



VOLUSION...ASCLS SD

Grassroots explosion of **VO**ICE, **VALU**E, **VI**SION

Official publication of the American Society for Clinical Laboratory Science ~ South Dakota

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VOLUSION...ASCLS-SD is published quarterly and is made available to all ASCLS SD members in electronic format. The current issue and past issues will also be available for on-line viewing on the Society's web page: www.ascls-sd.org The co-editors reserve the right to edit content and length of material to meet publication specifications.

All ASCLS SD members are invited to submit articles of interest to the co-editors for publication in future issues.



ASCLS-SD → The Bridge is Strong, The Future is Bright!

**STRATEGIC INITIATIVES & ACTIONS
2011-14**

To Benefit YOU, our Profession & ASCLS

The wonders of fall... bright colors and amazing hues! August 2011 was the beginning our new ASCLS-SD year and along with it came the setting of a new path for our society and our members. Your ASCLS-SD Board of Directors has taken the first steps in implementing a 1-3 year Strategic Action Plan based on 4 selected primary initiatives:

- ★ **Membership!**
 - ✓ Recruit new members
 - ✓ Retain and develop current members
 - ✓ Develop new or enhance current benefits, recognition & rewards
- ★ **Promotion of the Profession!**
 - ✓ Implement & enhance public relations efforts
 - ✓ Develop new public education materials on our value
 - ✓ Establish avenues to support charitable organizations
- ★ **Leadership Development!**
 - ✓ Assess ability to develop a Leadership Academy for ASCLS-SD members
 - ✓ Collaboratively work with other Region V states to determine if a regional concept or multi-state concept would add strength to development of program
 - ✓ Develop new leadership education and resources for members
- ★ **Student & New Professional Involvement!**
 - ✓ Develop new programs and activities to strengthen the voice of students and new professionals
 - ✓ Assess and develop new ways to support scholarship program
 - ✓ Recommend and develop new career recruitment program in SD

Four Task Forces are being organized to work on these initiatives. Task Force chairs are:

- ★ **Membership:** Mona Gleysteen
- ★ **Promotion of Profession:** Deb Pravecsek and Bob Jenson
- ★ **Leadership Development:** Susan Lopez and Lezlee Koch
- ★ **Student & New Professionals:** Kay Rasmussen and Stephanie Eckstrom

If you are looking for a way to professionally grow outside of your day-to-day work or student life, have opinions on how our professional lives "should be", or want to be part of creating the future... please consider volunteering for one of these task forces! We want you!

How: Very easy! Just email any of the ASCLS-SD Board of Directors (page 2 contact information)... And say.... I'm ready to be involved!



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**President's Message: What Does ASCLS Have To Do With
Nuts & Squirrels?**

By: Lezlee Koch, ASCLS-SD President 2011-12

What goes 'plunk, plunk, plunk, crunch, crunch'?

If you've ever been camping in a SD state park in September, the answer will immediately come to you. I was out walking on a paved park road, up ahead I heard the 'plunk, plunk, plunk' and with every step I took I heard the 'crunch, crunch'. I looked down and saw thousands of both whole and smashed acorn nuts that had been dropped by the mighty oak trees in the park.

As I thought about the smashed acorn nuts, I was saddened to think they would never become one of the mighty oak trees that were all around me. I heard a chattering noise to the side of me and when I turned in the direction of the noise I saw three squirrels gathering acorns, scampering away and one was digging up a small area, placed an acorn in the ground and scampered away. In this same area, I also saw four small oak trees. One of those professional ah-ha moments!



Acorn nuts are rich in nutrients and have the potential to become a mighty oak tree but they need to be 'picked up, planted in rich soil, and nurtured' to become all they can be. The acorns that remained on the paved road or were crushed by cars or feet, would never reach their potential and they would either just disintegrate or be eaten by a jay, squirrel or deer! A clinical laboratory professional is really very similar to an acorn. They have a wealth of scientific knowledge to assure that patient care is delivered in a safe, efficient and effective manner (rich in nutrients) and have the potential to become tomorrow's shining healthcare stars and leaders (become a mighty oak). If they remain isolated, do not receive nurturing or support, they may never reach their full potential.

The *American Society for Clinical Laboratory Science* provides benefits and takes actions to allow a clinical laboratory professional to become all they can be. ASCLS provides education, leadership development, professional advocacy, mentoring and a network of local, regional and national clinical experts to provide professional support. ASCLS is the 'rich soil' that allows every member the ability to develop strong roots and shoot up into the sky as a shining healthcare professional! ASCLS's grassroots members must strive to be squirrels every day. As healthcare professionals, it is our ethical duty to begin 'picking up, planting & nurturing' every single clinical laboratorian in the nation so that they can become a mighty oak tree in ASCLS. The more mighty oaks that we have in our profession and in our laboratories will ultimately protect us from the storms that happen in healthcare and our laboratories every day!



