

# The Bronchus

Official Newsletter of the Minnesota Society for Respiratory Care

Vol. 23, No. 3

FALL, 1999



## PRESIDENT'S MESSAGE

With summer in full swing, I hope you have found time to enjoy yourselves.

The last few months have been busy ones for the MSRC. President Elect Jessica Christopherson and I recently attended a workshop in Dallas, sponsored by the AARC. The workshop emphasized the need for our profession to increase public awareness of who we are, and to become more proactive in expressing our concerns to state and federal leaders about legislation impacting our practice in the various health care settings. At the urging of the AARC, we are in the process of creating a Political Advocacy Contact Team to respond to these needs.

The Spring Forum was held in May at Treasure Island in Red Wing. The session was well attended. It was the first opportunity for MSRC officers and chairpersons to meet with Respiratory Therapy students as part of the Mentoring Partnership Program, made possible due to the efforts of Jessica Christopherson. My thanks again to Ellen Cannefax, Laurie Tomaszewski, and Deb Haider for their roles in organizing another successful event.

The MSRC continues to explore the regional meeting concept with Wisconsin and Iowa. There are many details to examine so the feasibility for an event of this magnitude is still unknown.

Just around the corner is the Annual Fall meeting, to be held in St. Cloud, September 22-24. Peggy Lange and the planning committee have been hard at work organizing what promises to

be yet another great event.

As a reminder, any member with name or address changes should continue to forward them to me.

Have a great summer and I will see you in St. Cloud.

Allen Kendall



## DELEGATE'S REPORT

As representatives of the Minnesota Society, the House of Delegates meets twice a year. Both John Wheeler and I are on our way to Phoenix in the middle of July. The purpose of

the meeting is to provide feedback on a national level of issues confronting our profession. We use the process of resolutions to get our ideas heard and debated. In my four years as a delegate, we've normally considered 2-3 resolutions. This session we have eleven before us. They range from reducing fees for sputum bowl teams to deeming a marketing strategy of getting more publicity as characters in medical television shows and movies.

In our next communication, John and I will summarize the outcome of our meeting as your representatives to the AARC House Of Delegates. On another front, we've been asked to keep a watchful eye on reimbursement as it relates to interpretation by Local Medical Review

**Delegate's Report...Continued on page 3**

**INSIDE:** Candidate Profiles - Election 2000... Page 5  
Spring Forum "Warm it Up"... Page 15 • Congratulations RCP's... Page 15  
ALA Link "FluStop at Work"... Page 17 • MSRC Student Corner...Page 18



Jane Hagstrom

**Editor's Note:**

**A**s summer is starting to wind down we find ourselves half way through our second year as editors of the



Shelly Klein

Bronchus. We are having so much fun, we've made a commitment to serve the MSRC through the year 2000.

As always, we're looking for new writers, new stories and ideas. It is important for the respiratory community to be involved in educating the public on topics pertinent to our industry. With technology at our fingertips it's easy to contact us with your comments, thoughts, and ideas at sklein1356@aol.com and mmhags@gateway.net. We would love to hear from you.

As the fall conference approaches, look for the Bronchus staff in the vendor hall, displaying past issues, and past photos, (some are pretty incriminating). We're also looking forward to the vendor contest, depicting sitcoms from the 60's and 70's.

Enjoy the last days of summer!

Jane Hagstrom, Shelly Klein  
Co-Editors

**Delegate's Report...Continued from page 1**

Policy makers. These are the people designated by the fiscal intermediary who is contracted by Medicare to process claims. The AARC has heard from some states that these Local Medical Review Policy Makers have attempted to marginalize the use of respiratory therapy in both subacute and acute care venues. The AARC intends to meet with HCFA regarding this issue. If you are aware of problems in your areas, please contact the AARC.

Lisa Hamel

**Support Our Association  
Advertise in the Bronchus.**



*The Bronchus* is the official newsletter of the Minnesota Society for Respiratory Care, an affiliate of the AARC. Published in Minneapolis, MN. **The Bronchus** welcomes articles from respiratory therapists, physicians, nurses, and other health care personnel interested in pulmonary care.

