

# The Bronchus

Official Newsletter of the Minnesota Society for Respiratory Care

Vol. 24, No. 2

SUMMER, 2000



## PRESIDENT'S MESSAGE

Jessie Christopherson

### WHERE ARE WE GOING?

What is happening here in America? In years past, volunteerism was something our parents just did. Being raised

that way myself, there was no question that I would volunteer in my lifetime. I remember as a child, a neighboring farm that was completely destroyed by a tornado. The family consisted of two parents and an infant. The mother and baby were both killed. Immediately my dad loaded all six of us kids up in the pickup, and we spent the whole day picking up the carnage left from the tornado. I was eight at the time and remember feeling extremely overwhelmed with sadness when I found some of the child's toys; knowing that she was dead. We were all tired, filthy, and hungry by the end of the day, but I will never forget feeling very proud of the fact that we had helped someone else out in his or her time of need.

I am attempting to make the analogy that the MSRC is a small community with many needs. The MSRC provides the following on a yearly basis: three educational seminars that provide CEU's, a job fair, student/RCP presentations, and seven board meetings a year. Here is what just a few committees are working on right now. Public Relations is developing a "Membership Promotional Packet" for interested new members. Membership is updating the MSRC database and working with Public Relations to provide some novel incentives for new members and existing members. The Chronic Respiratory Disease Task Force is well on their way with Asthma camp, collaborating with the MN Pharmacists on providing education to pharmacists on spacer and MDI instruction, a website and newsletter.

We are developing a strong identity for the MSRC.

Not only are we providing and supporting education for RCP's, but we are working collaboratively with non-profit groups with similar interests such as Smoke Free Coalition, the ALA, schools, and many other organizations.

How do you fit in? The MSRC needs major involvement from front line therapists in the following areas:

- Participate as an active member on one of the following committee's: Education, Public Relations, Legislative, Membership, and multiple others to choose from.
- Involvement in Asthma camp (there are currently four asthma camps in the state of Minnesota).

Participation in the "Coalition of Respiratory Therapists for Asthma".

- Currently a chair is needed for the COPD portion of the Chronic Disease Task Force.

- There is an opportunity for two Co-Editors for the Bronchus Publication by the end of this year (mentoring will occur).

- There is an opportunity for an advertising coordinator at the end of this year for the Bronchus; also with mentoring.

- Recognize one of your own as "RCP of the Year" by submitting the form found in the "Bronchus" to Al Kendall, Past President.

- Run for an elected office or Board position.
- Attend at least one Board meeting a year.
- Help to develop and implement surveys on various topics concerning Respiratory Therapist's.
- Set up a meeting with your manager and ask for support for your endeavors in professional activities. If they are not able to be supportive it may be something you have to devote some of your own personal time to. Your career as a professional RCP is certainly worth it!

- Partnering with students to provide mentorship

What other time, and where else would you be able to gain such valuable experiences? This may be the only chance you ever get to learn a new function and be able to make a mistake, and not worry about getting

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let go. Instead what will happen is someone with previous experience will help mentor you and facilitate improvement so that mistakes can be avoided. Mistakes are not bad, they are a mechanism for us to learn to make things better. This new function such as editing a newsletter may land you a new opportunity in your chosen career that increases your pay and job satisfaction. Volunteerism is a two way street which is a win-win for both the volunteer and the society. What are you waiting for? Let this be a personal invitation, and no RSVP is necessary.

In order for positive growth to occur, it will take a community in which each individual actively participates. Supporting leadership in making difficult decisions on areas of expansion can be uncomfortable because we don't always know the outcomes. There is always risk involved, but if we don't try we will never know how and what we could do. We will feel growing pains, but with those growing pains several things will be gained. We will gain experience, renewed enthusiasm and, a means to see where we were, where we are, and where we expect to be in the next two years and ongoing. The bottom line is we are going nowhere without involvement and interest from you, the member. Without you there is no need for a Society. If you are interested in any of the preceding ideas please contact me at 612-520-7457 or e-mail [jessica.christopherson@northmemorial.com](mailto:jessica.christopherson@northmemorial.com). Change is mandatory-Growth is optional. Please choose growth and get involved today. WE NEED and WANT YOUR INVOLVEMENT!