ASCLS-SD is here for you... to support you...to nurture you! May your mighty oak tree roots become strong in ASCLS. If you have professional questions or concerns or are interested in becoming more involved in ASCLS... I'd love to hear from you. lezleek@sio.midco.net

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**Your Premiere
Websites!
Visit Them Often!**

★★★★★★

ASCLS-SD
www.ascls-sd.org

★★★★★★

ASCLS Region V
www.ascls-sd.org/id35.html

★★★★★★

**ASCLS Region V
Fall Symposium**
www.ascls-sd.org/region-v-meeting

★★★★★★

ASCLS
www.ascls.org

★★★★★★



**ASCLS-SD Proudly
Salutes It's
Premier Industry
Sponsor!**



Region V Director's Message: What's New In ASCLS? ASCLS Is There For You!

By: Deb Rodahl, ASCLS Region V Director



"Life is Change, Growth is Optional" has been one of my by-lines this year and this month takes another twist on this theme. The ASCLS National Meeting was recently held in Atlanta, Georgia from July 26th – 30th. Important changes were presented to attendees and discussed through-out the week, culminating in important decisions to be made by the grassroots members of ASCLS at the House of Delegates.

A new Mission Statement (along with updated Beliefs and Core Values) was approved by the House of Delegates reflecting a more outward vision of our organization:

ASCLS Mission

The mission of ASCLS is to make a positive impact in health care through leadership that will assure excellence in the practice of laboratory medicine.

The most significant discussion for the week involved the proposal to pursue the merger of ASCLS with the Clinical Laboratory Managers Association (CLMA). The last few months have been spent exploring collaboration opportunities with CLMA, which resulted in both organizations seeing the possibilities that a combined organization could represent. This was confirmed by a favorable (Yes) vote by the ASCLS House of Delegates and the CLMA Board of Directors. Many questions were asked and answered through-out the week:

Will our name change? Not initially. It makes more sense to have a combined name ASCLS / CLMA until the time is right and members are ready to determine a representative name.

Will the national meeting change? No, the ASCLS National meeting is part of the AACC meeting with an amazing exhibit hall. This meeting will continue to be the National Meeting for a combined organization. CLEC will also remain as the national conference for clinical laboratory educators. The Legislative Symposium will also remain as this has been a collaborative meeting with CLMA for many years.

Will we lose our Grass Roots (State or Constituent Society) base? No, this is seen as a great strength among other professional organizations, and will remain the foundation of the combined organization.

Is the merger a "done deal"? No, if significant issues arise as "deal-breakers", ASCLS and CLMA will discontinue discussions.

What are the next steps? Both organizations will continue to meet to determine the details of a merger. Legal representation will participate to ensure existing contracts are handled and proper legalities are followed. Details of a formal organizational structure will be presented at the 2012 House of Delegates.

The national meeting is also a "Show-Case" for all the wonderful things our members are doing. Our Region V ASCLS members certainly represent the best of the best, as reflected in the awards received during the 2011 ASCLS National Meeting in Atlanta this summer.



**Recruit A
New
Member!**

Be An ASCLS Star!

Every clinical laboratorian deserves the professional benefits of **ASCLS!**

- ★ Award winning publications
- ★ Members-only discounts for continuing education, resources, references and tools
- ★ Professional & Regulatory Advocacy
- ★ Grassroots benefits at the local, state, and regional levels
- ★ An instant professional family of thousands
- ★ Cutting edge resources and updates
- ★ Leadership development
- ★ Discounted services - credit cards, hotels, insurance programs and more

Share **ASCLS's VOICE, VALUE & VISION** with your professional friends and colleagues! We all benefit when ASCLS grows! The more members we have in South Dakota, the stronger our professional voice is here at home. Recruitment tips & tools can be found at:

<http://www.ascls.org>
<http://www.ascls-sd.org/>

Join Online at:

<https://ascls.site-ym.com/?page=Join>



Students:

- ★ Beckman Coulter Student Travel Grant Winner – Bridget Nelson (WI)
- ★ Student Forum Leadership Nominee – Katherine Pieschke (SD)
- ★ Student Forum Leadership Winner – KauChee Vang (MN)

Professional Members:

- ★ New Professional Member of the Year Nominee – Yukiko Goto (MN)
- ★ Bio-Rad Professional Achievement Award in Molecular – Patricia Tille, Ph. D (SD)
- ★ Leadership Academy Graduate – Jessica Peters (MN)
- ★ Leadership Academy Graduate – Charlotte Romaine (MN)
- ★ Nominee for ASCLS Member of the Year Award – Robert D. Jenson (SD)
- ★ Nominee for ASCLS Member of the Year Award – JoAnne Nickles (MN)
- ★ Nominee for ASCLS Member of the Year Award – Susan Stalewski (WI)
- ★ Robin H. Mendelson Awardee – Carol McCoy (MN)

