

Winter 2001

Volume 25 #4

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**Be Sure to check  
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information on  
important events!**



### **PRESIDENT'S MESSAGE**

**Ron  
Van Beusekom**

This is my last President's message. My tenure as MSRC President does not end until the end of this calendar year, clearly though, my commitment and active participation will continue well into the future. I have been honored and have enjoyed serving you throughout 2001 as president of our Society. We are healthy as an organization in many ways, yet we are in crisis mode currently as it pertains to

several key issues facing us.

There are health care issues that have threatened our profession for some time. There are emerging concerns that we are now encountering. There are challenges that affect our professional livelihood that are not yet known to us. To ensure that the expertise of Respiratory Therapists continues to be available to the public we must not be complacent.

There remains an acute need to recruit students into our Respiratory Care programs. Our future depends on it.

MSRC membership and active involvement in MSRC activities by additional individuals is greatly needed. We are accomplishing many things through our efforts. There remain many

**President's Message...Cont'd on Pg. 12**

## **Respiratory Care Community Responds to Need**

**By Denise Johnson, Delegate MSRC**

"None of us will ever be the same after the events of September 11<sup>th</sup>, 2001". We have heard the statement and have lived it many times over since that Tuesday. Our nation and our world were shocked by the terrorism that struck the United States. We were also amazed and overwhelmed by the many heroes that rose to the occasion and those that lost their lives to help others.



Denise Johnson and Andrine Docken hold the "piggy bank" proceeds given by attendees of the Annual Education Program in St. Cloud.

on each of us has in and of itself been life changing. Many asked the question, how can I help? What can I do?

John Wheeler, MSRC Delegate, was one such person. He knew that the MSRC had committed earlier in the year to donate to the AARC Disaster Relief Fund, which Minnesota has given to for several years. This is a fund that assists respiratory therapists from all over the country who are in need due to a catastrophic

event. Shortly after these events, our Respiratory Care community gathered for its annual educational program, this year in St. Cloud. So fresh were these tragic events that it was never far from our thoughts or our conversations. The impact it has had

In light of all that had happened in the past week, John wanted us to do more. At the Board of Director's meeting held in St. Cloud prior to the Educational meeting, he made a motion to increase the amount of our donation to \$1,000. The board approved this motion.

**Responds to Need...Cont'd on Pg. 3**

## Editors' Note

Hello everyone! Well, we are in the middle of another beautiful season change here in Minnesota. Summer is giving way to Winter's cold and the Autumn change feels crisp and clean. What a wonderful time to get outside for a walk in the woods, a tailgate party at the Metrodome, or maybe a trip to the apple orchard!

Change is also occurring within the staff of the Bronchus as well. A new position has been created to allow for an easier, more seamless, change of editorial staff.



Kyle A. Oen



Jeff Rutter

This new position will work closely with current editors in what could be called an apprentice's position, in the hopes that when current editorial staff steps down there will already be in place someone with the knowledge and background to assume full responsibility of newsletter production.

Kyle and I would like to welcome our new staff member, Megan Terveen, to the office. We hope that after meeting her you will offer her your support as you did for both Kyle and myself almost a year ago! Megan is one of our cohorts at North Memorial Medical Center and is a graduate of the respiratory program at St. Kate's. She has already met with Ron Van Beusekom and Deb Haider about the new role and we are all looking forward to working with her. Welcome, Megan!

Kyle A. Oen  
Jeff Rutter  
Megan Terveen  
Bronchus Editors

## Responds to Need...Continued from Cover

Then, another idea surfaced from one of our members, Shelly Klein. Sensing others from our state were probably feeling the need to help out too, it was moved that we would put out "piggy banks" for the attendees to give if they chose and the MSRC would match these donations up to another \$500.

Well, the results were remarkable, but not surprising. Due to the generosity of Respiratory Therapists from all over Minnesota, contributions totaled \$1,185 from the 2-day program. If you add the additional \$500 match from the MSRC and our original \$1,000 donation, we have a grand total of \$2,685.

John and I will be very proud to stand up the December at the House of Delegates meeting in San Antonio and present the AARC Disaster Relief with a check for this amount from the great state of Minnesota. We have a lot of heroes, almost 2,700, right here in our own backyard. Thank you to everyone who made a contribution. It will make a difference!!



