



American Society for Clinical
Laboratory Sciences Oregon Chapter
Newsletter
The Centrifuge

Winter 2023
Issue 1, Vol. 11

Facebook and Twitter
are great ways to connect
with ASCLS Oregon.
Click the images.



Special Interest Articles:

- Leaders Motivate
Individuals to Ask
Questions and Reject
Perfectionism

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PRESIDENT'S UPDATE

by Katrina Holcomb MLS(ASCP)^{CM}



This year it is a great pleasure serving as president of the American Society of Clinical Laboratory Sciences of Oregon (ASCLS-OR). I am so pleased to have the chance to lead such a wonderful community of laboratory professionals. While enduring pandemic skeletal staffing levels, supply chain difficulties, and a larger inpatient population, I am continually astonished by the fortitude of all our laboratory employees. The clinical laboratory is in more demand than ever, from phlebotomists to laboratory scientists. Thank you from the bottom of my heart for your dedication and tremendous work.

As a member of ASCLS-OR, I am delighted with the achievements of this year. As part of a new program to recognize recent graduates, the Oregon Institute of Technology/Oregon Health and Science University (OIT/OHSU) Medical Laboratory Scientists (MLS) and the Portland Community College Medical Laboratory Technicians (MLT) will receive graduation gifts. Laura Sage, the previous president of ASCLS-OR, and I recently had the opportunity to hand-deliver gifts to each of our recent OIT/OHSU grads in preparation for their first day on the job. **Continued on page 2**



To commemorate the graduates, Katrina Holcomb crafted acrylic ASCLS key chains etched with a laser that was a tremendous hit with the students.

We are also sending MLS brochures to Oregon STEM college resource centers, high schools, and other venues where they may assist in raising awareness of our profession. By boosting the number of students applying to medical laboratory programs, we may help ease clinical laboratory staffing shortages nationally. It begins with one dialogue and one neighborhood at a time.

This year, we are excited to present the Betsy Baptist Scholarship again, we had amazing applicants this past year. ASCLS-OR will also be assisting in hosting the online Joint Spring Seminar later this spring.

We are also preparing to send many members to the ASCLS Joint Annual Meeting in Providence, Rhode Island.

In the future, we would want to have a local in-person ASCLS-OR event, but we must wait till the prevalence of respiratory illnesses decreases. Before we can plan a face-to-face meeting with you and the network, we must support relatively safe meeting conditions.

Thank you for your ongoing patience and understanding! If you have any questions or proposals for projects that might improve our profession, please get in touch with me via ASCLS's social media accounts.

Also, our board meetings are open to the public, so please feel free to join us anytime.

I look forward to what we can accomplish together!



Local scientific educators and academic honors organizations have provided Katrina Holcomb's ASCLS-OR MLS Brochure with an overwhelmingly positive response. The new ASCLS-OR website will soon include a downloadable MLS brochure for printing or internet distribution. Let's work together to enlighten the general public about potential career paths for laboratory professionals. Every share helps us grow our laboratory community.

70% of today's medical decisions depend on laboratory test results -CDC.gov

Join an enriching field full of puzzles, critical thinking and life-saving opportunities. Get certified and release medical data critical to healthcare decisions or work in a support role to see if medical laboratory science is for you!

Participate in a grassroots professional society and make change in your local lab. ASCLS is a national society of laboratory professionals. Find mentors, learn to lobby with congressional representatives and attend regional and national networking events and seminars. There are so many amazing opportunities just waiting for you!

MEDICAL LABORATORY SCIENCE

AMERICAN SOCIETY FOR CLINICAL LABORATORY SCIENCE (ASCLS)

CONTACT US
<https://connect.ascls.org/oregon/home>
<https://www.facebook.com/asclsoregon>

Who Works in the Lab?

