



June 2015

Volume 1, Issue 1

RCSW

Respiratory Care Society of Washington

Student Engagement Committee Newsletter

To create understanding amongst the respiratory care students of Washington State about the mission of the RCSW, core values of respiratory care profession, and the value of belonging to the Respiratory Care Society of Washington.

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Look for us!
The RCSW is on
Facebook and
LinkedIn

A Message From Our President



Dear Students,

I regret that I am not able to congratulate you personally as you graduate. I am thankful I had the opportunity to meet many of you last spring. As you graduate I encourage each and every one of you to be active in your new, well chosen profession of Respiratory Care. Take advantage of the great opportunity you have as new

graduates in renewing your AARC membership. I want you to know that you are the vehicle which is moving Respiratory Therapy into the future and what an exciting journey for you all. Remember life has no remote... You must get up and change it yourself.

Charles Dickens wrote "Have a heart that never hardens, and a temper that never tires, and a touch that never hurts". This also is my sincere wish for each and everyone of you.

Hope to see you all in Spokane in 2016 at the annual meeting.

Congratulations RT's of 2015 !!!!
Earl Moore RRT

President of the RCSW

SPOKANE COMMUNITY COLLEGE NEWS



The program in Spokane does a great job of preparing us students for the board examinations. We have been taking a variety of Therapists Multiple choice exams as well as clinical simulation exams throughout the entire spring quarter. In addition we are assigned a big Case Study which involves one of the categories all of us respiratory students nationwide will be tested

on during the clinical simulation portion of the NBRC examination. This coming week each of us will do mock interviews in front of the entire class in attempt to ease our nerves and become more comfortable with the process, if that's even possible. We are all running about the community now turning in resumes and cover letters at the facilities we have been clinically rotating through in hopes of getting the chance to interview and eventually practice as respiratory care practitioners. We are all enjoying our last few weeks of following preceptors around and soaking up as much knowledge as possible before we are out there on our own. In a couple weeks we get the chance to flip the script and run one of our areas largest facilities, some of us students will be supervisors while others will have the preceptors follow them, we are all very excited for the opportunity. We also stay involved with the local community by attending activities and donating our time in teaching CPR classes. There are various sporting events we try to attend or participate in as a class like Bloomsday and Spokane hockey and baseball games. Our biggest community contribution would be the various CPR classes we participate in, as well as contributing to activities like "family fun nights" and food drives.

Josh Dolan

2nd year class Rep.

Spokane Community College

SPOKANE COMMUNITY COLLEGE NEWS



Spokane Community Colleges first year Respiratory Care program began with 22 students and currently has 20 students left in the program. First year students are currently in their second clinical quarter and are becoming more comfortable in the clinical setting. This quarter's clinical sites are held at 4 of the major hospitals in the Spokane area (SHMC, Deaconess,

Holy Family, and KMC). Students have been learning and practicing: Non-Invasive and Invasive mechanical ventilation as well as Arterial punctures. SCCs RT program has also become more involved in CPR club; making up 50% of the CPR club and training new students coming in to the many medical programs SCC has to offer. CPR club is very active and is continuously doing food drives and participating in Family Fun Nights held on campus. In return for being a part of CPR club and assisting in the many hours of CPR trainings, the club paid for the RT students admission fee and hotel rooms this year at the RCSW meeting. This year 32 out of SCCs 36 current RT students were able to attend the RCSW state conference that was held in April at the Hilton. First year students are excited to end another quarter and begin summer clinical where they will complete 13 clinical hours per day at 3 days a week, equaling 39 clinical hours a week. During this summer, First year students will have the chance to gain more knowledge about mechanical ventilation and arterial blood draws; along with becoming more efficient in the skills they have already acquired. Summer Clinical sites will consist of SHMC, Deaconess, Holy family, KMC, Valley Hospital and Northern Idaho Advanced Care Hospital.

Joe Sikkila

SCC First Year RT Rep

TACOMA COMMUNITY COLLEGE NEWS



The goal of the TCC respiratory club is to spread awareness of respiratory diseases within our local community.

We are involved in several on-campus events, such as health/club fairs, the great American smoke-out, and the drive for COPD. At these events, we reach out to our

peers about topics like smoking cessation, COPD, and asthma. We offer students and teachers brochures, pamphlets, and flyers that have information and resources. Other things we love to display at our events are our 'Clem's Phlegm' jar, which show the amount of phlegm a COPD patient coughs up, and our pig lungs, showing the difference between smoker and nonsmoker lungs. We'll also display therapeutic devices like flutter valves, inhalers with spacers, and incentive spirometry. If students are interested, we have disposable mouthpieces they can use to test the equipment with.