Co-Editors.....Jane Hagstrom  
.....Shelly Klein  
Photographer.....Bill McCohnell  
Graphics/Art Director.....Cindy Williams  
Circulation Coordinator.....Debra Skees  
Advertising Manager.....Sharon Hansen

All materials for publication should be in Pc/Mac MS-word, Wordperfect, Pagemaker or QuarkXpress format sent via E-mail to:

**The Bronchus:**  
**Shelly Klein:** sklein1356@aol.com  
**Jane Hagstrom:** mmhags@gateway.net

Deadlines for submission of articles for 1999 are:

— **October 15** —

**CHANGE OF ADDRESS?**

If you change your address or are having problems receiving The Bronchus, please notify the MSRC c/o:

Rene Glisnann  
Mayo Clinic  
Respiratory Care Services  
G-403  
200 SW First St.  
Rochester, MN 55905  
(507) 255.5696  
Fax (507) 255.4267

It will also be necessary to notify AARC Membership Services at 11030 Ables Lane Dallas, TX, 75229 so that you continue to receive AARC publications.

**WOULD YOU LIKE TO ADVERTISE IN *The Bronchus*?  
1998 Rates**

	<b>4 Issue Rate*</b>	<b>Single Rate*</b>
<b>Full Page</b>	\$350/issue	\$380/issue
<b>Half Page</b>	\$175/issue	\$190/issue
<b>Quarter Page</b>	\$100/issue	\$115/issue
<b>Business Card</b>	\$45/issue	\$50/issue

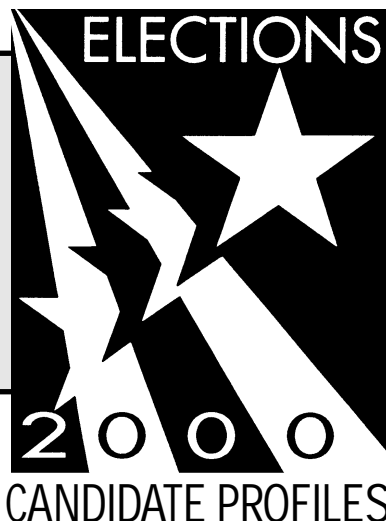
\*Plus one time set-up fee  
Two color available for additional cost

**For more information, please contact:**

Sharon Hansen, Advertising Manager  
Mercy Hospital, Cardio-Respiratory Services  
4050 Coon Rapids Blvd,  
Coon Rapids, MN 55433  
(612) 576.7147 • Fax: (612) 576.7148  
E-mail: skhansen@allina.com

**MSRC Internet Site  
HYPERLINK • <http://MSRCnet.com>.**

Printed on recycled paper



## Candidates for the Minnesota Society for Respiratory Care 2000 Officers and Board of Directors

### PRESIDENT ELECT

Ron VanBeusekom RCP, RRT, CRTT, CPFT



**Employment:** Present: System Director of Cardiopulmonary Services, Health East Care System

**MSRC:** 1998-99 Education Annual Committee. 1997-98 MSRC Board of Directors. 1987 President, Minnesota Medical Equipment Dealer Assoc. 1980-84 Bronchus Staff.

**Education:** 1978 Associate of Science in Respiratory Care, Currently pursuing bachelors degree.

Continued promotion of our profession is of great importance. High School students could be given more exposure to a career in respiratory care. The growing demand for qualified RCPs is not currently being met. Though promotion has stepped up in recent years, as President Elect, I would strive to see this effort gain momentum. I would also focus on increased membership and encourage current membership to become more active.

### VICE-PRESIDENT

Deb Haider RCP, RPFT, CPFT, CRTT




**Employment:** 1999-present: Chronic Respiratory Disease Coordinator North Memorial Health Care. 1998-99 Clinical Marketing & Sales Representative Midwest Medical Services. 1997-98 Clinical Sales Representative North Star Medical Systems. 1994-97 Medical Graphics Corporation. 1988-94 Manager St. Paul Pulmonary Diagnostic Lab.

**MSRC:** 1999 MSRC Board of Directors, 1999 Respiratory Care Co-Coordinator for Camp SuperKids, American Lung Association of MN, 1998 Co-Chair, MSRC Annual Education Conference, 1996-98 Co-Chair, MSRC Educational Seminars Committee, 1995 Secretary, MSRC, 1990's volunteer activities with the American Lung Association of MN, mostly related to asthma.

**Education:** 1982 graduate of Anoka Tech. Respiratory program. Currently enrolled at Cardinal Stritch University to complete bachelor's degree.

My goal for the year 2000 will be to help the MSRC proactively enter the new millennium with a healthy financial status, a positive strategy for the future, and accountability to it's mission and members. I would like to see the MSRC make an impact on the future role of the Respiratory Care Practioner in Minnesota in all health care venues, including acute care, home care, alternate care, disease, state management, and even reimbursement.