Medical laboratory science encompasses multiple levels of healthcare including:

- Phlebotomists (Diploma and Phlebotomist Certification)
- Specimen Processors (Diploma and some college science)
- Lab Assistant Technical - LATs (Bachelor's in Science)
- Medical Laboratory Technologist - MLT (Associates Degree in MLT and MLT certification)
- Medical Laboratory Scientist - MLS (Bachelor's in MLS or Science and MLS certification)
- Technical Specialist (Department specific certification on top of MLS cert)
- Histology/Cytology Tech
- Lab Manager (usually Masters)
- Doctorate of Laboratory Science

PREANALYTIC
Work as a phlebotomist collecting crucial specimens and help obtain life-saving data.

Or perhaps become a specimen processor who helps receive, track and aliquot specimens for testing.

ANALYTICAL STAFF
Become Medical Laboratory Scientist (MLS) or Medical Laboratory Technologist (MLT) and perform high complexity testing. From molecular testing to blood banking, these laboratorians provide the majority of medical data used by doctors and nurses.

Starting out in the lab

Learn to:
Take blood sample

Phlebotomy in Oregon

- Number of programs: 39
- Average hourly wage: \$15
- Projected job growth: 24%
- New jobs created annually, avg.: 470
- Education level required: diploma/CED and phleb certification

Specimen Processor/Lab Asst.

Have an associates/bachelor's degree in a hard science field? Don't want to go to grad school?

Try the clinical lab as a specimen processor or lab assistant. Receive specimens and process different blood products. Or work performing moderate complexity testing, assist certified staff prepare specimens for testing, run molecular kit tests and try your hand before investing in a certification program!

- Average hourly wage: \$14/19

Medical Laboratory Technologist (MLT)

Associates Degree Program
Average Salary in OR: \$42,000-\$53,000 yearly

Programs in OR: PCC Community College MLT program
Cost: \$14,293 resident / \$26,845 non resident

MLT vs MLS

MLTs perform mostly the same duties as MLS. MLS individuals can access competencies and become technical specialists. MLTs can become MLTs via school programs or testing up after a few years of experience.

MLT and MLS Students Study:

**Chemistry
Hematology
Microbiology
Virology
Mycology
Parasitology
Immunology
Coagulation
Blood Banking
Molecular Biology**

Medical Laboratory Scientist (MLS)

Bachelor's Degree Program
Average Salary in OR: \$50,000-\$60,000 yearly

Programs in OR: Oregon Institute of Technology MLS program
Cost: \$22,000 resident

Full 4 year pre-requisite program offered or previous Bachelor's accelerated certification degree in hard science

WORK IN A CLINICAL LABORATORY

Help your community from inside the lab. Now more than ever we need more laboratory staff. Amazing job security and enriching professional society.

ASCLS
The American Society for Clinical Laboratory Science
OREGON

We need medical laboratory staff more than ever, join us today!!!



Leaders Motivate Individuals to Ask Questions and Reject Perfectionism: A Vision for a New Generation by Susan Holmes MLS(ASCP)^{CM}

Born in 1942, British theoretician, cosmologist, and author Stephen Hawking studied physics and chemistry at Oxford.¹ He was diagnosed with amyotrophic lateral sclerosis (ALS) at 22 years and had just a few years to live.¹ Hawking was a tremendous worldwide spokesperson for science, and his book, "A Brief History of Time," was translated into over 40 languages and sold over 10 million copies.¹ Stephen Hawking is an outstanding historical leader who can see what others cannot.² The study of the cosmos taught him that nothing is perfect and that, in our pursuit of perfection, we often fail to see a problem or obstacle in front of us.² Perfectionism is the unwillingness to accept poor results; however, a leader who never makes errors cannot develop professionally.³

Stephen Hawking had a successful and inspiring scientific career until his death on March 14, 2018.^{1,2} Despite suffering from a neurological disease in which motor neurons are damaged or die, resulting in the loss of motor abilities and the use of a voice synthesizer, he maintained a successful and inspiring scientific career.^{1,4} According to Sinek's book, leadership is the capacity to inspire people throughout time, not just for a particular event.⁵ However, if we begin with the incorrect questions and lack knowledge of the problem, the correct answers will always be deceiving.⁵

