



American Society for Clinical Laboratory
Sciences Oregon Chapter Newsletter

The Centrifuge

Winter 2024

Issue 1, Vol. 13

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



Special Interest Article:

- Graduate Into Laboratory Advocacy!

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Visit our website for more information on upcoming events and ways to get involved!



First and foremost, I would like to thank every laboratory professional that has continued to persevere despite the many adversities that have been encountered these past few years. The pandemic brought forward a multitude of new challenges but further exacerbated difficulties with staffing and supply shortages that were already occurring. The ability to adapt during the pandemic has only made the laboratory stronger and I applaud that perseverance and dedication to continue to provide high quality patient centered care in the face of adversity.

In years past, our focus has been centered around connecting and uniting laboratory professionals as a cohesive unit. Today, I think connecting with like-minded individuals is as important as ever. Re-creating a sense of normalcy is one of the biggest focuses that I had as I accepted the position of ASCLS-OR president this year. In-person meet-ups and virtual book club meetings have helped create some of the connections that have been

President Update

by: Mariah Alanis MLS(ASCP)CM

missing. Moving forward, my hope is to increase and expand the meet-ups to include more members throughout the state.

Due to the pandemic, most of our state continuing education opportunities have been held virtually. Having these virtual meetings maintained a level of safety while continuing to bring affordable learning opportunities to the laboratory community within Oregon. It is the goal of ASCLS-Oregon to bring forward more in-person learning opportunities as well as maintaining those same virtual opportunities. All ideas related to speakers or topics are always welcome, just send us an email or contact us through one of our social media outlets. We are active on Facebook, Instagram, LinkedIn, and Twitter.

ASCLS-OR takes great pride in invoking change for the laboratory profession through various forms of advocacy. New graduates are ushered in every year and showered with support as they learn to navigate this complex and fascinating career path. Ensuring our newest technologists feel supported is essential to furthering the medical laboratory field. Furthermore, ASCLS-OR takes the initiative to stay educated on current legislative movements in order to contact local state representatives and forward that knowledge.

Political involvement at the state level greatly impacts our ability to evoke positive laboratory changes at the national level.

My ultimate goals for ASCLS-OR involve providing opportunities for laboratory professionals to express their ideas and opinions. On a singular level our voices can remain small, and our ideas can remain unheard. However, when we speak as a group, we can enhance our message and get loud enough to be heard. I want every laboratory professional to feel supported. So, if you have any topics you want to discuss, issues you want to bring to attention, ideas for change, or opinions about literally anything please bring them to our attention.

We would love to open a dialogue with you and find a way to continue to invoke the changes that truly make a difference.

As a final thought, I would like to remind everyone to continue to give each other grace. We never know what another human being is going through and sometimes a single act of kindness can really change a life.

Graduate into Laboratory Advocacy!

By Angela Tomei Robinson, MS, MLS(ASCP)CM

Years of studying reviewing in-depth subject courses that encompass medical laboratory science - utilizing all your cognitive and technical skills - brings graduation! Once nationally recognized as board certified - you have reached the gold ring of success – and now commence your career as a Medical Laboratory Professional!

And Medical Laboratory Science – although behind the scenes Healthcare in Laboratory Medicine and Public Health – is a degree with a career. And with this solid foundation of education – despite the challenges facing Healthcare today – there are options and opportunities to so many other careerS within and beyond.

And what is turning the tsunami tide of burnout and the great resignations – is Laboratory Advocacy. There are solutions to shortages – but require each and every one to play a vital role. What can you do as a recent graduate?

Do not miss any opportunity to bring the microscopic focus onto the laboratory – whether being professional at work with colleagues and non-lab medical professionals – or going beyond the walls of the laboratory.

Using your social media acumen and prowess – target the media for attention, public for awareness, the industry for respect,

and the legislators for support!

Laboratory Week is one avenue: state and local proclamations with politicians, main lobby bulletin boards displaying the shifts and depts, luncheons and raffles – but Laboratory Advocacy continues all year = every day in every way.

