

THE HEARTBEAT

CARDIOLOGY TECHNOLOGIST DAY A look across the province

As you all know, February 14th, 2018 was Cardiology Technologist day. Technologists from all around the province took part in creating displays aimed at spreading information about our career and heart health in general. To see how others celebrated this day and decorated their sites was amazing!

St. John's



Here at St. Clare's Mercy Hospital in St. John's we set up a table out in the hallway with a board outlining the various tests we perform and covered the table with recipes and information kindly provided by the Heart & Stroke Foundation. We ordered a cake to share with everyone and had a couple of small contests. Tickets were sold on an at-home blood pressure monitor, which was won by a patient, and we played "guess the number" with a jar of cinnamon hearts.

St. Anthony



Denise Blake, CTAN President and Provincial Director celebrated Cardiology Technologist's Day at Charles S. Curtis Memorial Hospital in St. Anthony along with her colleague, Gladys Noel. A cardiology display showed different types of non-invasive diagnostic tests, warning signs of heart attack and stroke, and heart health information. The cake was made and donated by Gladys and her husband Wayne. The delicious

pineapple carrot cake was shared among staff and patients served with a nice hot cup of Tim



Hortons coffee or tea. It was enjoyed by all who attended.

CARDIOLOGY TECHNOLOGIST DAY

A look across the province (continued)

Grand Falls-Windsor



Lisa Dawe Penney, RCT, Cindy Warren Saunders, RCT, Randy Marsh, RCT, and Stenberg College Student Krista May

Clareville



Rachel d'Entremont, RCT and Karen Groves, RCT

Corner Brook



Lezley Inniss, Kayla Neville, Audra Oxford, Vanessa Blanchard, Cindy Gillam, Karla Wheeler, Tracy Tiller, Britta Pittman



PROVINCIAL DIRECTOR'S REPORT

The CSCT AGM was held in Vancouver on October 19 and 20th, 2017. Michele Reynolds has stepped down as President and Crystal Shendaruk has taken over for the next term. The Vice President position has been taken on by Brenda Wall (NS).

It has been decided that electronic voting would not be pursued until further notice. Voting will continue to be made by Proxy for members not able to attend AGMs. These forms are available on the CSCT website. One of our privileges of being registered members is having the right to vote during our AGMs. I encourage everyone to complete your proxies and submit to your Provincial Director prior to the next AGM.

The last CSCT Board of Director's meeting was held in Toronto on February 3rd and 4th this quarter. The 50th year anniversary of CSCT is in 2020. A planning committee met in November 2017 and is already in the works of getting activities and entertainment options under way. This will be quite the event! (location and date TBD)

Travel expenses for Provincial Director's trips to CSCT meetings were reviewed and confirmed, as there seemed to be some misunderstandings from provinces across the country. CSCT will reimburse flights and checked luggage only for CSCT Provincial Directors. All other expenses (meals, accommodation, ground transportation, and loss of wages are paid for by their respective province.

A number of members did not receive the emailed CSCT AGM documents. The hospital

servers tend to block these emails. It is important that members use their personal emails and ensure their contact information is up-to-date on their CSCT profiles.

This year Nova Scotia will celebrate its 50th year as an association and will receive a donation from CSCT to aid in funding for their celebration. It will be held in Halifax the weekend of May 4-6th, 2018. This could be something we can look forward to for our association in the future. I have asked some of our long-time members the date of CTANs inception, but do not have an exact year to date. Should any of our members have this information, any pictures (with signed Photo Release forms), historical information, or specific dates pertaining to important milestones over the years, please pass along to the president (president@ctan.ca).

Respectfully submitted,

Denise Tapper-Blake, RCT, CRAT

CTAN President & Provincial Director

REMINDER!

Please let us know if you have moved or if any of your information has changed so we can keep you up to date on current events in the association!

PRESIDENT'S REPORT

Happy New Year Executive Board and fellow technologists. I hope 2018 is filled with love, health, happiness and success for you all.

Since our last meeting CTAN has created a Facebook page. In this growing age of technology, it seems to be the going trend for communication and we are hoping that this will keep members across the province informed of upcoming meetings/events in addition to emails. One of our members volunteered to create the page. Thank you Ashley Stoyles! Members of the Board of Directors have exclusive rights with regard to posts. All other members need to have their posts approved by a board member before it can be posted on our page. This ensures that only appropriate content can be published.

