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Bronchus Bronchus

Official Newsletter of the Minnesota Society for Respiratory Care

WINTER 2006

VOLUME 30 #3

www.msrcnet.com

President's Message Carrie Bourassa, RRT



In writing my last message as President of the MSRC, my message is a resounding and heartfelt...thank you. Thanks for allowing me the opportunity to serve you as well

as learn from each person I came in contact with this past year.

- Thank you to the students for your enthusiasm for our profession.
- Thank you to the educators for showing them the way.
- Thank you to every RT whose dedication shows each day as you are for your patients.
- Thank you to all those who mentor others and continue to learn as they do.
- Thank you to those who volunteer their time to our profession and communities.
- Thank you to those whose years of experience in this profession have paved the way for what we are today.
- Thank you to managers, employers and vendors for supporting your peers, this organization and the clients we all serve.
- Thank you to the respiratory therapists who have served our country both at home and abroad this past year.

President's Message continued on page 5.

How Do I Clean The Inside?

by Jan Salo Korby

Tobacco Abuse Prevention Committee

Even after all we know about secondhand smoke (SHS), there are still unavoidable times in which one is exposed to it. Why is that? The first surgeon general report to conclusively warn the public about SHS was issued in 1986. In the 1990's, California's EPA report, among countless other studies, provide undeniable proof of the coronary heart disease (CHD) caused by even small amounts of SHS exposure (http://www.repace.com/fact_cardio.html). So, why then, are we still exposed to this deadly toxin?

I recently attended a retirement party for my husband's brother. My husband had to decline the honor of Master of Ceremonies due to the smoke. We still felt we had to show up for awhile. We were there for 1.5 hours. This would be the equivalent of smoking 6 cigarettes (U of C Berkeley- Public Health). According to the Journal of American Medical Association (JAMA), July 2002, you'll see that the damage to the lining of coronary arteries would be equivalent to a pack-a-day smoker in just 30 minutes. We were there 1.5 hours how about the waitress or bartender who is there 8 hours a day, 5 days a week? These are the facts I was

Article continued on page 16.

Honor The Men and Women Who Have Served...

by SSG Joseph Buhain, RRT NREMTB

During times of conflict and war, injured soldiers need immediate treatment within the combat zones. Respiratory Therapists have proven to change the course of an acute injury to a life sustaining measure. Currently, the 452nd CSH (combat support hospital), located at Ft Snelling, Minnesota has been involved in many areas of improved health care medicine including respiratory management.



Injured or wounded soldiers need immediate treatment. When Army physicians aren't available to administer respiratory therapy, the Respiratory Specialist is authorized to step in to provide respiratory aide, as well as basic and emergency medical treatment.

Article continued on page 12.

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Editor's Note

Becoming a new mom has definitely changed my perspective on life! On September 19th, a beautiful little boy named Will came into my life, changing it forever. Before he was born I was frantically tying up loose ends at work, trying to get everything ready for my co-worker to take over. I was having a hard time picturing our office functioning without me and my life functioning without work. Now I am having a difficult time imagining leaving my baby boy and dragging myself back to work. But, at the same time, I believe I will be a better mother by going back to work. I know I will be conveying my new passion for my baby to my patients, making me a better Respiratory Therapist also. I truly enjoy interacting with our patients and creating relationships with them.

Sometimes it's very easy to get wrapped up in our work and not remember what is important in our daily lives.



We are lucky in our profession, though to be able to impact so many lives on a very personal level. No matter how stubborn and demanding my patients can be sometimes, I try to remember to treat them as if they were my mother or my uncle or somebody close to me. Try to keep your lives in perspective and remember what is most important at the end of each day.

Megan Schultz Editor



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.

Editorial Guidelines:

The Bronchus welcomes contributions from readers, whether in the form of editorials, counterpoints, or commentaries. The editors of The Bronchus make the final decision on what letters are published. All letters must include the writer's name, address, telephone number, and email address if available. This information will be included in the letter if it is published. Any reader responses to a submitted letter will be referred back to the author. Letters must also include the writer's signature. We reserve the right to edit all letters. Letters should be kept brief. By submitting a letter to the editor, a counterpoint letter or a commentary article to the MSRC you are agreeing to give the MSRC permission to publish the letter or article in any format and in any medium. All letters submitted become the property of the MSRC.