Candidate Profiles...Continued on page 6



**John Lund RRT, RPFT**  
Clinical Specialist  
1100 19th Avenue North, Suite 285  
Fargo, ND 58102

Phone: 701-234-9667  
Fax: 701-234-9667  
Cell: 701-361-7822

*"Partners In Sleep"*

**Candidate Profiles...***Continued from page 5*

**VICE-PRESIDENT**

Linda Strand CRTT, CPFT, RCP



**Employment:** 1997- present: Arrowhealth Medical Supply, Rochester Branch, Lead RCP. 1990-1997 Arrowhealth Medical Supply, Duluth Branch, Clinical Coordinator. 1985-1990 St. Joseph Hospital, Omaha, NE, Pulmonary Function Technologist. 1981-1983 Clarkson Memorial Hospital, Omaha, NE, Pulmonary Rehab.

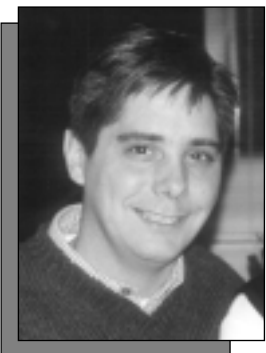
**MSRC:** 1997-Planning Committee for Fall MSRC Conference-Rochester, Planning Committee for Fall MSRC Conference-Duluth, 1988-1990 Member of St. Joseph Hospital Esteem Committee, Omaha NE. selected by Administration to improve morale, 1981-1985 Member of Nebraska Licensure Committee.

**Education:** Currently pursuing BS in Health Administration.

After being in respiratory care for 19 years, I feel I can bring a variety of perspectives to the office of Vice-President. I have served on the board this past year as secretary, which has really been an enjoyable experience. This experience has convinced me to stay involved in the MSRC. I have recently accepted a new position in Lake City, Minnesota and felt very fortunate to be able to continue to serve as the secretary for the MSRC. My goal, if I am elected to this position, is to continue to promote the profession of respiratory care through active involvement in the community, educational systems and other organizations.

**SECRETARY**

Jeff Anderson CRTT, RRT, RCP



**Employment:** Present: Health East Med Home

**MSRC:** Camp SuperKids

**Education:** A.A. St. Paul Technical

As an officer of the MSRC, my efforts would be to encourage promotion and growth from within our organization and the community.

**SECRETARY**

Vicki Engmark RRT, CPFT



**Employment:** Present: Pulmonary Function Lab Hennepin County Medical Center

**MSRC:** Chairperson Student Affairs Committee

**Education:** BS Respiratory Care

As MSRC secretary, my goal would be to communicate to the MSRC members. As part of the MSRC team, I would like to promote change and growth. I will work with the MSRC to increase public awareness, get other respiratory therapists involved and support the respiratory care students.

*Candidate Profiles...Continued on page 7*



***Respiratory Therapists***

***HPO Staffing, the leader in Respiratory staffing, has immediate openings in most Twin City-Metro area hospitals, (Greater MN opportunities available also!)***

***We offer:***

- ◆ ***Flexible Hours***
  - ◆ ***Excellent Pay & Benefits***
- Call Now!***

***612-647-1160***  
***800-279-2345***

***2550 UNIVERSITY AVE. W., SUITE 315 N, ST. PAUL, MN***

Candidate Profiles...Continued from page 6

BOARD OF DIRECTORS

Lynne Bausman

Photo  
Not  
Available

**Employment:** Health East Bethesda Rehabilitation Hospital

**MSRC:** Coalition of Respiratory Therapists for Asthma

**Education:** Associate Degree Rochester Mayo

As an elected official I hope to achieve increased RCP involvement in our society, improve MSRC membership, and career opportunities and stress the need for RCP involvement in patient education.

BOARD OF DIRECTORS

Craig Berg: RRT, CRTT, RCP,




**Employment:** 1998-Present: Mallinckrodt Nellcor Puritan Bennett, 1995-98 Children's Health Care Mpls. 1993-95 Memorial Hospital, South Bend, IN.