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

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# Respiratory Care Practitioner of the Year 2001

## *North Memorial's Deb Haider chosen from strong field*

By Jessie Christopherson

It has been such a pleasure to chair the Long-Range Planning Committee. One reason in particular is to issue the RCP of the Year. This year we had a fantastic response from you, the fellow practitioners.

We received wonderful accolades on the following candidates: Monika Hiltner from Mercy Hospital, Nathan Lagred from Immanuel St. Joseph's/Mankato, Barbara Manuell from St. Cloud Hospital, Bruce Estrem from Pediatric Home Respiratory Care, and lastly the winner, Deb Haider from North Memorial Medical Center.

This was one of the most difficult decisions ever as each of these candidates had wonderful qualities such as professionalism, team work, interpersonal skills, defined clinical ability, great every day attitude that doesn't waiver, and an aptitude for being leaders in their own right. The item that singled Deb Haider out more than anything was her dedication to her professional involvement and the outcomes she has achieved not over one year, but many years.

I hope that we all continue our good faith journey in this profession by following the examples of those outstanding people exemplified by their peers or managers. The next challenge is to have the expectation of becoming more professionally involved to make a monumental impact with the voice of critical mass instead of just a handful of people. This really does start with the leadership of the department and should be a clearly defined departmental expectation upon hire.

Deb Haider never had to be told that this was an expectation. She knew it was her professional responsibility and obligation to fulfill a need to see further professional development not just for the hospital where she works, but as a national standard. What I am referring to is "Respiratory Disease Care Management." Deb has done a phenomenal job creating, envisioning, and implementing a design for this care model for Respiratory Therapists.

This type of "out of the box" thinking will only enhance the role



of the Respiratory Therapist now and in the future. This will make a much more enjoyable way to spend the day at work by being a decision-maker rather than a therapy giver only. Deb has given us all the vision and tools to make this happen at every institution.

I also believe the other candidates have the same capabilities and dreams and I hope that they step forward even more and share their visions by becoming more professionally involved in their state organization. My desire for the next RCP of the Year 2002 is that many more of you will take the time to showcase one of your own by submitting a nomination form to next years past-president Ron VanBeusekom.

*Stand tall, stand true, proud to be an American day by day.* Remember always that we have the right to recognize talent and we joyfully celebrate these occasions and should as often as we can. Thanks to all of you who took the time to nominate the candidates of your choice and applause for the candidates themselves for being the great practitioners that they are and continue to be every day.

## 2002 Frostbite Forum

St. Paul Heart & Lung Center (adjacent to United Hospital)

Friday, January 18, 2002

# Exciting Educational Tools Developed by the MSRC!

By Deb Haider

Are you in need of asthma or COPD educational tools to use with patients or to use when providing inservices to other health care providers? The MSRC may be able to help!

The MSRC is quickly developing an arsenal of tools that can be used in the education of asthma patients, asthma care providers, and health professionals involved in the care and management of COPD patients.

The first of these tools to be developed was a 18 x 24-inch poster detailing the correct steps in taking a metered dose inhaler with a valved holding chamber, titled "Make Your Inhaler Work for You!" This poster was developed last year by the Chronic Disease Task Force/Coalition of R.T.'s for Asthma, along with Industrio and sponsorship help from Monaghan Medical Corporation and Forest Pharmaceuticals. This poster can be displayed in clinics, pharmacies, pulmonary rehab and asthma clinics, and patient education areas of RT departments.

To go along with the poster, we have just developed 6 x 8-inch pads of tear sheets, which are really a shrunken down version of the poster. This way, the patient can take the instructions home with them. The asthma educator or Respiratory Therapist can even write down notes on the back of the sheet, such as the schedule for their inhaled medication and which inhaler to take first, second, etc.

One more tool developed to help our patients in taking their metered dose inhalers correctly and to assist us in instructing them is the "Make Your Inhaler Work for You" pamphlet. This

pamphlet reviews the correct steps for taking metered dose inhalers, as well as information on cleaning the inhaler and holding chamber, and determining if the inhaler is empty.

Fast on the heels of the first poster was the Asthma Triggers Poster, developed by the Chronic Disease Task Force/Coalition of R.T.'s for Asthma, along with Industrio and full sponsorship from Advanced Respiratory. This poster can be used in instructing patients on common asthma triggers. It is a fun and attractive poster, especially appropriate for use with children.