Leaders are facilitators who motivate team members to adopt more efficient mental processes to boost creativity and innovation.⁶ Good questions, inspire individuals to consider different possibilities and unearth previously hidden resources.⁶ The most effective leaders seldom micromanage or impose their will on others; instead, they improve cognitive functioning via reflection.⁶ Future generations will dedicate their lives to unraveling the universe's secrets because leaders like Stephen Hawking motivate us to ask questions and reject perfectionism.¹

References:

1. Gopakumar R, Wadia SR. Stephen Hawking (1942–2018). Resonance. 2021;26(1):13–31.
2. What Stephen Hawking can teach you about leadership - NINE10 - brand, Web & Training Agency in Alberta [Internet]. nine10. nine10 Incorporated; 2021 [cited 2022 Jun 26]. Available from: <https://www.nine10.ca/blog/what-the-universe-can-teach-you-about-leadership/>
3. Baytak O, Altun* M. The effect of the principals' perfectionism on organizational stress. European Journal of Educational Management. 2018;1(1):35–43.
4. DynaMed. Amyotrophic Lateral Sclerosis (ALS). EBSCO Information Services. Accessed June 26, 2022. Available from: <https://www.dynamed.com/condition/amyotrophic-lateral-sclerosis-als>
5. Sinek, S. Start with why. how great leaders inspire others to take action. New York: Penguin Group; 2009.
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Upcoming Education Events

2023 Virtual Joint Spring Seminar April 20-21st

The Joint Spring Seminar serves as the spring continuing education (CE) program for the Pacific Northwest hosted by the constituent societies of Washington, Oregon, and Alaska. Currently, there will be eleven virtual CE lectures on several laboratory-related subjects, each lasting one hour. In addition, the head of the ASCLS Political Action Committee (PAC) will deliver a special presentation on our voice in governmental matters. There are so many virtual educational seminars and courses available that everyone may discover something of interest. The registration deadline is April 19, so please register as soon as possible.



Register today by clicking the image and entering your information



The new website address for ASCLS-OR is connect.ascls.org/Oregon. The new website will be the official method for submitting scholarship applications to Betsy Baptist, obtaining a copy of meeting minutes, and, most importantly, providing area laboratory professionals with the most up-to-date information on events in which Oregon is participating. We are invested in your success and want to facilitate communication. Remember that your contribution is essential. To get further information, please click on the ASCLS-OR logo below.



Oregon Tech-OHSU Medical Lab Science Graduates We Are So Proud!



The Oregon Tech-OHSU MLS program awarded degrees to thirty-four graduates on December 10, 2022. The only four-year program in Oregon and the largest in the Pacific Northwest, the MLS program celebrated 90 years. Recent graduates have already received offers of employment from externship locations. Corene Elia, an alumni of Oregon Tech-OHSU, gave the commencement address. Academic excellence landed Teo Le the Outstanding Scholar Award. Jessie VanBlaricum is a remarkable Medical Laboratory Student. Please click the Apply Now link for additional information on the MLS program between Oregon Tech and OHSU.

APPLY NOW

ASCLS-OR Past President Laura Sage was thrilled to attend the Oregon Tech-OHSU MLS Class of 2022's commencement ceremony.

"As the graduates take their board exams and begin their new lab professions, may they have confidence in the quality of their education and the support of their new lab colleagues. The solidarity and ability to rely on one another that got them through school are just as essential in the workplace."



Valentina Cingel and Afrah Ahmed seen from left to right, are exemplary representatives of the future generation of MLS industry leaders.



In December, the 2022 Oregon Tech-OHSU MLS cohort graduates with faculty and alum speaker beaming with pride. Rosalind McClure, Darrell Mooers, Corene Elia, Dawn Dickson Taylor, Rachelle Barrett, and Caroline Doty, left to right.