We have a new Registrar; Allison Snook has taken over Jackie Kennedy's previous role. This change occurred at our last AGM. She is an RCT who works for Eastern Health and is based in Carbonear. Welcome to the Board of Directors Allison!

Also, discussions have begun with regard to legislation/regulation. As questions were asked at our last AGM regarding pros/cons, etc., I did extensive research and made arrangements to have a webinar to discuss this topic. It took place on January 22nd for all CTAN members to become informed of the possibility of legislation. Nicole Jenkins, President of the NL Association of Medical Radiation Technologists hosted the webinar called "Association Vs Regulatory College". It was a detailed and very informative discussion on

the differences with being part of an association and becoming a regulated profession". We received an online turn out of half of our membership with very positive feedback with regard to moving forward from those who responded to me by the suggested deadline date of January 29th, 2018. Information will be sent out in the near future with our strategic plan and ideas for moving forward.

C SCT has offered the CTAN President/Provincial Director access (of no cost to us) to their GoTo meeting account for hosting web meetings with the CTAN BOD throughout the year. This will prove to be very effective, efficient and an excellent communication tool for board members in the coming months with many important projects on the horizon.

I believe 2018 will be the beginning of many positive and beneficial changes for our association and all of its members.

Respectfully submitted,

Denise Tapper-Blake, RCT, CRAT
CTAN President & Provincial Director



EDUCATION COORDINATOR'S REPORT

First and foremost, I would like to congratulate Spencer Brown for passing the CSCT exam and becoming a registered tech. All the best to you, Spencer! Another exam will be upon us before we know it as well! Good luck to the students writing in both the April 2018 and September 2018 sittings.

During October's AGM I mentioned that students from the April 2017 writing had complaints about some functions on the exam. CSCT and Yardstick quickly addressed these issues and they were solved by the time marks were released. There were no further issues in the September 2017 sitting.

I'd like to thank all of the sites who submitted content to the newsletter regarding Cardiology Technologist Day, it was greatly appreciated and I enjoyed seeing the different ways the day was celebrated. We've got a creative bunch in this province! Pictures can also be found on our association's Facebook page and will soon be posted on the CTAN website as well.

As always, we welcome submissions for the newsletter from anyone. This can be in the form of case studies, interesting EKGs, reviews of cardiology-based articles, and more. Please email content to education@ctan.ca. The newsletters will be published twice a year in spring/summer and fall/winter.

Megan Willette, R.C.T.

CTAN Education Coordinator

CTAN EXECUTIVE

President & Provincial Director

Denise Tapper-Blake

Vice-president

Lisa Dawe

Secretary

Heather Stockley

Education Coordinator

Megan Willette

Registrar

Allison Snook

Treasurer

Linda Sluchinski

JIM AND JESSIE The Miracle Couple

Jim Cluett is a medical miracle and Jessie, his wife, helped the miracle happen for Jim.

Jim was the sickest of the people who attended the Gift of Health workshop three weeks ago. Jim was on fifteen different medications and insulin for diabetes, arthritis, acid reflux, high blood pressure, and high cholesterol. He had no strength in his legs and feet. He was feeling tired and depressed. After attending the Gift of Health workshop, in THREE WEEKS, Jim is off of 30 units of insulin, has stopped four diabetic pills, two blood pressure medications, and one medication for acid reflux.

Jim is down 19 pounds, has more energy, and is able to walk like a champ for one hour a day.

The stiffness in his hip and knee joints is gone, he is sleeping better and enjoys getting on the weight scale.

Jim's sugars in the mornings, before the workshop, were abnormally high: in the range of 12 to 20 despite multiple medications and insulin. Three weeks later his morning sugars are ranging from 5 to 7 despite cutting 30 units of insulin and four diabetic pills.

Jessie is down 10 pounds. She has more energy, is enjoying the new foods, and has no cravings. She loves to perk up Jim day after day.

Article submitted by Jackie Kennedy



Jim and Jessie are holding the replica pounds of fat they have lost in three weeks.

**This article has been edited for grammar and clarity*

FOR MORE INFORMATION ON CTAN, VISIT OUR WEBSITE AT WWW.CTAN.CA

