



American Society for Clinical Laboratory Sciences
Oregon Constituent Society Newsletter

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The Centrifuge

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2017 Northwest Medical Symposium – Oct. 18-21 Earn up to 26 Contact Hours!

You are invited to the Northwest Medical Laboratory Symposium and Exhibits at the Lynnwood Convention Center, Lynnwood, WA, on October 18–21, 2017.

We want to remind you to register for the 2017 Northwest Medical Laboratory Symposium, if you have not done so already.

Plan to join us this year and check out the [Program](#) to see what is being offered and who is coming. It is posted at the newly designed website at www.asclswa.org. Send in your registration, and make plans to come –

it's not too late! The full program book has more information about the sessions, but the flyer has all the essential information.

And we have an [online registration form](#) if you wish to use your credit card. It is secure and easy to use. You can print out your form before submitting it so you have a record. We will send you a confirmation too!

Thank you to NWMLS volunteer staff who have set up sessions, prepared the program, and pitched in. And, finally, thank you – NWMLS registrants and exhibitors, sponsors and on-site volunteers -- who will join us for the 2017 NWMLS.

As you prepare (don't forget those comfortable shoes!), take some time to review the [Program Flyer](#). Map out which workshops you'll attend, and get your handouts printed. Approximately two weeks before the meeting, registrants will be sent the username and password to get the handouts.

Do you have the EventXD app? If so, use the search term "lab" to find the Northwest Medical Laboratory Symposium. This is a great way to see the sessions by category.

We hope to see you soon!

Annual Meeting Recap

by Ryan Howey, MLS(ASCP)^{CM}, President, ASCLS-OR

The 2017 ASCLS meeting was held in San Diego this year. As the weather here in Oregon is right now turning to the cool rainy weather we all know so well, I am fondly remembering the bright and sunny week I spent in San Diego, talking to colleagues, attending educational sessions and seeing the industry's

newest instrumentation and technology first hand.

The first night of the conference Region IX got together for dinner in the famous San Diego Gas Lamp quarter. For Shannon Billings, our then Regional Director, this was her last annual conference as a pacific

north westerner. She announced at our meeting that she has accepted a job in Las Vegas and will be transferring her ASCLS service to region X and the Nevada constituent society. I would like to take this opportunity wish Shannon well and

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ASCLS-OR Board of Directors 2017-2018

“There is no adversity capable of stopping you once the choice to persevere is made.”

—Jason Kilar

Thanks to all who are volunteering their time and talents as board members for this year (August 1, 2017 – July 31, 2018). Please note we have an open position of president-elect – along with a current president, and many past presidents to mentor this person.

You can reach any officer by email by visiting the leadership directory on the web: <http://ascls-oregon.org/leadership.html>.

President – Ryan Howey – Laboratory Quality Manager, Adventist Medical Center, Portland. Ryan wants to improve involvement and engagement in our state and region and use the talents of everyone working as a team.

Past President and Membership Chair – Patty DeTurk – College Instructor, Clackamas Community College and Microbiologist, Clinical Microbiology Institute. Patty’s involvement is driven by a desire to encourage people to participate in their professional organization. Her goals are to increase membership and involvement.

President Elect – open

New professional – Laura Sage – Medical Technologist, Legacy Silverton Medical Center, Silverton, Oregon. Laura is involved to be a part of progress, education and outreach for medical laboratory science.

Treasurer – Tiffany Mach – Medical Laboratory Technician, Portland Adventist Medical Center, Portland. Tiffany is involved to encourage people to increase their job satisfaction through involvement beyond their regular duties, as well as networking and being part of something bigger in the medical field.

Student representative – Rachel Eberhard – MLS Generalist, St. Charles Health System, Bend. Rachel wants to be involved with others in her new profession and to be a voice for students.