Emeritus Members: Recognition of 50 Years of ASCLS Membership

- ★ Jean Linne (MN)
- ★ Esther Damron (MN)

Activities:

- ★ 1st Place for the Promotion of the Profession award – Minnesota
- ★ 2nd Place for the ASCLS Publication Award – Website Version – Minnesota
- ★ 2nd Place for Greatest Percent Increase in Membership – South Dakota
- ★ 2nd Place for Greatest Percent Increase in Non-Student Membership – South Dakota

It is truly an honor to represent Region V in ASCLS. I enjoy hearing from our members (or non-members). I can be reached at drodahl@earthlink.net (651)779.8906



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Membership Update: Have You Renewed Your ASCLS Membership?

By: Mona Gleysteen, ASCLS-SD Membership Chair 2011-12

The summer is over ☹ Maybe you are like me and try not to think too much during the summer. It is my best “no thinking” time. If I get an email, and it isn’t urgent, I delay a bit on the response. Tasks that aren’t immediately necessary get pushed to the back burner because I want to enjoy what is left of the short summer that we have in South Dakota. At least that is my excuse ☺

If you are like me and I suspect some of you are, then you may have missed the membership renewal date of July 31, 2011 and are now considered a lapsed member. So if you missed the renewal date, **TAKE ACTION TODAY! IT IS NOT TOO LATE!** You can easily rejoin online. Go to www.ascls.org –the join ASCLS tab and then to the renewal form or you can even complete the rejoin process online by utilizing the link on the home page. If you have already renewed... **THANK YOU!**

There are lots of reasons to renew but one of the big ones is that we two fantastic meetings coming up. Our ASCLS Region V Fall Symposium in Fargo, ND on October 13-14, 2011 and our Fall Collaborative Conference in Mitchell, SD on November 3-4. Both meetings will provide excellent education, networking, and fun. You don’t want to miss them. ASCLS members receive great discounted rates for meetings. The discount you receive from just one meeting may cover 100% of your dues!

I quickly fall behind in keeping up with our profession especially during my “no thinking”

Mark Your Calendar ~ Upcoming Events



ASCLS Region V

FALL SYMPOSIUM



VOICE -VALUE -VISION

October 13-14, 2011

Fargo ND

www.ascls-sd.org/region-v-meeting



2011 Fall Collaborative Conference

November 3-4, 2011

Ramada Inn

Mitchell SD

www.ascls-sd.org/id71.html

*For more info on
this year's meeting
– refer to pg. 11-12
sidebar*



summer time, if I didn't receive the journals, updates, and other information provided by ASCLS and ASCLS-SD. My professional voice also would go unheard. Just last month, I was in contact with our senators and representative regarding a laboratory issue. It is important to be a member of a group that looks out for laboratory related interests and advises its members about legislative issues. ASCLS collaborates with other professional organizations to enhance our effectiveness and increases our political power.

If you are like me and enjoyed your "no thinking" summer, now is the time to get back on track and renew your ASCLS membership—you won't be sorry. If you think you renewed 6-8 weeks ago but have not received your new ASCLS membership card in the mail, please contact me right away, I will contact National ASCLS for you to make sure your membership is active and that a problem has not occurred.



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ASCLS Annual Meeting Delegate Reports

Atlanta, Georgia - July 26-30, 2011



Deb Pravecck- I recently had the honor and privilege of representing you as a delegate to the ASCLS Annual Meeting in Atlanta. Our time in Atlanta was spent in committee meetings, issues updates, continuing education, elections, and the House of Delegates. The House of Delegates truly shows what the grassroots component of ASCLS is all about. It is here that your voice is heard in shaping the scope and direction for our Society and the profession. As delegates we attend committee meetings so we can report to our constituent members what is going on at the national level. Since membership is the heart of any vital organization, I would like to tell you about the discussions held at the Membership Committee meeting.

Because of significant overlap in duties, the Member Services Committee and Membership Recruitment Committee have now been combined to form one committee. The new national Membership Committee will have a chair and 2 vice-chairs (one for member services and the other for membership recruitment). The charge from ASCLS President Cathy Otto to this committee is to develop strategies for membership growth. Many interesting and innovative ideas for increasing membership were discussed during the committee meetings.

The consensus of the committee was that we need to increase our efforts in retaining student and first year professional members. Student membership in ASCLS is often supported by educational programs but not by coworkers after the student graduates. We need to be more active in getting students involved in society activities early on in their careers. We who are seasoned laboratory professionals need to demonstrate to the younger professionals how the skills learned as active members of ASCLS can be valuable in their journey up the career ladder. As medical laboratory professionals and members of ASCLS, we need to do a better job of mentoring students and getting both students and young laboratory professionals involved in society activities.

