

The Bronchus

Official Newsletter of the Minnesota Society for Respiratory Care

Vol. 23, No. 4

WINTER, 1999



PRESIDENT'S MESSAGE

30 years ago, Richard Nixon was President, the United States landed the first man on the moon, and the largest rock concert crowd in history gathered at Woodstock. It was also the year of the First Annual MSRC Convention.

Now, I don't know about that first convention, but I can tell you that the 30th Annual was a huge success. The attendance was outstanding and the lectures superb. We also saw a new Sputum Bowl champion crowned, Methodist Hospital of St. Louis Park. They will now represent Minnesota at the National convention in Las Vegas this December. Hats off to Peggy Lange of St. Cloud for coordinating a wonderful conference. Thank you as well, to the entire planning committee and to the vendors, we really appreciate your support.

56 new members signed up at the convention. We've approached a Minnesota membership total of 600, or nearly 50% of all the practitioners in our state. It is obvious what a strong state organization we have and we take pride in being part of it. You can be certain incoming President, Jessie Christopherson, and the newly appointed officers and chairpersons for 2000, will not allow the MSRC to stand still!

The AARC has directed the state societies to develop or strengthen the Legislative Affairs committees. They have introduced the concept of Political Advocacy Contact Teams (PACT) for each congressional district. The MSRC has done this through the current Legislative Affairs Committee. The idea is to "proact" and to respond to governmental issues (reimbursement, etc) on a grassroots level. Alex Adams and our current alternate delegate, John Wheeler, are now the co-chairs of this committee. Please contact them if you have any issues or ideas.

President's Message...Continued on page 3

In Our Memories Forever... Jim Kidd

By Denise Johnson and Curt Merriman



The 1999 MSRC Annual Convention in St. Cloud was the first without Jim Kidd. We still felt his presence in all of the venues; on the golf course, in the vendor hall and of course the after hour social gatherings.

Jim died on July 10 at home after a short, courageous battle with cancer. He is survived by his wife

Donna, of Hudson, WI, as well as many friends and family members, and his dog Blue. He worked for the past 25 years in respiratory sales, with the past eleven years spent at HealthEast Med Home.

Jim Kidd...Continued on page 3

"We've Lost a True Friend Amongst Us."

By Michelle Ritzman



Thomas Wethern of the Cardiopulmonary Department at St. John's Hospital passed away suddenly on July 5, 1999. Tom was always very positive and caring towards everyone he met. He was a co-worker known to many throughout the HealthEast System working as a Respiratory Therapist at St. John's, St. Joseph's, Divine Redeemer, and Bethesda Hospitals.

He was very committed to his family and spirituality. He was a great role model and the father of seven children. He always entertained us with funny stories of his everyday life. We miss his genuine smile and great sense of humor.

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President's Message...Continued from page 1

Planning efforts are well underway for next years educational meetings. Some of the sites are still pending, but jot down these dates:

January 21	Frostbite Forum
May 19	Spring Forum
Sept 21-22	Annual Fall Meeting in Rochester

As a reminder, any member with name, address, or membership status changes should continue to forward them to the AARC and myself.

This will be my last time to write to you as President. It has been a privilege and a rewarding experience. I would like to express my thanks to the MSRC officers and committee chairs for their commitment of time and effort in creating so many positive changes for our profession, and to you the membership, for your support.

Thank you for the opportunity to have served as your President.

Hope to see you in Las Vegas.

Allen Kendall, RRT
President

Jim Kidd...Continued from page 1

Many of us have our own special memories of Jim. He took a genuine interest in others, with his ability to listen and develop long lasting relationships. His smiling face, firm handshake, perfect silver hair, spit-shined shoes and impeccable attire made quite an impression on those he met. He also was known as "Jimmy Jingles" for his pocketful of jingling change, and he had an uncanny ability to hit trees when out on the golf course! His commitment to his friends and customers will be missed. He left a warm, lasting memory in the hearts of all who knew him.

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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.

