



Lab Oratory

ASCLS-WA Newsletter - Winter / Spring 2015

PRESIDENT'S MESSAGE – Terese Abreu

ASCLS-WA President's THANK YOU!



Most of us get into this profession because we want to help people. We like it because it enriches our lives to brighten the world of those we serve, especially our patients. We are also passionate about our profession and right now we are very concerned about some of the changes being made by non-lab folks, many of whom hear our job title and think we are nurses.

We are passionately caring individuals but what we need now is **ACTION**. That is what membership in our professional organization is all about.

- ACTION to make an impact.
- ACTION to affect real change.

Members are volunteers who dedicate themselves to action on behalf of our profession and more importantly on behalf of the patients we serve. No one else understands better than us the importance of what we do—

our expertise and professionalism—to the health and safety of the patient.

So, why be a member? Why volunteer? Indulge me as I share with you why I am a member and why I volunteered to serve as your President. I can sum it up for you in three words: *affiliation, achievement, and power*. Let me explain.

AFFILIATION: Being a member gives me access to others who do what I do. This is so important for me because I live in an isolated rural area and have often been the only one around that did what I was doing. When problems come up being able to ask someone else who does what I do how they handled it is so valuable. Member emails are available and as an army wife overseas my connection to home and resources not available any other way. Members are engaged, caring and supportive of each other and happy to be a member of the team.

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ASCLS-WA President's THANK YOU!

ACHIEVEMENT: No one person has better ideas than a group of people, no matter who they are. I have been able to achieve so much more in terms of excellence and improved performance through the connections and resources with my professional organization membership. Lab professionals love to help, remember. What to do, how to do it, where to do it, when to do it—it is all there at my fingertips whenever I need it. It is also very nice to be consulted by your peers. There are opportunities and information provided to capitalize on that I never realized before my membership. What really excites me about this

is being able share it all with my students, the next generation of lab professionals.

POWER: My beloved has always told me, information is power. Opportunities for leadership and/or visibility are very important to increasing our marketability and furthering our career and our profession. Our members are jazzed about having the ability to make an impact—to affect change when it is needed. Leaders in our professional organizations realize the importance of the power of our volunteers and we take every opportunity to recognize each and every one of them for their hard work. Our efforts are not “expected of us” as part of our job and they are recognized and rewarded for being the “above and beyond” work that it is

2015 Spring Seminar in Olympia WA



There is still time to register for the Spring Seminar. Complete session information and registration form including [online registration](http://www.asclswa.org/SpringSeminar.html) are on the website: <http://www.asclswa.org/SpringSeminar.html>

Sessions in a variety of laboratory topic areas runs **Thurs-Saturday, April 23-25th, 2015** at the Red Lion Hotel in Olympia, WA.

Visit [Student poster session](#) at the meeting. Registrants can obtain additional **PACE credits** for correctly answering questions about each poster questions. No Charge for student poster sessions and CE...yes that's right!

The state conference is a great way to obtain continuing education credits (PACE) in all laboratory disciplines, see current trends in laboratory medicine and connect with laboratory professionals.





ASCLS-Washington 2015 Spring Seminar

Red Lion Hotel, 2300 Evergreen Park Drive, Olympia, WA 98502
<http://www.redlion.com/olympia> / 1-800-733-5466

Thursday, April 23rd

- Proteomic MicroArray: The Future Replacing ELISA and Luminex Bead Multiplexing Platforms
- Mysterious Coagulation Results: Investigations and Solutions
- Assessing, Mitigating Risk and Global Harmonization System Review
- Forensic Toxicology
- New Tests in Autoimmune
- DxH Data Analysis and Digital Cell Morphology, Improving Efficiency, Proficiency, Connectivity
- Antimicrobial Susceptibility Testing Challenges and Update
- Clinical Utility of Lipid Markers in Cardiovascular Diseases & Universal Definition of MI & Troponin

Friday, April 24th

- Urinalysis: Case Studies and Clinical Perspectives, Correlation, Concordance
- Anticoagulants and Reversal Agents - Focus on 4-Factor PCC and Antibiotics!
- The Latest and Greatest in Clinical Microbiology: What You Need to Know
- Blood Bank Review for Non-Blood Bankers
- New Developments in Clinical Research and Forensic Toxicology Using LC/MS/MS
- Diagnostic Morphology of Selected Disorders
- What Microbes Can Do to You and What You Can Do to Your Microbes
- Advanced Immunohematology and RBC Genomics