Email – text – social media comments and messages to always include the value of Laboratory and importance of Medical Laboratory Professionals! Reach out to companies in any advertising – medical shows to correct so many misconceptions on TV – newspapers reporters for articles – local schools for career fairs – join professional societies for networking and lobbying legislators.

One person can make a difference

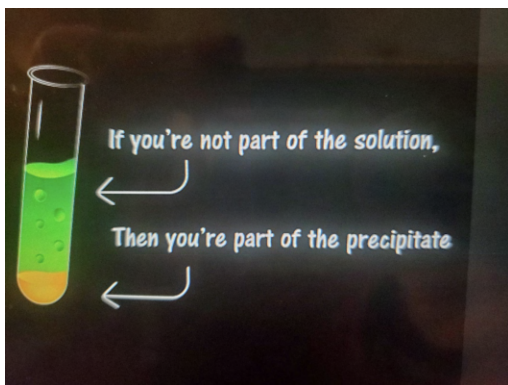


See the NRLB 1995 decision on medical laboratorians deemed professionals! (one lab individual pursued!) – but a group of individuals can make all the difference!

See recent success with PAMET delay cuts and the recent CMS CLIA revisions to personnel standards (collaboration of professional societies and lab community!)

Be the change you want to see!

Become part of the solutions – not the precipitate!



ASCLS-OR

Upcoming Events

- **Virtual Monthly ASCLS-OR Board Meetings**
Saturdays, 7pm, more info posted on ASCLS-OR website
- **Betsy Baptist Scholarship Applications Open Now!**
Deadline March 31st, 2024
- **ASCLS-Region (AK, OR, WA) Virtual Joint Spring Seminar**
4/18/24 – 4/19/24
- **Virtual NWMLS 2024 (October; exact date TBD)**
- **Virtual Book Club, TBD**
- **Winter/Spring Networking Night, TBD**





In the Spotlight

The Path Chosen by Kailea Boerste, OIT/OHSU MLS Student

My original interest in STEM came from what can be considered an unconventional source: watching *Forensic Files* on television with my dad. I was intrigued and impressed by how the investigational team was able to identify microscopic clues, document their findings and process their samples to ‘recreate’ a scenario of what happened before they got there. It seemed unreal, science fiction even. I knew I wanted to be a part of a team like this and investigate these small details and piece together what was hidden beneath.

Growing up, my family gave me complete freedom to choose what career I was interested in, but I struggled to find the support I needed in order to identify and then achieve my goals. No one in my immediate or extended family had studied any type of science-related field, so the freedom to pursue whatever I was interested in was countered with the challenge of figuring out where to start. The STEM field is vast and not understanding what career options were available, or who I could ask for help, left me feeling isolated. I took a particular interest in laboratory studies in high school but my classes felt introductory and didn’t satisfy my need to understand biological and chemical processes at a deeper level. I had questions that my teachers couldn’t answer: how do people identify specific pathogens, how do I become one of those people? My high school didn’t have any extracurriculars related to STEM and I found it hard to find resources to get my

questions answered. I reached out to my criminal law teacher, who had become a mentor of sorts, and they recommended I try something outside of the school. Their connections led me to the opportunity to participate in a program with the local police academy where the main goal was to expose students to the process of evidence collection, data analysis and investigation. We were tasked with solving a mock crime, and I was able to use real forensic techniques such as fingerprint, blood spatter and DNA analysis. With this hands-on experience, I realized that this “behind the scenes” problem solving was something I really enjoyed and wanted to pursue further: I want to do laboratory work, I love the depth of details that I can unravel with samples.

Although I started early college at Portland State University, I moved back to Hawaii after my freshman year. The next 2 years in Hawaii were dominated by the effects of the COVID-19 pandemic and even as a kama’aina (native islander) I experienced an unexpected consequence, due to the island’s strict mandates. I was given the choice of taking my labs online or not taking them at all. I felt isolated from an academic environment by all the online classes, but to be so severely restricted from the practical experiences was a crushing blow. I decided that the best option in order to keep moving forward was to move back to the mainland. I was nervous that my credits wouldn’t transfer, or I would have to restart my degree; I’d already spent three years in college and didn’t want to start from scratch. But I took the chance, in the pursuit of in-person laboratory experiences, and I’m very happy that I made this decision.