Two of the most common reasons given by laboratory professionals for not joining ASCLS or not renewing membership are:

- ★ Not seeing the value of membership, and
- ★ The cost of membership.

One idea that was suggested was to offer a monthly payment plan. Dues would be automatically withdrawn on a monthly basis. This may be helpful in retaining members who



**ASCLS-SD
Proudly
Recognizes
It's New
Members!**



Amanda Howard
Sioux Falls

**Guillaume
Onyeaghalala**
Sioux Falls

Jason Mielke
Hartford

Anna Pavlova

Jamie Schueller
Sioux Falls

Reba Waldner
Sioux Falls

Michael Mulvihill
Sioux Falls

**Kassandra
Sheridan**
Brookings

Sara Smith
Brookings

Melissa Gerhold
Castlewood

Amanda Baumgarn
Round Lake MN

Stephanie Allison
Brookings



**"Wishing You A
Wondrous &
Professional
Journey In
ASCLS!"**

are thinking about dropping their ASCLS membership for economic reasons. It was also suggested that if we tied CE (for example, award 1 CE every 2 months) to this option it would help members see the value of ASCLS. Many members either do not realize, or do not take advantage of the 6 free CE credits that are a membership benefit.

Each of us has a responsibility to help grow membership. If you have any suggestions concerning membership incentives or activities, please submit your idea to any of the board members or to Mona Gleysteen, our membership chair for ASCLS-SD. We will be excited to disseminate that information to the national Membership Committee.

Bob Jensen- Wow! I have been a member of ASCLS for 25 years and this was my first time at a National ASCLS Convention! Here are my top 10 takeaways from the convention in Atlanta.



10. Doctors need our help but don't know how to ask. As the laboratory test menu has expanded over the last 30 years it is hard even for intelligent physicians to know what tests to order and what the results mean. An example cited during the convention was of a pregnant woman that was worked up for hypercoagulability. Everything was normal except for a low Protein S. The physician told the patient that if the pregnancy is not terminated the mother is at increased risk of embolism. The patient terminated the pregnancy on that advice. Three months later at another visit her Protein S value was normal. The original physician did not realize that Protein S is low during pregnancy, use of birth control, during active infection, or after surgery.
9. ASCLS voted to look at the possibilities of consolidation with CLMA. It is exciting to see the opportunities of laboratory professionals coming together and becoming a stronger voice for the profession.
8. Wash your food! You can enjoy a medium rare steak, the interior of a steak is safe to start with, just be sure to rinse it off before cooking. Any contamination on the surface will be killed during the cooking process. Now the ground beef or ground turkey you better cook all the way through as any contamination is ground up and is mixed throughout.
7. Tailoring administration and productivity targets. You cannot take a canned national productivity target and apply it to all laboratories. Each laboratory is unique so productivity targets need to be tailored to each laboratory.
6. Leafy green vegetables as culprits of food-borne illnesses. An analysis of outbreak data indicates that the food commodity causing the most U.S. food borne illnesses is leafy green vegetables.
5. Blood transfusions are risky. The cost of a unit of blood is ¼ of the total cost (transfusion associated costs). Better utilization of our blood supply can cut costs to the bottom line and the risk to the patient.
4. Medicare declares new *Never Event*. The new *Never Event* is any harm caused by not following up on laboratory, histology or radiology results. This applies to any result not just critical or abnormal values.
3. Impact of Computerized Physician Order Entry (CPOE) on transcription errors. Use of CPOE has cut down order transcription errors but does the physician really order what they want. This relates back to #10 above.
2. Just Culture in the work place. Errors happen and how we deal with them is critical. Employees do not come to work intending to make mistakes. Most errors have more to do with the process than the employee. So don't hate the player –hate the game!
1. LEAN lesson. If you automate a bad process you can: make more errors, faster, better, cheaper and with less effort.

It was an amazing event between the educational offerings and over 2000 vendors at the

ASCLS Government Affairs Update

By: Shirley Heber

I was privileged to be a member of the gallery at the recent meeting of the national ASCLS Government Affairs committee (GAC). Being a member of the gallery allowed me the opportunity to watch and hear discussions of timely laboratory issues by not only members of the national GAC, but also by Elissa Passiment, ASCLS Executive Vice President and Don Lavanty, ASCLS counsel.

After a brief review of the GAC committee charges and Strategic Action Plan for 2011-2012, Don presented a legislative update on healthcare reform, modernization of the Medicare fee schedule, and the Laboratory Co-pay issue. The Co-pay issue discussion comprised the bulk of the meeting and was hotly debated. Both Don and Elissa stated that Laboratory Co-pay will become a reality; the issue will be how ASCLS and the laboratory industry choose to react. In light of this, the committee reluctantly voted in agreement with establishing a final position from ASCLS on what they feel would be reasonable accommodations and processes to attempt to collect a co-pay on laboratory testing.

