



HIGH TENSION NEWS

Winter Issue December 2020

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HAPPY HOLIDAYS TO You and Yours!

President's Greeting

As 2020 draws to a close I hope we all have been able to reflect on a year filled with unexpected challenges and changes and realize that we have made it through! With the vaccine on the horizon, I am hopeful that the face of healthcare will soon be getting back to normal and we will all be able to see our family and friends outside of a computer monitor! We are faced with one more challenge, we are more than likely celebrating the holiday season differently than we have in the past but are hopeful that the future is looking better! I would like to extend a heartfelt thank you to each and every one of you that have been working thru this Covid pandemic, you have not gone unnoticed.

May you find peace and quiet in the last part of 2020, take some time for yourself and reflect on your successes and know that better days are ahead!

Be safe,

Jill Lucas, MSRT President

Let us remember "Every thought we think is creating our future."

Louise Hay

WELCOME OUR NEW BOARD MEMBER OR NEW POSITIONS:

Jill Lucas, BAH, RT(R) (M): MSRT President

Mr. Jack Ashcroft, RT(R) (MR): MSRT President-Elect Current Central Regional Rep.

Jessica Wiste RT(R): Acting secretary in 2019-2020; elected secretary for 2020-2022.

Deanna Koebele, BS, RT (R): Past President. Newly appointed Membership Chairperson.

Lynn Juell, RT(R): Newly appointed Southern Regional Representative.

Kayla Kunkel, RT(R)(MR): Appointed Interim Treasurer

WELCOME OUR NEW LIFE MEMBERS:

Annual Meeting, 2019: Mr. Mark Gartner, RT(R) (CV)

Annual (virtual) Meeting 2020: Sharon Zigan, RT(R) (M) (MR)

Congratulations and thank you to our new board members for joining the MSRT board.

"May your walls know joy, may every room hold laughter, and every window open to great possibility."

Mary Anne Radmacker

CONGRATULATIONS 2020 Graduates

We would like to say congratulations to the 2020 graduates. May your continued journey in our profession be marked with continued learning and joy in discovering new areas you can excel in. This would also include the pleasure you find in helping your patients. We look forward to working with you in the Minnesota Society of Radiologic Technologists.

School of Radiologic Technology at the Veteran's Administration Hospital in Minneapolis



Top Row: Rachael Brenner, Emily Goblirsch, Kayla Felber, Miranda Kane, Erin Zappa

Bottom Row: Danny Vang, Amanda Schifsky, Robyn Blount, Kerniaan Ever, Hannah Wolf

Not pictured: Alexis Congdon.

St. Cloud School of Diagnostic Imaging



Front Row: Hannah Wessel, Claire Athmann, Natalie Wilson, Lindsay McGrath, Shelby Lamont

Back Row: Erik Binsfeld, Tyler Wing, Will Schmitz, Ric

Mayo Clinic School of Health Sciences Radiology Program



Front row: Abdimalik Adan, Breanne Barrett, Trisha Blasczyk, Tamika Falkner, Bailey Gartner, Kendra Gilbertson.

Second row: Mikayla Hartleip, Megan Hendrickson, Bo Hentges, Tylar Holland, Jenna Juth, Lauren Karras.

Third row: Hailey Krebsbach, Sarah Montgomery, Kyle Nielsen, Allison Nolan, Mason Oertli, Megan Sturges

Fourth row: Abigail Treiber.

St. Catherine's University Radiology Program in St. Paul

Amanda Cousins, Ashley Gronau, Marina Hart, Rayan Hashi, Leanna Leukuma, Jered Lindahl, Beverly Markfort, Katie Nigbor, Elizabeth O'Brien, Alexandra Peterson, Celeste Rausch, Amber Riley, Carolyn Robertson, Madianna Schneider, Brightyn Sletten, Tiffany Tindall, Catlin Worley, Paul Youngblom.

“Some people come into our lives, and quietly go...Others stay awhile, and leave footprints on our hearts... And we are never the same...” Magnetic graffiti 1035

This is how we should look at our patients...they come and go but we can leave footprints on their hearts by the work we do with a smile.



MARS PRESIDENT

Nick Kaiser, MARS President was “Student of the Month in August 2020.

Nick selects new students to highlight, here are the last couple of months!

More to come in 2021, dates and place for the MARS meeting in the spring.

If you have information or questions about the MARS program, please contact Nick on the MSRT website.