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Deadlines for submission of articles for 2000 are:

January 18 — April 11 — June 20 — September 26

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MRCF Report 1999 Student Awards

Kathy Prosnick, RRT, RCP

The following are the results of the 1999 MRCF Student Awards presented at the MSRC Education Program

Northern Minnesota Scholarship - Sponsored by SMDC Health System \$250.00 Award - Diane Blight Lake Superior College, Duluth

Peter Gunter Scholarship - Sponsored by Health East MedHome \$500.00 Award - Diane Blight, Lake Superior College

Helmholz Awards - Sponsored the Minnesota Society for Respiratory Care

1st Place Award - \$400.00 - Cheryl Fowler, College of St. Catherine; *Chronic Respiratory Disease Secondary to Gastroesophageal Disease*

2nd Place Award - \$300.00 - Tamera Brown, College of St. Catherine; *Unconventional Therapies in the Treatment of Asthma: Trends in Patient Use*

3rd Place Award - \$200.00 - Hideko Kancda, St. Paul Technical College; *Weaning Parameters Used by Minnesota Respiratory Care Departments*

4th Place Award - \$100.00 - Christine Langteau, St. Paul Technical College; *Using Rapid Shallow Breathing Index*



Cheryl Fowler College of St. Catherine receives Helmholz Award.

Judges for this year's awards included two Respiratory Care Practitioners, one Critical Care R.N., and one pulmonary physician.

Three respiratory therapy programs in the state submitted papers for the Helmholz competition. One program submitted students for both the Peter Gunter and Northern Minnesota Scholarship awards.

Congratulations to all 1999 award winners!

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F.U.N. COMMITTEE REPORT 1999

Denise Johnson & Curt Merriman

President Al Kendall, who appointed Past President Denise Johnson as committee chair, founded the F.U.N. (Founders of Unbelievable Nonsense) committee in 1999. Charter committee members include; Curt Merriman, Deb Skees and Ron VanBeusekom. This is the home of the unofficial MSRC awards. The charge of this committee is to acknowledge and reward observable outbursts of spontaneous fun. The MSRC has a plethora of award opportunities in each of its venues. The committee takes its charge seriously.

Here are the first unofficial official awards given at the annual meeting in St Cloud. Winners were awarded a F.U.N. sticker, our business card and a lovely parting gift.

Best kiss on the golf course: Marty Davig and Bill DeMars

Person who traveled the most distance to have fun:

Kathleen O'Brien (Portland, Oregon)



**F.U.N. Committe Members, L-R
Curt Merriman, Deb Skees, Ron
Van Beusekom, Denise Johnson.**



**F.U.N. Award Best Kiss
on the Golf Course, Marty
Davig and Bill DeMars.**

Best gawking at the social hour: Matt Gimme

Most excited and pumped up to be here award: Jane Strub

Best cheerleader at Sputum Bowl: Kurt Rothwell

Most begging for a F.U.N award: Sharon Hansen and
Pam Clifton

Best F.U.N. committee member wanna-be: Lisa Hamel

Best song leader on bus trip to bowling: Chad Bovee

Team spirit at bowling alley: St. Paul Technical Students

Most desperate for a F.U.N. committee award:

Amy Jo Newton

Best song leader on return bus trip from bowling: Brian Kelly

Best kick line at bowling: Laurie Tomaszewski, Cheryl Sasse,
Sue Shippley

Best style in a losing cause bowling: Scott Sapp

Totally Jazzed about vendors: Ron VanBeusekom

Just because F.U.N award and still fun at 40: Jane Hagstrom

Just because F.U.N. #2: Jamie Zakula

Best bowling color commentator at bowling: Mike Compton

Boxer faithful and modeling award: Liane Oanes

Be aware, be very, very aware! The committee is everywhere, and you never know when you will be spotted by one of us. You will find us wherever F.U.N. is.

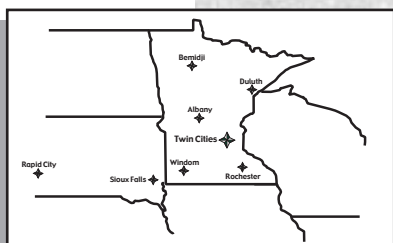


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1999 "RCP of the Year

**Sue Wiersgalla RRT,
RCP, North Mer-
moral HealthCare,
receives 1999
"RCP of the Year"**



Answer for page 15

The first Annual Duffers Tournament, 1989. The team members are pictured from left to right are: Ron Van Beusekom, Jamie Zakula, Kurt Hartwigson, Ken Ottum.

Get Up and Go!

Traveling with CPAP

by Deborah Haider, RPFT, CRTT, RCP

As our lives escalate into the fast-paced new millennium, most of us find ourselves with an increased need to be mobile. We have our calendars on palm-top computers, we commute to and from work, we travel to attend conferences, and, if we can squeeze it in, we travel for vacations to luxurious or sometimes rustic destinations.