Saturday, April 25th

- Resumes, Cover Letters, Interviews, Financial Planning/Considerations, and the New Job
- Acute Leukemia: A Historical Journey Simplified
- An Update in Laboratory Test Utilization Management
- Career Panel Where Would You Like to Go in Your Career?
- Laboratory: Cytologic Evaluation of Body Fluids
- Measuring 1,25-dihydroxyvitamin D, The Active Metabolite of Vitamin D: A Novel Fully Automated Immunoassay

2015 SPRING SEMINAR - Student Posters

Poster: 1: Would In-house Cortisol Testing on the Beckman Dxl Instrument Provide Accurate, Cost-effective Results for Sacred Heart Patients?

Karey West, Providence Sacred Heart Medical Center School of Medical Science, Spokane, WA
Kara Tomlinson, Providence Sacred Heart Medical Center School of Medical Science, Spokane, WA

- We validated Cortisol results using the Dxl600 so that we can implement testing at PSHMC. We tested precision, linearity, sample stability, and reference ranges in order to allow for uninterrupted service to in-house patients.

Poster: 2: Cary-Blair Medium: The Effect of Volume on Enteric Pathogen Detection

Kelsie Bashford, Providence Sacred Heart School of Medical Laboratory Science, Spokane, WA
Liza Kravchenko, Providence Sacred Heart School of Medical Laboratory Science, Spokane, WA

- The question explored in this study is whether or not the volume of Cary-Blair transport medium affects the detection of enteric pathogens when minimal specimen is available. We used frozen samples previously tested culture-positive for E. coli O157, Salmonella, Shigella, and Campylobacter and did PCR testing for pathogen detection.

Poster: 3: What is the Optimal Procedure for Inoculating Carrot Broth with Samples in the ESwab Transport Device for the detection of Group B Strep?

Alexandra Steiner, Providence Sacred Heart Medical Laboratory Science, Spokane, WA
Conner Roberts, Providence Sacred Heart Medical Laboratory Science, Spokane, WA

- We determined the optimal procedure for inoculating carrot broth with samples in the ESwab transport device, for the detection of Group B Strep. Methods include serial dilutions of Group B Strep using 0.5 MacFarland standard.

Poster: 4 Bordetella pertussis Eswab Validation Study

Jennifer Santos, Providence Sacred Heart School of Medical Laboratory Science, Spokane, WA
Chantel Stinson, Providence Sacred Heart School of Medical Laboratory Science, Spokane, WA

- In this experiment two transport medias (Eswab and Amies charcoal) have been tested for their performance in isolation of Bordetella Pertussis. Methods include inoculation of the transport media and incubation for several time points and temperatures after which the samples are plated and counted.

Poster: 5: Routine and Stat Hgb A1c testing at Providence Sacred Heart Medical Center

Anjelica Ludwig, Providence Sacred Heart Medical Center School of Medical Laboratory Science, Spokane, WA

- Providence Sacred Heart Medical Center Laboratory has seen an increased demand for routine and stat Hgb A1c testing. The rationale behind ordering a retrospective test as a stat was investigated, as well as the clinical significance of the increase in Hgb A1c testing.

Poster: 6: Evaluation of efficacy in bringing the Hepatitis B Antibody assay online in-house at Kootenai Health

Whitney Klemm, Providence Sacred Heart School of Medical Laboratory Science, Spokane, WA

- A comparison study was done to determine whether or not discontinuing send-out testing of the Anti-HBs assay and bringing it online in-house was cost-effective without sacrificing quality. This compared the send-out facility testing to laboratory testing done on sight at Kootenai Health.

Poster: 7: Would bringing Free Triiodothyroxine testing in-house be cost effective and accurate at Kootenai Health?

Jeff Dill, Providence Sacred Heart School of Medical Laboratory Science, Spokane, WA

- An overview of FT3 testing principles, methodology, and clinical significance, including statistics regarding the comparison, linearity, and precision studies conducted at KH and PAML, the current company conducting the send-out testing on FT3 for KH.

