a tech favorite, tales of trauma.

Our next meeting is being held on March 11th at Aurora BayCare in Green Bay. New board member Ilea Cornelius will be hosting. Go to wi.ast.org for the agenda and to register online or by check.

“Enhancing the profession to ensure quality care.”

2017 WI-AST Board

President: Susan Mcneely, Vice-President: Linda Beine, Treasurer: Jessica Brueggen, Secretary: Shanna Liebl,

Directors: Dan Dickover, Ilea Cornelius, Jean Moglia, Nicole Drott, Tina Pollex

Elections

The fall elections occurred in Appleton at the WI-AST fall meeting on October 1st. The positions elected are listed above.

In addition delegates to attend the National AST Conference in New Orleans were chosen by ballot and they are: Shanna Liebl, Sheryl Blaschka, Ilea Cornelius, Daniel Dickover, Tina Pollex and Nicole VanVonderen.

President's Corner

I trust that everyone is enjoying good health and attempting to work with their New Year's resolutions. I like to keep mine simple and plan to focus on self-empowerment and personal actualization this year. While this may sound absurd the realization of how you feel can be projected in everything you do. We all have busy lives and need to find ways to take care of ourselves first. Every time you are on a plane you are reminded: "in case of an emergency secure your oxygen mask first before taking care of those with you." Breathing is essential for life and the practice of purposeful breathing can help you feel calm, grounded, and connected (R.Miller PhD). The next time you feel anxious about your case try taking four slow, deep breaths to reduce your anxiety. This simple breathing exercise is used by many yoga instructors and I have found it personally beneficial in my life.

AST is hosting the first instructors forum in Orlando February 16 -19 at which WI-AST member Danielle Cook and myself will be presenting. Our March 11th State meeting will be at Aurora BayCare in GreenBay. These are two places you can receive CEU's while expanding your knowledge of Surgical Technology and socializing with other professionals. Take advantage of the opportunities around you. I look forward to seeing you at these meetings and I challenge you to make 2017 the year that you take care of you.

Sincerely,

Susan McNeely, MS, BSN, CST

WI-AST President

Treasurer's Report

Hello fellow winter warrior!

I hope this letter finds you warm and happy. I know I always get a little cabin fever this time of year, but at least we have some good snow for snowshoeing.

I filled our state's 2016 financial report and all is well with the National Board. We have a healthy savings and money market accounts. In 2016, the State Assembly donated \$100 towards our national student scholarship fund. We also awarded four of our own student scholarships at our state meetings.

Pay pal has been a great addition to the State Assembly. You can register online for our meetings at wi.ast.org and take care of payment right there! We will have can koozies, head bands and key chains for sale at our meeting in March so bring some cash!

I look forward to seeing all of you in Green Bay on March 11th, at Aurora BayCare Orthopedic and Sports Medicine Center.

Jessica Brueggen CST, WI-AST Treasurer

WI-AST goes paperless!

Did you know that we are continuing to go paperless?

This is great news! It means when you register on-line for the spring and fall meetings you will no longer have to submit your attendance form/certificate to receive your six credits – it is automatically loaded onto your account. Paperless also makes accepting payments and attendance simpler for the treasurer. With this being said, you are still able to send your payment by mail if this is your preferred method ☐ We would like to ask that everyone planning to attend the spring or fall 2017 meetings to go on line to: <http://wi.ast.org/> click on register now & fill in the blanks. Thanks for your help, we do appreciate it!

Tina Pollex, CST, WI-AST Director

Go to : <http://www.ast.org/AboutUs/Conference/>
to find out more about attending this year's
National AST Conference in NOLA.

I am very excited to be a new member of the WI-AST Board. I am looking forward to all this role has to offer and what I am able to contribute to the Assembly. I am hosting the “March to the Bay” spring meeting with my fellow coworkers Jessica Prentice and Lynn Huebbe at Aurora BayCare. We have a great lineup of speakers on some new and interesting topics. I hope to see you all in Green Bay this March!

Ilea Cornelius CST, WI-AST Director

Congratulations to
Julio Bravo and
Megan Salentine
the two winners of
the Luci Krueger
Scholarship.

Thanks for sock
giveaway in Appleton.
Our feet appreciate it!

Dudley Johnson MD (1930-2016)

Many of you around Wisconsin have heard of the heart surgeon Dudley Johnson and some of you may have even worked with him. I had heard his name and read articles about him and recently a perfusionist gave an inservice at the Milwaukee VA Hospital. He mentioned how Dr. Johnson was one of the pioneers of bypass surgery and he performed most of his surgeries right here in Milwaukee as well as teaching and speaking around the world. Dr. Johnson passed away last October and the staff at the VA mentioned his name around that being a mentor to many.

years ago Mike Gousha from WTMJ4 interviewed Dr. Johnson at video is available on YouTube. What struck me about the interview was the humility and kindness of Dr. Johnson. However, I also asked myself, did that humility and kindness carry over into the OR? I hope so. It is my belief that, although angry, demanding surgeons may keep you on your toes, kind and open surgeons have a more lasting beneficial effect on the staff that they mentor. In an article from last year in the New York Times remembering Dr. Johnson, he stated that at first, "I disliked surgeons and their pompous attitudes." However, during his residency, "an admired senior resident changed his dim view of surgeons." So keep in mind that any of the surgeons you work with could be pioneering new and life-saving techniques and that you never know when your kind words of encouragement and enthusiasm might inspire another to excel in their field.

YouTube Interview:

<https://www.youtube.com/watch?v=KAI9DHKR3eg>

NYT Article: https://www.nytimes.com/2016/10/31/health/dudley-johnson-dead-coronary-bypass.html?_r=0

Daniel Dickover CST, CHI, WI-AST Director

We're on the Web!