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

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Deadlines for submission of articles for 2000 are:

**Fall/June 20 — Winter/September 26**

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If you change your address or  
are having problems receiving  
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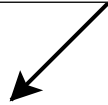
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# MSRC Chronic Disease Task Force Coalition of Respiratory Therapists for Asthma

And so you ask yourself, "How can I get involved with a really exciting group of people, and do more with the MSRC at the same time?" The answer??? Become part of the Coalition of Respiratory Therapists for Asthma!

The Coalition of Respiratory Therapists for Asthma is a sub-committee of the Chronic Disease Task Force. Its focus is to promote asthma awareness and effective asthma management throughout our communities and state. This year, the Coalition has a very full agenda. Our primary areas of focus for 2000 are:

- **Camp SuperKids and other ALA Asthma Camps throughout Minnesota:** Providing Respiratory Therapy staff for Camp SuperKids to assist with asthma education and care of the campers. This will involve instructing the children on proper technique for use of spacers with their inhalers, use of PDI's, and Peak Flow. We also procure equipment and supplies for the camp health services to ensure a safe environment for the campers. This year, we requested and were granted a donation from the MSRC to help support all of the camps throughout Minnesota, and we are helping to provide these camps with respiratory equipment and asthma educational materials.

- **Pharmacies:** This year, we will be working with Cub Pharmacies to provide spacers with MDI's. Our goal is to first make sure that all of the pharmacists are comfortable instructing patients on administering an MDI with a spacer. We will continue to work with them to provide educational materials and spacers to their patients, and to track beta-agonist use along with associated orders for anti-inflammatories. We hope to have an instructional poster demonstrating correct administration of MDI's with spacers in the Cub pharmacies later this year.

- **Asthma Education in Schools:** Our objective in the schools is to provide asthma awareness education to school staff, including teachers, physical education teachers and coaches, nurses, health assistants, and education assistants.

- **Asthma Web Site:** By the end of the year 2000, we hope to have developed an asthma page on the MSRC Web Site. This page would display asthma facts, asthma educational materials, and possibly links to other asthma resources.

As you can see, we have a busy year ahead! And we are already planning fun activities for next year. A sneak peak: an asthma fun run/walk for World Asthma Day in 2001! Now, since I know you can hardly wait to get involved, I've included below the dates

and times of our committee meetings:

<b>Tuesday, May 2nd</b>	<b>Tuesday, May 16th</b>
<b>Tuesday, June 6th</b>	<b>Tuesday, June 20th</b>
<b>Tuesday, June 27th</b>	<b>Tuesday, July 18th</b>
<b>Tuesday, August 1</b>	<b>Tuesday, August 15</b>
<b>Meeting Time is 9:00 a.m.</b>	

We generally meet on the first and third Tuesday of each month (with some modifications), at the Good Earth Restaurant in Roseville. We would be very happy to have anyone who is interested join us.... THAT MEANS YOU! Students and new grads are encouraged to get involved too.

For more information, please contact either of the Co-ordinators: Lynne Bausman at 651/232-2072, or Deb Haider at 612/520-4756 (or e-mail: deb.haider@northmemorial.com).

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## LEGISLATIVE UPDATE

*Denise Johnson*

The committee has had two meetings so far in the year 2000. The goals of this committee include:

- Monitor and provide a liaison to legislative bodies, the executive branch or judicial proceedings that potentially affect the practice or profession of respiratory care. We will continue to monitor and interact on the tobacco settlement money as needed.
- Ongoing communication with the AARC (specifically Cheryl West – Director, Government Affairs) will occur, as needed. Continue to monitor the activities of the Minnesota State Board of Medical Practice – Respiratory Care Advisory Council and provide input as necessary.
- Prepare and provide documents deemed necessary to interact with all state or national organizations.
- Monitor and act upon new issues as directed by the MSRC president, executive committee and/or Board of Directors.
- Representation from this group to attend the

AARC PACT meeting in Dallas, keeping us informed of AARC initiatives.

Highlights from our meetings include:

Members from this committee attended the League of Women Voter's workshop held at the state capitol in January. It was a valuable opportunity to learn about the Minnesota legislature and how citizens can become more involved. This workshop is open to the public and is held every January. We will keep you posted on next year's date.