Poster: 8: Rapid Detection of Extended-Spectrum Beta-Lactamase Producing Escherichia coli and Klebsiella pneumoniae Using ESBL DNP and the Resultant Impact on Patient Therapy

Jessica Westberry, Providence School of Medical Laboratory Science, Spokane, WA

- This study examined impact on patient therapy when using a rapid test to detect ESBL-producing isolates from positive blood cultures.

Poster: 9: Comparison of Alere PBP2a Immunochromatographic Assay and CHROMagar MRSA to aid in the Earlier Detection of MRSA Infections at Providence Sacred Heart Medical Center

Savanna Castillo, Providence Sacred Heart Medical Center, Spokane, WA
Alyssa Geddis, Providence Sacred Heart Medical Center, Spokane, WA

- The purpose of this study is to evaluate the test performance and cost of two separate methods which would allow for a more rapid identification of MSSA/MRSA. The Alere PBP2a immunochromatographic assay and the CHROMagar MRSA are both methods in which MRSA can be distinguished from MSSA faster than traditional methods.

Poster: 10: Measurement of Paraoxonase-3 in HDL: Characterization of a Targeted Proteomics Assay

Tatiana Weaver, University of Washington, Seattle, WA

- Evaluation of precision and linearity of a targeted proteomics assay based on liquid chromatography-tandem mass spectrometry designed for the measurement of paraoxonase-3 in human high-density lipoprotein. Comparison of three internal standardization approaches with respect to precision and linearity.

Poster: 11: Threading the Needle: Improving Psychological Outcomes in Pediatric Venipuncture

Jenny Trnka-Oliver, University of Washington, Seattle, WA

- An overview of interventions that reduce anxiety and pain during pediatric venipuncture, and a proposed book for children and their parents for use in an outpatient setting.

The posters will be presented at the 2015 ASCLS-WA Spring Seminar. An exam will be available. Individuals can earn 2.0 contact hours upon successful completion of the exam.

ASCLS-WA Student Scholarship: submitted by Margie Vaccaro, Scholarship Committee Chair



Jamie Choe, ASCLS WA Student Scholarship Awardee

The ASCLS-WA Student Scholarship was awarded to Jeung Mi (Jamie) Choe. She is a senior at the University of Washington Medical Technology Program. Jamie has helped serve on program planning committees, student recruitment activities and LabO Co-editor. A lot of students' sent in an application. "Thank You" to all the students' who applied. Good luck to you in your career as a Medical Technologist. ASCLS-WA would like you to continue with the ASCLS professional organization, and join in on planning educational seminars.

ASCLS-WA ByLaws Updated



Donna Reinbold, ASCLS-WA By-Laws Committee member recently reviewed the Bylaws and the Articles of Incorporation. Reviewing and updating the ASCLS-WA Handbook is also in order. Brenda Kochis, ASCLS-WA Webmaster, is working on putting a brief description under the Table of Contents so that when you place the cursor on the title, i.e President, a short description comes up. The entire Handbook will still be there but this will be a quick glance at the position description.

Please see the information about the newly revised Bylaws and Amendments to the Articles of Incorporation on the website at www.asclswa.org. The membership at the House of Delegates on April 24 in Olympia, WA will be voting on these two items.

RATIONALE: We were required to change our bylaws by ASCLS due to changes in membership categories and representation at the ASCLS House of Delegates, specifically regarding the First Year Professional membership category. The current and the revised bylaws are on the ASCLS-WA website for your review. Here is the link to the documents: www.asclswa.org/ASCLSWA.html

As we reviewed the bylaws with references to the Articles of Incorporation, we realized that the articles were very out of date, so those are also being amended.

If you have any questions, please contact Donna Reinbold at Drein1542@aol.com. All ASCLS members are welcome at the House of Delegates. If you would like to be a voting delegate, please contact your district representative. Links to the email for these individuals are on the [About page](#). Scroll down to the section titled "District Society Representatives". Current bylaws require that the membership be notified of any changes.

**SPRING SEMINAR Raffle Event
to help Jump Start a Super Hero 5K Run**



“We are in the beginning stages of fund raising and organizing a 5K Run,” remarked Geneva Bayse.