Joint Annual Meeting Reflections of Student Representative Jessie VanBlaricum for ASCLS-OR

Jessie VanBlaricum, who represents ASCLS-OR at the National Conference, is aware of the organization's objectives and openly communicates them, demonstrating that she is an exceptional member of the profession's future generation of leaders.

Hello! My name is Jessie VanBlaricum, and I am the newly appointed Student Representative for ASCLS-OR! I have just finished my last term of classes and will start my clinical rounds in September before graduating and entering the MLS field in December. The OHSU/OIT MLS program has been incredibly challenging but immensely rewarding; I am eager to join the field and continue to learn every day. Although I am new to the area and ASCLS, I love every second I have been a part of it. Since being appointed, I have been pleased to attend the Joint Annual Meeting in Grand Rapids, MI, with the former ASCLS-OR president Laura Sage.

Walking into the conference was a bit overwhelming for someone just about to enter the Medical Lab field. I felt excited to explore my career possibilities and connect with those that could offer me guidance.

I was amazed by the presentations given by individuals who are leaders in this field. From learning to work with a lab of scientists from different generations to learning how to validate a new test within the laboratory, I was amazed at the compassion and knowledge these professionals had. I enjoyed walking around and talking to various vendors about testing and the instruments they were introducing. I even got to experience a lab-on-wheels that showcased the newest analyzers. Grand Rapids had many exciting places, including beautiful gardens, museums, and great food.

Getting together with a big group of scientists was much more fun than one might think.

I met and talked with more leaders from Region IX and X to explore the possibilities of collaboration and how we can all help each other prosper.

ASCLS is a big community of people who love their profession and want to share their expertise with those around them. I hope to see all the lovely people I had the pleasure to meet at the next JAM in Providence, RI, next year.

I want to thank ASCLS-OR for encouraging me to attend and Laura for making me feel welcome at the conference. I am thankful that I was able to join in person. It truly is just the start of my journey with ASCLS.

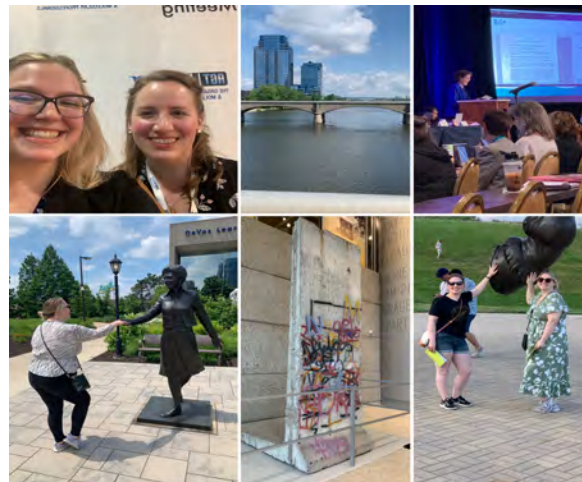
Being selected as the Student Representative has been a joy for me, and although it has only been for a short time, I know that I want to make a significant impact and help those like me find their way within this community.

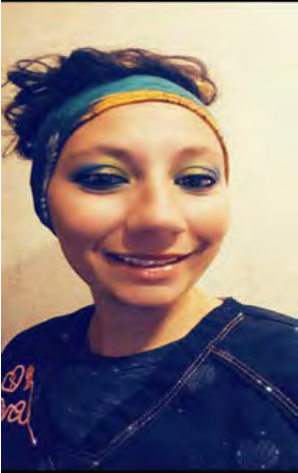
As I embark on this new chapter, I look forward to being in the field and continuing my lifelong search for knowledge. As your Student Rep, my goal is to be a friendly shoulder if you need anything or to be a rock as you go through these intense programs. If you have questions about getting through the program, need overall guidance, or want to get more involved in ASCLS, please email me at jessievanblaricum@gmail.com

ASCLS is a fantastic community of scientists from many backgrounds who have experienced many different paths to get where they are. It is a great place to find mentorship and friendship while being more involved in our profession!