**MSRC:** 1997-98 Mentor at Children's Health Care, 1998 PICO Role Redesign Team Children's Health Care, 1994-

95 Protocol Design Team Memorial Hospital, South Bend, IN. Member of AARC, MSRC, NBRC since 1992 .

**Education:** A.A.S. Respiratory Care Practitioners Program, Lake Superior Technical College, Duluth, MN 1993.

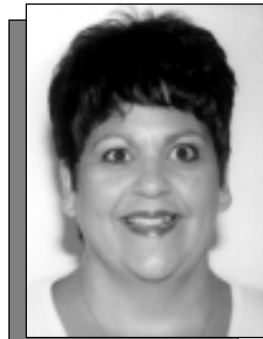
As an active member of the AARC/MSRC over the last six years, I have had the opportunity to see how

<p><b>Dave Christensen</b> Sales Representative Digital Pager: (800) 705-5148 Email: DDC1244@aol.com</p>	
 <p><b>Medical Graphics Corporation</b> Cardiorespiratory Diagnostic Systems Pulmonary Function/Exercise Stress/Sleep</p>	
<p>350 Oak Grove Parkway St. Paul, Minnesota U.S.A. 55127-8599</p>	<p>General (651) 484-4874 Sales (800) 950-5597 Service (800) 333-4137 Fax (651) 486-7509</p>

our practice has advanced from a practitioners standpoint as well as a business standpoint. I can visualize and help support vendors and practitioners working together to provide the patient with lower cost - higher quality care. As a board member of the MSRC, I would represent your best interests based on input given to me. I look forward to representing all of you.

BOARD OF DIRECTORS

Andrine Docken CRTT, RCP



**Employment:** Present: Pediatric Homes Services. 1992-99 Children's Hospitals & Clinics, St. Paul. 1990-Present Health Personnel Options.

**MSRC:** 1999-present Member of membership committee, 1998 Secretary MSRC. Member of APT, 1996-present PALS instructor.

**Education:** 1981-82 St. Paul Technical College

I would like to accept the challenge of being elected to the Board of Directors. This is an exciting time for the MSRC. We will welcome in the new millennium, we are sponsoring new programs and initiatives, and we are continuing to define the role of the RCP. As an RCP with an array of experience, from hospital to home care, I have the skills necessary to represent the members of the MSRC. I would like to have the opportunity to be the voice of the membership by presenting new ideas to the MSRC government.

BOARD OF DIRECTORS

William W. McCConnell CRRT, RCP



**Employment:** 1997-Present: North Memorial Hospital. 1993-97 Unity Hospital

**MSRC:** For two years Chairperson for Allen and Handbery Dinner, Chairperson for Respiratory Week at Unity Hospital, Advertisement Co-manager for The Bronchus, Photographer for The

Bronchus, I was the North Memorial Hospital photographer for Super Asthma Saturday, Chair-

Candidate Profiles...Continued on page 8

**Candidate Profiles...***Continued from page 7*

person for Respiratory Week at North Memorial.

**Education:** A.S. Degree Respiratory Therapy

As an elected official in the year 2000, I will strive to maintain higher standards of care to Minnesota participants while continuing to educate the public. I would like to attract more involvement by therapists, open communication lines between therapists and the board, stimulate recruitment into the profession, review wage standards of the profession and promote community involvement programs.

**BOARD OF DIRECTORS**

Curt Merriman RRT



**Employment:** 1997-Present: Director Sales/Marketing HealthEast Med Home, 1995-97 Ass't Gen. Mgr. HealthEast Med Home, 1990-95 Account Exec. HealthEast Med Home.

**MSRC:** 1997-present: MSRC Vendor Liason, 1997-99: MSRC Annual Education Committee, 1998-present: President-Elect MAHMES

(MN Assoc. Home Medical Equip. Services), 1996-98 Secretary MAHMES, 1995-96 BOD MAHMES.

**Education:** 1994 B.A. Business Management Metro State University, 1974 A.A.S. Respiratory Therapy, St. Mary's Junior College.

My goal is to represent the respiratory profession to the best of my ability. As a profession, there are many employment avenues we can take; hospitals, HME, clinics, rehab, long term care and sales. I plan to use my background from experiences in hospitals, HME, and sales to enhance our state society and profession.

**BOARD OF DIRECTORS**

Jeff Nelson CRTT



**Employment:** 1997-Present: Professional Sales Representative Boehringer Ingelheim Pharmaceutical. 1994-97 Cardiopulmonary Assistant - Luther Hospital, Eau Claire, WI.

**MSRC:** Member of MSRC annual - current meeting planning committee.

*Candidate Profiles...Continued on page 9*



**Four Cardiopulmonary Diagnostic Applications. One Instrument.**

The Vmax Series from SensorMedics adds up to maximum performance. Four applications—

- Pulmonary Function Analysis
- CardioPulmonary Exercise Testing
- Respiratory Mechanics
- Nutritional Assessment

—combined into a single instrument or packaged as separate systems. Whichever configuration suits your diagnostic needs best, Vmax is the solution.

Surprisingly affordable, Vmax instruments include a **Five Year Warranty** plus an **Annual Supply Kit** that limits your operating expenses. Nothing else equals the performance and financial advantage of a Vmax.