Elissa presented information regarding

Clinical Expo it was hard to get everything that I wanted to see and hear. If something in my top 10 takeaways interests you and you would like more information drop me a note @ bob.jenson@prairielakes.com.

Shirley Heber- Traveling to Atlanta in July would probably not be the first pick for any Midwesterner's summer vacation destination, but attending the 2011 ASCLS National Meeting was a great reason to dispel this notion and hop a plane to the Deep South. Despite weather delays in the form of summer thunderstorms, our contingent arrived safely, eager to meet and talk with other ASCLS members from across the nation.



From informative keynote speakers to workshops to attending the Clinical Laboratory Expo, the national meeting provided a host of opportunities for continuing education, networking, and seeing the newest in laboratory instrumentation and technology. It was affirming to talk with laboratorians experiencing the same issues in laboratories small and large, to learn what is on the horizon for student education, and to be able to swap concerns as well as success stories with fellow professionals.

The week ended with the annual House of Delegates session; for those of you who have never attended this, it is run very similarly to a Congressional session, with discussion, formality, and voting on issues important to the laboratory industry. This year's highlight was the discussion and ultimate vote to explore the possibility of a merger with CLMA, another nationally known laboratory organization. It was exciting to hear the positive feedback from other members in an effort to come together as a profession and lend strength in numbers and voice.

Not to be discounted, national meetings also provide an opportunity to get to know fellow state members on a much more personal level. Sharing a room with four females provides endless opportunity for conversation, planning whose turn it is in the shower (yes, 6 a.m. is the best time!), but most important it gives a chance to get to know each other on a deeper level. That's what true friendship and growth is all about, and is the true bonus at the end of the day.

Stephanie Eckstrom- The experience of attending the National ASCLS meeting as ASCLS-SD's new professional delegate was a great experience and allowed me to learn more about ASCLS. Networking is one of the major reasons to go to meetings at the state, region or even national level. You can learn so much about how other laboratories operate and hear about the experiences of other laboratory professionals.

I met lots of other laboratory professionals, ranging from students to managers from all over the United States. I talked to a student from Alaska who was excited to graduate and to start working in a laboratory. I also talked to a program director for a medical laboratory science program and learned how she worked herself up from a testing professional to a program director who educates future laboratory professionals.

The first day was meetings with the ASCLS Board of Directors and other committees within ASCLS. At the Board of Directors meeting I learned of a possible merger between ASCLS and CLMA. The ASCLS Board was very open to the many questions members asked about this merger. The ASCLS Board assured membership that our annual meetings would not be affected by any possible merger and that all members would be kept up to date with the progress of the merger. The next couple of days were the main events with scientific meetings and the Clinical Lab Expo with 2,000 vendors displaying their instruments and kits.

I attended the New Professional Committee meeting. This committee is active in trying to

regulatory issues, including Laboratory Developed Tests, new CPT codes, and new language that is being developed from CMS regarding Proficiency Testing. Elissa also encouraged all ASCLS members to send thank-you notes to their congressional delegates, thanking them for their support in the recent successful rescinding of the CMS-proposed Physician Signature requirement for laboratory requisitions.

Representatives from several states presented updates on their states' progress towards state licensure for laboratory professionals. Discussion was also held on the various means of communication being utilized to broadcast laboratory news and issue updates to state ASCLS members from the national level.



2011 ASCLS National Awards Recognition

BioRad Professional
Achievement -
Patricia Tille Ph.D

ASCLS-SD Membership Awards:

- ★ 2nd Place - Greatest % Increase
- ★ 2nd Place - Greatest Membership Increase (non-students)



help new professionals become involved with ASCLS. They are open to any ideas that will help get our profession recognized by the general public. Anyone who has been in the profession 5 years or less and is considered a new professional. As of right now this committee is active mainly at the national level but ASCLS-SD would like to have active New Professional Committee and actions will be taken to involve new professionals in SD.

As a new professional, it is sometimes scary to be out in the real world with more responsibilities and having a career. But don't be afraid. As a member of ASCLS for only 3 years, I was nervous to come to meetings because I didn't know a lot of people. But after a couple of meetings you become relaxed and begin to talk to people you would have never been able to talk to if you were not apart of ASCLS. The people you meet might start out as colleagues but might end as your closest professional friends.

Richard Kipena- The Annual Meeting in Atlanta provided an excellent opportunity for delegates of the student forum to learn the inner workings of ASCLS. Students attended three different sessions aimed to educate and prepare students to become professional leaders in the organization. The orientation session stimulated many ideas from students, including recruitment strategies and promoting the profession from a student's point of view. For example, several students from various region and state societies introduced the idea of student forum delegates assisting in high school science fairs and exhibits; this is an exceptional way to provide community service and promote the medical laboratory science profession at the high school level and to the general public. This was only one idea out of many that we could initiate in our very own society!