We learned first hand from one of our committee members of the work she has been leading in Northern Minnesota, around the issue of second hand smoke. Jan Salo Korby reported of the successful campaign to move to all no smoking restaurants in Moose Lake, Minnesota. There are other efforts around the state to promote these same measures. It is a huge step and CONGRATULATIONS go out to Jan and all the rest of you who are hard at work around this issue!

We are also keeping an eye on the legislation to reduce the crime to shopkeepers who sell tobacco to minors.

The committee meets again in August and November. We are always open to new members. If you would like more information, please contact Denise Johnson, 651-220-6812.



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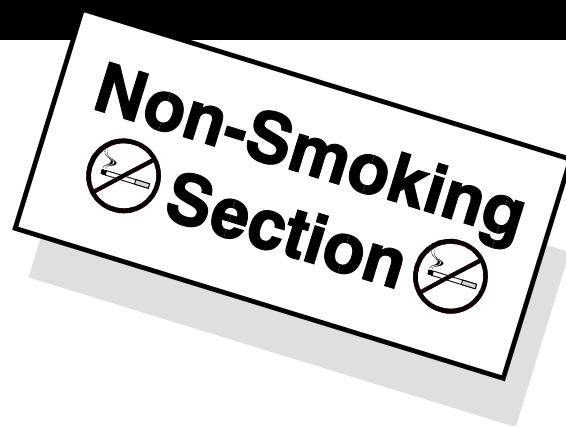
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*Jan Salo Korby, RRT  
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# TIME FOR A CHANGE



"Would you like fries with that?" "Soup or salad?" "Baked or mashed?" You might hear these questions in a restaurant, but one question you will not hear in Moose Lake, Minnesota is "smoking or non?" The City of Moose Lake is the first city in our state to pass an ordinance creating smokefree environments for its restaurants. Many thanks extended to Moose Lake for their foresight and wisdom. I commend the many concerned community members who worked on this project. This is a public health protection ordinance whose time has come. Environmental Tobacco Smoke (ETS) has been determined by the Environmental Protection Agency to be a class A carcinogen, the same danger as asbestos. There is no safe level of exposure to this toxin. ETS contains over 4000 chemicals and poisons, 43 are proven specific carcinogens. Second-hand smoke causes asthma, heart disease, stroke and cancer among a host of other illnesses. We in Minnesota are acclaimed for our health promotion and disease prevention. Why are we exposing food service workers and the public to this serious health hazard? It is now known that separating smokers and non-smokers does not protect the health of the nonsmoker. The science is clear. It is time now to clear the air.

As respiratory care practitioners, we all should be taking a leading role in helping our communities pass similar ordinances across the state. We know what an asthma episode looks like. We know the people that have COPD who are further isolated by not being able to dine out or go to events where smoking is allowed. We have seen the baby in the ER with ear infections and pneumonia. We have sat with the patients who are dying of lung cancer. We know the faces and the names. We have the passion and the knowledge to educate the public. I urge you to find out more about secondhand smoke and to become an advocate for change.

[Websites to visit: [www.alamn.org](http://www.alamn.org) and [www.no-smoke.org](http://www.no-smoke.org)]

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# MSRC

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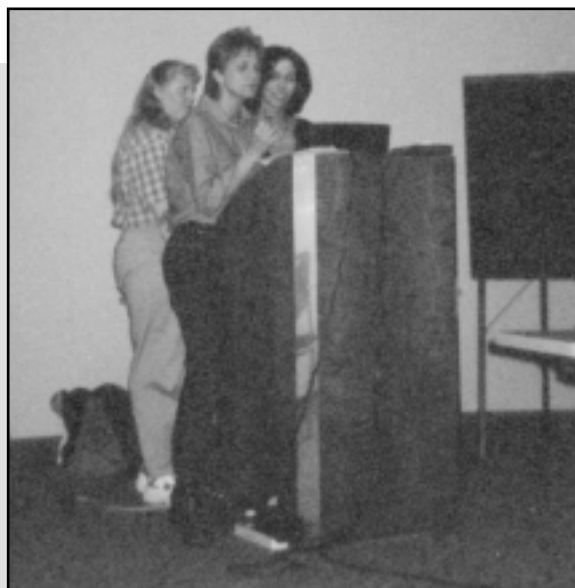
#### ASTHMA IN THE YEAR 2000

Deb Haider, Robbinsdale  
Deb updated us on asthma  
education & public awareness



#### WHAT'S THE BIG FAT DEAL?

Cheryl Fowler, a respiratory care  
student from St. Catherine's &  
Nat Blackstone and Vickie Engmark from  
Minneapolis discussed the  
cause of an abnormal chest x-ray



#### VIAGRA FOR THE LUNGS

Jeff Ward & Dr. Helmholz from Rochester  
discussed how to treat complications  
following Ivor-Lewis surgery with  
aerosolized Alprostadil

# SENTATIONS

APRIL 14, 2000

## AUTONOMIC EARTHQUAKE

Brad Thorn & Kyle Oen, Respiratory Care students from St. Paul Tech. shared with the group the complications from a wound.