**Call your local sales representative, Bill Evert, and see just how the Vmax and SomnoStar Series will multiply your laboratory capabilities and not your budget. Phone: (800) 231-2466 Ext. 8794**



**A New Epoch in Sleep Diagnostics. On a Foundation of Historic Performance.**

SomnoStar α offers the best of both worlds. A powerful new software program specifically designed to run with Microsoft® Windows, and the proven performance of SensorMedics.

SomnoStar α lets you control the look and feel of the software. A seamless programmable interface connects effortlessly with your other diagnostic devices. Intuitive new software presentations expose critical sleep data in a single glance. Flexible hardware allows you to tailor SomnoStar to your specific laboratory requirements. As your needs change, the modular configuration easily adapts for future growth.



**Candidate Profiles...**Continued from page 8

**Education:** 1996 Certified Respiratory Therapy Technician, California College of Health Sciences. 1991 Bachelor of Science in Secondary Education, Biology and Social Studies Certification, Montana State University.

As a board member I will work to enhance our profession in the medical community. I feel that Therapist Driven Protocols are key to increasing salaries and enhancing job security. I will work to promote these goals in my daily interactions with health care providers and in my actions on the board.

**BOARD OF DIRECTORS**

Sandy Presnail RRT, MN RCP



**Employment:** 1983-Present: Respiratory Care Manager Regions Hospital

**MSRC:** Camp SuperKids, 1999 RCP Recruitment and Retention Committee

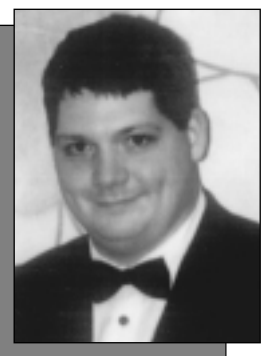
**Education:** 1992 Metro State University, 1979 University of Minnesota, 1978

Anoka Technical College.

As an elected official in the year 2000, I will be an advocate for Respiratory Care Practitioners.

**BOARD OF DIRECTORS**

Michael L. Toombs CCRT, RRT



**Employment:** North Memorial, Fairview Ridges ER, HPO, Health East St. Josephs, Quest Health Care, Vencor.

**MSRC:** AARC, Sputum Bowl team member, MSRC, Photos for Bronchus fall 1998, Chair for Respiratory Care Week, Attend multiple conferences.

**Education:** 1993 St. Paul Technical College A.A.S. Degree in Respiratory Care Practitioner. Continuing education towards a BS degree.

I hope to represent the everyday therapist and the everyday concerns, which include continuing education, standardization of respiratory

care practices, wages and education. I want to look for constructive ways to improve our communication with other areas such as hospitals, clinics, schools, with the need to expand our rapidly diversifying fields of expertise.

**ALTERNATE DELEGATE**

Denise Johnson CRTT, RRT



**Employment:** Children's Hospitals and Clinics

**MSRC:** 1999 F.U.N. Committee Chair, Currently Past President and Long Range Planning Chair, 1998 MSRC President, 1995 MSRC Vice President, 1993-94 MSRC Treasurer, twice on MSRC Board of Directors.

Candidate Profiles...Continued on page 13

**Providing Full  
Respiratory Equipment  
and Services  
to the Home Patient**

Respiratory Products:

- |                             |                       |
|-----------------------------|-----------------------|
| Oxygen                      | Suction Machines      |
| Oxygen Conservation Devices | Respiratory Medicines |
| Light Weight Portable Units | Ventilators           |
| Apnea Monitors              | Bi Levels             |
| CPAP                        |                       |
| Nebulizers                  |                       |

**Merwin Drug  
+  
Home Health Care**

**Call 537-3631  
or our**

**24 Hour Pager On Call Service  
319-1413**

**Candidate Profiles...**Continued from page 9

**Education:** A.A.S. in Respiratory Therapy. Will be completing my B.S. by the end of 1999.

As MSRC President, I had the opportunity to work with RCPs from all around the country. I am hoping, as alternate delegate, I will continue to connect the State of Minnesota with what is happening throughout the United States in our profession. It is important for us to learn from other's experiences, as well as to share what we are experiencing. It is also imperative for our state society to stay updated with the ever-changing health care environment. The MSRC delegation, representing Minnesota RCPs at a national level is an excellent way to keep our practitioners current on national and regional health care trends. If given this opportunity, I will be proud to represent Minnesota at the AARC House of Delegates and will regularly report back to the state membership.