For those preparing to take their board exam, we considered several sources of practice and review materials available. LabCE Exam Simulator provides a plethora of exam-worthy review questions; each student forum representative was given the opportunity to sign up for it for free (as there is a subscription cost of \$55 for one year). Another great reference guide one student suggested is *Clinical Laboratory Science Review: A BottomLine Approach*, which is available on Amazon or any other retailer. This book provides an in-depth review of all subjects, as well as practice exams.

National Student Forum Chair, Vice Chair, and Secretary were elected during the final student session. Several students ran for office, and each one brought some unique ideas to the student forum body. In the end, however, only three people were selected for each position respectively. Jasmin Davis from Texas is the 2011-2012 National Student Forum Chair; Angie Nolan from California for Vice Chair; and Matthew Kamulski from Michigan for Secretary.

Although I had lots of business to take care of, the highlight of the meeting was the Clinical Laboratory Expo. The number of vendors and instruments on the floor was stunning. Even though I was mostly clueless as to the usefulness of "instrument A" over "instrument B", and the vendors had virtually no interest in students as opposed to managers and practicing professionals, I still enjoyed seeing the sheer amount of technology in one place. What was the best exhibit at the Expo, you ask? The motorcycle/molecular analyzer designed by Paul Jr. from American Choppers, in collaboration with Cepheid. The motorcycle design incorporated the DNA double helix structure as the spokes of the wheels—how awesome is that?





**ASCLS-SD Sponsors
2011 Science Fairs
& Awards
Potential
Laboratory Science
Professionals!**

Spring is the time for rain, budding flowers, that “school is almost out” feeling, and also for regional middle and high school Science Fairs. ASCLS-SD has a rich history of supporting students statewide in their efforts to learn more about the field of laboratory science, and this year was no exception.

Regional science fairs were held at four state-wide locations. All had a wide range of projects submitted for judging in multiple categories. A synopsis of the ASCLS winners and their projects is listed below. ASCLS-SD proudly presented a certificate and monetary award to four individuals whose projects best represented laboratory science topics. As you will see, the recurrent theme for 2011 appeared to be the use of antibiotics!

**Congratulations to all
of the 2011 Science
Fair exhibitors!**

(continued next page)



Kodak Moments from the Annual Meeting



Top Row Left to Right: Shirley Heber, Katie Pieschke, Stephanie Eckstrom
Bottom Row Left to Right: Lezlee Koch, Deb Pravecek



Smiling Faces at Award Time!

Left to Right: Katie Pieschke, Bob Jenson, Deb Pravecek



2011 ASCLS House of Delegates

Top Row Left to Right: Richard Kipena, Lezlee Koch

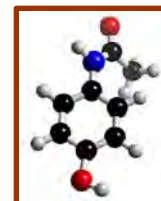
Bottom Row Left to Right: Stephanie Eckstrom, Shirley Heber, Bob Jenson, Deb Pravecek

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Chemistry Scientific Assembly: Acetaminophen – Dangers of an Overdose

By: Vikki Laurence, ASCLS-SD Biochemistry/UA Scientific Assembly Chair 2011-12

Acetaminophen is the most commonly administered medication in the U.S. and most commonly available OTC medication. There has been a rise in the use and abuse of prescription narcotics—many of them contain acetaminophen. Acetaminophen is the most common pharmaceutical compound taken in intentional overdoses.



South Dakota State University – Shelby Sumner, Florence High School - Project:

Antagonistic Response of the Antibiotics to Citrus, Phase III

Dakota Wesleyan University – Alexis Olson, Mitchell High School - Project:

Supplements and Effects on Adult/Larval Tenebrio Molitor-YR2

Northern State University – Ashley Daughters, Central High School, Aberdeen

Project: Inhibition of Bacteria by Metal Salts

SD School of Mines and Technology – Kathryn Anderson, Timber Lake High School - Project:

Can Alternating Antibiotics Reduce the Formation of Resistant Bacteria?



Shelby Sumner – Proudly displaying her award!

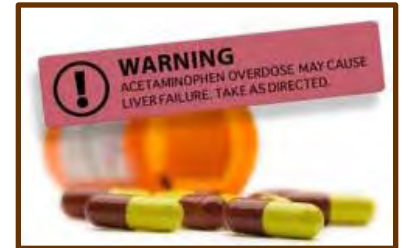


Take the time to encourage grade school and high school students to consider Medical Laboratory Science as a career!

In addition to possible dosing errors, patients taking acetaminophen may not recognize that acetaminophen exhibits a “ceiling effect” in terms of analgesia. With continued pain, more acetaminophen may be consumed with no increase in pain relief and the risk of hepatic injury is increased.

