



Spring 2024 Edition

ASLCS - ID

MESSAGE FROM THE PRESIDENT MEHELLE SARGENT

Inspiring, Teaching, and Sharing with others about our Profession

We are a family of medical professionals. We use a lot of medical terminology at home and our kids play doctor a lot. When our kids are asked what they want to be when they grow up, they list a few things, but they both include medical professions. Our son even dressed up as an MLS for school on the day they were to wear and talk about what they wanted to be when they grow up. For good or for bad, our kids know more about medical things for their young ages than most do. But in our family, it is something we have in common, we like to talk about, and our kids like learning about. Growing up, my parents never imagined I'd ever go into the medical field. I never imagined I would either! My vasovagal response got the better of me a few times. But I was able to overcome that and became excited about the MLS field when I chanced upon it in college. I've been in this field for 15 years now and I enjoy teaching others about it and helping people understand what it is that we do.

A few months ago I volunteered at my kids' elementary school and taught 6 different classes of kids ages kindergarten to 5th grade while their teachers were in collaboration meetings. I taught them some basic anatomy, where blood comes from, the purpose of blood in our bodies, things that we can test for in our blood, and what blood cells in our body do. I had a hands on portion too where I let them feel my model WBCs, RBCs, and platelets. They LOVED this! For the younger kids I also had a coloring page with some of the things we learned and for the older kids we played a game to incorporate the things I was teaching. I had an experiment set up to talk about germs in our body and what makes us sick. I also had a small microscope from home set up and had a blood smear of mine as well as a dragon fly wing just so they could see things in a microscope. The kids really enjoyed all the hands on learning and thought the microscope was cool. I had so much fun teaching all these kids about the amazing role of blood and blood cells in our body and what an MLS is. They had fun and no one passed out on me either. I love seeing that lightbulb go on in someone's head when they understand a concept you are trying to teach them and also the look on their face when they are amazed by what they are learning. I have since been at my kids' school a few times for various things and a few kids have recognized me and come up to me and said, "I remember you. You taught us about science!"

You don't have to go into a school to teach kids to share more about our profession. We have opportunities around us all the time to share with others about what we do in the laboratory. You can talk to family and friends about what it is you do for work. I have family members that like me to help them understand what their lab results mean when they have lab work done. During the height of COVID, we had opportunities to educate people in our circle of acquaintances about what we do. Talk to your kids about what you do for work, I'm sure sometimes they talk about their parents, family, etc. when talking to their friends. Maybe you talk about work when you shoot the breeze with your neighbors and describe what you do. If you are traveling to a convention or if you work for a vendor company and travel for work, where and why you're traveling might come up to the person on an airplane seat next to you. Take those small moments to share what we do and who we are when you get the chance or have questions asked of you. You never know if you might be inspiring future laboratorians or just helping educate people about who we are.



