



BadgerLab Times

A Publication of the American Society for Clinical Laboratory Science-Wisconsin

Fall/Winter, 2020

President's Message



Leah Narans

What a year to be President of ASCLS-Wisconsin! As I begin my term we are under a worldwide pandemic, we can't travel, we can't meet in person, our mental loads and technostress are off the charts and at the same time Laboratory Medicine is getting more press than ever before! How can we capitalize on that publicity and promote our profession? How can we use our education to help people understand the importance of lab tests for diagnosis of many diseases as well as limitations of testing. How do we get the message across that this important workforce has a national critical shortage? How do we do all this while still staying sane? Really – I am asking!

I think it is incumbent on each and every one of us to try to make sure that we are always a voice of the lab. We need to educate our communities, our kids, our grandkids. We need to take every opportunity to shout from the roof tops that we are a very important part of the Healthcare System! Utilize social media to spread cool science stuff. Get in touch with your community paper and see if you can send in an opinion piece about the needs of the Medical Laboratory. Go to your local school and get kids interested in the exciting things we see and do. See if your community hospital can sponsor

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ASCLS Joint Annual Meeting (JAM)

Summary of Reports from ASCLS-WI Delegates

Michael Lukowski

As the 2019-2020 President of ASCLS-WI, it was my privilege to lead our state's delegation to the virtual ASCLS Joint Annual Meeting (JAM) this year, from June 28-July 2, 2020. In true 2020 fashion, this year's JAM was unlike any other. The COVID-19 pandemic forced the meeting to be moved from Louisville, KY to a virtual platform. Despite these changes, the JAM was a great success! The event featured nearly 60 PACE sessions and hosted multiple governance sessions, including the Board of Directors meeting and House of Delegates. These sessions were streamed live and also recorded so they could be made available for an entire month to JAM attendees. This made it much easier to attend PACE sessions and balance other personal obligations. It also guaranteed that attendees would not miss any sessions that they wanted to see due to scheduling conflicts. Both of these were very handy features of the virtual format! The JAM also featured several social sessions, including a virtual happy hour, yoga, and kazoo playing; which were nice breaks from the educational and governance courses.

This year's JAM had an excellent turnout despite the challenges associated with COVID-19. The flexibility of the virtual event meant that more members could make the JAM fit with their work schedules and ASCLS lowered the price to make it more affordable during these difficult times. ASCLS-WI was fortunate to have an experienced group of delegates represent us this year. Our delegates were Michael Lukowski, Leah Narans, John Strous, Cindy Koffman, Ali Nussbaum, and Katie Golab. All delegates

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attended governance and scientific sessions of interest, as well as the required Region V and House of Delegates (HOD) meetings. Unfortunately, some of the typical sessions, such as leadership and scientific assembly meetings, were scheduled for later in the year. A summary of the delegates' reports is below.

Board of Directors (BOD) Meeting

Here delegates learn about all the major concerns of the organization along with updates about the numerous task forces, issues updates, and regional updates that have been going on throughout the year. This year, COVID-19 overshadowed most of the discussion around opportunities, threats, and concerns for the organization. Four current ASCLS position papers were discussed (Personnel Standards, Phlebotomy, Managed Care, and Health Care Reform Resolution). These papers are outdated and in need of revisions. A vote was scheduled at the HOD to repeal them. Finally, it was noted that the Society of American Federal Medical Laboratory Scientists (SAFMILS) will be joining the JAM in 2021. This may potentially add approximately 200 additional participants. For more information on our BOD, please go to: www.ascls.org/about-us/board-of-directors.

House of Delegates (HOD)

At the House of Delegates, we inducted our new national and regional leadership. Both of these items were approved by the HOD. ASCLS President Cindy Johnson reported on activities during the year. Maddie Josephs was installed as the new ASCLS President for her 2020-2021 term and Dr. Hassan Aziz was welcomed as the new President-Elect for ASCLS. The major discussion point at the HOD was the repeal of the four current ASCLS position papers mentioned at the BOD meeting. These were retired following a vote of the HOD. Additionally, the Board of Certification position paper was discussed, regarding a coordinated effort to support the MLS designation. It is time we move to one name – Medical Laboratory Scientist. This was approved by the HOD.

Region V Caucus

The HOD procedures and responsibilities for delegates were discussed. Region V leadership explained the

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mechanics for downloading the ASCLS meeting app to make it easier to navigate the virtual format. Region V won the Political Action Committee (PAC) regional fundraising competition for the second year in a row. Ali Nussbaum deserves a special thanks for her excellent job of fundraising on behalf of the PAC. Region V would not be nearly as successful at fundraising without all of her hard work and dedication! Many Region V members received awards and recognition at the meeting. Two ASCLS-WI members, Ali Nussbaum and Samantha Salm, were recognized as “Voices Under 40” for ASCLS.