As medical technology has advanced, our patients using oxygen, CPAP, and bi-level positive airway pressure therapy are also becoming more mobile. Light weight, portable, yet sophisticated respiratory equipment has provided them the ability to very easily "get up and go!" Respiratory Care Practitioners, especially those involved in home care or case management, can become experts on traveling with medical technology, and in turn help their patients become more independent and improve compliance with therapy.

General Travel Guidelines

It is important for all patients traveling with medical equipment to have a physician's letter or medical information form with them at all times. The physician's statement should document the need for the CPAP device and the prescribed therapy pressure. Having this available may minimize delay and security concerns at airports, and should answer any questions if the CPAP device malfunctions, or if medical attention is required while away from home.¹

When planning for their trip, it is also useful for patients to determine the location of home care companies along their route or at their destination² that handle CPAP equipment, in case of equipment malfunction. The patient's home care company should be able to provide a reference to a reputable company at the travel destination.

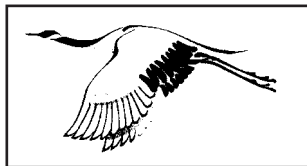
For most travel, size and weight of the equipment is a main concern. If a patient does a lot of recreational or business travel, you will want to equip them with one of the many lightweight CPAP devices that are specially designed to accommodate travel. Many good options exist for CPAP's weighing less than 5 pounds (less than most laptop computers).

Leaving on a Jet Plane... Air Travel with CPAP

If traveling by air, it is easy to take along a CPAP device. Patients should be instructed to use the carrying case made for the device, and to carry it onto the airplane as one of their carry-on items.

This will provide the best protection for the device and ensure that it arrives with the patient, so that they do not have to sleep through a night without CPAP.

As far as airport security, the x-ray scanners will not harm the CPAP device, but it is important to have a medical statement from the physician verifying that the patient is carrying medical equipment and documenting the prescribed use of the device. Some CPAP devices, such as



the Resironics Solo Plus LX, have a medical device notation on the bottom of the machine stating that it is medical equipment.

Around the World in 30 Days

If overseas travel is planned, you will need to instruct the patient in adapting their CPAP device for 220 volt AC power. Usually, this is easily accomplished by changing a fuse and the voltage setting in the back of the unit. Some CPAP's, such as the ResMed SULLIVAN series and the Resironics Great Performer's CPAP series (Solo Plus LX, Aria LX, and Virtuoso LX), have an internal universal power supply and automatically adapt to the appropriate AC voltage. In this case, the patient will need only the proper international plug adapter kit for the country they are visiting. Check the manufacturer's operating instructions for specifics on each device.



I'm on the Top of the World

Being at higher or lower elevations with different barometric pressures than that at which the CPAP device was originally set will affect the pressure delivered. At higher elevations, compensation will need to be made for the reduction in pressure output that occurs as altitude increases.



Almost all modern CPAP units can be adapted to change in elevation by a simple keystroke that the patient can be instructed to perform once they reach their destination. Refer to

the manufacturer's operating instructions and review this information carefully with your patient, letting them practice the keystrokes, so they are prepared in advance to make the necessary adjustment on their machine.

Certain CPAP devices have automatic altitude compensation. In this case, operator intervention is not necessary; and the machine will automatically adjust pressure output according to the barometric pressure at the destination elevation.

If the patient has an older CPAP unit without the ability to compensate for elevation, make an appointment for them to visit a home care company at their destination to have the pressure output measured and set appropriately. This will require that the patient have their CPAP prescription with them.

Off to Camp or On the Road Again

If your patient is going camping or is a truck driver and will be sleeping where there is no access to electricity, it is still possible for them to use their CPAP.



Get Up and Go!...Continued on page 6

Get Up and Go! *Continued from page 5*

Almost all CPAP units will work on 12 volt direct current (DC) power. To run the CPAP device on battery power, battery adapter cables and a DC power cord will be necessary, as well as one or more 12 volt, 100 amp deep cycle batteries. Check with the manufacturer to be sure you know how long this type of battery will last given your patient's CPAP pressure. At average pressures of around 10 cmH₂O, the 12 volt battery should last at least 24 hours. These batteries are generally heavy, so your patient will need to plan in advance for their transport.