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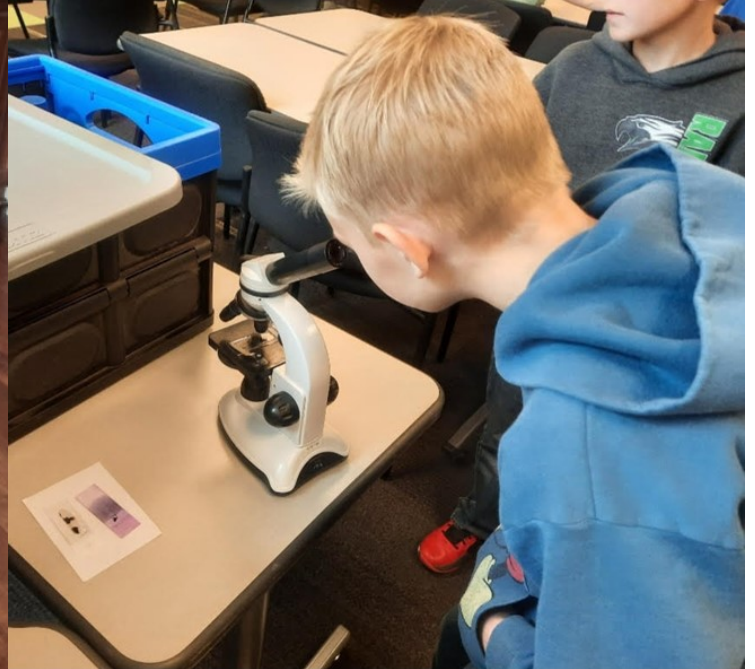
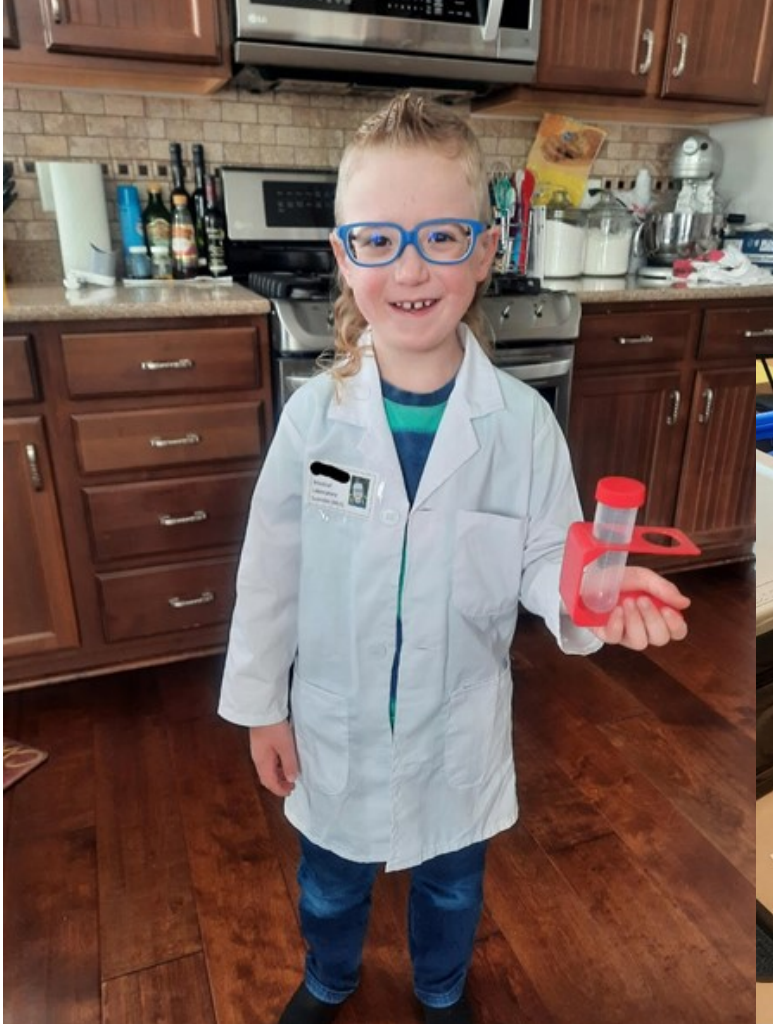
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CALENDAR OF EVENTS

- ASCLS Idaho Education Event April 23, 2024 — Twin Falls, ID
- ASCLS Region VIII Council Meeting — March 24, 2024 9:00am (Zoom)
- Joint Annual Meeting — July 7-11, 2024 (Pittsburgh, PA)
- Free Meet & Mingle event at the Bearded Axe in Twin Falls — April 10, 2024 6:30-8:30pm
- Medical Laboratory Professionals Week— April 14-20, 2024
- Free Meet & Mingle event at Herber Hatchets in Pocatello — April 17th 6:30-8:30pm
- Free Meet & Mingle even at Section 37 Axe Room in Boise — April 24th 7-8pm



EDUCATING THE FUTURE



NATIONAL ASCLS UPDATES FROM THE MID-YEAR HOUSE OF DELEGATES :

-A subject matter expert/speaker directory has been created. Feel free to put yourself in if you consider yourself a subject matter expert in something or want to volunteer to be a speaker for a convention or event.