Board member at large – Helen Wand – Director and Lead Instructor, Clinical Laboratory Assistant Program, Clackamas Community College. She strongly believes that our professional organization sets us apart as

professionals and feels the educational programs are especially important.

Secretary – Jackie Rice – Consultant in data analytics and business planning. Jackie is involved to give back to the profession that gave so much to her as foundational to her career and to encourage increased membership and participation in ASCLS.

PACE Chair – Emily Barbur – Medical Technologist II, Chemistry Lead, Legacy Mt. Hood Medical Center. She enjoys collaborating on continuing education opportunities and being a contributing member to the further education of our field.

Director of Scholarships – Heidi Smith – although retired now, Heidi continues her involvement with ASCLS. She has held multiple positions over the years at the state, regional and national level. As director of scholarships, and administrator of the Betsy Baptist Scholarship, she facilitates major scholarships to Oregon MLT and MLS students to aid them in achieving their goal of a career in laboratory medicine.

Annual Meeting Recap

(cont. from page 1)

congratulate Region X for acquiring a motivated and dynamic leader. She will be missed.

In addition to the group dinners, of which there were many, there were other social events as well. There was a mixer for New Professionals and the ASCLS President's Reception and silent auction.

Beyond the social aspect of the meeting there were many opportunities to meet other professionals, network and hear the latest news in the different specialties. To this end, my favorite events are the scientific assemblies. Run by their own elected leadership, the scientific assemblies provide an ongoing framework for ASCLS members to talk shop with those other members who share their specific expertise. Over the years I have attending the assemblies for Molecular Diagnostics as well as the QA/management and have found the continuity of the assembly attendees a terrific opportunity to find and network with experts in a specific area as well as get answers to questions that other the wider ASCLS membership may not be asking. Many times, after attending the scientific assemblies I will find those same experts at breakout sessions outside our specialties and take the opportunity to share a refresher course in a different department.

Continuing with my discussion of the educational and technically enriching aspects of the annual meeting I can't help but mention the Poster presentations. I always make a point to go and see what the newest science is in our field. This year was certainly no disappointment. It was a short walk past the main convention center facility to the poster presentation section, but well worth it, to see over a hundred posters covering studies done in all aspects of laboratory science--from instrumentation throughput and collection container studies to TDM interference with analytical methods. I'm always impressed with the bright minds who apply themselves to such investigations and I was grateful to be able to soak up some of their discoveries during the meeting.

I will admit, because of professional obligation to the lab I work for, I spent much of my time at the Clinical Lab Expo, speaking with vendors and taking a good look at the newest integrated chemistry analyzers. For those of you who have never attended the Clinical Lab Expo at the AACC and ASCLS Annual Meeting, it is a one of a kind experience. With just about every vendor in attendance in the main exhibit hall, it is often difficult to just find the vendors you are interested in meeting. The exhibit hall is over 525,000 square feet, and I can say having walked the length of it a few times there was not a lot of open space.

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“Catch the trade winds in your sails. Explore. Dream. Discover.”

– Mark Twain



Events Calendar: 2017/2018

| Event | Date | Where |
|--|----------------------------------|----------------|
| Northwest Medical Laboratory Symposium and Exhibits (NWMLS) NWMLS Program | October 18-21, 2017 | Lynnwood, WA |
| ASCLS Region IX Forum | Oct. 20, 2017, 6 p.m. at NWMLS | Lynnwood, WA |
| ASCLS-OR Board of Directors Meeting | Oct. 20, 2017 7:30 p.m. at NWMLS | Lynnwood, WA |
| ASCLS Clinical Laboratory Educators' Conference | February 22-24, 2018 | Houston, TX |
| ASCLS Legislative Symposium | TBD: March 2018 | Alexandria, VA |

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Editor-in-Chief: Jackie Rice
Associate Editor: Patricia DeTurk
Assistant Editor: Open for 2017/2018

New Professional Spotlight – Pam Pohl McCarthy

Interview by Laura Sage, MLS(ASCP)^{CM}, ASCLS-OR New Professional Board Member



Pam Pohl McCarthy

What is your name and when did you graduate?