Disclaimer: All articles published, including editorials, counterpoints, and commentary, represent the opinions of the authors and do not reflect the official policy of the Minnesota Society of Respiratory Care or the institution with which the author is affiliated, unless this is clearly specified.

Editor —	Megan Schultz
	· ·
Circulation Coordinator ————	Jeff Anderson
Advertising Manager ————	Nick Kuhnley

All materials for publication including advertisements should be in: MS-Word, Illustrator or QuarkXPress format sent via E-mail to:

The Bronchus:

Megan Schultz: meganterveen@hotmail.com

Change of Address?

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

Jeff Anderson

8400 Coral Sea St. NE Suite #200 Blaine, MN 55449 (763) 780-0100 jander7337@aol.com

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.

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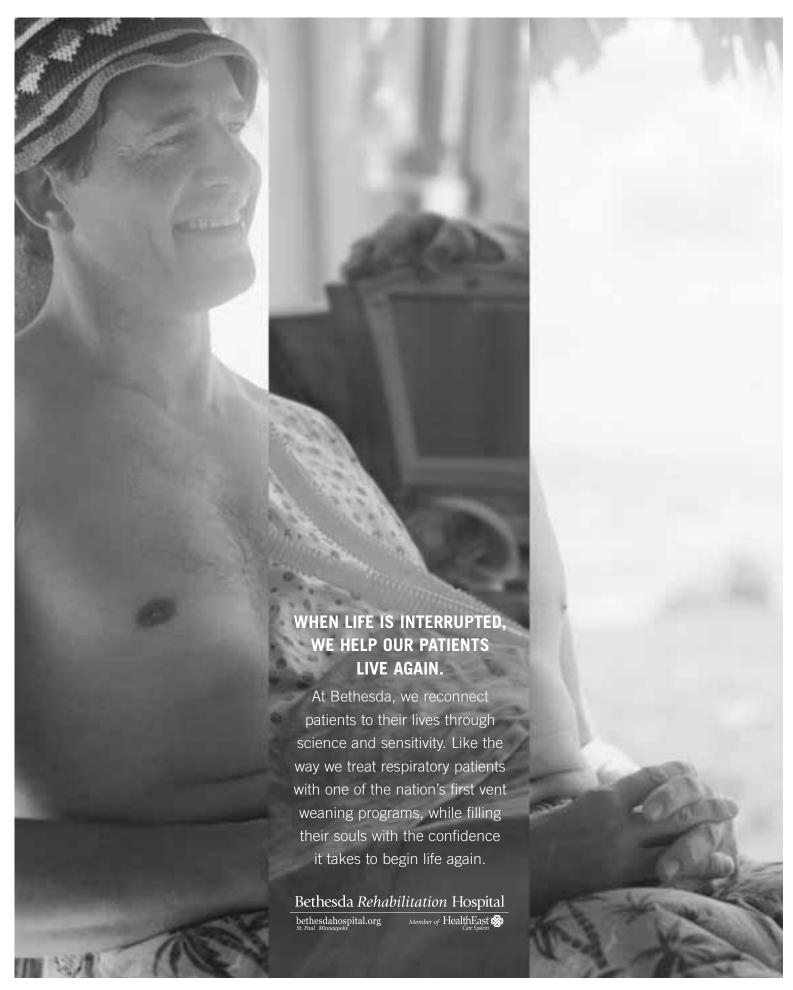
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President's Message

(continued from cover)

Our organization has seen many changes with the MSRC website becoming a vital tool in our profession. The NRRCC conference, Winter Workshop and Fall conference offer free or very low cost educational and networking opportunities. These continue to be a main stay of the MSRC.

The political advocacy efforts continue addressing the issues our patients and profession face now, and in the future. Liaisons with students and the colleges continue with the Sputum Bowl and the Student Job Fair.