With admission to Oregon Tech and OHSU, I was able to dive straight into hands-on laboratory work. My first few

labs were some of the most incredible experiences I’ve had. Being able to finally hold all the different tools and agar plates instead of looking at them through the screen was amazing. I learned how to correctly inoculate different types of slants, how to identify different reactions of bacteria on media, and how to collaborate with my lab partners to get our work done more effectively. I tried to be in the lab as much as possible, whether it was coming early to class to help my professor with printing out our manuals or staying late to help sanitize the stations. I loved it all and felt like I couldn’t get enough. I found the support I needed with my laboratory professor who not only helped me succeed in my course but propelled me into taking charge of my career and overcoming the fear of “what if I am not enough” or “am I behind everyone else.” I found the support I needed with my laboratory professor who not only helped me succeed in my course but propelled me into taking charge of my career and overcoming the fear of “what if I am not enough” or “am I behind everyone else.”

OHSU and Oregon Tech’s Medical Laboratory Science Program has opened the door for me to pursue my passions efficiently and in a timely manner, while also giving me the tools to help those in similar situations find their ‘starting point’. After graduation, I have high hopes of applying to Oregon State Police’s Forensic Science Division as well as continuing my academic journey in higher education.





REMINDER TIMER



BETSY BAPTIST SCHOLARSHIP

ASCLS-OR IS LOOKING FOR STUDENTS INTERESTED IN:
LEADERSHIP, VOLUNTEERING, ADVOCACY

— ◆ —
OREGON MLT AND MLS STUDENTS
APPLY NOW!!

APPLICATION
DEADLINE 3/31/24

[HTTPS://FORM.JOT
FORM.COM/24025
1792300143](https://form.jotform.com/240251792300143)



HAVE YOU REGISTERED FOR CLEC?



Las Vegas, NV
February 22-24, 2024

IT'S NOT TOO LATE!



CURRENT REGISTRATION RATES

ASCLS PROFESSIONAL MEMBER	ASCLS ASCENDING & DEVELOPING PROFESSIONAL MEMBER	NON-MEMBER
\$795 IN-PERSON \$695 VIRTUAL	\$695 IN-PERSON \$595 VIRTUAL	\$945 IN-PERSON \$845 VIRTUAL

ARE YOU EMERITUS?

Did you know about ASCLS's Emeritus membership category?

Are you a retired or long-time ASCLS member?

There is a special membership category that could be available to you for only \$30 (+\$5 state dues) a year! That's a quarter of the cost of the Professional renewal rate of \$120 (+ \$20 state dues)
The Emeritus membership category is open to any individual whose age plus years of professional membership are equal to or greater than 90.

If you think you qualify, email ascls@ascls.org.
For more information on all the different membership categories and rates (Professional, Community, Ascending Professional, Developing Professional, Emeritus), visit <https://ascls.org/join>.



Presented by ASCLS

APRIL 14-20, 2024

5K RUN DURING MEDICAL LABORATORY PROFESSIONALS WEEK. STEP INTO NATURE AND ADVOCATE FOR THE LABORATORY! ALL PROCEEDS SUPPORT ASCLS NEW PROFESSIONALS AND STUDENTS!



Registration Rates

- EARLY BIRD RATE (BY FEB. 15): \$30
- REGULAR RATE (FEB 16-APRIL OR WHEN SOLD OUT): \$35
- GROUP RATE: RECEIVE \$5 DISCOUNT PER MEDAL FOR QUANTITIES OF 5 OR MORE



On December 16th, 2023, the Oregon Tech-OHSU MLS program awarded degrees to thirty graduates. Established in 1933, last year the MLS program celebrated 90 years. The OIT/OHSU MLS program is the only bachelor's degree program of its kind in Oregon and the largest in the Pacific Northwest. The program offers hands-on experience both in student labs and a three month internship working in an affiliated laboratory. Among other opportunities, There is rigorous coursework to ensure that students are prepared well for their board exams and entering the field as Medical Laboratory Scientists.