ANNA EMOND



Hello Everyone! My name is Anna Emond. I am a junior in my Radiologic Program at Rasmussen College. I am honored to be chosen as the Student of the Month, and am excited to meet other Radiologic Students who are just as excited about this career path as I am!

Why Radiology: I love the thought of taking pictures inside the human body, its so cool!

Favorite Exam to perform: Lateral Wrists, I love seeing the radius and ulna perfectly superimposed

Goals: Become a certified Radiologic Technologist who works with pediatric patients

Hobbies: Going on walks with my dog Lucy, Reading, Spending time at the family cabin, Spending time outdoors

MANISH

KOIRALA



Favorite Exam to Perform:

Odontoid Process! I get very excited, when lower margin of upper incisors & the base of the skull are superimposed in my first shot.



WHY DIAGNOSTIC RADIOLOGY?

Fascinating cutting edge medical technology, and the positive impact we can make in people's life.



St. Cloud Hospital School of Diagnostic Imaging

Goals

TO BE A PART OF INTERNATIONAL NONPROFIT ORIGINATIONS AS A MEDICAL PERSONNEL, AND SPREAD THE AWARENESS OF IMPACT BROUGHT BY RADIOLOGY IN DEVELOPING NATIONS.

Hobbies:

Exploring new places, cooking, reading, chess, motorbike riding, soccer, videography/photography

HISTORY CORNER

In November 1947, the Twin Cities Society of X-ray Technicians reported in the issue of "Scattered Rays" the next meeting would be on the 18th in Miller Hospital with Dr. Dan Fink, St Paul Radiologist, who had his x-ray laboratory there, would be the guest speaker following the business meeting. His subject was "Radiography of Chest Tumors."

Following the meeting, refreshments were handled by Georgia Smith Milligan, Ethel Howard, and Ray MacInnis. (some of these names may be familiar to our older members as they were very active in both MSRT and ASRT)

Next item in the "Scattered Rays" was Silver Salvage. Silver salvage or collection was handled in the radiology departments. The money was used for financing the next convention and sometimes for "fun times". (This was still in practice until digital became the major mode of imaging.)

The proud gleam in Larry Carlson's eyes is the result of his son Monty becoming, at 14 years, one of the youngest Eagle Scouts in this area. A few weeks prior to this, Valeria Gaynor needed a panting puppy with a nice wet tongue to help her lick the 2,200 stamps to mail the members of the American Society of X-ray Technicians telling them to start thinking up a paper to present at the convention. By the way, our local Technologists and Students should put on your thinking caps and prepare a paper or Exhibit for our annual Meeting...hint hint.

At the meeting in October there were 80 people, November had 30, December had 22. Guess their attendance bounced like a "thermometer".

...as the instructor once said to the students as they completed an x-ray of the coccyx, "that's the end."

More fun history next time...any questions about our history let the Editor know.

GONE BUT NOT FORGOTTEN

Dr. Leonard Levitan, Radiologist. Dr. Levitan worked in Edina during his career. He passed away on Nov. 4, 2020

Carmen Dircks, Radiologic Technologist from Shakopee, MN. Carmen had worked for many years in St. Francis Hospital in Shakopee, MN. She passed away on Nov. 12, 2020.

Mrs. Patricia Skundberg, Radiologic. Technologist from Mahtomedi, MN. **She was the** Director of Radiology program at U of MN, graduating a legacy of Radiologic Technology students. Her influence on producing hundreds of ready professionals and her impact on our profession can't be denied! She urged students and technologists alike to be involved in our profession and made it mandatory for students to attend the MSRT monthly meetings. She knew how much we would learn from that- broadening our horizons, being on a committee or board, and networking. She passed away in November 2020.

Donna Perttu, Radiologic Technologist from Brainerd, MN. Donna had worked at St. Joseph's Hospital in Brainerd, for many years MN. She was Past President of the Minnesota Society of Radiologic Technologists and active member in the Northern Region. She passed away in November 2020.

Steven Jamison, Radiologic Technologist from Blaine, MN He was trained as a Radiologic Technologist at the U of M. Steven had worked f 32 years in the ultrasound/nuclear medicine department at Unity Hospital in Fridley, MN. He passed away on November 8, 2020.

Dr. Adrian Kapsner, Radiologist. He worked at Bethesda and St. St. Joseph's hospitals and member of St. Paul Radiology. His wife, Joan passed away on November 3rd, 2020. He passed away on November 6, 2020.