The latest project, unveiled at the MSRC Annual Education Conference in September, is a Pulmonary Rehabilitation poster developed by the Chronic Disease Task Force/COPD Committee and Industrio, with sponsorship help from Boehringer Ingelheim. This new piece holds great promise for being a key component in educating physicians and other health care providers on the components and benefits of Pulmonary Rehabilitation.

And, already in the "think tank" is a pamphlet on using dry powder inhalers. Look for this sometime in 2002!

If you'd like further information on purchasing any of these educational tools, please refer to Page 17 of this issue of *Bronchus*, or contact the Chronic Disease Task Force: Lynne Bausman at 651.232.2072 ([LBausman@HEALTHEAST.org](mailto:LBausman@HEALTHEAST.org)), or Deb Haider at 763.520.4756 ([deb.haider@northmemorial.com](mailto:deb.haider@northmemorial.com)). And in the future, look for these tools on the MSRC web: [www.MSRCnet.com](http://www.MSRCnet.com).



# Annual Education Program's 'Dare to Step Forward' a Success

By Peggy Lange

Dare to Step Forward was the theme for this year's MSRC 32nd Annual Educational Program. It was held in St. Cloud, MN on Sept 19-21st.

Over 257 registrants attended the activities over the three days. Thirty-nine golfers started early on Wednesday and golfed while enthusiastic contestants vied for spots in the preliminary sputum bowl contest. The finals of the Sputum Bowl were held Wednesday night. Jeff Bruns worked as MC and coordinator. The education began Thursday morning with opening comments from Ron VanBeusekom, 2001 President. Following this Mohammed Yassin shared how to trigger-proof your home. Scott Reistad talked about interpersonal skills, emphasizing "your attitude" as an important, imperative piece in any job. Vendors numbered 58 as new technologies and products shared space with recruiting facilities.

After lunch, the program continued with breakout sessions. The categories included RRTs from all areas of MN: Allen Palmer (Pediatric), Carl Mottram (Diagnostic), Pamela Neuenfeldt (Rehab), Kim Borgstrom (Rural) and Natalia Blackstone (Acute Care). The breakouts were well received, just hard to pick only one to attend. Cynthia Herrington talked about living donor lung transplantation and the necessary criteria and outcomes. The education committee found out after the program brochure went to print, that vendor time would not qualify for AARC credit and opted to add another speaker, in keeping with the goal of having 5 credits for the conference on Thursday. Melynn Youngblood spoke on RSV.

Events also included an ice cream social for students and leaders, as well as the 4th Annual Bowling Tournament. The tournament was at Vilo Lanes with plenty of fun, food, and trophies. Much time went into team names, shirts, costumes and cheers.

On Friday, Mark Depaulis shared views on being a patient. The laughter helped get the morning off to a great start. Troy Payne talked about sleep walking, nocturnal eating and REM behavior disorders. Dean Hess from Boston presented on Ventilator-Induced lung injury. Following the student awards, RCP of the year, lunch and the business meeting, Joe Lewarski reviewed current issues facing the home care industry.

The meeting concluded with comments from Deb Haider, 2002 President. Evaluations are in the process of being tallied and comments and scores will be discussed at the wrap-up on Oct 25th. Thank you to all who filled out evaluations! These help a lot in planning next years' conferences. The sticker system gets the most comments, negative and positive, and the room set-up was also a concern. Each year, we try to decide about the best room set-up for networking (rounds) and education (classroom). A-V use is growing and we see a need for someone to champion its use, including laptops, projectors, microphones, laser pointers, and videos.



**Ron  
VanBeusekom**



**Mohammed  
Yassin**



**Cynthia  
Herrington**



**Scott  
Reistad**

Many, many thanks to the vendors that contribute to our conference by sponsoring speakers, breaks, events and by exhibiting. We enjoy visiting and learning from each of them. Without them, our conference would be very different. Also, many thanks to all whom contributed to the piggy banks around the three days. Over \$850 was collected and matched up to \$500 by the MSRC. One of our speakers was impressed by this collection and donated \$250 of his own honorarium. These dollars will go to the AARC Disaster Relief Fund, earmarked for the NYC area.

If you have ever thought of helping on a committee, this annual planning committee is FUN! I want to personally thank all the planning members for their dedication and assistance. YOU ARE AWESOME!

The 2002 Annual Education Program is scheduled for Duluth, MN Sept 11-13th. The planning will begin soon! If you have an interest, call, and I dare you to step forward! Peggy Lange 320-251-2700 ext. 54304.