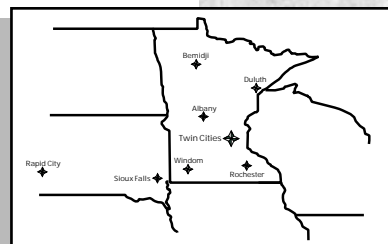


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# ALA LINK

Chery Sasse  
American Lung Association

T

he Minnesota Asthma Coalition is being developed by the American Lung Association of Minnesota (ALAMN) to provide a forum for information exchange among all members of the circle of care for people with asthma and to begin examining the various problems associated with asthma from a systematic perspective.

The mission of the Minnesota Asthma Coalition is to enhance the quality of life for people with asthma in Minnesota. In support of this mission, the following goals have been established:

To promote awareness, prevention and culturally sensitive education.

To ensure access to care and state-of-the-art treatment.

ALA LINK...Continued on page 12

RCP of The Year  
nomination deadline:

August 1, 2000

See page 14 for form.

Recognize someone you know.

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## 2000 MSRC

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Early Detection...Can We Stop Lung Cancer From Being the #1 Cause  
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Brochures will be available late summer.

For questions or more information,  
call the American Lung Association of Minnesota at 651-223-9565.



## MSRC Student Corner

# MSRC Annual Job Fair

By Vickie Engmark, Barry Stahlman



Sandy Presnail from Regions Hospital spends time with one of the students.

O

n March 3rd, students from 4 of the 5 Minnesota programs of respiratory care attended the annual Minnesota Society for Respiratory Care's (MSRC) Job Fair. The event, held at St. Catherine's College, allows graduating students a chance to meet with medical employers from the upper Midwest in a casual setting. The group from Rochester joined approximately 30 other students from Duluth and Twin-Cities schools to talk-shop and exchange information with employers from 21 hospitals and medical organizations. Many employers enjoy the ability to have "mini-interviews" with students, to receive copies of résumés and be able to describe the details of respiratory care services at their institutions.

The job fair is organized through the MSRC's Student Affairs Committee in conjunction

with the schools. The initial mailing is sent to 350 medical institutions across the country with emphasis on those in Minnesota and neighboring states. Post cards are used to reserve tables at the fair as well as survey open respiratory care positions. This year RCTC/Mayo student Ms. Chris Fogarty tallied responses for job openings and displayed the positions on an Excel spreadsheet. The final job listing summary was then made available to a national

audience by placing the data on the MSRC website. <http://MSRCnet.com/index1.html>

Because of the rapid national growth of respiratory care services and difficulty of schools in filling classes, the number of openings were far more numerous than in past years. The job survey noted:

<b>73</b>	<b>Certified therapist: (CRT) immediate openings</b>
<b>61</b>	<b>Certified therapist (CRT) openings within 6 mo</b>
<b>153</b>	<b>Registered therapist (RRT) immediate openings</b>
<b>122</b>	<b>Registered therapist (RRT) Openings within 6 mo</b>
<b>18</b>	<b>Subspecialty positions: Perinatal, sleep diagnostics etc.</b>

The Job Fair proved to be successful both to graduates and employers, by the number of attendees & interest shown.



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**ALA LINK...Continued from page 11**

To provide monitoring, analysis and dissemination of information.