In the case of an over-the-road truck driver who may be sleeping in his vehicle or patients that travel by motor home or boat, a DC power cord and DC interface module may be all that are necessary to use CPAP when the vehicle is stationary. This special DC cord is utilized to adapt the CPAP device to the vehicle's cigarette lighter or DC power outlet.

Manufacturers' instructions concerning DC power accessories should be consulted and followed. Most manufacturers recommend utilizing only the DC accessories supplied by them for use in their CPAP device. In fact, some warn that the "use of a different system may cause damage to the unit or vehicle."³

Bon Voyage!

As you can see, it is very simple to travel with CPAP. The keys to a successful trip with CPAP or any other respiratory device are thorough planning and knowledge of the equipment², patient instruction from a Respiratory Care Practitioner educated in traveling with CPAP, and the appropriate device accessories.

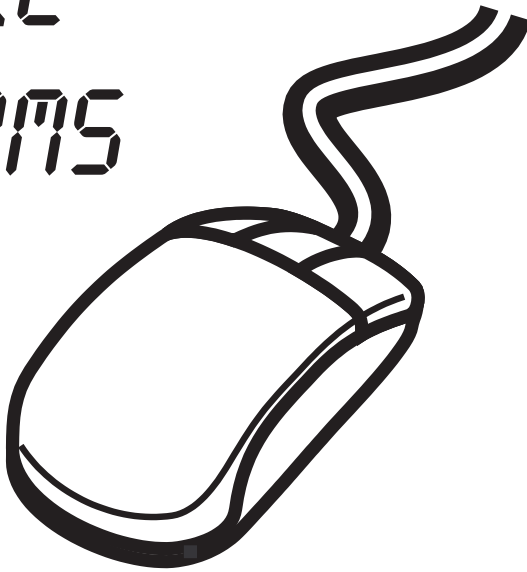
Upon completing their travel, the patient should have the benefit of an increased sense of independence². This may in turn improve their compliance with CPAP therapy as they begin to perceive it as less of a hindrance to living their life.

* Deborah Haider is the Respiratory Care Chronic Disease Coordinator at North Memorial Health Care in Robbinsdale, MN.

References

1. DeWitt DE, Ostergaard D.(1983). Traveling with lung disease. The special problems and concerns. Postgraduate Medicine, 74(5):333-334.
2. Bach, CA. (1992). Traveling with technology. Rehabilitation Nursing, 17(3):141-143.
3. Respiration, Inc. (1996). Solo CPAP System User Instructions.

COMPUTERIZED NBRC EXAMS



The NBRC now has computerized self-study exams online. These exams are in the same format as the credentialing exams. The computerized credentialing exams are due to begin in 2000. For more info about the NBRC exams online, go to the MSRC website at MSRCnet.com and use the link to the NBRC.

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did this
team win,
and who
are
they ?**

Answer on page 17



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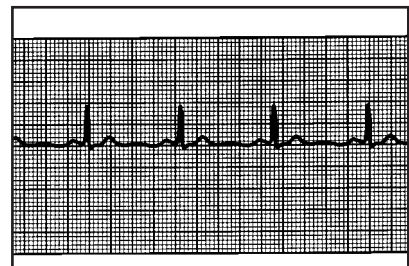
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Respiratory Care Week

Cindy Darnell, RRT of American Biosystems, Inc. (ABI VEST) celebrated Respiratory Care Week by setting up a booth to give staff an opportunity to learn more about Respiratory Health and the roles of the Respiratory Care Practitioner.



This Years 1999 Respiratory Care Dinner Sponsored by Allen J. Hansbury and Unity Hospital



Pictured from left to right are Suzanne Olson RRT, Cindy Darnell RRT, and Marty Davig RRT.



North Memorial Health Care's Natalie Netting and Bill McConnel Celebrate Respiratory Care Week in October.

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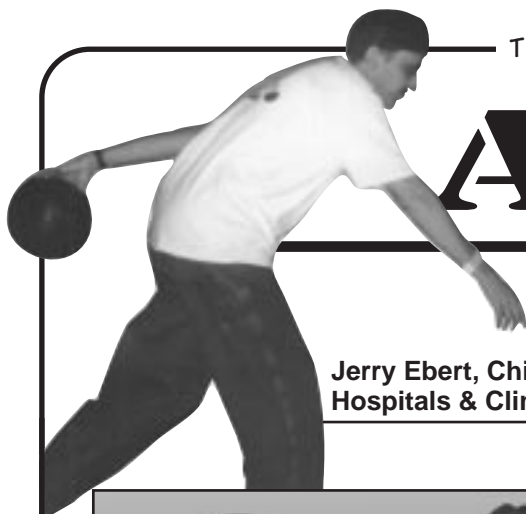
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ATOMIC



Hennepin County Medical Center took home 2 trophies: Highest Score & Most Spares, Vicki Engmark, Kris Eans, Judy Hannigan, Not pictured Ron Kadinger.

