

# THE RESPIRATORY TRACT



JANUARY / FEBRUARY 2014 VOL. 34 ISSUE 75

**INSIDE:** Advocating for COPD

8 Million Lives Saved

AARC Leadership Institute



**SAVE THE DATE**

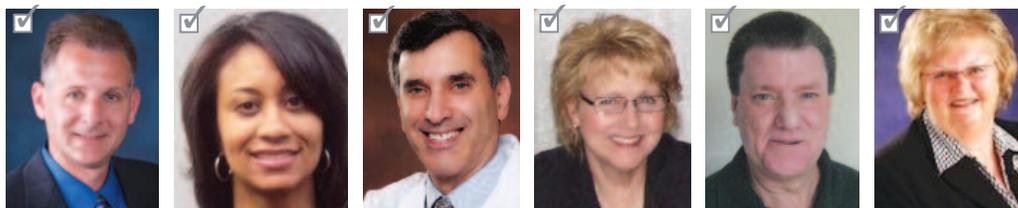
May 28, through May 30, 2014

**ISRC 2014  
CONFERENCE**

*Be Ready for ISRC's Biggest  
Education & Exhibition  
Show of the Year!*

## ADVOCATING FOR COPD

FULL STORY ON PAGE 4



### What do all these people have in common?

*They are your upcoming 2014 ISRC election candidates*

The 2014 election will run from February 1st until March 3rd.  
Results will be announced at the March 22nd BOD meeting.

*Thank you for supporting all of our candidates!*

**UPCOMING  
2014 ISRC ELECTION**



*Please Vote*

Be sure to visit:

<http://www.isrc.org/election.html>

for candidate bios and pictures  
all in one place!

THE  
RESPIRATORY  
TRACT [isrc.org](http://isrc.org)

**THE RESPIRATORY TRACT**

Published bimonthly. The closing date for the editorial and advertisement printed material is the tenth day of the even number months.

The Respiratory Tract will accept all manuscripts for review. Once published, the article becomes the property of ISRC and may not be published elsewhere without the permission of both author and editor. Opinions expressed by authors are not necessarily those of ISRC. The editor reserves the right to edit for clarity and space.

**CIRCULATION**

All members of the ISRC receive the TRACT. It is also circulated to RC department directors in Illinois. Annual subscriptions are \$20. Change of address notices should be sent to the ISRC Office, P.O. Box 10261, Springfield, IL 62791. Include name changes as well as both old and new addresses.

**FOR ADDITIONAL INFORMATION PLEASE VISIT [isrc.org](http://isrc.org)**

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**THE RESPIRATORY TRACT**

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**2014 ISRC Conference  
Theme Announcement**

The theme for the 2014 state conference will be *The Path to Licensure, "It's a State Affair"* The concept is to play off a State Fair/ Carnival while bringing the State together as we move towards Sunset of our License. We will be reaching out in the next couple of months to get ideas of how to represent your region of the State. We are extremely excited about our new concept and look forward to your ideas. Audrea Hardwicks-Williams, MBA, RRT, 2014 ISRC Program Chair

**SAVE THE DATE**

**May 28, through May 30, 2014**

*The ISRC will hold its 46th  
Annual Conference at  
Drury Lane Conference Center*

Visit [aarc.org](http://aarc.org) and [isrc.org](http://isrc.org) for the latest information on upcoming events and educational offerings.

**Know of any one who has moved up the career ladder in Respiratory Care? Send your news to the ISRC TRACT.**



**The 2013 ISRC Conference  
Grand Prize PAC Raffle Winner**

**YOU MAY BE THE NEXT BIG WINNER!**  
*See You at the 2014 Conference*

**2014 TRACT MATERIAL  
SUBMISSION DATES**

*Please Submit News & Advertisements  
25 Days Prior to Publication*

March/April 2014 Issue: *Submit by February 5, 2014*  
May/June 2014 Issue: *Submit by April 5, 2014*  
July/Aug 2014 Issue: *Submit by June 5, 2014*  
Sept/Oct 2014 Issue: *Submit by August 5, 2013*

For More Information email Craig Leonard: [cleanard@isrc.org](mailto:cleanard@isrc.org)

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**April 11th, 2014-Adult Care Spring Seminar**

**Mattoon, IL. 7 CRCE**

**August 8th, 2014-Neonatal & Pediatric Summer Seminar**

**Mattoon, IL. 7 CRCE**

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Valerie M. Klans  
BS, RRT, RCP  
ISRC President

## Welcome Readers

# From Our President

**Y**our Executive Committee has been busy preparing for 2014 to bring you exciting CRCE opportunities, such as an Adult Critical Care Conference, a Pulmonary Diagnostics Conference, a Neo/Peds Conference and the Annual ISRC Conference on May 28th – 30th.