Carol "Noonie" Hansen, Radiologic Technologist from New Brighton, MN. She passed away on November 30, 2020.

Talk Happiness. The world is sad enough without more woe!

REGIONAL REPRESENTATIVES UPDATE

Due to the Covid-19 issue and all it brings, there has not been a lot of activity in the Regions.

Central Region: The current central Regional Representative, Jack Ashcroft, is now MSRT's President-Elect. **Now we are looking to fill this position.** Jack or any Board member will be happy to answer any questions about a Regional Representative does.

Southern Region: we are very happy to add Lynn Juell, RT(R) to fill this position. More on Lynn coming in the next issue of the Hight Tension News.

Metro Region: Metro Representative has been busy, with the covid-19 issue, planning the Fall Conference and Annual Meeting.

Annual Meeting is planned for October 2021 in Plymouth, MN. **IF THE VIRUS IS NOT STILL ACTIVE,** we can have the Meeting. This might be a nice time to think about...getting on one of the many committees needed to hold the meeting. **(Let us all remember our Masks, social distancing, and hand washing)**

Approach Life with Courage!

MSRT AWARDS

Technologists and students are invited to create either an exhibit or essay for our Fall Conference and Annual Meeting (whether virtual or face-to-face) in Plymouth, MN on October 2021 Information of these awards can be found on the MSRT website: application information and dates.

Here is the list of awards for technologists and students:

- Scientific exhibits
- Scientific Essays
- Life or Honorary Memberships
- Technologist and Student of the Year
- Pat Daun
- Sandra Ireland

Many individuals have asked Who and Why for the Pat Daun and Sandra Ireland awards.

Pat Daun was:

- Registered technologist for 20+ years and worked a lot with students a day to day ;
- MSRT historian for several years+ on other committees.
- Technologist of the year in 1981.
- Dedicated to betterment of radiology and her profession; and was someone you liked to work with!

Pat met an untimely death while camping with family and friends. She was burned badly, airlifted to Regions Hospital where she passed away in 1981.

In 1983, MSRT established the Pat Daun Student memorial. Later, MSRT decided to award this to either a technologist or student that exhibited Pat's passion for life and her profession. Between 1983 and 2014 there have been 12 individuals who have received this award.

First recipient was Joyce Ridlon in 1983 and last one to receive this award was Ernestine Robinson.

Sandra Ireland was:

- Registered technologist; (1st RT (R)to teach at the Vet. School);
Co-editor of MSRT's first newsletter "The Photon" and Editor of the High Tension News Journal;
- Wrote MSRT articles under the name of "Konstance V. Porter";
- George Mansour Lecturer;
- On several committees and on Co-chair of two Metro Fall Conference and Annual Meetings.
- Continued her writing for a Welch Newspaper;after move to Prince Edward Island, CA; and
- Received an honor from "The Simon Wesenthal Center for Holocaust Studies" on 12/3/2001 in Washington, DC;
- Still is active and is a valued resource for the current MSRT editorial committee.

The first recipient was Sue Blowers, RT(R) in 1997.and Sam Miller in 2008 was the last recipient. In between Ms. Pam Johnson, now retired, received this award twice.

Sandra **always asked members** to write articles on "pet subjects" or those areas of human or professional interest...if you answered **yes**, she would say when?

Now we ask the question of you...

When are you going to jump on board and share your interests or passions in High Tension News **OR** with an exhibit or essay for the Fall Conference and Annual Meeting? Contact the Editor or Editorial Committee Member.

Note: Award information titles and application due dates for 2021 can be found on the MSRT website.

Remember: Life is like a 10 Speed bicycle. Most of us have gears we never use.



MSRT VOLUNTEER INFORMATION FORM

I am interested in volunteering on these committees because they fit my interests. (please check all that apply)

MSRT Positions that are voted on:

- President-Elect- *Annually***
- Nomination committee**

Secretary and treasurer are 2 years and voted on in alternate years

- Secretary (*even years*)**
- Treasurer (*odd years*)**

The following are Committee Chairpersons appointed by the Board of Directors.