## The Students Corner...

### Lake Superior Student Reflects on MSRC Conference

By Debbie Leland, BA, BAS, Respiratory Student  
Lake Superior College

As a respiratory student, the MSRC (Minnesota Society Respiratory Care) Conference was an absolute eye-opener for me. There was a good mix of social activities and informational lectures regarding respiratory therapy. The conference ran from September 19-21st.

Wednesday evening arrival, check-in and Sputum Bowl finals were squeezed in on top of dinner and socializing. Thursday morning continued with more registration, introductions and opening comments.

The first speaker cautioned us to 'trigger proof' our homes

against allergens that contributed to respiratory problems like allergic bronchial asthma. Most of us have pets and dust in our homes that greatly contribute to these allergies.

The next topic of discussion stressed the importance of interpersonal skills being equally important to technical competence. The speaker stressed why we as therapists need to incorporate this into our careers when caring for patients because it is one factor in the overall care management of respiratory patients.

Sequentially, we followed up with what were referred to as 'break-out sessions' where you could choose from a myriad of pulmonary care branches. I personally attended the seminar on heliox and learned how it is making a comeback. The lobar lung transplantation lecture was an intriguing experience specifying the process of donation/transplantation and survival issues associated with lung surgeries.

Next came one of my favorite parts- the Vendors: companies, hospitals, sponsors, and fellow health care professionals were in attendance showing off their 'newest' invention and giving away a lot of neat supplies (pens, bags, mugs, computer wrist rests, literature- you name it).

Friday was another fun-filled day of lectures interrupted by gift giving from all the hospitals and health care providers (stethoscopes and t-shirts were the biggest hits with the students). Lectures varied from home care issues like reimbursement for services, training for practitioners in this unique environment, standards of practice, etc. to the one thing that keeps all of us sane—laughter. A physician presented a lighter discussion reminding us that laughter is the second-best medicine. The parasomniac bout was equally informative and was a good reminder of the alternative types of services respiratory therapists can specialize in.

Finally, my favorite lecture, the ventilator induced lung injury: something we could all grasp and utilize in our current practices to ensure less damage to lung tissues and reduce the time a patient spends on the vent. It was a good reminder that as we care for critically ill people, there is a reason we learn about compliance & resistance, peak pressures, relationships to tidal volumes and body weight. The multitude of calculations finally adding up—to logically prevent unnecessary damage to our patients' lung tissue.

Overall, the educational portion of this conference was superb but the social camaraderie was a unique experience as well (bowling, swimming, eating, shopping, dancing). However, I think we all came away with something more than just what the vendors sent us home with. We came back with a sense of hope for our future careers and a feeling of community amongst our profession- wherever that may take us in our ever-growing, technically advancing career of respiratory therapy.