ASCLS Update

The budget was discussed and accepted. There were a couple places where ASCLS had a deficit because several expenditures were made to make the organization more efficient moving forward. Opportunities for growth were discussed and a Developing/Emerging Manager Conference will occur in the future. Several task force reports were presented. The Empowering Constituent Societies Task Force identified asset control and recycling of leaders as areas of concern. The HOD Task Force is reviewing the roles, duties, and schedule of the HOD for possible future changes. Candidate presentations were made and most elections are contested this year.

Bylaws Committee

The committee is continuing to work with state societies to complete the bylaws changes necessary to reflect the recent changes in membership categories. Wisconsin is in the process of completing these changes and the updated bylaws will be sent out to the membership for a vote in the near future.

Constituent Leaders Symposium

This event was held virtually about a month after the JAM had concluded. The main focus of this session was to provide new leaders the tools they need to be successful in their roles in ASCLS. This session was recorded and posted to the ASCLS Member Community to make it accessible to anyone who was unable to attend.

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a high school student through an MLT program in exchange for a few years of employment. We need to get creative – no ideas are too far-fetched!

As your president, my goal (as it has been a goal for many of us over the years) is to continue to promote every level of the laboratory. I have a great Board of Directors, but I need more! I need people to reach out with ideas, I need people to share what they are doing in their communities, I need people to step out of their comfort zones and help us get the next generation of laboratorians involved! I have a lot of committees that need active participants. Do you have a passion for something? Let me help you figure out where you fit into ASCLS-Wisconsin! My contact information is below and I would love to hear from you!

Leah Narans MBA, MT (ASCP)
ASCLS-Wisconsin President 2020-2021
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Region V won the regional competition for the Political Action Committee (PAC) at the 2020 ASCLS Annual Meeting

Total Funds Raised: \$2,465

Congratulations!!!!

Region V consists of ASCLS Minnesota, North Dakota, South Dakota, and Wisconsin. For further information about region activities visit www.regionvascls.online



Be sure to check out our website for updated information: www.ascls-wi.org

CALENDAR OF EVENTS

ASCLS Clinical Laboratory Educator's Conference (CLEC) *Both in-person & virtual*
February 25-27, 2021: Denver, CO

ASCLS Legislative Symposium
March 15-16, 2021: Alexandria, VA

ASCLS-WI Annual Meeting April 14-15, 2021

The Board of Directors has decided to be proactive and cancel the 2021 ASCLS-WI Annual Meeting in LaCrosse. Due to the continuing pandemic it was decided that we were not likely to be able to participate in an in-person event in April, so canceling now is more financially responsible. We will be holding a Virtual Annual Business Meeting, a Virtual Awards Ceremony, and a few virtual PACE offerings in a much smaller scale during that same time. We look forward to seeing everyone in April 2022 in Madison! Boy are there going to be a lot of hugs!

Medical Laboratory Professionals Week
April 25-30, 2021

ASCLS Joint Annual Meeting (JAM)
June 27-July 1, 2021: Louisville, KY

ASCLS Annual Meeting Member Awards

The following ASCLS-WI members were honored with national awards this past summer

Member of the Year Wisconsin: **Nicole Buza**

Voices Under 40: **Ali Nussbaum & Samantha Salm**

ASCLS Education and Research Fund Edward C.

Dolbey Undergraduate Scholarship: **Jacob Dickman**

Alpha Mu Tau Fraternity Ida & May Reilly

Undergraduate Scholarship: **Jada Hicks**

Congratulations from your colleagues at ASCLS-WI

Doctorate of Clinical Laboratory Science (DCLS) Oversight Committee

The DCLS Oversight Committee has been meeting monthly to continue work on the Body of Knowledge (BOK) as it pertains to the DCLS. Finishing work on the BOK will help the process of getting an official certification exam with the ASCP Board of Certification (BOC).

Call for Delegates



Are you interested in getting more involved in ASCLS-WI? Interested in learning more about what ASCLS is doing for laboratory professionals? We have 2 opportunities that we are hoping will happen in 2021. We are looking for volunteers to attend the Legislative Symposium and ASCLS Joint Annual Meeting.

Legislative Symposium: March 15-16, 2021 at the Hilton Alexandria Old Town in Alexandria, VA.