-Smart newsletters will be coming out soon on a weekly basis. These will have information geared to things you like or are applicable to you.

-CDC has partnered with ASCLS for award scholarships in two categories--for faculty looking to get advanced degrees and general science degree students wanting to become MLS

-Legislative Symposium is changing its name to Clinical Laboratory Advocacy Symposium. A website labvocacy.org has also been created.

Check out the national ASCLS website for more info on these things. www.ascls.org

UPCOMING EVENT

ASCLS-IDAHO

Save the Date!

Tuesday, April 23, 2024

Join us for a day of education,
networking and fun!

And, help us celebrate our 75th Anniversary!

Details to follow soon at asclsidaho.org

College of Southern Idaho, Twin Falls, Idaho





ADVOCACY SUCCESS!

On December 28, 2023, the Centers for Medicare and Medicaid Services (CMS) published final rules regarding personnel regulations under CLIA. Thanks to so many ASCLS members and other laboratory professionals advocating for what we believe to be appropriate standards, the proposed rules of 2022 that resulted in thousands of comments to CMS were changed in the following ways:

- Dropped the rule that defined a nursing degree as equivalent to a biological science degree, allowing nurses to oversee highly complex laboratories

- Added a new standard that allows the Doctor of Clinical Laboratory Science (DCLS) degree to qualify as a High Complexity Laboratory Director.

- Removed “physical science” as a qualifying degree equivalent to biological science or medical laboratory degrees

- Helped in our move to standardize our nomenclature, such that CMS will use “medical laboratory science” in revised personnel qualifications

- Strengthened and clarified requirements and documentation for training and experience for those performing moderate and high complexity testing.

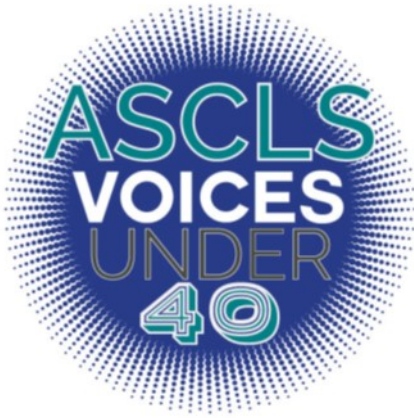
Thank You! Thank You! Thank You! to all of you who sent comments to CMS, and had such a significant impact on the acceptance of higher standards for laboratory personnel. Thanks to all of you, these improvements will protect our patients in the future!

To read the Federal Register publication of the revised rules, go to:

<https://www.federalregister.gov/documents/2023/12/28/2023-28170/clinical-laboratory-improvement-amendments-of-1988-clia-fees-histocompatibility-personnel-and>

The rules took effect January 28, 2024.

ASCLS VOICES UNDER 40



ASCLS is excited to introduce the ASCLS Voices Under 40, a monthly recognition of one of our many talented and committed young professionals under 40 years old. The ASCLS Voices Spotlight has been developed to honor ASCLS members who have shown exceptional commitment to ASCLS, the laboratory profession, and their community at large at a younger age in their professional careers. Each month we spotlight one of the shining voices who were selected from many nominations across the country.



Meet Kate DeAngelo, MLS(ASCP)^{CM}, from Twin Falls, Idaho! Kate currently works as a medical laboratory scientist at St. Luke's Magic Valley in Twin Falls where she was recently announced as a St. Luke's Safety Hero Award Recipient. There she serves as a night shift generalist, performing patient testing, quality control, and maintenance in all departments throughout the night.

Kate has been very active in ASCLS, serving as ASCLS-Idaho's and Region VIII's Ascending Professional representative for multiple years, an Idaho Board of Directors member for three years, and a national Awards Committee Member for five years. She is also a 2019 graduate of the Region VIII Leadership Academy and has worked with ASCLS-Idaho's Leadership Academy for two years.