For those of you in Chapter 4 (Alexander, Clay, Crawford, Edwards, Effingham, Fayette, Franklin, Gallatin, Hamilton, Hardin, Jackson, Jasper, Jefferson, Johnson, Lawrence, Marion, Massac, Perry, Pope, Pulash, Richland, Saline, Union, Wabash, Wayne, White, and Williamson. counties) you have a new Chapter Chair, Jody Deters! Please introduce

yourselves and communicate with her via the [ISRC.org](http://ISRC.org) website; I'm sure she'd love to work with you to bring ISRC news and CRCE opportunities to your facilities.

Another change on the BOD that I would like to share with you is that George Plamoottill has been appointed as Chairperson of the Public Relations Committee. Regardless of where in the state you are located if you would enjoy bringing the message of Respiratory Care and the Association to medical, nursing and hospital groups, contact him through the [ISRC.org](http://ISRC.org) website and let's get something going. This is the group that helps recruit new people to the field of Respiratory Care as well, and don't we need that?

### Please Write Me

For the respiratory therapists in Chapter 1 (Henderson, Knox, Marshall, Mercer, Peoria, Rock Island, Stark, Tazewell, Warren, and Woodford counties), and Chapter 7 (Bond, Calhoun, Clinton, Greene, Jersey, Macoupin, Madison, Monroe, Montgomery, Randolph, St Clair, and Washington counties) please write to me. We are seeking a contact person in your areas to establish direct communication links with and help us provide CRCE opportunities to your fellow therapists close to home.

As you have read in past issues, the most pressing issue for therapists in the State of Illinois is the Respiratory Care Practice Act coming up for review and renewal in 2015. Much work needs to be accomplished by the Legislative Committee for presentation to the General Assembly in Springfield. Please continue to read this publication and visit the ISRC website for

updates. If you have specific questions or concerns, or would be interested in assisting with these efforts contact Barbara Zueck, Chairperson of the Legislative Committee through [ISRC.org](http://ISRC.org).

### Enacting HR 2619

Lastly, the American Association for Respiratory Care (AARC), which represents the interests of over 140,000 licensed respiratory therapists throughout the United States, wants to change the mortality and morbidity dynamic related to chronic pulmonary diseases and the cost of healthcare associated with treating these diseases by enacting HR 2619, the Medicare Respiratory Therapist Access Act. HR 2619 will give physician practices and Accountable Care Organization (ACO) the option to hire qualified advance-level respiratory therapists to teach pulmonary patients how to self-manage their disease and reduce exacerbation triggers. This is especially important given the Medicare program's emphasis on improving care transitions once the patient leaves the hospital. Further, self-management education and training is at the forefront of several important health care initiatives and is supported by the Medicare Payment Advisory Commission as a way to reduce hospital readmissions. Please talk to your local elected officials about supporting this act and let them know that they have constituents that are respiratory therapists.

Please feel free to join the BOD at the 3rd Quarter meeting, in Springfield on 03/22/13. Watch the ISRC website for updates. On behalf of all the BOD members of the Illinois Society for Respiratory Care, I would like to wish you Happiness, Peace and Love throughout 2014.

By: William Moore, Alicia Powell, Dana Roeske, Sylvia Sloan, and Danielle Uribe

## Volunteering and...

# ADVOCATING FOR COPD

On November 19, 2013, five second-year Respiratory Therapy students from the City Colleges of Chicago Respiratory Care Program at Malcolm X College volunteered at the “Living Better Together COPD Conference” Rolling Meadows, IL



From left to right: Valerie Klans, Danielle Uribe, Will Moore, Goldie Belk and Yuriy Kozel

There were two opportunities for volunteering. Three students assisted participants with moving around the conference and making sure their oxygen tanks did not run empty. While two other students served at the ISRC booth along with several members of the ISRC Board of Directors answering questions and educating participants about legislation that directly affects those receiving Medicare benefits, MDI operation demonstration and literature distribution.

With over 300 people in attendance, we made it our goal to provide

exceptional care and attention to each attendee. We feel that it is very important for us to get involved with the community and get to know COPD patients outside of the hospital setting. Volunteering at events such as these help us learn more about how patients live with this chronic illness. As students, we identify as advocates for those in need of quality healthcare and find it vitally important to participate in community outreach programs that will raise awareness for continued research, patient education and public and private funding.