In cases of intentional overdose, many patients are unwilling or unable to accurately identify the medication they have taken. Acetaminophen overdose, although somewhat treatable if detected early, may have no symptoms until many hours or even days later. Then symptoms associated with hepatic failure are present. Treatment is much less effective at this late stage.

When taken in overdose, acetaminophen is a major potential hepatotoxin. Poisoning with this common agent may cause transient rises in liver enzymes, lead to liver failure, metabolic acidosis, renal failure, cerebral edema, and death. Some individuals, including people with underlying liver disease, chronic alcoholism, and poor nutrition, are at an increased risk of severe acetaminophen toxicity. A large hospital that did a lengthy review of overdose cases found that the earlier the patients were seen after ingestion of acetaminophen had much less chance of liver damage. Those who came for treatment later had a higher incidence of both liver failure and acute renal failure. Acetylcysteine is an effective antidote for acetaminophen poisoning.



After the initial testing for acetaminophen levels in suspected toxicity cases, the physician will test again, usually at 2-4 hours and at 24 hours, depending on the original level. Most hospitals use a colorimetric enzyme assay for acetaminophen determination in blood. Recently some of the rapid urine drug screens have added acetaminophen to the testing menu. Most urine screens are rapid, semi-quantitative immunoassays indicating the presence of a drug or metabolite above a cut-off range. A negative screen indicates that the drug/metabolite is either not present or beneath the detection or cut-off range. A good screening test should be sensitive enough to identify the presence of even a low level of the drug, because some patients may come in very early or very late following an overdose. Positive assays require confirmatory quantitative serum determinations to evaluate the need for therapy with acetylcysteine.

The FDA has requested that all manufacturers limit the amount of acetaminophen to 325 mg per unit dose in all prescription combination medications. Action was taken in January 2011, largely based on data indicating that nearly one-half of all significant overdoses of acetaminophen were in the form of prescription combination pain-relief products. Manufacturers have also standardized the concentrations in liquid products intended for pediatric use.

Acetaminophen overdose can be a life threatening occurrence. Clinical laboratory professionals and the timely testing they provide are essential in assuring the best possible outcome for a patient who has overdosed.

References:

- 1-Internet info by Gold Standard
- 2-MLO article; Acetaminophen: hidden complexities of a simple overdose; Charles McKay MD F(ACMT) F(ACEP) ABIM



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By Nichole Holroyd,
Region V NPC

Last spring, the National New Professional Committee was tasked with helping to update the Labs Are Vital Website. The old website had very little information about the clinical laboratory portion of the laboratory field. The website is aimed at introducing high school/college age students to the laboratory profession and presenting different career options available to them. The website includes job descriptions, field stories, educational requirements, and salary information relating to the clinical laboratory. Visit the new and improved website at www.labsciencecareers.com!



***"With every
experience, you
alone are
painting your
own canvas,
thought by
thought, choice
by choice."***

-Oprah Winfrey

**ASCLS New
Professionals are
'painting on our
professional canvas'
everyday!**

Consultant Scientific Assembly: A Consultant is a Medical Laboratory Scientist at Heart

By: Michelle Friesen, ASCLS-SD Consultant Scientific Assembly Chair 2011-12

As a little girl, my brothers and I spent a lot of time in the nursing home with my mom, who is a nurse. With a nurse in our house, we always had the right medicine, the right bandages, and were well taken care of when we were sick.

When I was in high school, the time came for me to make a decision about what I wanted to do with my life. There were two main events that helped direct my path. I had a sincere interest in pharmacy, or so I thought. My guidance counselor lined up a day for me to shadow a pharmacist at the Empire Mall. I stuck it out for four hours, watching an old guy count pills and call physicians to ask about refills and new prescriptions. When it was time for my lunch break, I just couldn't bring myself to go back- this coming from a student who followed the rules and was the salutatorian of my class! I spent the rest of the afternoon wandering around the Empire Mall. With that said, I wish that I would have had a better experience to allow me to see that the pharmacist does more than count pills and make phone calls.

I was left directionless, other than knowing health care was in my heart, until the second monumental event. One day my dad was looking through a newspaper and asked me what a medical technologist was... I went up to my room and looked at the description and the courses needed for that degree in my SDSU course catalog. I was hooked! That began my journey into the world of medical science.

MEDICAL LABORATORY SCIENCE



I started my career off as only a part time employee and within eight months I was offered another part time job in a nearby town. That just didn't seem to be enough excitement for me so I also was employed with a temp agency. I enjoyed being able to work in different labs/facilities and soon I was asked to step into a consultant position during a time when a facility was looking for a laboratory manager. During those few months we had a COLA inspection. I had many procedures and paperwork to go through in preparation for the inspection! Being a consultant is another direction MLS's can take to 'expand their horizons'! You not only are learning new experiences for yourself, but other laboratory personnel can gain knowledge from you. In addition, you are able to work more closely with physicians, other facility professionals and laboratory inspectors.