**ALTERNATE DELEGATE**

Carl D. Mottram RRT, RCP, RPFT



**Employment:** Pulmonary Function Laboratories and Rehabilitation at the Mayo Clinic.

**MSRC:** 1998 - present: Chair, Diagnostic Section, American Association for Respiratory Care. 1998-present: Chair, American Association for Respiratory Care Clinical

Practice Guideline Committee. 1993-present: Advisory Committee, Cardiopulmonary Section, American Association for Respiratory Care. 1991-present: Advisor/Exam Item Writer to the National Board for Respiratory Care. 1997-1999: Program Committee, Mayo Foundation Critical Care Symposium. 1997-present: Member; Long-range Planning Committee, Minnesota Society for Respiratory Care. 1999 Committee member; National Committee on Clinical Laboratory Standards (NCCLS). 1996-1997: Chair-elect, Diagnostic Section, American Association for Respiratory Care. 1996-1997: Member, American Association for Respiratory Care Clinical Practice Guideline Committee. 1995-1996: President, Minnesota Society for Respiratory Care. 1994-1995 President-Elect, Minnesota Society for Respiratory Care. 1993-1995 Managing Editor, Diagnostic

**Candidate Profiles...**Continued on page 15

## MSRC's 2nd Annual Atomic Bowling Tournament



**Date:** September 23

**Time:** 8:30 p.m.

**Place:** Vilo Lanes  
Waite Park, MN

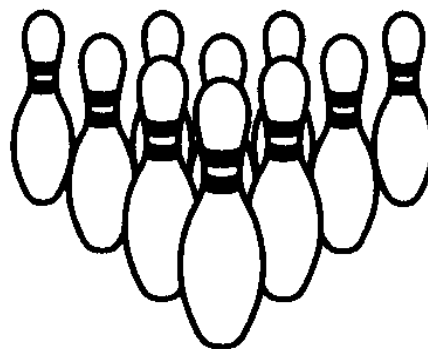
*Come join us for  
bowling, pizza,  
& prizes.*

**Sponsored By:**

*Home Oxygen &  
Medical Equipment*



## ATOMIC BOWLING



### Calling All Bowlers!!

This years Annual Meeting in St. Cloud (September 22-24) will be featuring the ever popular "Atomic Bowling" on September 23.

- Teams will consist of four members, + one alternate
- Prizes will be awarded for:
  - Best Team Name
  - Best Team Bowling Shirt
  - Most Strikes, Spares, Gutterballs
- Transportation to lanes will be provided.

### REGISTER YOUR TEAM NOW!

- Call Kim Morgan, at 651-628-4751 to receive your team registration form.

Atomic Bowling is sponsored by  
Allina Home Oxygen & Medical Equipment

**S T R I K E !**



**Candidate Profiles...**Continued from page 13

Section Newsletter, American Association for Respiratory Care.

**Education:** Associate of Arts, Miles Community College, Miles City, MT. Associate of Science in Respiratory Therapy, Rochester Community College/Mayo Clinic, Rochester, MN. Bachelor of Arts, Winona State University, Winona, MN

The profession and our society has many exciting opportunities and changes to address in the next few years. The AARC is moving towards a new model of governance in which specialty sections will elect members to serve on the Board of Directors. The House of Delegates will have a more active role in establishing policy for the society. I will give an honest effort to represent the needs of Minnesota practitioners in the House utilizing the experience and considerable resources that I have established through my years of service to the profession.

## Spring Forum "Warm It Up"

By Laurie Tomaszewski

In typical MSRC fashion we "Warmed It Up" at the spring forum! The F.U.N. committee had a little trouble getting off the 1st annual golf outing. However, the rain did not dampen all spirits. A few therapists braved the elements..rain, mud... and came in smiling.

The attendants received 5 CEUs by participating in the following presentations: Carolyn Dunow from Fisher & Paykel spoke on "Optimal Humidification Delivery." We now know why humidification is vital. "Prospective Payment System" was presented by Karolee Alexander from HealthEast Care System. Karolee illustrated HCFA's goals for the prospective payment system. Paul Ratte, ND from the Infinite Healing Center explained how to detoxify and care for our bodies in "Spring Cleaning For Your Body". Chris Tholkes and Pat McKone from the American Lung Association spoke on "Update: Tobacco Settlement" and "Asthma Education: Train the Trainer" respectively. Did you know that tobacco manufacturer's encouraged retail stores to keep cigarettes by the doors for teens to steal? The stores would then be reimbursed for all packs missing. The American Lung Association is partnering with the MSRC to create a speakers bureau to educate schools about asthma. COME JOIN US.. all therapists are educators, lets teach the community about asthma! The spring forum was followed by a Board of Directors meeting, watch for our new web site!!!