“As part of this conference we joined the AARC legislative initiative, and informed hundreds of people of the Medicare Respiratory Therapist Access Act HR 2619. As I immerse myself into the field, it has quickly become evident that education about the various diseases and then meeting the needs of those with these illness is the first line of treatment in any chronic illness. If enacted, we will be able to provide Medicare patients with the tools they need to manage their disease. These patients are very special, and their lives change from the moment they are diagnosed. We need to be on the forefront, advocating for them.”  
-Danielle Uribe, ISRC member.

The conference was not just educational for the patients but for us as well. We each left the conference feeling like we made a difference by interacting with the patients, as well as peers in our field. We now better understand the need for treating the whole person and not just their disease.

# Eight Million Lives Saved Since U.S. Alarm on Smoking 50 Years Ago

**M**ore than half of American men and over a third of women were smokers on January 11, 1964, when Dr. Luther Terry delivered the first Surgeon General's Report on Smoking and Health outlining the links between tobacco use, lung cancer and death.

Fifty years later, smoking rates have been cut by about half, and a new study estimates that 8 million Americans have been saved from premature smoking-related deaths.

"You look back in history to 1964, and in reality the world was a very different place when it came to tobacco use and smoking," said Rear Admiral Boris Lushniak, the acting U.S. Surgeon General.

A collection of reports released online on Tuesday in the Journal of the American Medical Association (JAMA) highlights how public-health efforts, from cigarette taxes to advertising limits, have helped curtail smoking rates. The reports also identify new trouble spots, including communities whose members have not been able to quit in significant numbers.

Lushniak believes the next step should be a resolve to introduce an endgame within the next 50 years. That concept will be part of an upcoming Surgeon General's report on January 16 celebrating the anniversary of the original, he said.

"The next stage really needs to be a resolution to move ahead to this smoke-free generation concept," Lushniak said.

One paper estimates that about 17.7 million deaths from 1964 to 2012 were related to smoking. Without any of the tobacco control measures introduced in that period, an additional 8 million people would have died, according to Theodore Holford of the Yale School of Public Health in New Haven, Connecticut, and colleagues.

The average American lifespan is also more than two years longer because those deaths have been averted, the researchers suggest.

## "TREMENDOUS ACCELERATION"

Although Terry's 1964 report was not the first scientific review to connect cigarettes and health issues, it is widely considered a turning point in the battle against smoking.

"The announcement gave tremendous

acceleration to the study of cigarettes and health," Dr. Otis Brawley, chief medical officer of the American Cancer Society in Atlanta, told Reuters Health.

Terry gathered 10 doctors, pathologists, chemists, statisticians and other experts to review the available evidence.

Because the tobacco industry in those days was so important to the U.S. economy, Brawley said, the announcement was made on a Saturday to lessen any impact on the stock market.

The committee's conclusion was that smoking causes lung cancer in men and that men who smoke are more likely to die of heart disease than those who don't.

Based on research since then, the U.S. Centers for Disease Control and Prevention (CDC)

**"The next stage really needs to be a resolution to move ahead to this smoke-free generation concept," Lushniak said.**

estimates there is a two- to four-fold increase in the risk of heart disease and stroke for smokers. The CDC also estimates that smoking increases the risk of lung cancer 13 times among women and 23 times among men.

The U.S. is not alone in lowering smoking rates over the past few decades, another new study found.

Researchers from the University of Washington found that Canada, Mexico, Iceland and Norway cut the proportion of their populations that smoke by more than half from 1980 to 2012.

Worldwide, however, the slowdown is weaker, said Dr. Christopher Murray, one of the study's authors.

Data from 187 countries shows that about 41 percent of men and 11 percent of women worldwide smoked in 1980, and those rates have since declined to about 31 percent for men and 6 percent for women in 2012.

The actual number of smokers, however, rose from an estimated 721 million in 1980 to 967 million in 2012 as the world's population grew.

## TROUBLE SPOTS

One approach to cutting the smoking rate involves targeting groups that are more likely to use tobacco.

People with mental illnesses, for example - including depression and anxiety disorders - had a slower decline in smoking rates, another report says.

Benjamin Cook, the report's lead author and a senior scientist at the Center for Multicultural Mental Health Research at the Cambridge Health Alliance in Massachusetts, and colleagues write that people with mental illness historically smoke at twice the rate of people without mental illnesses.

"If you were able to decrease those rates of smoking among people with mental illness, then you can really make a dent in national rates," he said.