Regions Hospital, Plemingoes took home the "Best Approach to the Lane" Trophy, Sandy Presnail, Joanna LeMay, Kelly Sullivan, Sheila Bailey-Seiler, Maira Schmidtbauer



North Memorial, *Fighters in Respiratory Evil* take a shot at Atomic Bowling, Bill McCohnell, Natalie Nutting, Mike Toombs, Denise Stacklie.

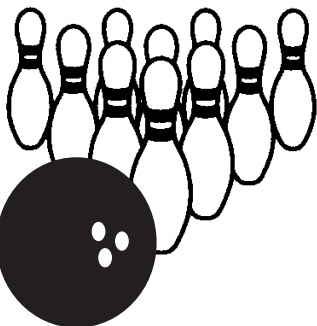


St. Cloud Hospital's *Gang Green*, Won Most Gutterballs Award, Judy Boeckman, Shelly Carlson, Joyce Johnson, Kelly Couture.

Heartland Atomic Bowling. Winners, Most Strikes, Heartland Medical, Frank Schrupp, Vicki Schrupp, Lisa Jensen, Bav Mamuel, Kim Borgstrom.



BOWLING



Allina Home Oxygen & Medical Equipment Sponsored 2nd Annual Atomic Bowling.



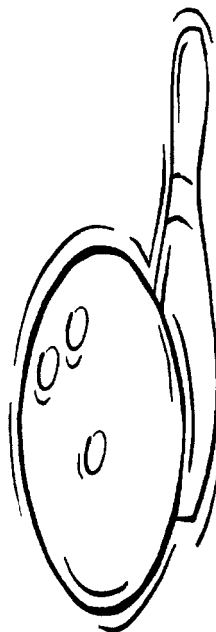
St Cloud Hospital's *Heated Humidity* Won the Best Team Shirt, Tammy Bradford, Erin O'Connor, Carol Ergen, Mary Muhlhauser.



Students from St. Paul Technical College get ready to have some fun.



Home Oxygen & Medical Equipment



Thank you to all those who participated in the 2nd Annual MSRC Atomic Bowling Tournament.

Allina Home Oxygen & Medical Equipment looks forward to seeing you next year.

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No "Butts" About it, the MN Thunder Use Their Heads



By: Deb Skees

It was a balmy evening—warm tropical breezes and a crystal clear blue sky—the kind of night that stimulates all your senses. Out on the grassy knoll in front of the stadium, frisbees were flying, grills were sizzling, and Jimmy Buffet tunes were floating in the wind. RT's and their families were enjoying the chance to "tailgate" and appreciate one of the last days of summer before the Thunder soccer game against the Milwaukee Rampage. The event was sponsored by the Public Relations Committee of the MSRC to celebrate and recognize the Thunder organization for their efforts to positively impact smoking prevention in youth.



**Helen McMillan, RCP, RTT
Sings the National Anthem**

Home Oxygen and Medical Equipment Specialist at Unity Hospital, sang the National Anthem before a crowd of about 4,000 fans in the National Sports Center Stadium. The powerful but pure sound of her voice was awesome as the flags rippled through the evening breeze. The crowd was completely stilled by the beauty of her performance, another testimony to the magic of the night.

Following the National Anthem, and before the game, the team was recognized for their efforts against smoking in a brief ceremony. Children of Minnesota RT's who play soccer participated by reciting a message of appreciation and presenting Coach Buzz Lagos with a tro-

phy on behalf of the MSRC. The crowd gave the kids a rousing applause for their public stance against using tobacco. Afterward, "high fives" and handshakes were exchanged among the team, kids, and MSRC representatives.

At the stadium, Lianne Oanes, PR co-chair and Kurt Rothwell, a second year RT student at St. Paul Technical College, distributed information on smoking, respiratory health, and our profession. Kids were thrilled to get stickers and temporary tattoos in keeping with the no smoking theme, and parents were appreciative of the efforts. A drawing was held for a Sportmart gift certificate, which was presented at half time to one lucky young fan who had visited the MSRC booth.