This past March, we held a mini 4X4 respiratory conference at TCC. We invited 4 speakers to talk on various topics in respiratory care. We thought this was a fun and worthwhile event that we hope to continue.

In addition, the TCC respiratory club is also involved in many off-campus events. We work with several professional organizations to volunteer at their events. For example, we've worked with the ALA at the fight for air climb and lung force walk and the Cystic Fibrosis Foundation's Great Strides walk. At these events, we volunteered beforehand by passing out flyers and hanging posters up at local gyms, businesses, and at TCC. We then worked at the events as monitors to watch and aid participants who were in distress.

As a club, we believe that working in our community is worthwhile, because we get to support others and make connections with people in our profession.

Amanda Carlson

Outgoing TCC Respiratory Club President

HIGHLINE COLLEGE NEWS



Congratulations to the winning student team from the 2015 RCSW Regional Conference Sputum Bowl.

Pictured left to right:

Highline College 2nd year students:

Olga Prosolov, Jonathan Vasquez and Melinda Altena

HIGHLINE COLLEGE'S BACHELOR OF APPLIED SCIENCE RESPIRATORY CARE - 2015

The Highline College BAS-RC program is one that I am truly enjoying. While there are classes that require attendance once a week, the instructors are willing to work with us regarding our work schedules. All the respiratory care related courses are offered fully online, with our program director having an open door, and a quick email away for any questions.

The program offers courses that allow us, as Respiratory Care Practitioners (RCP), to dive deeper into the field of respiratory care. We are tackling disease management programs, medical research, healthcare laws, and statistics to name a few. The RCP students come from many fields, such as home health, adult care, long term care, and neonatal and pediatrics. The program allows us to take the courses and focus on our specialty in order to gain the most from our time in these courses.

Kelsi Burkhart, RRT, Student Representative
Highline College
Bachelor of Applied Science Program



Pictured above is the AAS graduating class from Highline College.

SEATTLE CENTRAL COLLEGE NEWS



In Seattle, over the last year, the Respiratory Care Program has made quite a few ripples. The first Bachelors class has caused the school to drop "community" from its moniker and is now known simply as Seattle Central College. It's the end of an era and the 3rd year students are just starting out while the 2nd year students are about to graduate (confusing, right?!).

From the Bachelors program:

There is a strange feeling in being the inaugural group of anything, as we look to the group graduating in the spring we realize there is no map for us to reference—these are uncharted waters. At the end of this spring we move into our final year but it is not without excitement or nervousness. We are all reflecting on new experiences; touching our first patients, attending our first conference, and being a part of our first respiratory community. Our instructors have shown us the changes that are coming to the respiratory field. We will come prepared, taking one inspiratory and expiratory cycle at a time. The class of 2016 looks forward to learning and working alongside all of you in the coming year.

From the Associates program:

The 2nd year students are trying to figure out how to soak up all that unusual Seattle sunshine while studying for their impending NBRC exams. In the final quarter of clinical rotations, the 2nd year students are busy at both Seattle Children's and various adult ICU's around the region honing assessment skills and developing relationships within the respiratory community as the impending search for employment begins. The class of 2015 is eager to enter the workforce and begin their careers!

PIMA COLLEGE

No news provided for this issue.

STUDENTS ATTEND KETTERING



Puget Sound area students attend Kettering National Seminar for RRT board preparation this spring.

Pictured are Tacoma Community, Seattle Central and Highline students.

The RCSW wishes everyone great success on the RRT Boards!! Good Luck!!

STUDENTS RECEIVE WARM WELCOME

On April 12th, 2015, the largest AARC State Respiratory meeting opened its doors in Seattle, WA. Of the greater than 500 registrants, nearly one hundred and fifty were students. The highlight of this conference was the sessions offered to students. On Monday, April 13th, 2015, students nearing graduation representing each of the five respiratory programs in the state attended a special session organized by the Respiratory Care Society of Washington (RCSW) leadership. Educators, managers, nationally renowned speakers as well as RCSW leaders were on hand to offer advice to those on the verge of entering the respiratory work force.

The session was opened by Jon Jahns MS RRT, president elect of the RCSW and moderated by Michele Pedicone MSc RRT-NPS, current RCSW Vice President. Carl Hinkson MSc RRT-ACCS NPS, FAARC encouraged students to learn from their mistakes, declaring that "life begins at the end of your comfort zone". Brady Scott, MS RRT-ACCS, FAARC encouraged the students to be passionate about patient care, Gary White, MEd. RRT RPFT told students to pursue their passion and to read something everyday that interests them. Jennifer Armstrong, RRT-NPS, challenged the students to get involved and Gary Wickman, BS RRT shared how students could go to the AARC website and onto AARC Connect for students.