I look forward to the next year with ASCLS, especially visiting the new OHSU/OIT 2023 MLS Cohort this fall!

Happy studying, and I hope to hear from you!





The Northwest Medical Laboratory Symposium: Adaptation to the COVID-19 Pandemic by Mariah Alanis, MLS (ASCP)CM

The Oregon and Washington constituent societies for The American Society of Clinical Laboratory Science (ASCLS) have taken great pride in organizing The Northwest Medical Laboratory Symposium (NWMLS) for many years. As one of the most significant events organized for medical laboratory professionals in the northwest, the NWMLS provides ample opportunity for professionals to earn continuing education credits. The organizing committee comprises volunteers who are currently working and retired laboratory professionals. We, as volunteers, take great pride in creating a diverse learning environment for our colleagues to expand their knowledge.

The symposium was held in person in previous years and included several speakers and industry presentations. Under the guise of learning, hundreds of laboratory specialists would gather in person. As crucial as it was to remain abreast of cutting-edge laboratory research procedures was the need to network and interact with like-minded people.

Recently, the symposium has had to adapt. The COVID-19 pandemic threatened to shut down the seminar in 2020. The committee had already decided on a location, made reservations, and finalized the program when the shutdowns occurred. Unsure of the future, the committee quickly evaluated the available options. Luckily, we had some technologically savvy individuals who came up with the idea to host the symposium digitally, allowing for the seminar's continued success for the last three years.

Continued on Page 7

The Chair of the 2022 NWMLS Virtual Symposium, Mariah Alanis, is all smiles, showcasing her successful and flexible leadership style.

"I want to use this opportunity to express my gratitude to Maja Chloupkovi. I shadowed her during her tenure as chair of the NWMLS in 2020. I then accepted responsibility for 2022 with her help."

Click the image for more about instructor qualifications.



PCC Medical Laboratory Technician Program Update by Jason Rhoads, MLT(ASCP)



Jason Johnson, Program Dean of Portland Community College's (PCC) Medical Laboratory Technician (MLT) program, is pleased to announce that one of the program's corporate partners has volunteered to serve as interim director of the PCC MLT program. We await the NAACLS' examination and determination on the temporary director's candidacy for the position. PCC continues its search for a permanent MLT Director by examining applicants as submitted. They are seeking candidates who match the position's requirements and can perform teaching and administrative activities on campus.

Applicants may submit their applications via the PCC's job website, or they can contact Jason at jason.johnson@pcc.edu with any queries or clarifications.

The Northwest Medical Laboratory Symposium: Adaptation to the COVID-19 Pandemic by Mariah Alanis, MLS (ASCP)CM. Continued from Page 6.

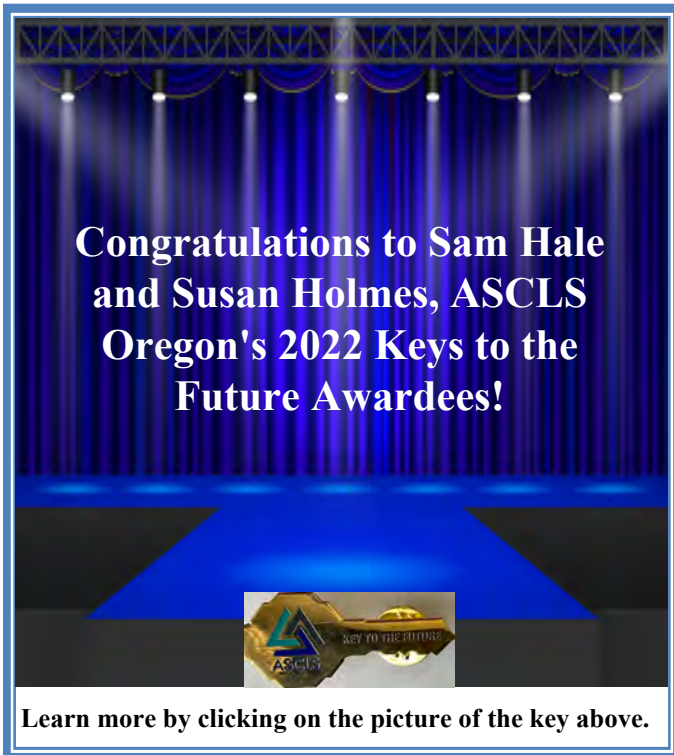
In the previous three years, the committee has held the symposium on a digital platform (2020, 2021, 2022). Speakers presented live lectures to attendees, and recordings were made accessible to registrants who could not attend the live sessions. Throughout each day, we continued to offer industry presentations that were recorded and provided to all registrants following the conclusion of the symposium. Medical laboratory professionals who otherwise could not participate in the symposium had additional possibilities thanks to the virtual platform.