WI-AST
Facebook

Hello my name is Nikki Drott. I currently serve as a member of the Board of Directors for the State of Wisconsin AST. So far I have served a year and a half and have really enjoyed it. I get to help members during meetings by registering them or by helping to keep the meetings flowing. I also assist the students during lunch by running the quiz bowl to prepare them for the certification exam. This year I am making my first trip to the National AST conference and I am beyond excited to represent Wisconsin and to bring back new information to share with my fellow AST friends. I enjoy serving as a Board member because I am able to help others in a profession that we love. It has really opened my horizons and I have made lots of new friends that share the same love of our profession. If you have any questions feel free to ask me by emailing me or stopping me at the meetings.

Happy New Year!

Nikki Drott CST, WI-AST Director

THANK YOU from OPERATION CHRISTMAS CHILD!

At the fall meeting in Appleton we had a collection for Operation Christmas Child, an

Organization through Samaritan's Purse – where individuals or organizations pack shoeboxes for boys and girls from ages two to fourteen in other countries to help share the love of Jesus. The boxes are filled with a variety of gifts ranging from hygiene items to clothing. Some boxes are filled with items that could be used for a trade such as tools, fishing items and sewing kits/material. Every box includes a “wow” item – a toy, stuffed animal, baseball or football. At our meeting we collected several boxes of school supplies and many filled shoeboxes. We also held a silent auction and were able to present speaker Elaine Newlin with a check for Samaritan's Purse for \$235.00! **Thank you** all for your kind hearts and generosity. This fall I had an opportunity to go to Minneapolis to work in the processing center where over 800,000 boxes were received from the Midwest! And 14,000+ were collected in the Fox Valley area (Appleton, WI). To hear the stories, to see and feel the care and love placed into each box is truly amazing. To me it felt like I was seeing a glimpse into the lives of each child who would receive these boxes from St. Lucia to the countries of South Africa (Zambia, Namibia and Madagascar). I have truly been blessed to have had this experience. If you would like to know more about this charity please follow this link:

<https://www.samaritanspurse.org/article/operation-christmas-child-celebrating-kingdom-impact/>

Tina Pollex CST, WI-AST Director

Hello fellow Wisconsin AST members,

I hope you all enjoyed your holidays. I certainly enjoyed the holidays with my family. My three and a half year old was over the moon with what Santa brought her.

In early December I had surgery. It certainly is a very different feeling being on the receiving end. I watched the surgical tech like a hawk, I couldn't help it 😊. For me, being on the other end definitely made me appreciate the OR team in another perspective. I think many of us are just so comfortable in our jobs and in the OR that it was a refreshing reminder of just how important our jobs are. Everything went very well and my experience was wonderful.

In fall I had the opportunity to share a PowerPoint presentation I created about Nationals 2016. I took notes during the sessions I attended and gave a presentation to the OR team about that I learned and some interesting topics. I look forward to getting back to work and working on additional education staff meetings with a fellow nurse.

I hope this letter finds you well. Looking forward to seeing some of you in March!

Shanna Liebl CST, WI-AST Director

The Joys of hosting a meeting!

As surgical techs - we tend to be organized, multi-taskers, "I can do that"-minded people. This also falls under the same line as "ask the busiest person you know to do something and they will get it done!" I think this is in part because of our personality traits, but also because of the environment we work in. That is where I found myself at the May 2015 AST conference in San Antonio, Texas when I was asked by some WI-AST board members if I would be willing to host an AST meeting in Appleton. I had just finished organizing a cancer benefit (April 2015) for a very good friend of mine who passed away from liver and pancreatic cancer in February of that year. This was my first benefit; although it was a lot of work it was very rewarding and sincerely appreciated by his family. Of course I said yes and planned to host in the spring of 2017. When I attended the fall 2015 meeting I was told that the fall 2016 meeting was now available and would I be interested in hosting then instead of in the spring 2017. I

agreed as long as it was not a conflict with the Packer schedule as that can make booking a hotel difficult and more expensive. It turned out that the Packers had a bye week on October 1st so everything worked out. After settling on a date for the meeting I began to find a location to hold the meeting. I was told there could be as many as 125 people at the meeting and our hospital did not have a conference room large enough. I found a hospital across town that was able to accommodate our group size and secured a hotel with a discounted rate for people who had to travel a distance. Next, I began to gather my speaker (six of them) which really wasn't hard. When the doctors heard that I was hosting the meeting they were more than willing to help. I also have a friend on the board who works at our sister hospital in Neenah and she was able to have two of the doctors there speak as well. Collecting the speaker information and credential form was the most difficult since the doctors get busy, even though you see them in the hall and give them a friendly reminder. All of the speakers need to be approved by AST, so this is a critical step. You also need to come up with a name and date for your meeting and this too needs to be approved by AST. I think the key to a successful meeting is to be organized; I had a year to plan the meeting. There are step by step directions on our website to follow and you can always ask anyone on the board of directors for help. As the meeting drew closer, I began to plan the menu - breakfast and lunch. I also started to think about those much enjoyed door prizes! One day it dawned on me that every doctor's office has promotional items, so I kindly asked each speaker if they would be willing to donate an item or items for the door prizes. Be careful what you ask for! I received such nice items, too nice for a door prize! At the fall meeting we have a collection for charity and I had decided on Operation Christmas Child. We had a silent auction and the money raised was given to them. Finally the day of the meeting had arrived! Surgical techs came; speakers and vendors arrived on time, all the computer equipment worked! The meeting ran smoothly and everyone enjoyed it! It was a long day, but seeing the positive results was so worth all the work put in to the meeting!! I would encourage anyone who is looking for a rewarding experience to consider hosting a meeting! Do it yourself or get a group of co-workers together!

Tina Pollex CST, WI-AST Director