Geneva Bayse and Elizabeth Means, ASCLS-WA Leadership Co-chairs, are organizing a Raffle fund raiser event at the **2015 spring Seminar**. Raffles have been a fun activity that members look forward to each year.

Elizabeth Means reported to board members that “the Super Hero 5k run project has 2 main goals”:

1. To raise money to send a second student to National and increase interest amongst students in ASCLS. The monies raised would cover the cost of an ASCLS WA student's travel as well as repay seed money.
2. To promote the profession- ASCLS works to increase our value and visibility as professionals to the community at large. Holding a publicly visible event like a 5k in a large public park would help draw interest and questions about medical technology and the role we play in healthcare.

Legislative Day: Washington DC

“Education, Experience, & Leadership”



March 16-17, 2015, **Shawna Martin**, representing ASCLS-WA, attends Legislative Day in Washington DC. The Hilton

Alexandria Old Town in Alexandria, VA was a wonderful place to meet.

The Legislative Symposium provides an education on the how-to's of lobbying. We were coached on presentation techniques so we could effectively talk to congressional representatives. Training included information explaining issues to be discussed with congressional representatives during appointments.

Attendees returned home with first-hand knowledge of the political system in action and confidence that they make a difference.

We were encouraged to leave information with each office.

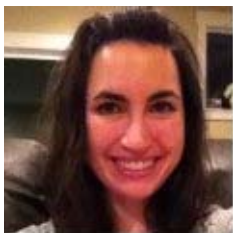
Clinical Laboratory Educators Conference (CLEC) Meets in Cincinnati OH

Cathy Otto co-presented a session on “Teaching Patient Safety to medical Laboratory Student-Lessons from other Professions” with Karen Golemboski, Co-Chair ASCLS Patient Safety Committee from Kentucky. The session was interactive and encouraged discussion. Both speakers feel that it’s important that students understand the concepts of IOM Quality Aims and integrated into practice and develop appropriate skills.



Cathy Otto is past President ASCLS 2011-2012 and ASCLS Chair Patient Safety Committee. Cathy taught in the Medical Laboratory Science Program at Salisbury University and currently serves as Dean at Shoreline Community College.

Elizabeth Means, Medical Laboratory Technician Program Manager and Instructor at Renton Technical College, attended CLEC.



Elizabeth has worked in Seattle area hospitals and brings her experience

to the program as new faculty. She is excited for this opportunity. Elizabeth also serves as ASCLS-WA Membership Development Committee Chair.

Molly Morse, MLT Program Director at Shoreline Community College, attended sessions related to flipping the classroom and lab, and testing online. It’s always great to share and get ideas from other educators.

2014-2015 ASCLS-WA Board of Officers



Sigrid Reymond (past President), Leslie Nakagawa (President Elect), Mi-Lim Kim (Secretary), Terese Abreu (President) and Shawna Martin (Treasurer)



House of Delegates to Vote for 2015-2016 ASCLS-WA Officers

The Nominations Committee presented the ASCLS-WA Slate of Officers for 2015-2016:

President:	Leslie Nakagawa
President Elect:	Open
Past President:	Terese Abreu
Treasurer:	Shawna Martin
Secretary:	Nichole Curatolo

The ASCLS-WA House of Delegates (HOD) meets once a year. The slate of officer will be presented at the April 24th meeting following the ASCLS-WA Board meeting. The purpose of the meeting is election of the officers and members of the Board of Directors and of elective committees, and adoption and amendment of the Bylaws and the Articles of Incorporation according to the laws of the state of incorporation.

The House of Delegates at the national ASCLS meeting also has the responsibility of approval of professional practice standards, position papers and the scope and direction for the Society and the profession.



Medical Laboratory Professional Week / April 19-25, 2015



Medical Laboratory Professional Week activities can be used to educate healthcare professionals, the public, and others about the role of the laboratory professional in patient care. ASCLS has many items available that can be used for this effort. Join ASCLS as we launch a social media celebration. Each day we will post a theme to our Facebook page and hope you will share your thoughts

#LAB4LIFE
Laboratory Professionals [#Lab4Life](#)

Check our new hashtag #lab4life. For laboratory professionals, this hashtag is a statement of our dedication to the profession. To the general public, it illustrates how quality laboratory results can lead to a healthier life. Use this hashtag to show others how you are celebrating MLPW and follow what others are doing for their festivities.