Kate is well known in ASCLS for her accomplishments, as she has won many awards before now. She is the ASCLS Ascending Professional Leadership Award winner for 2022, which she considers her best personal accomplishment in ASCLS, representing five years of hard work, participation, and stepping out of her comfort zone. She is also the ASCLS-ID Member of the Year for 2020 and ASCLS Key to the Future recipient for 2018. She also received a Regional Omicron Sima award in 2020 from Region VIII and State Omicron Sigma awards from Idaho in 2018, 2019, and 2020.

Kate's motivation for active involvement in ASCLS comes from the ongoing growth that she sees in herself and helping others. "Making positive contributions to the Society is what drives me to step up and be a voice in the profession."

Outside of ASCLS, Kate is an accomplished runner, having crossed 18 half-marathon finish lines! She has traveled across the United States, from Maui to New York City, and many cities in between. Most recently, she had the incredible opportunity to run a half marathon in London and will soon be representing the United States in Paris, France, at the Olympics! "Crossing the finish line represents many months of training, preparation, and discipline. When I first started running in 2017, I never thought I would fall in love with it. I enjoy combining my love of running with my passion for travel. Traveling to many places has given me opportunities to experience life through a different lens."

Congratulations, Kate, on your many accomplishments!



BONE MARROW DONATION: A LIFE SAVED

KATE DEANGELO, MLS(ASCP)^{CM}

I received a call in November 2022 from the Be The Match program informing me that I was a potential match for an 11 yr. old boy with acute lymphoblastic leukemia. After being on the bone marrow registry for seven years, I jumped at the chance to become a donor. As a medical laboratory scientist, I understood the importance and weight that was put on my shoulders as a potential donor. Little did I know, this chance would become a reality and would change the course of my life.

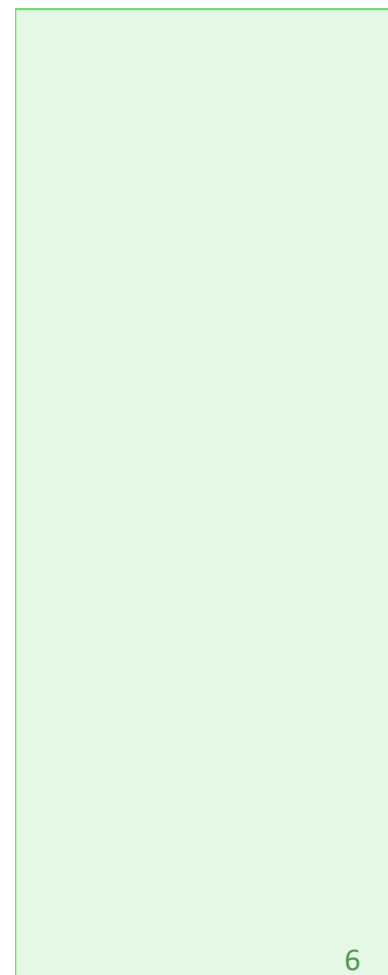
In January 2023, I completed an in-depth health questionnaire and blood work to determine if I was the best match through Human Leukocyte Antigen (HLA) matching. Having an HLA matched donor and recipient is important because it increases the likelihood of having a successful transplant. After sixty days of patiently waiting, I was selected as the primary bone marrow donor for this child. At that time, he wasn't ready to move forward with the transplant process due to a number of reasons. I began to move on with my day-to-day life after receiving the news that my dream of becoming a donor was brought to a halt. Three weeks later, I received a call that the patient was ready to move forward with the donation process and by the time things were worked out for both parties, September 21st was chosen as the donation day in San Diego, California.

A bone marrow donation isn't the type of procedure that all hospitals can accommodate. A donation facility is chosen based on availability and donation type (bone marrow vs. peripheral stem cells). The bone marrow or peripheral stem cells are then shipped to where the patient resides. At the end of July, I flew down to San Diego to complete a physical exam and extensive blood work at the donation facility. I received a call shortly after returning back to Idaho that the donation was put on hold due to the patient completing another round of chemotherapy. As a result, November 16th was chosen as the new donation date. At the end of October, the patient had an adverse reaction and the donation was put on hold once again. The donation was bumped to December 28th. As the donation date grew closer, I turned to the Facebook donor support group to prepare myself for the procedure. I learned quite a bit from other donors, but still remained nervous about the surgical and recovery process.