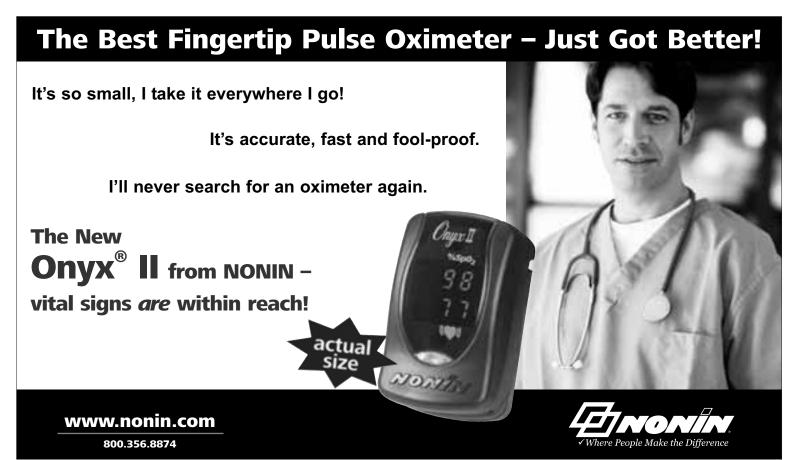
Our efforts in Disaster Preparedness are moving forward at a rapid pace please remember to check the website often for updates.

Events such as the Asthma Walk, Asthma Camp, COPD Rally, The Breathing Room, free pulmonary function testing at the National Jewish event, the RT Week Celebration Dinner, COPD Awareness Month, are a few of the places the MSRC was active this past year.

I am quite sure I cannot mention all the places where therapists make a difference every day in the lives of our patients and peers. But I can say I am honored to be among you, to learn from you, and from our patients.

Next year, Laurie Tomaszewski will bring years of experience, expertise and compassion to this position. *The Rich History... Brilliant Future* for the MSRC has never looked brighter!





Winter 2006

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MSRC Respiratory Care Week Celebration Dinner

By Carrie Bourassa

This year the MSRC hosted a dinner at the John Nassef Center in Saint Paul. The dinner was a wonderful evening of celebrating the therapists in Minnesota. With about 40 attendees, the night was filled with great food, great prizes and even better company!

Throughout the evening old pictures from past conferences were shown. Respiratory therapists ranging from students to 30 plus years in the profession got together to celebrate our dedication to the profession of respiratory care.

Everyone in attendance introduced themselves, where they worked and how long they had been in the field.

It was amazing to see so many years of expertise and so much camaraderie. Some great trips down memory lane were had by all! The MSRC is planning another event for next year!

If you would like to be on the committee or have ideas please contact Breanna Long or Sue Shipley on the MSRC website.

A very special thank you to Breanna Long and Joann Arny for organizing this event!

Next year please join us!

Respiratory Care Week at Allina H.O.M.E.

By Sean Mangan

Respiratory Care Week has come and gone at Allina H.O.M.E. This is always an eventful week for the Respiratory Therapy Department, and we try to take advantage of this time of year to do some haunting education for our non- respiratory co-workers.

It is not uncommon to find goblins, monsters, and witches set up with CPAP masks and supplies. We usually have our more chronic vent dependent ghouls and friends on display connected to our home ventilators. This gives us an opportunity to showcase what we do in a lighthearted manner.

We try to set up all of the equipment that we use so people in our building can see how it works and ask questions. We even have a witch's cauldron on our display filled with candy to "lure" in our next victim!

We are also very appreciative that some of our vendors took time during the week to update us with new product information, as well as taking extra time out of their day to provide and have lunch with us. Thank You!



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CAMP SUPERKIDS 2006!

As many of you know Camp SuperKids depends a lot on volunteers and donations.

Camp SuperKids missed thanking all of the volunteers that came out to camp and the following groups for their donations in the summer issue of *The Bronchus:*

- CORE Respiratory Services
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Without your help camp would not be what it is today.

Thank You!