Pam Pohl McCarthy, graduated from OIT's MLS program in December 2016.

Where do you work and what position?

Legacy Silverton Hospital, nights and some days and evenings

Why did you decide to become a Medical Laboratory Scientist?

It is something I've wanted to do for many years, but didn't have the opportunity until now. I needed a change of career and found the program at OIT while searching the Internet.

What was your favorite part of being a student at OIT in the MLS program?

The fantastic instructors and the hands-on learning in the lab. The externship was really valuable because I could get a sense of what I would be doing "on the job." It gave me some needed confidence.

What's your biggest piece of advice you would give to current and future students?

bodily fluids than you ever thought possible and meet a lot of people with similar interests. You've chosen a great degree for your future and joined a network of scientists who are dedicated to further advancing our profession. Also, don't feel like you are stuck with one path in this field - you don't have to be a tech on the bench, you can be involved in management, instrumentation, research or continue your education in another area.

Never give up on your dreams. It's okay to change your mind, but if you want it – don't give up. You are never too old to do something, learn something new.

What is the most challenging part of your job?

There's always something new to learn. Sometimes, at night, I have to figure it out on my own. I have people I can call if I need to, but I like to let them sleep, if I can. When things go wrong, you have to be able to troubleshoot and still get the testing done ASAP.

What is your favorite part of your job?

Helping to save lives, working in the lab. I like to do it all, so night time can be

a fun challenge to get through the night without falling behind.

What are your hobbies?

I like to spend time outdoors – gardening, hiking, going to the beach and our family cabin in the mountains. I also like to read and play computer games.

What is your biggest goal for your life, either personally or professionally (or both)?

To make a positive difference in people's lives, and to help save as many as I can. I also enjoy creative pursuits like gardening and crafts and hope to leave a bit of beauty behind – and help protect the environment for future generations.

Student Representative Update

By Rachel Eberhard MLS(ASCP)^{CM},

ASCLS-OR Student Representative Board Member

As the newly appointed ASCLS Student Representative for 2017-18, I'd like to congratulate the current MLS students for nearing the end of their program, MLT Year 2 students for an exciting year ahead and all the new students for starting this exciting journey! As a 2016 OIT graduate of the MLS program, my hope is to be a helpful resource for all students.

To the new MLS and MLT students, get ready to study hard, learn more about

To the students on externship, learn as much as you can and ask lots of questions! You get to spend three and a half months side by side with experts in the field so use that time wisely. Clinical externships can be overwhelming but know there are resources close by that can help: professors, past students, laboratory managers, supervisors and lead techs, ASCLS members and your Student Representative! Don't hesitate to reach out if you have questions. It may be good to accept now that you

probably won't have much of a life outside of the lab and your study materials during your externship but also remember to explore where you live! You may be externing near your home or not but don't get too bogged down in studying that you don't enjoy your time in a new place with new people.

Regarding finding the right career fit, pay attention to the culture of your extern site and labs you may visit. Pay attention to things like:

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Annual Meeting Recap (cont. from page 3)

When you add that to the length of the walk to some of the educational session rooms, you can imagine why I skipped the gym that week. I got plenty of walking in.

Speaking of educational sessions, I attended plenty of them as well. One session I always plan on attending is the AACC/ASCLS Joint Healthcare Forum. The event is always well attended and includes presentations by experts on policy from AACC as well as our own ASCLS Executive Vice President Jim Flanigan. I will admit that I always grab a free cup of coffee from a vendor on the way to this session because listening to policy wonks on a hot July afternoon is usually a recipe for a nap, but I tend to perk up when they describe the declining reimbursement in store for Labs because of legislation (or lack thereof). Frankly, this topic is the reason I stay involved in the ASCLS, I don't want to see a lack of political activism further contribute to the current decline in reimbursement for laboratory services. If we aren't paying attention and speaking up when legislators and political leaders decide we don't deserve to be paid for the services our labs provide, we won't have anyone to blame but ourselves. On that note, if anyone is interested in becoming politically active I would like to mention that our Region does have an active Government Affairs Committee. If anyone is interested in getting more involved I would be happy to help you make that connection.