ASCLS-WA & ASCLS Events

Event	Location	Date
Legislative Day	Washington DC	March 16-17, 2015
2015 Spring Seminar	Olympia, WA Red Lion Hotel	April 23-25, 2015
Medical Laboratory Professional Week	National	April 19-25, 2015
Advanced Management Institute (AMI)	Atlanta, GA	July 26-27, 2015
ASCLS Clinical Laboratory Meeting	Atlanta, GA	July 29-August 1, 2015
ASCLS Lab Expo	Atlanta, GA	July 28-29, 2015
2015 NWMLS	Lynnwood, WA Lynnwood Convention Center	October 14-17, 2015

ASCLS-WA needs VOLUNTEERS!!!



It's FUN! It's EASY! MEET new friends! It's a good way to MAKE A DIFFERENCE!

Volunteers needed for the 2015 Northwest Medical Laboratory Symposium to be held in Lynnwood WA.

Contact Leonard Kargacin
E-mail: ltk0303@msn.com

Volunteers needed for the ASCLS-WA "SUPER HERO 5K Run."

Contact: Geneva Bayse
E-mail: geneva24@gmail.com

Sixth Annual (2015)

Academy for Lab Safety Excellence

The [Sixth Annual Academy for Lab Safety Excellence](#) in 2015 will help you discover the secrets to lab safety that has taken others years to acquire.

Take your laboratory safety program from good to great to AWESOME! Six 90-minute webinars over a 12 month period with other members of the Academy will allow participant to brainstorm safety issues.

This Academy will:

- * Help you navigate the complex regulations that impact your world of laboratory safety
- * Provide a network of colleagues to help you solve your most challenging safety issues
- * Give you the confidence to be successful in your role as a laboratory safety officer

2014-2015 ASCLS-WA Board of Officers

President	Terese Abreu
President Elect	Leslie Nakagawa
Past President	Sigrid Reymond
Treasurer	Shawna Martin
Secretary	Mi-Lim Kim
Seminar Board Liaison	Leonard Kargacin

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Open ASCLS-WA Leadership positions: Join us and make a difference at the state leadership level!

Children's Miracle Network—Chair -- charity fund raising-- This individual puts together gift baskets for the raffle at the Spring Meetings and the NWMLS. Proceeds benefit Children Miracle Hospitals in Washington.

Government Affairs—Chair -- sharing with membership action on Capitol Hill-- This individual receives information from ASCLS and shares it with the members in Washington. If necessary, this person also develops and execute a legislative plan of action for Washington State legislation and regulation impacting the profession and/or workplace if it is deemed necessary by the ASCLS-WA Board of Directors.

Political Action Committee—Chair -- fund raising for lobbyist activities on behalf of our profession— This is an ASCLS National position and the person represents ASCLS Region IX. More information is available on the ASCLS website: [ASCLS PAC](#)

Membership Development Committee—Chair - This is an ASCLS-WA position. This committee works under the guidance of and in cooperation with the ASCLS MDC and the ASCLS-WA District Societies, to: 1. Maximize membership retention, and 2. Increase society membership.

New Professional—Chair --The New Professionals Committee provides a forum where young professional leaders can clarify the needs and wants of the newest generation within our profession, and communicate them to the Board of Directors for consideration and implementation to meet those needs and wants whenever possible.

If interested or you have questions, contact one of the ASCLS-WA Officers at <http://www.asclswa.org/about.html>



[2015 Northwest Medical Laboratory Symposium](#)



Northwest Medical Laboratory Symposium

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2015 Northwest Medical Laboratory Symposium

October 14 - 17, 2015
Lynnwood Convention Center
Lynnwood, WA

Save the dates for the Northwest Medical Lab Symposium and Expo. Information, when available, is found in the various links above. This is the premier educational event in the Pacific Northwest.

Don't miss this exciting meeting.

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2015 Northwest Medical Lab Symposium

Planning Committee

We are looking for volunteers for the NWMLS. Please contact the webmaster if you are interested.

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