Where We Work

Minnesota Cystic Fibrosis Center

by Cindy Williams, Research Coordinator

My career in Respiratory Therapy began in 1977 at the University of Minnesota, where I worked for two years. Since that time I've worked at several other hospitals, both as a therapist and as a clinical coordinator for in hospital home care. Now after 27 years I am once again at the U of M, but with an entirely different role. I am currently a Research Coordinator with the Minnesota Cystic Fibrosis Center.

The research that I am involved with centers mostly around new drug trials, which include delivering gene therapy, new antibiotic aerosol therapy, and looking at new therapeutic devices.

I work with the drug companies that are developing these new therapies to insure study protocols are followed per FDA guidelines. I contact and recruit patients for research studies. During research visits I am responsible for deliv-

ering study medication, coordinating vital signs, lab and pulmonary function testing, physical exams, and any other procedures that may be required. Study visits can be as short as a half of an hour or last several days.

While attending the North American CF Conferences I have met many other respiratory therapists who are also research coordinators. This was a nice surprise, finding many respiratory therapists across the country, doing what I do.

I enjoy my job because of the variety of duties and responsibilities, learning about research, new therapies and working with the patients and the CF team at the University.

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Flyers and registration information will be sent at a later date.

www.msrcnet.com Winter 2006

November Once Again Declared COPD Awareness Month

by Carrie Bourassa, RRT

COPD affects at least 10 percent of adults over the age of 40 throughout the world and is the 4th leading cause of death. The World Health Organization estimates that 600 million people worldwide have COPD and many of them remain untreated.

Respiratory therapists play a vital role in diagnosing, treating, controlling, and preventing COPD as well as educating their patients about this devastating disease.



The MSRC encourages you to check the AARC website at www.aarc.org for resources in the fight against COPD.

The MSRC thanks you for helping with early detection, prevention and the treatment of Chronic Obstructive Pulmonary Disease.

COPD Committee Report

by Kris Mrosak

The COPD committee hosted a dinner in early fall sponsored by Boehringer Ingelheim with the presenter Dr. Rubins speaking on "The Efficacy and Safety of Spiriva for the Maintenance Treatment of COPD".

Our attendees were mostly those of us involved in COPD education. We were pleased to have additional people at the dinner express interest in being on our committee for this coming year!

Good input was given by the attendees for ideas to focus on for the committee. We will regroup after the fall leadership conference with renewed energy.

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In The News

FDA Approves Varenicline for Smoking Cessation

In May of this year the FDA approved Chantix (varenicline tartrate), a pill to help smokers stop smoking. Chantix acts at sites in the brain affected by nicotine and may help those who wish to give up smoking in two ways:

- By providing some nicotine effects to ease the withdrawal symptoms
- Blocking the effects of nicotine from cigarettes if they resume smoking

"Tobacco use, particularly cigarette smoking, is the single most preventable cause of death in the United States and is responsible for a growing list of cancers as well as chronic diseases of the lung and heart," said Scott Gottlieb, MD, Deputy Commissioner for Medical and Scientific Affairs.

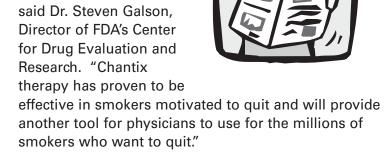
According to the Centers for Disease Control and Prevention (CDC), an estimated 44.5 million adults in the United States

smoke cigarettes and more than 8.6 million of them have at least one serious illness caused by smoking.

"Cigarette smoking is a very difficult habit to break due in large part to nicotine dependence or addiction"

The MSRC would like to thank Pressworks, Inc. for their support and help in printing this issue of *The Bronchus!*





The Effectiveness of Chantix in smoking cessation was demonstrated in 6 clinical trials, which included a total of 3,659 chronic cigarette smokers who were treated

with varenicline. Five of the six Studies were randomized, controlled clinical trials in which Chantix was shown to be superior to placebo in helping people quit smoking. These smokers had previously averaged 21 cigarettes a day for approximately 25 years. In two of the five placebocontrolled studies, Chantix-treated patients were also more successful in giving up smoking than patients treated with Zyban (bupropion).