This program is essential in providing new techs and supplemental workforce to the surrounding Portland-Metro area and beyond. OIT boasts a 97% average pass rate (past three years) for the national accreditation board examination and many recent graduates have already received offers of employment from externship locations.

The commencement address was given by Maja Chloupkova, an alumni of Oregon Tech-OHSU, Manager of the Central Laboratory and Serology at Legacy Central Lab, Secretary for ASCLS-OR, and so much more!

Top Left; (From left to right) Professor Rachel Barrett, ASCLS-OR Ascending Professional Representative Jessie VanBlaricum, Commencement Speaker Maja Chloupkova, and Professor Caroline Doty on stage congratulating students, Bottom Left: Class speaker David Hoover, Bottom Right; Professor Caroline Doty addressing students

Please click the [Apply Online](#) link for additional information regarding the OIT/OHSU MLS program.

Congratulations again to our new grads! Welcome to the field!



Speaker Maja Chloupkova sends the students off with a thought towards the future.

“No matter which path you choose [in Medical Laboratory and beyond], as long as you enjoy what you are doing, as long as you respect your colleagues, and as long as you work well within a team, your positive impact will be visible, and many patients’ lives will be saved.”



ASCLS-OR Developing Professional Representative Karissa Goodwin (Left) and Government Affairs Chair Kristie Anderson (Right)

APPLY ONLINE

2023 Joint Annual Meeting Reflection By Karissa Goodwin Developing Professional Representative for ASCLS-OR

I am Karissa Goodwin, this year's Developing Professional Representative for ASCLS-OR in Region nine. I am a recent graduate from the Oregon Institute of Technology, and a newly hired Medical Laboratory Scientist at Salem Health. Currently, I am blood bank training which will be followed by both hematology and chemistry. I was nervous to begin training as a new graduate; but as my training progresses, it's evident that my program has thoroughly prepared me for the profession. The program consists of twelve months of intensive lectures paired with labs, followed by three months of clinicals. The terms are high credits and very test heavy. Though it was a grueling fifteen months, it's rewarding to directly feel the benefits while training in such a notoriously challenging department.

Thanks to my program and the wonderful support from ASCLS, I have had an exciting start to my career! It was my pleasure to attend the Joint Annual Meeting for the first time this summer in Providence.

Attending JAM was a fantastic opportunity to meet fellow scientists from across the country. Initially, I assumed JAM may be intended for more seasoned laboratorians and I was anxious to be a student at the convention. But I met folks in all stages of their careers. I was fortunate to meet many students and new graduates, in addition to many ascending professionals that helped the newcomers navigate the event and network. Aside from the seminars, there were many activities arranged in the evenings to let loose. I adored these activities; they made up the bulk of my networking and I even made a few friends in the mix.

Many presentations had caught my interest, ranging from babesiosis in transfusion medicine to artificial intelligence in the laboratory. One seminar that I particularly appreciated was "Communication and Laboratory Medicine: How to Reach Your Audience", with Kristen Pesavento. Kristen spoke on



Karissa Goodwin, current Developing Professional Representative for ASCLS-OR

communication differences between generations and how to effectively engage across the different communication preferences. I was moved by the recognition I felt as Kristen spoke about my generation entering the work force. The call for change rather than conformity was empowering as a young laboratorian beginning to navigate this profession. It felt hopeful to hear Gen Z values defined and embraced so boldly. In discussions following the presentation, it was clear that many peers had also felt recognized by the presentation. Overall, I am grateful for my time at JAM. It served as a warm welcome to the profession of laboratory science. I look forward to attending JAM this summer as I fulfill the role of Developing Professional to offer the same encouragement and support, I was fortunate to receive.