Finally, I should mention the activities I participated in as in my role as President. Those of us from the Oregon delegation did meet and attend the Regional Caucus and we discussed some of the work that has been ongoing at the regional level in terms of the budget and bylaws. This part of the meeting is one of my favorites because I am often surprised to see past presidents and long-term members from our area appear at the caucus. They always carry with them a valuable historical perspective and I am always prepared to learn when they contribute to our business meetings.

As always, the ASCLS House of Delegates occurred on the last day. This part of the meeting is probably the most action packed. As a collective of representatives from all over the country (the six Oregon delegates included) received reports from the board of directors, election results were announced (delegates had been voting for board officers online for days prior to the house of delegates) awards were given and new officers installed.

Next year's annual meeting will be held in Chicago. If you are reading this and wondering if you should attend or not, I encourage you to! You'll will never see so many laboratorians in one place. It's an exciting and enriching experience for everyone and I have made friends at every meeting I've ever gone to.

See you in Chicago, summer 2018!

Student Representative Update (cont. from page 4)

do the employees seem happy, do they see themselves having a future at that organization, are supervisors involved in day to day activities and does the workflow match your preferences. These are important aspects to consider that may be more vital to your happiness than salary, shift or position.

The last piece of the puzzle is taking the Board of Certification Exam. Although you may never feel 100% prepared to take the exam, be confident, study a lot and trust your instincts. If you have been actively participating in your program you will pass! Regarding timing, take the exam close after graduation. My goal was to take the exam before Christmas so I could enjoy that time with my family without being preoccupied with studying and I was very happy that I met that goal.

Although my time as Student Representative has just begun over a month ago, I have already experienced so much more through ASLCS than I imagined. Being invited to attend the ASLCS Annual Meeting in San Diego was an honor and I had such a great time meeting laboratory scientists from all over the country, engaging in interesting lectures and learning more about the scope of ASCLS throughout the scientific community. I hope being student members opens your eyes to how much ASCLS can help you now and throughout your career.

Thank you to Genaro Hernandez for his help in writing this article.





If you are interested in becoming more involved in ASCLS-OR by serving on a committee, becoming a board member, or providing ideas and input, please contact president Ryan Howey at howey.r@gmail.com

If you have an announcement, article or essay you would like to contribute to **The Centrifuge**, please feel free to submit it for publication! Has someone you know receive a promotion? An award or prize? Special recognition? Done something unique that deserves highlighting? Please send ideas and submissions to Centrifuge editor Jackie Rice jacric2001@yahoo.com

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Oregon Members Receive Awards at ASCLS Annual Meeting in San Diego



Patty DeTurk receives Omicron Sigma award from Region IX Past Director, Shannon Billings



Ryan Howey receives Omicron Sigma Award



ASCLS-OR delegates to annual meeting: back row (left to right) - Genaro Hernandez (MLT student), Ryan Howey (President), Rachel Eberhard (Student Rep); front row (left to right) - Patricia DeTurk (Past President), Maja Chloupkova (Bylaws Chair), Lorianne Smith (Eastern Oregon Liaison), Brianna Mortier (MLS Student).