## Looking for one source for rentals, sales and service?

Call Respironics' Minnesota Customer Satisfaction Center

**1-800-669-9234**

*We answer 24 hours a day, 7 days a week*

Your Respironics Customer Satisfaction Center team in Minnesota includes:

**Sheri Erickson**, *CSC Manager*  
**Julie McLaughlin**, *Account Manager*  
**Tom Rawlins**, *Account Manager*  
**Russ Kruger**, *Ventilation Specialist*



### CONGRATULATIONS TO THE FOLLOWING RCP'S WHO PASSED THE NBRC REGISTRY EXAM!

Angela Anderson	David Bursey
Melissa Carpenter	Brent Chapman
David Danberg	Susan Dellwo
Stacy Doll	Christina Finken
Michelle Holtz	Elizabeth Lampi
Kathleen Lehmann	Jody Osowski
Maththew Schmidt	Roger Smith
Randy Steffen	Jason Stoen
Ted Wawrzyniak	Laura Williams

### CONGRATULATIONS TO THE FOLLOWING RCP'S WHO PASSED THE NBRC CERTIFICATION

Timitra Carvelli	Juliane Danner
Nicholas Delich	Jessica Eckoff
Rebecca Emerson	Kari Gravelle
Shanna Jensen	Kathryn Kuecker
Summer Mac Rostie	Davis Rush
Gary Sakamoto	Maria Schmidtbauer
Anna Marie Spartz	Amy Totzke
Joan Welter	

# ALA Link

by Cheryl Sasse

# FluStop at work



## 10 fast facts about the FLU

1. Influenza is a respiratory illness. Don't confuse it with a cold or a stomach illness.
2. Influenza is a contagious viral infection that can affect anyone, anywhere.
3. You **can not** get the flu from the flu shot.
4. You need a flu immunization once each year because the virus strains change every year.
5. The best time for your flu shot is from early October to mid-November.
6. Flu season in the United States generally begins in December and extends through March.
7. It is safe to get a flu shot if you are breastfeeding.
8. Women in their 2nd and 3rd trimesters during influenza season are recommended to get a flu shot.
9. People over 65 and those with chronic illness are at higher risk for complications of the flu such as pneumonia. They need a flu shot and should also ask their health care provider about getting the pneumococcal vaccine.
10. Influenza is a bad disease with a good vaccine. Get your annual flu shot!

Fall is always an exciting but hectic time of the year for Respiratory Care Practitioners. After a years worth of planning and meetings, the MSRC Annual Education Program finally arrives and is quickly followed by our celebration of Respiratory Care Week. Both these activities focus on our roles and responsibilities as RCPs.

While some of our duties are obvious and cannot be missed due to their constant presence (therapies, ventilator management, patient care, staffing, budgets.....) others are not so obvious but just as important. The one I'm thinking of takes only a few minutes of time and benefits your patients, your family, and you! It is a flu shot!

Now maybe you've heard this before and maybe not. My guess is that you're so busy with the day to day obligations of your job that you may not have gotten the message. You are not alone. A study of influenza immunization rates among Health Care Workers (HCW) showed less than 32% got their flu shot.

I can only speak from my own experience and with my head hanging low, I confess that I did not receive a flu shot any of the years I worked as a staff therapist. I wish I could say they weren't offered but the truth is that I didn't get the message. I saw the posters and payroll stuffers but didn't think I was a candidate. My reasoning was that I am a fairly healthy person, I seldom get sick so thus, I don't need to get a flu shot. **WRONG!** Health Care Workers are targeted to get a flu immunization because they work with individuals that are at high risk for influenza and its' complications. Here's the bonus, Minnesota based research found that healthy working adults who got a flu shot had:

- 25% less upper respiratory illness
- 43% fewer sick days due to upper respiratory illness and
- an estimated cost savings of \$47 per healthy worker.

At the American Lung Association of Minnesota we have several components to our influenza campaign. The biggest is our FluStop at Work program. We have a set of materials that worksites can use to inform their employees of the importance of an annual flu shot and set up an on-site immunization clinic if they like. We also keep a database of nursing vendors that will go to worksites and offer such clinics. Last year one vendor did over 40,000 worksite shots! In the past two years we've hosted the Drive Up Flu Shot Clinics in the Metro area and gave numerous presentations about influenza throughout the community. We also host an annual influenza and pneumococcal disease prevention conference each summer.