- Regional Representatives (1 for each region; Northern, Central, Metro and Southern)**
- Annual Fall Conference**
- Awards & Honors Ceremony**
- Membership**
- Parliamentarian**
- Sergeant at Arms (for Board, Conferences and Annual meeting)**
- By-laws and Resolution**
- Continuing Education**
- Editor HTN**
- Historian and Library**
- Government Affairs & Legislative**
- Advertising & Marketing**
- Public Relations & Social Media**
- Resource Modality; 1 for each of the modalities. (Radiology, CT, MRI, IR, US, Therapy, Dosimetry, BD, RRA, Mammography, CVT, Radiation Nurse, and others as needed)**

Each of the above Chairpersons will create a 3-5-person committee to work with. Please check those you are interested in being on or to learn more about those you checked.

Name/Credentials: _____

Email address: _____

Phone: _____

“There is nothing more difficult to take in hand, more perilous to conduct, or more uncertain in its success, than to take a lead in the introduction of a new order of things!”

Niccolo Machiavelli (found in the Iowa Society’s Newsletter)

Speaker's Bureau



Just what is a “Speaker’s Bureau?”

A location in High Tension News where you could suggest topics you would like to hear, speakers you would like to hear and want to hear again or other suggestions for any continued education events. Any suggestions would go to the Regional Representatives, State Continued Education chairperson and the Fall conference planning committee.

Is it needed in the digital world?

Yes! While we can get all our CE’s from the ASRT Journals, we have lost the ability to network, talk face-to-face and learn from each other by asking questions at meetings. Making friends beyond your facility or modality. Opportunities to expand your knowledge by listening to a speaker that was recommended by another member.

Who would use it?

Regional Representatives for creating meeting within their regions per their responsibilities in our Policy and Procedure Manual. The Fall Conference and Annual Meeting Chairperson and their committees and any member who wanted to learn something new by attending topics of their interest.

Let us know if you have a talk ready and would like to share with MSRT members! We will help you get the required



To continue to make High Tension News a viable addition to your experiences in the imaging field, we are adding some new features in this issue and upcoming issues. Let us know what you think, this is your newsletter.

An old one will be new again in the High Tension News information. Previously the “Technical Topics” was done by a Registered Technologist from Mayo Clinic. This was enjoyed by technologists and students alike. A definite learning article to read.

This is our first adventure with this...let us know what you would like to see here!

Technical Topics, Tips and Tricks

2020 RSNA: The Physic Corner shared by Jill Lucas MSRT President:

1. Automatic Exposure Control (AEC) is not typically used during radiography of what group of patients?
 - a. Women less than 120 lbs.
 - b. Men over 60 years
 - c. Patients with diameter over 30 inches.
 - d. Children less than 3 years of age.

2. How will patient dose change if patient shielding covers an AEC sensor during a radiography exam?
 - a. Increase
 - b. Decrease
 - c. No change

Answers:

1. D. Children less than 3 years

We would not want to use AEC on children as they are small and may not be appropriately over the entire AEC cell, this could cause the system to shut off early and cause an underexposure creating the need for a repeated exam. Not something we would want to do on our pediatric patients.

2. A. Increased

If the lead shielding is over the AEC sensor (even partially) it will cause the system to continue to expose to “penetrate” the lead, until the chamber has received the expected dose. This would lead to an increase in exposure to the patient and likely require a repeat exam!

“There is little success where there is little laughter.”

-Andrew Carnegie

Educator's Corner

This will be added in the March issue 2021.

Jennifer Borstad M.S. RT(R) currently on the MSRT Board as Educator Chairperson. She is Clinical Coordinator School of Diagnostic Imaging, St. Cloud Hospital in St. Cloud MN. We are looking forward to what she will share with us.

New Article

(This might start in March...**NEED TITLE AND AUTHOR**)

The next old but new will be w new column. The name has changed a couple of times, so the heading has not been decided yet. It was "Images" by Pam Johnson and "Konstance V. Porter" by Sandra Ireland.

Another opportunity for you! We are of a volunteer author and then a title. If you have some ideas for an author or title, please let the editorial committee know. Suggestions welcome!

Membership Update may return in the next issue, new members, and numbers of members. Interested? Let us know.

Upcoming Events

The list of events is not very long, due to the covid-19 issues...

Fall Conference and Annual Meeting-**October 2021 Crown Plaza in Plymouth, MN (put this on your calendar and we will hope it happens)**

If you did something special for the National Radiologic Technology week in November, please let us know so we can add that to the information in the March issue of HTN.

HAPPY HOLIDAYS TO YOU AND YOURS!

Be Safe, keep distance, wash hands often and we will see you in 2021!!



YOUR MSRT BOARD