The approved course of Chantix treatment is 12 weeks. Patients who successfully quit smoking during Chantix treatment may continue with an additional 12 weeks of Chantix

treatment to further increase the likelihood of long-term cessation. In clinical trials, the most common adverse effects of Chantix were nausea, headache, vomiting, flatulence, insomnia, abnormal dreams, and dysqeusia (change in taste perception).

Chantix is manufactured and distributed by Pfizer, Inc., New York, NY.

From the U.S .Food and Drug Administration's FDA News, May 11, 2006



Honor The Men and Woman Who Have Served...

(continued from cover)

The Respiratory Specialist in the military is a unique and significant group of medical providers. They adhere to strict military policies and incorporate a style of care unlike any other. Medical care could be done during a combat situational crisis or even in the midst of the deserts of Afghanistan. Respiratory Care providers have been incorporated on carriers on the ocean and even in the deep woodlands of Korea. The overall thought process of a respiratory therapist in the intensive care unit is far from what is rational or conceivable in the midst of the fight against the war on terrorism.

Practitioners are everywhere and yet go unrecognized. Some may be dismayed at this thought and others ponder the thought of isolation and non-acceptance.



SFC Luis Maldonado RRT—Operation Iraqi Freedom II defending our convoy

It is important for everyone to recognize Respiratory Care Practitioners within the military. Military "Minnesota" Respiratory Care Practitioners such as SGT Tammy Allen and SGT Ryan Allen have been instrumental in making the 452nd CSH a recognizable section.

Their persistence and determination have been instrumental in helping to make a difference. Both have been activated and have served within the United States. Currently roles of activity include, teaching CPR, ACLS, and PALS to group members of the 452nd and other health care military groups including the Air Force, Army and Navy personnel. Both soldiers currently work at Fairview Hospital and are an instrumental work force in their community both during military and non-military hours.

It has been a considerable honor to know that some of your fellow Minnesota Respiratory Therapists have helped make a difference in the military and to their community.

Let's take some time this year to recognize some of the veterans of the military from all the branches of military service including current and past wars.



As your liaison, military based perspectives and informational data will be adhered and passed along to help facilitate information about Respiratory Therapy to all readers. Views and information will be informative and will detail outlines of current trends and perspectives. Respiratory Care Practitioners who are veterans, currently serving or retired, are encouraged to join the military communications network located on a local level.

I encourage all practitioners who have served in the past whether in the line of combat or not to email me your time of service, branch and general information. Let's get the information out and I will make sure your voices are heard too.

For information regarding careers and activities as a Respiratory Therapist in the military, please contact; joseph.buhain@us.army.mil or 651-846-1501.





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Delegates Report

July 2006: Phoenix, Arizona

by Jessie Christopherson and Debra Skees

Seems like it was just yesterday when Jessie and I left Minnesota during a record setting July heat wave (temps 100 plus) only to land in Phoenix with temps topping 120 degrees. And no, it wasn't a "dry heat"! Like they say, "Out of the frying pan and into the fire." As the junior and novice delegate, this cliché fit for me personally beyond the weather. Thanks to the guidance of senior delegate Jessie and the watchful eye of AARC Madame Speaker of the house, Denise Johnson, my first official House of Delegates meeting was enlightening and inspirational. Both Jessie and I greatly appreciate your support as we bring forward your issues to our national organization and communicate back to you the goals the AARC has set for the future.

Great news! The AARC continues to become stronger in membership numbers as well as the respect and credibility in the government, public and medical communities. The MSRC contributes significantly to this success and we should all be extremely proud of our colleagues that are doing great work here at home and at the national level.

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Listed are information items from the house of delegates meeting that would be important to be aware of at the state level:

 Although membership in the AARC continues to grow, it still reflects a minority of the total RCPs in the country. In our own state, only 30% of the MN Board of Medical registered RCPs are a member of the professional association. At the delegates meeting, the AARC membership committee challenged every state affiliate to increase their membership totals by December.

Membership means strength and credibility for the many activities that are carried out on behalf of the profession and the patients we care for. If you are reading this, most likely you are a member and have experienced the benefits of belonging to an organization that works on your behalf- so invite a colleague to come on board too. If you aren't a member yet, now is the time to join and help us drive the mission of the AARC forward.