Through this ASCLS tradition that originated in 1989, members of laboratory organizations meet with their representatives and senators on Capitol Hill as a unified front on behalf of our profession. Each year these leading organizations urge their members and leaders to come to Washington to provide a visible and informed voice, and make our concerns known inside Congress. This event may become a virtual event. For more information click on the following link:

<https://www.ascls.org/advocacy-issues/legislative-symposium>

Joint Annual Meeting (JAM): June 27 – July 1, 2021 at the Omni Louisville Hotel in Louisville, KY.

Live meetings and conferences offer continuing education with the added value of being able to see the speaker in person, to ask your questions, and to hear the questions and answers of other participants. The conference format also provides opportunities for networking with your professional colleagues from across the nation. For more information click on the following link:

<https://www.ascls.org/education-meetings/annual-meeting>

If being a delegate for either of these opportunities intrigues you, please reach out!

Leah Narans narans@madisoncollege.edu

Technostress and Mental Load – What Are They and Why Do They Matter?

Leah Narans

The Covid Pandemic has brought back into the limelight two ideas that have been discussed in the past, but have created a new burden on many people since March: *Technostress and Mental Load*

Technostress was identified in the 1980s and has come to the forefront again during this pandemic. It is defined as “a modern disease of adaptation caused by an inability to cope with new technologies in a healthy manner.” (Nico Dragano and Thorten Lunau, July 2020) In these times of virtual everything we are having to learn multiple platforms for meetings including Zoom, Microsoft Teams, Google Hang Out, Facebook Messenger, Webex and the list goes on. Each of these is being used for different people in different meetings with lack of proper training or training on the fly. Add to this an increased workload and questionable reliability of hardware and software, this lack of standardization is causing way more stress than any other time.

Mental Load was first brought to light in 2017, but today is even more relevant! “Mental load is all the mental work, the organizing, list-making and planning, that you do to manage your life, and that of those dependent on you. Most of us carry some form of mental load, about our work, household responsibilities, financial obligations and personal life.” (Leah Ruppner, September 2017) With more of our families at home, the pandemic in our communities, and striving to be good employees, partners, parents and even now teachers, our mental load has never been so high. I have noticed myself more forgetful, more scattered, missing more deadlines, and generally way more fatigued.

What do these have to do with the Lab? These things are affecting all of us. The magic word is Grace – Courteous Goodwill! Laboratorians tend to be Type A people. We have so many plates in the air – which ones can you give yourself permission to let fall? Which ones can be picked up again at a later point? Can the floor wait a week to be scrubbed? Are there leftovers in the fridge that can be eaten – or a pizza ordered? Can we shut off electronics at night and do a puzzle with the family? I want to say – give yourself a break! Allow yourself time to breathe. We all deserve it!



Elections

Call for Nominations

Be part of the 2021-22 leadership of our State society by running for office or recommending a colleague for one of the following positions:

- President – Elect: serves as president-elect in 2021-22, president in 2022-23, and past president in 2023-24
- Treasurer: 2 year term, 2021-23
- At-large Board of Directors Member – 2 positions: 2 year term, 2021-23
- Nominations Committee – 1 position: 2 year term, 2021-23
- Developing Professional Chair – to be elected by student membership

Duties and Responsibilities for these positions can be found in the Bylaws located at www.ascls-wi.org If you need additional information or wish to nominate someone, please contact the Chair of the Nominations Committee, Michael Lukowski, at: mdlukowski@hotmail.com

BadgerLab Times

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Article Submission

Articles for BadgerLab Times should be submitted in Microsoft Word format and sent electronically to: linda.laatsch@sbcglobal.net. The deadline for the spring/summer issue is May 15th, while the deadline for the fall/winter issue is October 15th.

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Wisconsin Society for Clinical Laboratory Science SCHOLARSHIP FUND, Inc.

Deadline Approaching!

Post-Grad Scholarship: Are you an ASCLS-WI member who attends graduate school in a field directly related to MLS? This includes those of you working on degrees in Management, Education, Computer Science or other specialty areas relevant to laboratory medicine. Consider applying for the Weisberg Post-Graduate Scholarship. For further information, contact John Strous at strous@uwosh.edu or the Scholarships page of www.ascls-wi.org. **Applications are due December 1st.**

Donations Appreciated: All money for scholarships comes from member donations or proceeds from the Silent Auction held at our annual state meeting. With the 2020 & 2021 in-person meetings cancelled, the auctions were also cancelled. Thus, monetary donations would be particularly appreciated this year. Checks can be made out to WISCLS Scholarship Fund, Inc. and sent to Treasurer Barb Hill, 876 Jean Circle, Oregon, WI 53575. Feel free to contact Linda Laatsch, WISCLS Scholarship Fund Chair, at linda.laatsch@sbcglobal.net if you have questions.