The key to success will be statewide involvement of all the stakeholders. As Respiratory Care Practitioners, you are one of those stakeholders. To facilitate this statewide involvement, eight regional summits of stakeholders are being held throughout April-May 2000. Summit sites include:

**West Central (Fergus Falls)**  
April 11, 2000

**South West (Marshall)**  
April 20, 2000

**Central (St. Cloud)**  
May 3, 2000

**South Central (Mankato)**  
May 11, 2000

**North West (Bemidji)**  
May 23, 2000

**Twin Cities Metro Asthma Coalition**  
May 25, 2000

**South East (Rochester)**  
May 26, 2000

**North East (Duluth)**  
May 31, 2000

Each summit will consist of a 2-1/2 hour meeting to determine the issues and priorities of the region. The goal is to have a local asthma network/coalition formed and willing to participate in state and local asthma initiatives. Representatives from the regional summits will join together June 15, 2000 at the statewide summit to decide the priorities, which will become the work for the Minnesota Asthma Coalition.

While several RCP's throughout the state are involved with this effort, more are welcome. If you are interested, please contact Lou Clark, MN Asthma Coalition manager, by phone at 651-268-7601 or by email at [lou.clark@alamn.org](mailto:lou.clark@alamn.org). This is intended to be an ongoing project so the opportunity to get involved is still there even if the summit in your region has already been held. Go ahead and call!

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# RCP of the Year Nominations

It is time once again for "RCP of the Year" nominations. Please consider nominating one of your fellow practitioners for their outstanding contributions in the field of Respiratory Care. This is an annual MSRC award given out at the Educational meeting in September. Check the Website.

Please return completed forms to Al Kendall, Chair of Long Range Planning, no later than August 1st, 2000. (Mayo Clinic, 200 1st Street SW, Rochester, MN 55905)

We hope you will take this opportunity to recognize one of your colleagues for their ongoing commitment to our profession.



## Minnesota Society for Respiratory Care

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The American Association for Respiratory Care

*Dedicated to Pulmonary Health: Through Care, Education, Research*

### PRACTITIONER OF THE YEAR NOMINATION FORM

Your name: \_\_\_\_\_ Telephone: (     ) \_\_\_\_\_

Nominee: \_\_\_\_\_

#### Nominee Information:

Employer: \_\_\_\_\_

Position: \_\_\_\_\_

Years of Experience: \_\_\_\_\_ Credentials: \_\_\_\_\_

MSRC Membership or involvement: \_\_\_\_\_

Professional Interests/Activities: \_\_\_\_\_

Community Involvement: \_\_\_\_\_

Professional Accomplishments: (publications, awards, etc.) during the past year 1999.

In the space provided below please write a brief description of why this person is special and deserves to be chosen for this position. DO NOT USE THE PERSON'S NAME IN YOUR DESCRIPTION:

**This form may be photo copied.**

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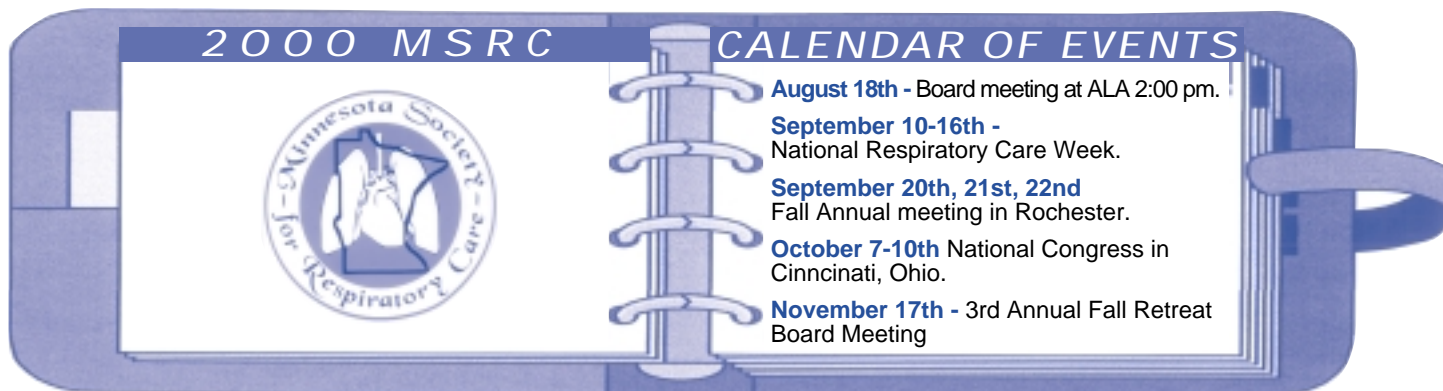
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