- Disaster Response Teams: The Department of Health and Human Services has acknowledged the important role of the RCP in disaster preparedness and is working through the AARC to hire 200 RCPs for response teams. In addition, RCPs have been contracted (like our own Steve Sittag) to do the training on ventilator management for team members. If you are interested in serving in this critical role, apply at www.usajob.gov.
- Sam Giordano, the AARC Executive Director, shared info on other projects that will better serve the membership:
 - 1. Upgrade of the information technology for the AARC.org website that will improve the connectivity with members and provide a better search engine for members and visitors,
 - 2. Continued discussions to seek commissioned officer status for baccalaureate RCPs in the military
 - 3. Increasing public awareness through the use of RCPs for teaching CPR in high schools across the country.
 - 4. Development of a distance learning certification course on reimbursement for hospital reimbursement.
 - 5. Development of a evidence-based resource for front-line RCPs to assist them in making the case to providers about the effectiveness of aerosol therapy modalities.
 - 6. Implementation of a distance learning program to prepare CRTs who wish to earn the RRT credential.

(continued from page 14)

Several resolutions were also presented, passed and referred to the AARC Board of Directors for review:

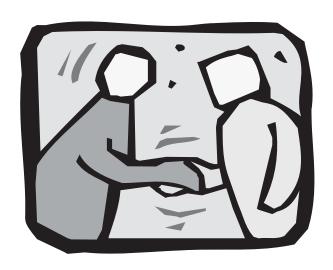
- A resolution that provides a mechanism to develop a speakers bureau for state affiliate educational meetings. (resolution # 44-06-01)
- A resolution to develop along with the National Association of EMS physicians, a curriculum for training paramedics on safe and appropriate use of transport vents in the situation of a disaster or pandemic. (resolution #22-06-02).

Jessie and I also had the opportunity to showcase the new MSRC website **www.msrcnet.com** to our fellow delegates and discuss the success of the site and the importance to MN RCPs. We were very proud of the hard work of our local talent (Derek Hustvet) that has made this site a great resource not only at the state level, but also across the country. Jessie and I look forward to the next House of Delegates meeting which will be held in December in Las Vegas.

Feel free to contact either Jessie or me if you have questions or ideas about how the AARC can better serve you as an RCP or the patients we care for.

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Viva Las Vegas!





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Improve Your Patient's Use of Their Inhaler!

The MSRC Asthma Committee's MDI and DPI instructional sheets are coming to the MSRC web page.

We all could use a little help instructing patients on the proper use of inhalers...you instruct the patient, they go home and often forget the instructions. The MSRC Asthma Committee wrote and printed instruction sheets on 3 types of inhalers. These sheets were available through purchase from the MSRC.

We want all Respiratory Therapists (and care providers) to have access these great learning tools. Soon they will be posted on the MSRC web page; all you will have to do is click and print them; at any time. These will now be available at no cost to you thanks to the collaboration of the MSRC and the Asthma Committee. Your patients can keep the information as a reminder of the proper use and the instruction you have already provided. We hope that this will improve our patients' health, and the effectiveness of their inhaled medications.

Check out the MSRC web page and look for the MDI and DPI instructions in the near future.



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How Do I Clean The Inside (continued from cover)

considering as I got home and quickly jumped into the shower. I could get the smell off of my skin, eventually out of my nose and I could wash my clothes, but how do I clean the inside? My husband has known CHD, it is not acceptable for him to have to risk death just to wish his brother a happy retirement.

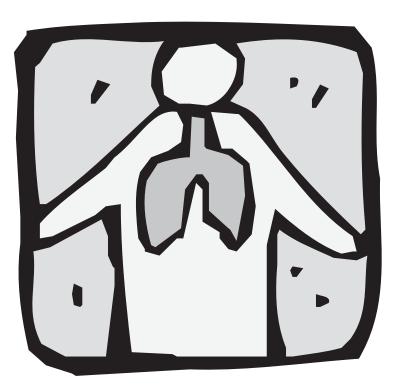


Now we have even more facts. The Surgeon General's Report on The Health Consequences of Involuntary Exposure to Tobacco Smoke was released June 27, 2006. This confirms the serious health effects of secondhand smoke exposure. The new report has concluded that, "Smoke-free workplace policies are the only effective way to eliminate secondhand smoke exposure in the workplace. Separating smokers from nonsmokers, cleaning the air, and ventilating buildings cannot eliminate exposure."