Being a Medical Laboratory Scientist is a great choice for me! Medical laboratory professionals are a needed integral part of the healthcare team. We have the opportunity to advance up the ladder if we so desire- to become consultants, supervisors, managers and even administrators. There is a national shortage of laboratory personnel, we are needed everywhere and there is job stability. We have strong networking opportunities to help us form relationships and enhance learning (Thank you, ASCLS-SD). The field of laboratory medicine is constantly changing with technology and new test development. Versatility in the laboratory allows laboratorians to specialize in certain areas or be a generalist. The most exciting part of working in the laboratory to me is being a "scientist"- solving problems, making discoveries and aiding in patient diagnosis. Important to me also is the fact that I can do my job 'behind the scenes' and still have the satisfaction of knowing that I am making a difference in someone's life.

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Fall Collaborative Conference

This fall ASCLS-SD and CLMA-Siouxland will jointly host the Fall Collaborative Conference in Mitchell, SD.

This will be a great opportunity for laboratory professionals to network with others in the field and to obtain valuable education. This year the educational offerings will cover a broad range of laboratory topics. These topics are designed for all levels of laboratory professionals and all sizes of laboratories. Whether your interests are in how to better manage and reduce your daily stress, interpreting clinical results, or preparing for your next inspection, there will be an educational opportunity for you.

This year's conference highlights include:

- ★ Four Keynote presentations!
- ★ Fantastic Vendor Exhibit Hall - afternoon of 11/3
- ★ ASCLS-SD/CLMA Social! - evening of 11/3
- ★ Food! Fun! Networking!

We hope to see you all at the meeting!

For complete session descriptions and objectives and conference registration – please visit the “2011 Fall Collaborative Conference” website at www.ascls-sd.org/id71.html



Watch for future action on these HOT TOPICS - They have the potential to change our practice!

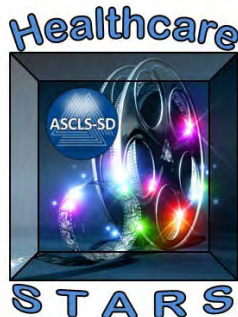
➤ HHS Proposes Rule to Allow Patients Direct Access to

Laboratory Test Results: This proposed rule would modify regulations under two statutes that impose restrictions on patient access to lab results (CLIA and HIPAA). In proposing the rule, HHS said it wanted to recognize current health reform concepts, such as individuals' involvement in their own health care, by allowing patients easier access to health information.

➤ Congress May Restore Patient Co-Pay or Coinsurance for Medicare Part B Laboratory

Tests: The Joint Select Committee on Deficit Reductions is charged under the debt ceiling deal to find up to \$1.5 trillion in savings over 10 years. The committee's recommendations are due by November 23. Adding cost sharing for laboratory services in Medicare through either a 20% coinsurance or a flat copayment per test was one of the Medicare proposals reportedly on the table during negotiations leading up to the debt ceiling deal and the creation of the joint select committee.

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ASCLS-SD Spotlights:

Richard Kipena, ASCLS-SD 2011-12 Student Forum Rep!

By: Richard Kipena



Hello all! I am pleased to be serving ASCLS-SD as the Student Forum Representative! I'm currently a student at SDSU, in my senior year of the MLS Program. After I finish this fall semester on campus, I will be heading to Rapid City Regional Hospital for my clinical rotations. In addition to pursuing an MLS degree, I have also completed a Bachelors of Science in Microbiology, specializing in Infectious Disease. I'm originally from the Philippines, where I was born, but I have lived in Rapid City, SD my entire life. Like any typical college guy, my hobbies include playing video games and hanging out with my friends (when I'm not studying for exams, that is).

I'm involved in all sorts of activities on campus. During the school year, I work as a Community Assistant for the Department of Residential Life; I also supervise the office assistants that work the front desk in my building. Aside from my jobs, I'm quite involved as a teaching assistant for mammalian physiology and I've also been in SDSU's Concert Choir since my sophomore year.

This summer, I have been working with Dr. Mike Hildreth on the West Nile Surveillance project, in partner with the SD Department of Health. (This is my second year working on the project, so I got to be in charge, since he didn't have a graduate student this year☺). My colleagues and I also did a tick survey in eastern SD, to determine if Ixodes ticks have spread in or around the area...they haven't from what we have seen.

After I finish my MLS degree, I plan to advance my education and pursue a PhD. My current choice is St. Louis University; they have an excellent program in clinical pathology. I absolutely love the field of medical laboratory science, and I am excited to share my ideas with other students and (hopefully) convince them to become a member of ASCLS.

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