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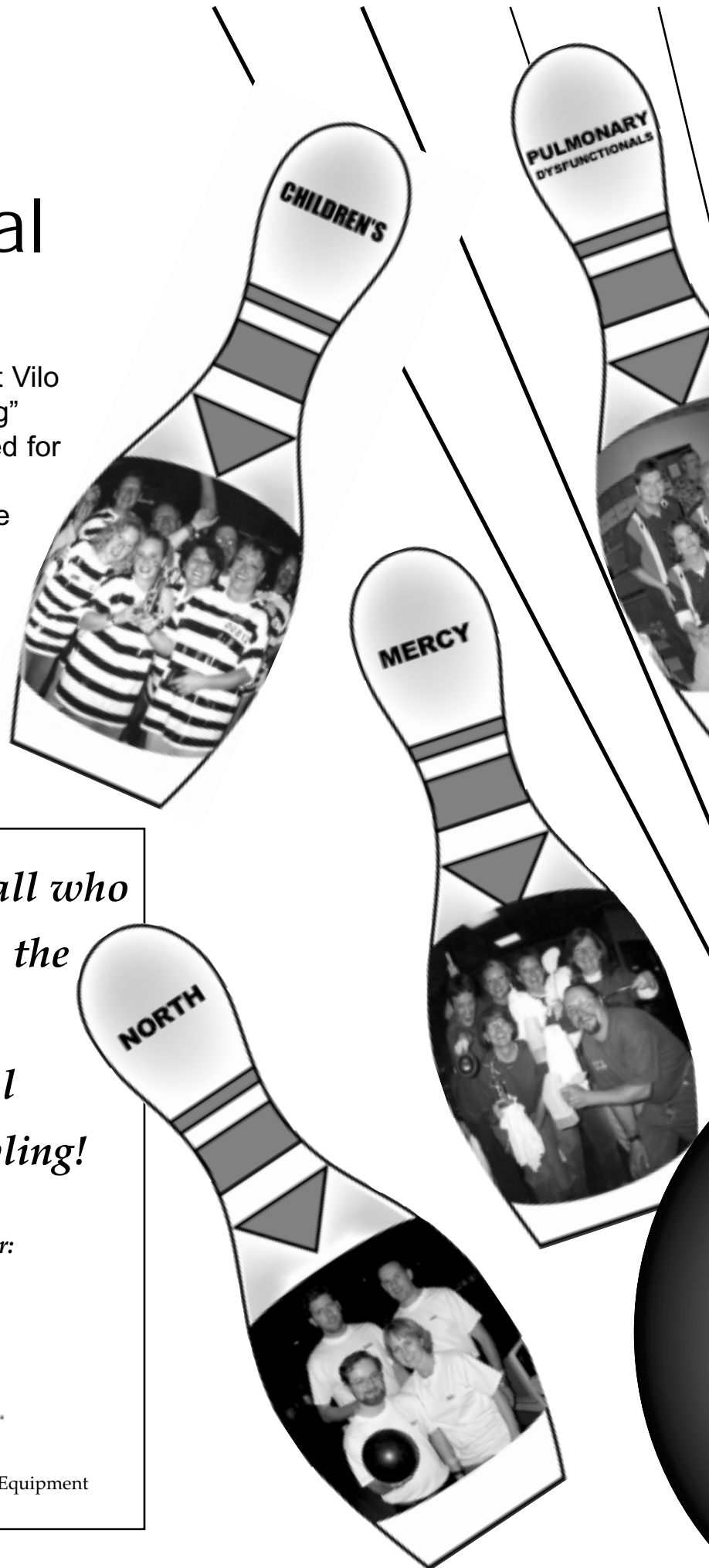
The 4th Annual Atomic Bowling at Vilo Lanes in Waite Park was a “rolling” success. Sixteen teams competed for an array of trophies and awards. Sponsored by Allina H.O.M.E., the event brought out the creativity in respiratory therapists. The team from Children’s Hospitals & Clinics built a jail cell around their lane as a prop to signify their team name: Pediatric Prisoners. A great time was had by all.