Dr. Carmona said, "The debate is over. The science is clear. Secondhand smoke is not a mere annoyance but a serious health hazard". Please take a moment to view the new report at the surgeon general's website:

http://www.surgeongeneral.gov/library/secondhandsmoke/

There are 18 states that have comprehensive smoke-free workplace policies; why is Minnesota so far behind? As respiratory therapists, we have an obligation to tell our patients about these risks. Please inform yourself, your family and your lawmakers. Your "inside" will thank you.



Congratulations RCP of the Year!

Barbara Sherwood was named 2006 MSRC RCP of the Year!

Barbara has worked in direct patient care since 1994. She worked as a certified nursing assistant and physical therapy assistant while attending college for Respiratory Therapy. Barbara attended and graduated from North Dakota State University where she was the first president of the NDSU Respiratory Care Club and ultimately graduated in 2000 with a BS in Respiratory Care.

During her career as an RT Barbara has worked in a variety of positions from adult trauma to neonatal critical care, education of staff and patients. Barb currently works for CORE Respiratory Services as Director, Marketing and Education. Her enthusiasm, compassion and expertise are well known to her colleagues and patients alike. Barb volunteers in the community doing a wide range of things from Asthma Camp to CPR training.

The decision was a difficult one as the RCPs nominated shine in our profession. Thank you to those who were nominated for all that you do, and to those who honored their peers with the nomination.



Congratulations Barb!

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√ote 2006

MSRC Election Results for 2007

President Elect Vicki Engmark



Vice President Shelly Klein



TreasurerDeb Breuer



Board of Directors:

Chris Gerlach



Nick Kuhnley



Sue Knight



Joe Buhain



MSRC would like to thank ALL the candidates for their willingness to run for a MSRC office for the 2007 calendar year.

We had a 43% return rate for the ballots, the highest documented in the past 10 years.

Please know that MSRC appreciates the commitment and volunteerism of all the candidates and members and hopes you will continue to be involved with our organization.

A special thanks to members of the nominations, judicial, and election committees for their input as we went through the election process. Also to Nancy Drake for assisting with the ballot count.

Respectfully submitted,

Cheryl Sasse MSRC Election Chair



2006 Award Winners!

Winners of the Fred Helmholz student paper awards:

Travis Moy—FIRST PLACE

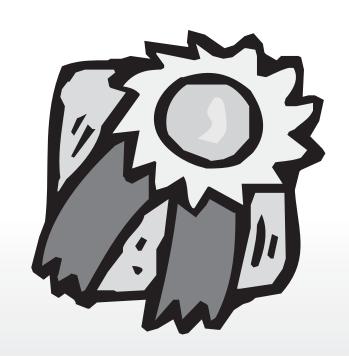
Heather Leadens - SECOND PLACE

Tracy Jensen — THIRD PLACE

Jennifer Cleland - FOURTH PLACE

...and last, but not least:

Nonin winner – Natalya Gerchikov



Save the Date

Important Dates for Upcoming Events. MSRC 2006–2007

December 11–14, 2006:	14, 2006: 52nd International Respiratory Congress, Las Vegas, Nevada			
January 19, 2007:	Winter Workshop 2007 <i>via ITV video conference</i> ; Aitken, Duluth, East Grand Forks, St. Cloud, St. Paul. BOD meeting to follow.			
March 2, 2007:	MSRC Student Job Fair and Student Presentations; College of St. Catherine, St. Paul, MN. BOD meeting to follow.			
May (TBA), 2007:	MSRC Spring Forum, Aitken, MN; BOD meeting to follow.			
July 13–15, 2007:	AARC 2007 Summer Forum; Reno/Lake Tahoe, Nevada			