While the virtual symposiums have allowed for greater access to gaining continuing education credits, the ability to network and socialize has been nearly impossible. Meeting other professionals on a virtual platform does not allow for the same level of inclusion and socialization. As we move beyond the pandemic and the world continues to normalize, our goal is to return to our previous in-person symposiums.



We are thankful to be able to continue providing our colleagues with chances for continuing education, particularly at such an uncertain time. I am eternally grateful to the volunteers who have dedicated their spare time to organizing this event. Without these volunteers, the symposium would not be successful virtually or in person.

We hope you will join us at our next event in October of 2023. See you there!



Event	Date	Click on image below to learn more
Pride-Respect-Inclusion-Support-Momentum (PRISM): Virtual	January 16-18, 2023	
Emerging Laboratory Managers Collaborative Conference (ELMC2): Virtual	January 20-21, 2023	
Clinical Laboratory Educators' Conference: New Orleans, LA	March 2-4, 2023	
Oregon, Washington, and Alaska Joint Spring Seminar (JSS): Virtual	April 20-21, 2023	
Medical Laboratory Professionals Week	April 23-29, 2023	





The Best Pet Picture Submission

We are holding a contest for the most captivating photo of our readers' pet. Provide the image and the name of your pet. The picture of the winning pet will appear in the subsequent issue.

Please email photo entries to Susan Holmes at pdx.susan.holmes@gmail.com with the subject line "The Centrifuge Pet Photo Contest."



In our next issue, we will feature the ASCLS legislative symposium and our work in the Oregon legislature. Do not hesitate to contact us if you would like to participate.

Hematology

<https://thewordsearch.com>

H	A	I	R	A	L	A	M	E	C	B	R	N	T
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- LYMPHOCYTE
- AGGLUTINATION
- NUCLEUS
- EOSINOPHIL
- SEGMENTS
- NRBC
- REDBLOODCELL
- REACTIVECELL
- MONOCYTE
- BASOPHIL
- CLUMPING
- MALARIA
- NEUTROPHIL
- BACTERIA
- PLATELET
- BLAST
- METAMYELOCYTE



Argo wins the contest while dressed as Aquaman. Jason Momoa, look out!



Sam Hale, MLT(ASCP), is now utilizing an art generator to produce lab coats for a variety of animals and has just begun to create memes based on hilarious laboratory experiences. Send us your recommendations for further humorous expressions and animals in lab coats so that we may share them with our readers.

EDITOR

The Centrifuge is published quarterly by ASCLS-OR for the Oregon Clinical Laboratory Science Community.

Editor-in-Chief:
Susan Holmes. Associate Editors: Rachelle Barrett, Sam Hale, Katrina Holcomb and Laura Sage

Centrifuge Newsletter Reader Survey

As the start of a new editorial year approaches, the newsletter team at Centrifuge is excited to hear your thoughts on modifications and upgrades to the ASCLS Oregon newsletter. Please take a few minutes to complete this survey by clicking the **Feedback icon below**. The results of this poll will be examined and included in subsequent issues of the Centrifuge.