The evening was a complete success. The Thunder, division champs, went on to decisively defeat the Rampage, 3-0, and the MSRC brought attention to the profession of Respiratory Care and healthy choices for youth. Special thanks to Helen McMillan for sharing her voice, Marty and Denise Johnson for capturing the evening on film, Kurt Rothwell for his energetic approach at the booth and the soccer youth, Ian and Cooper Johnson, Trevor Scherer, and Neal Skees.

The celebration continued at the game as Helen McMillan, RCP and Allina



**Buzz Lagos, Coach of the Thunder, receives a trophy from
Cooper Johnson, representing the MSRC.**

A PICTORAL TR 30TH ANN EDUCATION

A special thank you to all the members, especially Peggy Lange. What an event!



MSRC
President,
Al Kendall,
welcomes
members.

Mohamed
Yassin, MD of
Allergist, Allergy
& Asthma
Associates, PA
spoke regarding
Pediatric Asthma.



Sputum Bowl Winners,
Julie Clarke Wilson, Dave
Danberg, Vicki Nimmerfroh,
and Matt Anderson pose
with Fred Helmholtz.



"Iowa Babies"
Mike Wheeler
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Lane with Vendor Chair,
Ron Van Buesekom



St. Paul Tech
students do their
best cheer at the
Sputum Bowl.



Skip Johnson,
Mallinckrodt
displays a
PB 840 at the
vendor break.



Winners of 1999 Duffer's Golf Tournament



Jeff Ledee,
Bruce Minkinen,
Nancy Rydland
and Scott Hary.

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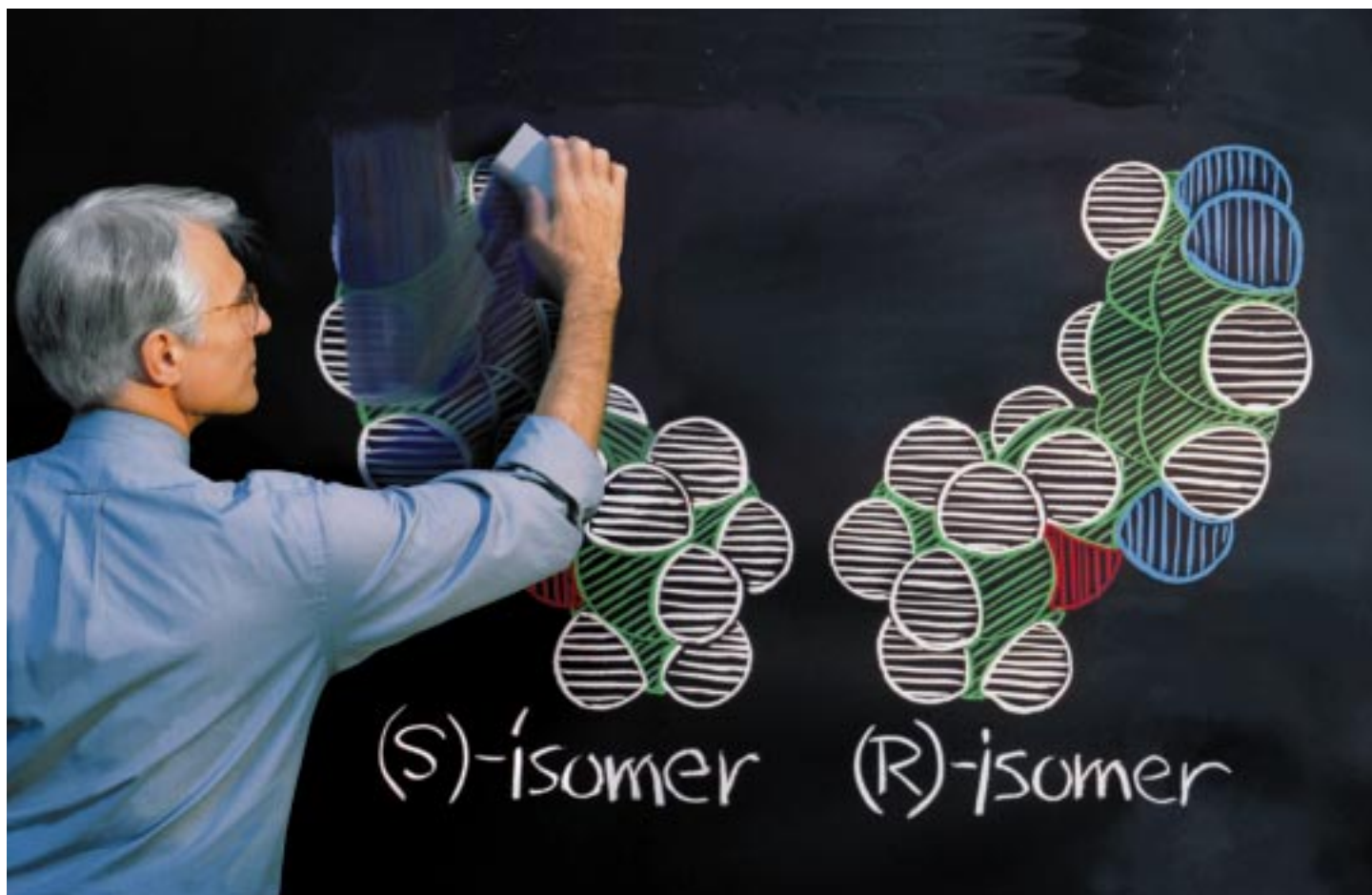
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Small Volume Nebulizers
Over Night Oximetry
Portable Suction Equipment