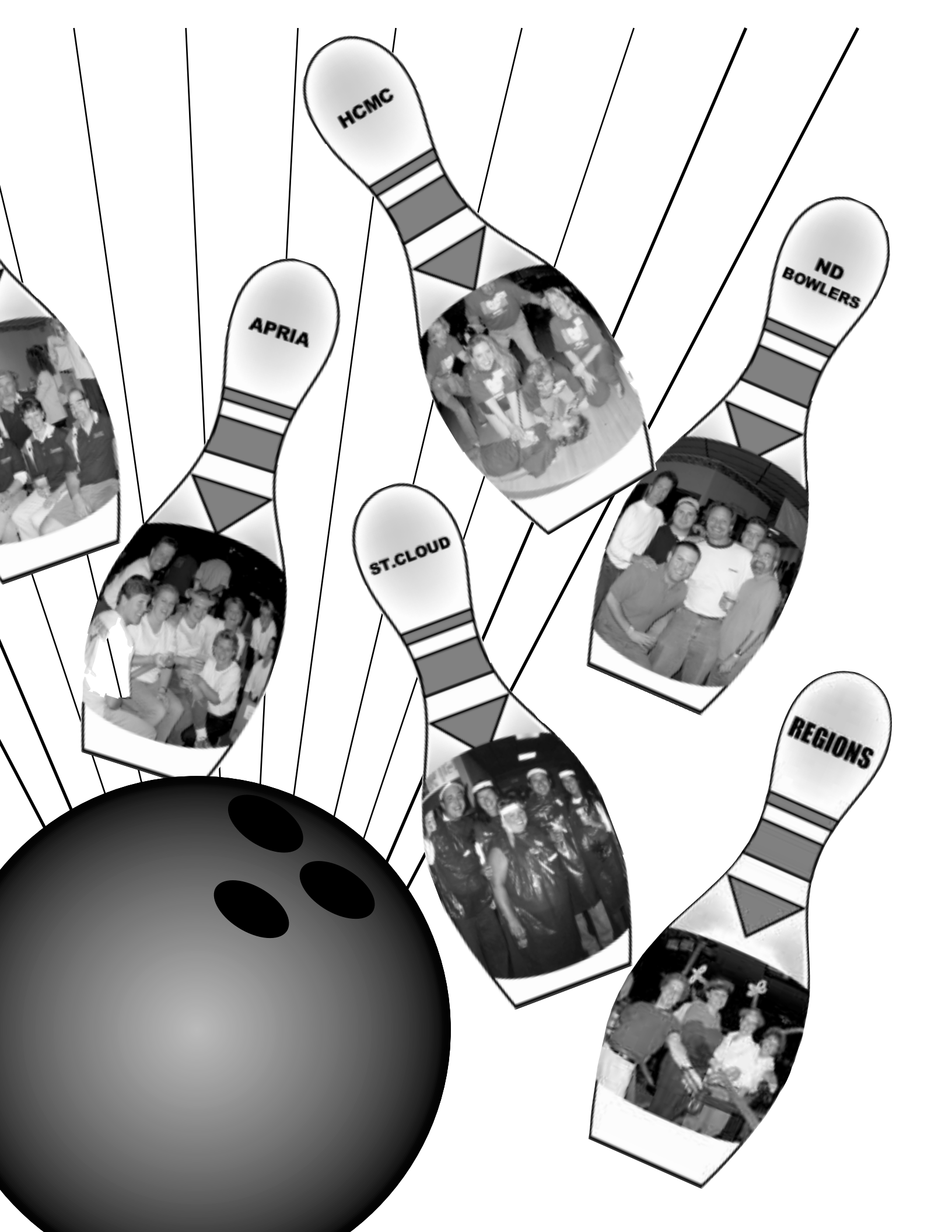
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## President's Message...Continued from Cover

areas that we must dedicate all available resources to further serve our MSRC mission.

Never has this been so important as it relates to the need for your help to strengthen our Society. I urge all of you to consider what you personally can do to make a difference. I challenge those of you who have not been actively volunteering your talents to the MSRC, to do so through active involvement so that united we may maximize the impact we have on issues facing our profession today. The MSRC represents you. It is your organization. It is a united forum for action, for a united voice.

I want to thank all MSRC members, particularly those who have been so wonderfully active.

Past successes have strengthened our Society and have provided us with confidence and basis for present and future efforts. Present activities provide a sense of accomplishment and momentum as we move forward. Future targeted efforts of the MSRC and anticipated successes provide us hope to secure that the profession of Respiratory Care continues to serve an important role in the health care system and strengthen our organization as it matures.

Can you help?

2000 Theme: Make It Happen! - Jessie Christopherson

2001 Theme: Dare To Make A Difference! - Ron Van Beusekom

2002 Theme: Time To Act! - Deb Haider

You can help. I call upon you.

Ron Van Beusekom

President, MSRC



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# MSRC Election Results for 2002

Congratulations to the following candidates who were elected as MSRC Officers and Board Members for the Year 2002!

Those elected for Secretary and Board of Directors will be serving two year terms, with the exception of Kyle Oen, who is replacing Lynne Bausman's 2nd year term for Board.

We are excited to have these Respiratory Therapists serving as our elected officials, and look forward to working with them!

Barry Stahlman, Board of Director member, is not pictured.



**Julie Clarke-Wilson**  
President Elect



**Lynne Bausman**  
Vice President



**Laurie Tomaszewski**  
Secretary



**Charlie McArthur Jr.**  
Delegate



**Jeff Anderson**  
Board of Directors



**Jim Pringnitz**  
Board of Directors



**Carrie Bourassa**  
Board of Directors



**Kyle Oen**  
Board of Directors



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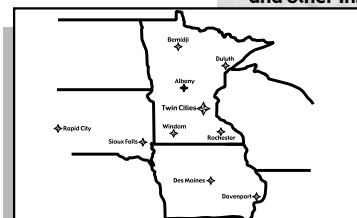
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## Legislative Affairs

by: Barry Stahlman

The MSRC continues to strive to educate our members about the local, state, and national government. The committee held a one day workshop on August 17, 2001. The workshop was intended to give us all a better understanding as to where we fit in the large scheme of things. There were three speakers, each having a different issue to bring forward.