The JAMA reports did not pinpoint what have been the most effective measures to induce people to quit smoking. But public health advocates say the combination of tobacco taxes, smoke-free air laws, youth education campaigns and adequately funding state tobacco and anti-smoking programs has made a difference over time.

"I think we know what prevents people from continuing to smoke or not smoke at all," said Dr. Mariell Jessup, president of the American Heart Association.

Persistent efforts to keep children from smoking are also key, Brawley added.

"Very few smokers - less than 10 percent - start smoking as adults," he said. "We really need to focus on keeping kids from smoking."

Brawley and Jessup said attention needs to be paid to electronic cigarettes - also known as e-cigarettes - which are electronic devices that deliver nicotine through vapor instead of tobacco smoke.

Previous studies have suggested that people can use the devices as smoking cessation tools, but some public health advocates worry that e-cigarettes may introduce more people to nicotine, the addicting chemical found in tobacco.

"E-cigarettes can be a very bad thing, can be a very good thing, and it can actually be both," Brawley said. "We need to figure that out."

**UPDATE:**

# Illinois RCP's Affected by the Tornado Disaster

**A**s you may be aware, on November 17, 2013 northern Washington County, Illinois suffered a tornado event with violent winds of at least 166 mph. The devastation was great and lives were lost. The ISRC BOD became aware of three RCP's affected by this storm: Alan Getz, Timothy Stephen and Gary Johnson; all were employees at OSF St. Francis Medical Center in Peoria, Illinois.

Wendy Ray, BA, RRT-NPS, CPFT, ACCS, Assistant Manager, Respiratory Therapy wrote the following personal stories of each at the time:

**Alan** – was married on Saturday and lost his house on Sunday. He and his new wife are staying with a friend. He has only the clothes he is wearing.

They lost both cars and all their wedding gifts. There is not even anything to sort through.

**Gary** – He and his wife, Dorothy, lost everything. Gary was at work at the time. He has the scrubs he was wearing, a coat, and his car. They are staying with their daughter in a nearby town. Their house is gone.

**Tim** – He, his wife and son, moved here from Las Vegas a little over a year ago. They have no family in the area. Their 10 year old son did take his favorite toy with him to the basement. Their home is a total loss and they temporarily stayed with a fellow RT.

Such devastation takes a long time to recover from; long after each person's

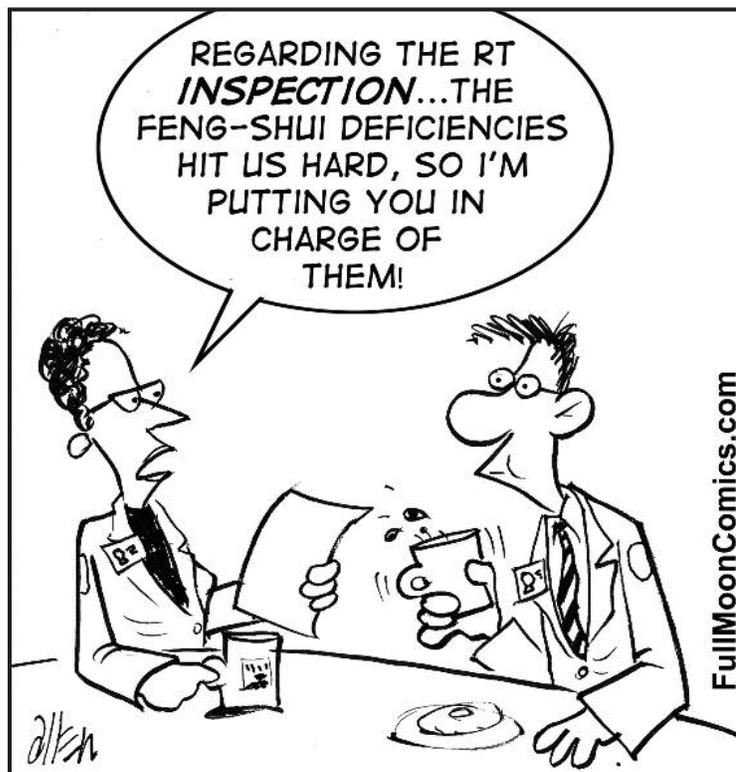
immediate needs for food, shelter and clothing are addressed. The Illinois Society for Respiratory Care mobilized its network throughout the state to encourage others to open their hearts and donate what they can.

One of the benefits for AARC members is access to Disaster Funds, which the ISRC contributes to, and perhaps these three RCP's and any affected RCP who is an AARC member in the state can apply for these funds through AARC.org.