Thanks Again to 2017 Oregon Spring Seminar Speakers

ASCLS-OR would like to, once again, recognize the speakers who volunteered their time and expertise to contribute to our profession at the May 2017 OSS:

Tina Batsch, MT(ASCP); Judy Chang, MLA ASCP MA MLS; Maja Chloupkova, PhD, MLS(ASCP)^{CM}; Kathy Davidson, MT(ASCP); Patricia DeTurk, MST MT(ASCP), Shandee Dixon, PhD; Laura Lee Feiner, Clinical Laboratory Educator; Donna Larson, EdD, MT(ASCP)DLM; Nicole Paresi, PBT(ASCP); David K. Roberts, PhD; Jeanne M. Scott, MT(ASCP)SBB^{CM}, Michael Suter, MT SH ICCE.

Please consider speaking at a Northwest ASCLS educational event - contact ASCLS-OR president Ryan Howey at howey.r@gmail.com.

ASCLS-OR Wants to Recognize Your Professional Achievements

We are proud of colleagues who contribute every day to the health of our communities through their work in the field of clinical laboratory science and related health sectors. Please consider sharing your professional achievements here in the Centrifuge. They are important to all of us in the profession and are inspirational to others that are entering and growing their careers.

Please let us know about your new certification, promotion or special project at work, publication, speaking engagement, award, leadership appointments in ASCLS and other health industry related organizations, just to name a few.

Email the Centrifuge editor at jacric2001@yahoo.com with a description of your accomplishment, along with your name, title and employer/business and any other information you wish to share, such as where you went to school, professional goals, etc. We will include this in an article in the Centrifuge and send you the draft of your section of the article to make sure it is correct.

ASCLS-OR Leadership August 1, 2017 – July 31, 2018

For contact information, follow this link: [ASCLS-OR Leadership](#)

| | |
|-----------------|---|
| Ryan Howey | President |
| *** Open *** | President Elect |
| Patty DeTurk | Past President |
| Jackie Rice | Secretary |
| Tiffany Mach | Treasurer |
| Rachel Eberhard | Student Representative |
| Laura Sage | New Professional and Facebook Administrator |
| Helen Wand | Board Member At Large |
| Patty DeTurk | Principal Agent |
| Emily Barbur | P.A.C.E. Chair |
| Heidi Smith | Director of Scholarships |
| Patty DeTurk | Membership Chair |



Proposed Clinical Lab Fee Schedule for FY2018 Published – Sept. 24, 2017

From ASCLS-WA Facebook Page

“People who are skilled at dialogue do their best . . . to ensure that all ideas find their way into the open.”

—Kerry Patterson, co-author, *Crucial Conversations: Tools for Talking When Stakes Are High*

CMS published the proposed 2018 Clinical Lab Fee Schedule (CLFS) [Sept. 25]. The CMS website (at the link below) has the proposed rates, as well as data showing the weighted median and likely cuts for future years. There is also a summary with some top line data. An initial analysis suggests the cuts go far beyond the intent of Congress. CMS reports that the Weighted Median of Private Payor Rates is 24.6% below the 2017 National Limiting Amount (what CMS paid in 2017) for the top 25 CHPCS Codes by volume. The data on the top 25 codes are included in the summary, which you can find at www.asclswa.org/Documents/Govt/CY2018-CLFS-Payment-System-Summary-Data.pdf

There are limits in the initial year of implementation to reduce each code no more than 10%. It appears that virtually all the high volume codes will be down the full limit beginning in January. There is a lot of information here to review. The ASCLS Government Affairs Committee will be

meeting next week to determine next steps, which are likely to include seeking a legislative remedy from Congress. ASCLS will need those with access to their data to begin looking at the likely impact to their institutions. In addition to Medicare, pay close attention to your volumes for private payors whose contracted rates are tied to the CLFS. To influence Congress, we will need to describe how institutions are likely to address these cuts.

- Will services be cut? If so, to what communities?
- Will the menu of tests or availability of tests be limited? What will be the impact on care?
- Will there be job losses? If so, how many?
- Will there be a reduction in capital expenditures? If so, to what degree?

ASCLS will alert you in the future on how best to report this information for inclusion in any outreach to Congress. Please do not report this information now. As we learn more, we will pass it along as soon as possible.

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