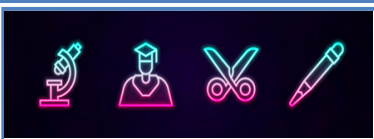
Top Right: (From Left to Right) Jessie VanBlaricum, ASCLS-OR Ascending Professional Representative, Karissa Goodwin, ASCLS-OR Developing Professional Representative, Kristie Anderson, ASCLS-OR Government Affairs Chair. **Bottom Left:** (Left to Right) Karissa Goodwin, Kristie Anderson

ASCLS, AGT & SAFMLS
Joint Annual Meeting
PITTSBURGH 2024

Register now for JAM 2024!

Professional Member	Ascending or Emeritus Professional Member	Developing Professional (Student) Member
\$595 In Person \$495 Virtual	\$495 In Person \$395 Virtual	\$290 In Person \$220 Virtual





If you are interested in becoming more involved in ASCLS-OR, please contact president Mariah Alanis at ascls.oregon@gmail.com

If you have an announcement, article or essay you would like to contribute to The Centrifuge, please submit it for publication. Please send ideas and submissions to Co-Editor in Chief Susan Runyan ascls.oregon@gmail.com



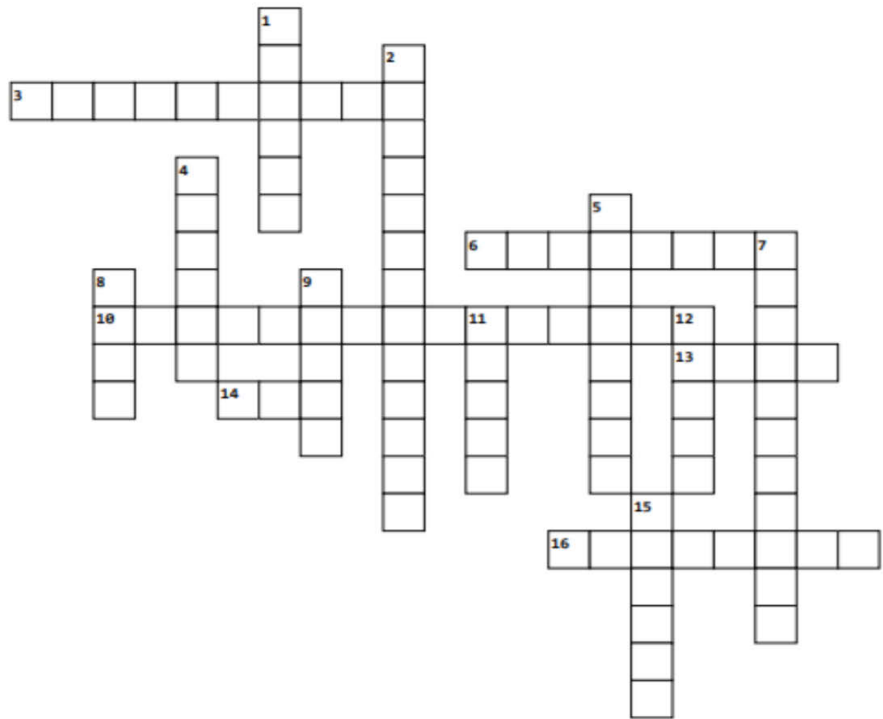
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Back to the Basics



Across

- 3. A protein that gives RBCs their color.
- 6. Enzyme responsible for blood clotting.
- 10. Antibodies are also known as ____.
- 13. Anticoagulant found in lavender-topped tubes.
- 14. Abbreviation of complete blood count.
- 16. Fluid around the joints.

Down

- 1. PPE for the hands.
- 2. Bacteria inside a cell is ____.
- 4. The cell that produces antibodies.
- 5. Reaction when the gram stain results in a purple color.
- 7. Cells that increase in number during bacterial infections.
- 8. Most common vector in the US.
- 9. Spherical bacteria.
- 11. Flows in our blood vessels.
- 12. Plasma without clotting factors.
- 15. A decrease in RBCs.

ASCLS
The American Society for
Clinical Laboratory Science
OREGON

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 icon below. The results of this poll will be examined and included in subsequent issues of the Centrifuge.

CLICK HERE