If you or your organization would like to help these three respiratory therapists, or others that may have been effected, please contact Wendy Ray @ [www.osfsaintfrancis.org](http://www.osfsaintfrancis.org).

Full Moon

by Jim Allen



## ISRC 2014 APPROVED BUDGET

Committee	Income	Expenses	Profit/Loss
Budget and Audit	\$0.00	\$0.00	\$0.00
Bylaws	\$0.00	\$0.00	\$0.00
chapter 1	\$0.00	\$300.00	-\$300.00
chapter 2	\$22,500.00	\$11,550.00	\$10,950.00
chapter 3	\$120.00	\$120.00	\$0.00
chapter 4	\$0.00	\$300.00	-\$300.00
chapter 5	\$6,000.00	\$6,000.00	\$0.00
chapter 6	\$4,000.00	\$2,850.00	\$1,150.00
chapter 7	\$0.00	\$140.00	-\$140.00
Chapter Chairs	\$0.00	\$0.00	\$0.00
Education/Student	\$0.00	\$2,000.00	-\$2,000.00
Executive	\$0.00	\$37,329.00	-\$37,329.00
Judicial	\$0.00	\$0.00	\$0.00
Licensure and Legislation	\$0.00	\$860.00	-\$860.00
Membership	\$18,000.00	\$400.00	\$17,600.00
Nominations and Elections	\$0.00	\$900.00	-\$900.00
Program	\$113,550.00	\$75,250.00	\$38,300.00
Public Relations	\$0.00	\$0.00	\$0.00
Publication	\$200.00	\$19,915.00	-\$19,715.00
Strategic Planning	\$0.00	\$0.00	\$0.00
student ad hoc	\$0.00	\$500.00	-\$500.00
Sputum Bowl	\$0.00	\$5,956.00	-\$5,956.00
<b>Totals</b>	<b>\$164,370.00</b>	<b>\$164,370.00</b>	<b>\$0.00</b>
Approved by BOD 10-19-2013			



This series of courses was designed to provide real-world education for respiratory therapists who wish to expand their breadth and depth of knowledge beyond the clinical realm. The Leadership Institute was designed and developed by content experts in respiratory care education, management, and research. The information and activities in the Leadership Institute provide a foundation for future growth in your career.

The Leadership Institute is presented to you in three formats: as a web-based course, as PDF documents available for downloading, and as an ePub download for your electronic reader. Complete the course at your individual pace, in the location that works best for you, at the time that works best for you.

In addition to the course materials, supplemental readings, activities, and module quizzes, the Leadership Institute offers you a unique

opportunity to engage with the authors, other experts in the field, and fellow Leadership Institute participants in a special community on AARConnect. Each registration grants you access to the corresponding Leadership Institute community so that you can ask questions, engage in discussions, and debate important topics in an online discussion board. All of these activities will provide you with the maximum opportunity to enhance your knowledge and skill as you position yourself for future career advances.

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# THE RESPIRATORY TRACT

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*We Invite You to...*

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You have put in your hard labor, now  
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If you have submitted an abstract related  
to Respiratory Care to a professional  
organization, we invite you to showcase  
your poster during the OPEN FORUM  
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THE CONFERENCE DATES ARE  
MAY 28th to MAY 30th, 2014

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*Any questions relating  
to poster submissions  
and rules for display  
should be directed to Craig  
Leonard: [cleonard@isrc.org](mailto:cleonard@isrc.org)*

## WELCOME NEW AARC MEMBERS

### OCTOBER 2013

Raymond Russell  
Lesa King  
Emme Lopez  
Jennifer Flick  
Brienne Condie  
Anil Joseph  
Sean Patterson  
Dennis Wilson  
James Furey  
Lexie Caraway  
Dallas Gonzales  
Judy Sanders  
Otis Cunningham  
Lou Ann Cox  
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Dennis Clancy  
Kimberly Clere  
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Tenille Monk  
Shannon Cambridge  
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Liridona Vejseli  
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Mari Jo De Paolo  
Jill Giles  
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Chemeria Long  
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Hillary Rickert  
Barbara Robinson  
Tamora Schnitker  
Katrina Slayton  
Kristie Uhley  
Stephanie Worley

### NOVEMBER 2013

Angel Garcia  
Mary Malone  
Bridale Robinson  
Lauren Fujara  
Cathy James  
Timothy Stephen  
Tiffany Witt  
James Stout  
Ellen Singh  
Tesnim Shoemaker  
Georgia Allen  
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