Statistics show that Minnesota has reached a national goal of having at least 60% of its senior citizens immunized. While we are pleased to have reached that goal (many states have not) there is still work to be done. Our patients are getting the message, but as health care workers, are we?

Each day we practice techniques such as good handwashing and use protective masks and gowns to help protect our patients and ourselves. It is our responsibility to do this. I strongly urge you to get your flu shot this year and every year. As Respiratory Care Practitioners, let's take the lead against this respiratory illness.

If you would like more information about influenza, please contact me at the American Lung Association of Minnesota at (651)223-9565.

MSRC Student Corner



# Congratulations to the Graduating Respiratory Care Students !

### To Graduates

*May all of the patients you care for get well  
And your night shift assignment be short.  
May all the things we've taught you while here  
Make sense out of every report  
May your salary be more than equals your needs  
So your plans can at last be begun,  
But most of all may the last two years  
Make your future years really good fun!*

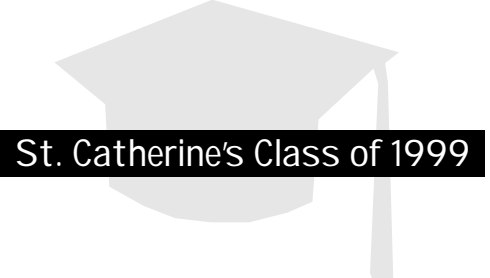
H.F. Helmholtz, MD.



Lake Superior's Class of 1999



Mayo's Class of 1999



St. Catherine's Class of 1999

Here is a web site tip from The College of St. Catherines: [www.rtcornet.com](http://www.rtcornet.com). It has practice questions for the boards!



## Midwest Medical Services

(612) 780-0100  
(800) 780-8553

*Depend on us for:*

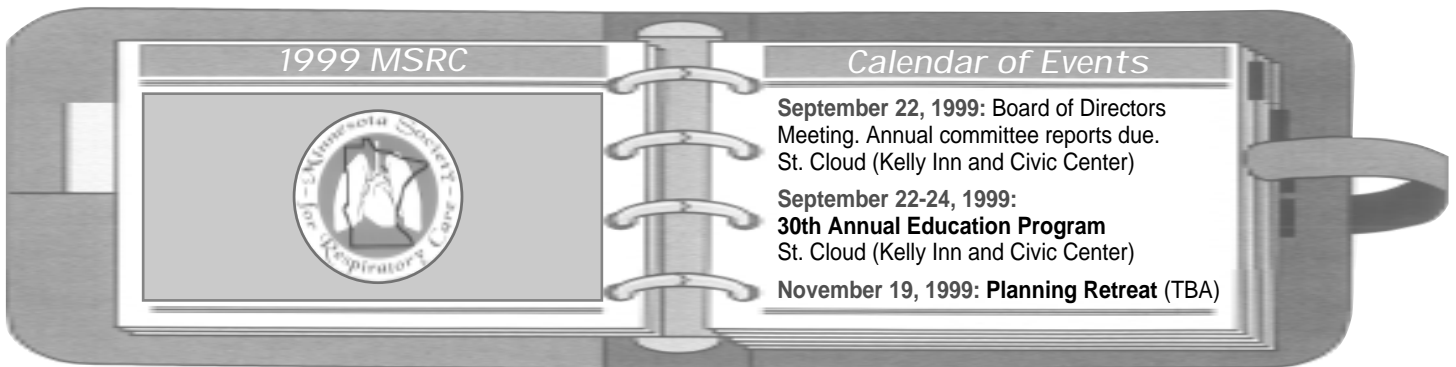
- OXYGEN
- OXYGEN CONSERVATION DEVICES
- LIGHT WEIGHT PORTABLE UNITS
- APNEA MONITORS
- CPAP/BI LEVELS
- NEBULIZERS
- RESPIRATORY MEDICATIONS
- SUCTION MACHINES
- VENTILATORS
- DME

*Services Include:*

- Fast Friendly Service*
- Patient Training*
- Insurance Verification and Billing*
- Home Patient Follow-up*
- In Home Visits by Respiratory Therapists*
- Same Day Home Delivery*
- 24 Hour Service*

***Respiratory Home Care***  
*for the Twin Cities and Surrounding Area*

**JCAHO Accredited**



MINNESOTA SOCIETY FOR RESPIRATORY CARE  
Office at the American Lung Association of Minnesota  
490 Concordia Ave.  
St. Paul, MN 55103-2441  
1-800-642-LUNG

**Bulk Rate**  
**U.S. Postage**  
**PAID**  
**St. Paul, MN**  
**Permit No. 17**