To start the day, Senator John Marty spoke about our state government and how we as an organization can be influential. Senator Marty emphasized the importance of membership and how large groups usually get what they want and need. He also spoke about the need for a personal touch. He suggests that emails and mass produced letters will not work. Instead, he feels that hand written or typed letters, which are sent through the mail, are much more effective. He also suggests that letters include actual story lines. He and his colleagues want to hear about our patients but they also want a name to associate with the problems.

Next we heard from Kelly Hagen, from the AARC. Kelly did an excellent job of describing how the AARC deals with legislative issues. She gave us an overview of key and influential people

in our area and stressed that local politics is really the key to change. She explained how the AARC website has been set up to help us understand the important issues. I encourage everyone to visit the AARC website and browse through the advocacy section. This part of the web site not only keeps us up to date with what is going on, but it also gives us an avenue for finding out what to write about and how to contact key people in the area.

To end the day, Ruth Krueger, from North Dakota, joined us to speak about some of the issues that her state has endured. Ruth's lecture was very inspirational as it showed how a small group of people can pull together and make a difference. The key to their success was really brought about because of involvement across their state. Due to the problems they face, their entire population of Respiratory Therapists has become more informed and better organized

I just want to take this chance to thank everyone for their support, and encourage everyone to continue to write letters to their respective legislators. It may seem as though we are not getting anywhere, but with each letter we get just a little closer.

## Fall Leadership Retreat

The Fall Leadership Retreat is an annual event to bring all current and upcoming MSRC Officers, Board of Directors, and Committee Chairs together to share information, build team spirit, and set the agenda for the new year.

We will be conducting an all day meeting on Friday, November 16, at the Riverwood Conference Center in Monticello. The activities begin Thursday evening with some casual fun activities that all are invited to attend. An invitation will be coming out shortly, but please mark your calendars for this event. It will provide you with a better understanding of what the MSRC is about, our mission, current goals, and how we will overcome the challenges that face us by working together. Best of all, the Leadership Retreat helps to create team spirit and bolsters motivation to "hit the ground running" for the next year! It is not to be missed!

If you have questions or need more information, please call Deb Haider at 763.520.4756.



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# Ventura Signs COPD Awareness Month Resolution

**By Barry Stahlman**

October, a big month for Respiratory Therapists, is now even more important for our patients. The AARC has been successful in their quest to have October designated COPD Awareness Month.

In mid-September, Governor Jesse Ventura's office received a resolution making October COPD Awareness Month. I am happy to announce that even under the highly stressful situations our government dealt with during September, Governor Ventura signed the resolution without hesitation.

The resolution goes on to designate October Chronic Obstructive Pulmonary Disease Awareness Month. October was not chosen because it is the month we celebrate Respiratory Care Week. After a long search for the right time, the AARC chose October because it is the month with the least amount of resolutions. However, you have to admit it is a good fit for our profession. I encourage everyone to bring COPD awareness month forward during RC week in their institutions.

## Highlights of COPD Awareness Resolution...

*Whereas, risk factors for COPD include long term smoking, a family history of COPD, exposure to air pollution or second-hand smoke, and a history of childhood respiratory infection;*

*Whereas, 16,000,000 people in the United States have been diagnosed with some form of COPD and an estimated 16,000,000 people in the United States with COPD are undiagnosed;*

*Whereas, nearly 107,000 people died in the United States of COPD in 1998, making COPD the fourth leading cause of death in the United States;*

*Whereas, COPD costs the economy of the United States an estimated \$30,400,000,000 a year.*



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**For More Information Please Contact:**

**Sue Olson 763-520-1502  
sue.olson@northmemorial.com**



Trigger

## Educational Posters

These high impact posters have been developed to educate the public, patients and medical staff about respiratory disorders and their treatments. By displaying these posters you will help raise awareness for COPD, Asthma and respiratory care.

Your purchase of these vibrant posters funds the MSRC to develop programs that help the respiratory care community. All posters are 18" x 24".

### Pricing-

Single Poster:	\$8.00*
25 or more:	\$5.00*
100 or more:	\$3.00*
Set of all three:	\$20.00*
Event Pricing:	\$5.00*
(single poster)	



COPD

## Spacer/VHC Materials

The MSRC has developed tear sheet pads and instructional pamphlets on how to use a Spacer/VHC. These materials when coupled with the poster provide you all the necessary tools to educate your patients and colleagues.