For this procedure, I was put under general anesthesia and flipped onto my stomach. Two doctors worked in tandem to collect the marrow from the back of my pelvis. A total of 1.4 liters of marrow was removed from my pelvic cavity. The volume of marrow removed from the donor is based on the donor's size and patient's needs. On the morning of donation, my hemoglobin was 14.3 g/dl. After a successful two-hour long procedure, my hemoglobin dropped to 10.0 g/dL. I felt very weak from the significant hemoglobin drop and groggy from the anesthesia. I realized this was going to be a longer and tougher recovery than I originally thought. Due to the volume of marrow that was taken, I had to spend the night in the hospital. It was a rough night because my lower back was tender and sore, making sleep hard to come by. The next morning, the doctor removed the pressure bandage to check the four incisions. Below the incisions were many punctures on the pelvis due to the doctors repositioning and reinserting the collection needles into the pelvic cavity. Since there was no sign of infection or major bleeding, the pressure bandage was replaced with four band-aids.

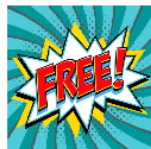
It was difficult for me to take a step back from my very active lifestyle. I've run over 20 half marathons in and out of the country. Due to my back muscles being damaged from the procedure, mobility was challenging. It took several weeks for my back muscles to heal. As an athlete, I understood the importance of nutrition and appropriate exercise for successful rehabilitation. I remained anemic for several weeks post donation, but my body adapted quite well as I started regaining my strength. The bone marrow took about one month to fully regenerate and my hemoglobin eventually returned to a normal level. I'm back to living the active lifestyle I had before donation with no complications.

The patient received my bone marrow on December 29th, 2023. In due time, I will hear about his progress and potentially meet the family. I feel extremely honored and privileged to make a difference in this child's life. I hope he can have a cancer-free childhood and live a long fulfilling life. Please consider adding your name to the Be The Match registry. Note: Be The Match has recently rebranded to the National Marrow Donor Program (NMDP) with the same mission. All expenses are covered for you and a companion. All it takes is a cheek swab for you to get started. Visit the NMDP website for more information. <https://bethematch.org/>.



DON'T FORGET ELECTIONS!

It's that time of year to elect new board members for 2024-2025! Keep an eye out for the election forms that will be coming out in the first part of April via email. Please take a moment to participate in voting for these offices and delegate for the upcoming JAM meeting this year in July.



Laboratory Meet & Mingle



Come for a **FREE** night of fun and socializing with other laboratory professionals!

Twin Falls:

- o **Wed. April 10, 2024** 6:30-8:30pm
- o Bearded Axe 246 3rd Ave. S, Twin Falls
- o <https://bearded-axe.com/>



Pocatello:

- o **Wed. April 17, 2024** 6:30-8:30pm
- o Heber Hatchets 504 E. Center St., Pocatello
- o <https://heberhatchets.com/axe-throwing-pocatello/>



Boise:

- o **Wed. April 24, 2024** 7-8pm
- o Section 37 Axe Room 3725 W. Chinden Blvd., Garden City
- o <https://section37axeroom.com/>



Closed toe shoes required! Snacks will be provided, but you can bring in your own food and drinks. Arrive 10-15 min early, if possible, to sign waivers and get axe coaching. Waivers can also be signed online at whichever axe location you will be attending. If you can only come for part of the time, we'd still love to have you there whenever!



Free event sponsored by ASCLS Idaho. <http://asclsidaho.org/>
Open to all laboratorians, both ASCLS members and non-members.

The ASCLS-Idaho FOCUS Newsletter is published quarterly and is made available to all ASCLS-Idaho members in electronic format. Rights to edit for content and length of material are retained by ASCLS-Idaho. All ASCLS-Idaho members are invited to submit articles for publication.

Ryan Patterson MS, MLS (ASCP)^{CM}
ASCLS-Idaho Editor



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