Fred Goglia MEd. RRT and Cory Martin, MEd. RRT-ACCS NPS CPFT shared information regarding the two baccalaureate programs which are available in WA state asserting that education is transformative. The student session concluded with Scott Mahoney, BS RRT and Daniel Rowley MSc RRT-ACCS NPS RPFT, FAARC encouraging the students to acknowledge the importance of mentorship and to seek a mentor. So, graduates, aspire to be the best RT you can be, forge ahead and "get out of the breakroom!"

MASTER'S DEGREE IN RESPIRATORY CARE WASHINGTON GRADUATES



From left to right: Timothy Farmer, Daniel Rowley, Thomas Barnes, and Carl Hinkson.

Carl R. Hinkson, MS, RRT-ACCS, NPS, FAARC is the Assistant Manager of Respiratory Care at Harborview Medical Center and the first in the state of Washington to earn the Master's of Respiratory Care. Carl attended Northeastern University in Boston, Massachusetts.



Michele Pedicone, MS, RRT, graduated with a Master's in Respiratory Care Leadership from Northeastern University this spring. Michelle is a NICU therapist at UWMC and also faculty at Highline College.

Way to Go Michelle!!!

RCSW STUDENT SCHOLARSHIP RECIPIENTS

The RCSW Student Engagement Committee congratulates
the 2015 RCSW scholarship recipients!!

Jennifer Armstrong - Mike Sipes Student Scholar; *Boise State University*
Angelo Bonelli - Bachelor's Degree Scholarship Award; *Seattle Central College*
Kelsi Burkhart - St. Joseph MC; Bachelor's Degree Scholarship Award; *Highline College*
Amanda Carlson - Associate's Degree Scholarship Award; *Tacoma Community College*
Josh Dolan - Associate's Degree Scholarship Award; *Spokane Community College*
Carnessa Elem - Associate's Degree Scholarship Award; *Highline College*
Dan Nuygen - Regional Hospital; Bachelor's Degree Scholarship Award; *Highline College*
Ngan Nguyen - UWMC; Bachelor's Degree Scholarship Award; *Highline College*
Pawlos Okubagzi - Harborview; Ben and Bonnie Benson Student Scholar; *Canisius College*
Michele Pedicone - UWMC NICU; Master's Degree Scholarship Award; *Northeastern University*
Hal Ungerleider - Northwest MC; Bachelor's Degree Scholarship Award; *Highline College*
Michelle Weiss - Associate's Degree Scholarship Award; *Seattle Central College*
Gary Wickman - Providence Regional MC; Master's Degree Scholarship; *Northeastern University*

HOUSE OF DELEGATES STUDENT MENTORSHIP



My name is Melinda Altena. I will graduate from Highline College this June.

I applied for and was accepted into the AARC/HOD student mentorship program.

I do want to thank both Carl Hinkson and Greg Carter, RCSW delegates, for being so friendly and making my introduction the HOD such a great experience.

[Pictured are Carl Hinkson, Melinda Altena, and Greg Carter]

Being a student guest at the House of Delegates meeting was an awesome experience. It was an inside view of how the AARC operates. The Delegates are voted into these positions by their fellow therapists in their respective state and are a voice for those members of the AARC. The topics discussed and the policies decided on are brought back by the Delegates to their state. Everyone comes with the common goal at the HOD meeting to keep the field of Respiratory Care growing.

The HOD meeting spanned two days. The two days consisted of going over different resolutions and having open floor time for people to bring up topics to discuss. These open mic times were very interesting because you get to hear what is being done in different states. There are also different committees within the HOD that each delegate chooses to participate in. Another portion of the meeting was recognizing different therapists across the country for Best Practice awards. It showcased what therapists were doing above and beyond to improve the field of Respiratory Care. As a student at the HOD meeting, I felt very welcomed. I sat with the Washington State Delegates along with a student from Arizona. The Washington Delegates were very helpful in explaining the different proceedings during the meeting and answering any questions I had. It was emphasized we are the future for the profession and the AARC wants to hear what we feel are important issues and topics. Time was taken to gather all the students together to ask questions and get an idea of the impact this experience had on us and what the AARC could do to keep students involved. From this experience I left with more excitement for the profession I am entering and would recommend going to the House of Delegates meeting to any student.

Congratulations Melinda – You represented your state very well and you make us proud!!