### Pricing-

Single Pad (50shots):	\$8.00*
25 or more:	\$6.00*
100 or more:	\$5.00*
Event Pricing:	\$6.00*
(single)	

Inhaler Pamphlet: \$1.00\*

\*additional charges for shipping and handling



www.msrcnet.com

# COPD Awareness Month Your Chance to Educate

By Carrie Bourassa

October has been designated COPD Awareness Month. There are an estimated 15 million Americans with undiagnosed lung disease, nearly 16.4 million in the nation who already suffer from chronic lung disease, and more than 100,000 deaths each year.

As Respiratory Care Practitioners, we are on the front lines treating these individuals and know first hand the devastating effects that COPD can have on those who suffer from the disease and their families.

The AARC's focus for Respiratory Care Week has been the role of the respiratory therapist in the early detection and treatment of COPD. Our role as clinicians and as educators is creating avenues which pave the way for awareness in the medical community and the general public. The ways in which we can actively make an impact are to educate the healthcare provider about early detection as well as to alert them to the benefits and components of pulmonary rehabilitation from both a quality of life stand point and that of an economic one as well.

Being an advocate for our patients is one of the things that we do best! Being that advocate 12 months out of the year is the reality, but taking the time to highlight COPD Awareness during the month of October will aid in creating that so needed spotlight on this vast issue.

Through the MSRC, the COPD Task Force has created a poster to help raise awareness for the early detection of COPD as well as the benefits and components of Pulmonary Rehabilitation.

For more information about the poster and the COPD Task Force, please feel free to contact us through Carrie Bourassa, COPD Chair at [carrie.a.bourassa@healthpartners.com](mailto:carrie.a.bourassa@healthpartners.com) or call 651-254-9999.



# Sputum Bowl Contest

by: Jeff Anderson

What an event! First of all, congratulations to the Sputum Bowl team from HealthEast. HealthEast will represent the Minnesota Society this December in San Antonio, Texas, during the AARC Sputum Bowl challenge. The team this year is composed of members from different HealthEast hospitals: Mike Eilen-St. Joseph's Hospital, Sue Shipley- St. John's Hospital, and Randy Kostrzab- Bethesda Hospital and Rehabilitation Center.

The competition was fun to watch. Congratulations to all of the participating teams this year. The questions presented during the contests were from many areas of our practice and had taxed some of us observers for the correct answer. During the competition, I was asked by a non-clinician why I did not know all of the answers and commented 'tongue-in-cheek' that he may not so confidently seek medical advice from me. Recurrent provoking of our clinical knowledge and practice is one of the benefits of the Sputum Bowl for all who attend this event.

Midwest Medical Services sponsored the event this year again with refreshments. I was given the opportunity of emceeing the extra-curricular entertainment. We had two groups representing respiratory schools competing to win the \$100 grand prize cash award for the best rap or cheer that has Midwest mentioned within the perform-

ance. We asked the audience to respond by applause to select the best presentation. The result was a tie. The Midwest Medical staff discussed the performances and awarded both teams \$60 each. It was later learned that one of the teams donated their cash award to the American Red Cross Disaster Relief Effort. Thank you students!

I look forward to participating in this event next time and encourage those who can attend to be there also. Who knows, maybe my jokes will be better next year!



## *Current Updates from the AARC*

### **ATS Releases New Pneumonia Guidelines**

An updated version of the American Thoracic Society's "Guidelines for the Management of Adults with Community-Acquired Pneumonia," last published in 1993, calls for physicians to strongly consider hospitalization when multiple-risk factors exist in their patients. These include age over 65 and the presence of other chronic diseases such as diabetes and congestive heart failure.

The guidelines note that pneumonia is the sixth leading cause of death in the United States and the number one cause of mortality from infectious diseases. Since pneumonia is not a reportable illness, information on the incidence has resulted in crude estimates; but it appears that 5.6 million cases occur annually, and 1.1 million persons are hospitalized. The estimated cost of hospital inpatient care in the United States is \$7,500, as compared with \$150 to \$300 for outpatient care.

The guidelines recommend that patients at risk for pneumonia be vaccinated with both pneumococcal and influenza vaccines, and they advocate smoking cessation as an important preventive strategy against the disease. The guidelines were published in the June issue of the American Journal of Respiratory and Critical Care Medicine.