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CONGRATULATIONS TO OUR NEWLY ELECTED MSRC OFFICIALS

PRESIDENT ELECT - Ron VanBeusekom

VICE - PRESIDENT - Deb Haider

SECRETARY - Jeff Anderson

BOARD OF DIRECTORS - Lynne Bausman

Andrine Docken

Curt Merriman

Michael Toombs

Sandy Presnail

ALTERNATE DELEGATE - Denise Johnson

Our new Medical Director is Amit Chandra MD, Pulmonologist

❖ **QUEST** HEALTH CARE

QUEST Health Care is a home care organization dedicated to providing comprehensive home respiratory care services to referred patients with the utmost quality and professionalism.

Services Include:

- ❖ 24-hour on call service
- ❖ Patient Instruction and Training
- ❖ Delivery Service
- ❖ Discharge Assistance
- ❖ Patient Assessment
- ❖ In home oximetry testing

Equipment Includes:

- ❖ Oxygen Concentrators
- ❖ Oxygen Conserving Devices
- ❖ Portable Oxygen Systems
- ❖ Unit Dose Medications
- ❖ Nebulizers
- ❖ CPAP
- ❖ BiPAP
- ❖ NiPPV (Noninvasive Ventilation)

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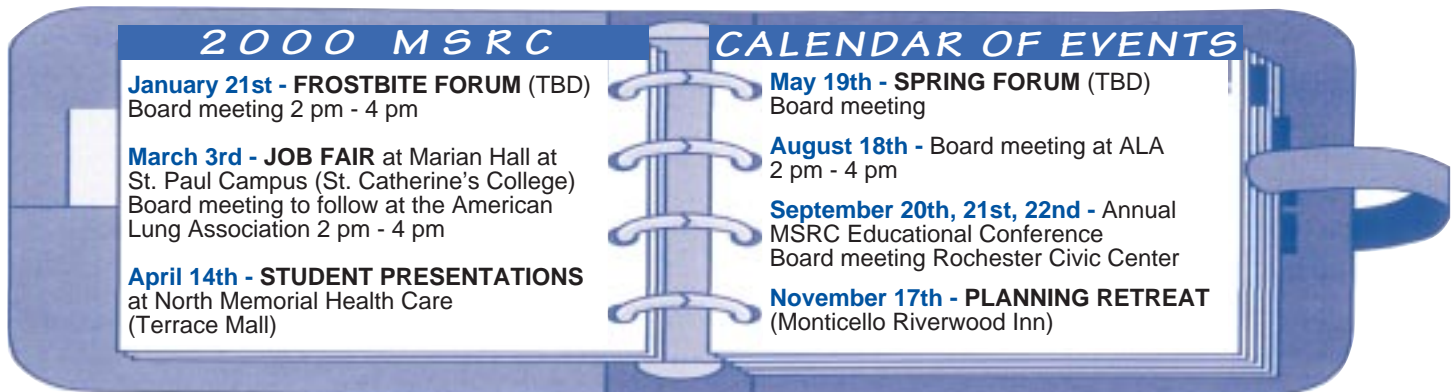
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