

KSRC

Kentucky Society For Respiratory Care

Fall 2017
Newsletter

The Bluegrass Breather

HOW TO BE RELEVANT IN A RELATIVE WORLD?

A letter from the AARC President to KSRC:

Some of you have been asking this question as our hospitals, patient volumes, and even types of patients we see are ever changing. And I wish I had a complete answer for you. One thing is for certain – change is inevitable. But, haven't you always heard that? Guess what? We always prevail and for the most part better off because of the experience. Below are some suggestions for how we can get through and stay relevant.

Success Involves Help From Others

We think it's important to make speedy decisions, but it's more important to make the right decision. Good care is good care no matter the situation, economy, or who



provides it. Success is never a one-man or woman job; it takes teamwork. There are things we will not be able to change without the support, prayers, and encouragement of others. You will always

hear me say it takes a village to raise a good respiratory therapist. I truly believe this. The stronger our team is, the more we can fulfill our dream of being the respiratory therapist of the future and remain relevant. You have heard; a three-stranded rope isn't easily snapped. Neither will be our profession if we work together.

What disturbs you?

What causes you to think? What upsets you about the care we provide? The greatest use of your life is to invest it in something that will outlast it. So, think carefully and

do something about it. The times ahead will lead us to question every practice and leave no stone unturned.

HOMEWORK: Make a list of what disturbs you and present that list to your boss or state society leadership. But, bring with it a possible solution. No whining allowed without a possible solution.

Set stretching goals

Great goals require great sacrifice. What will it cost? What am I willing to give to the cause? Is it worth it? You may hear this described as return on investment (ROI). Is it good care? Use the homework list to help you develop these goals. I call this the fire list. What sets you on fire when it is not completed, done properly, or correctly? Use that passion to drive change.



Don't let limitations limit your vision

Change is inevitable. We will soon be facing healthcare restructuring, maybe even your department is restructuring, but don't let that limit your vision of good care, or the way you think respiratory therapist and patients should be treated. We (AARC) will be searching

for ways to promote, advance and advocate for our profession. Yet, we all need, no must have your vision and passion to drive it. You have mine!

**Brian K. Walsh, PhD, RRT, FAARC
AARC President**

A Time of Thanksgiving

On November 23, 2017, we will celebrate Thanksgiving. This is a time of celebration with family and friends. What does this mean to the respiratory community? Many of our peers will work to provide care and comfort on this day. For this our patients and their loved ones are eternally thankful for the dedication and skill of the respiratory therapists not only on the holiday but each and every day.

Thanksgiving is about gathering; the gathering of family and friends and colleagues. I am very thankful for the skilled, talented and dedicated therapists of the KSRC. Those who have given time, talent and treasure have made representing and leading this organization a joy.



I am thankful for the steadfast individuals who have lead and continue to lead the KSRC and immensely grateful for the gathering of new talents. It takes all of us working together to represent Kentucky's therapists. The KSRC currently has a total membership of 624 students, therapists, industry members and physicians with 463 of

these licensed respiratory therapists who work and/or live in the commonwealth. This unity helps the KSRC to accurately represent therapists in our cities, towns and rural communities. However, the strides we have made still place membership at less than 13% of licensed therapists. We need those therapists who are not members to gather with us. Together we can have the most impact on the respiratory health of our communities.

Thanksgiving is also a time of teaching. Teaching traditions to the new generation and perhaps learning a few tricks along the way. The KSRC continues to provide education for the growth of the respiratory professionals in Kentucky and surrounding states by offering educational credits. This year we have had offerings in the Northern, Jefferson, Mountain, Cumberland Valley and Blue Grass Districts. West Central District representatives Charlene Barnes and Steven Survant are working towards one in that district as well. Additionally, every therapist has the opportunity to teach and share knowledge to other respiratory therapists, students and medical professionals. Finally, we have the opportunity to share knowledge to the community by working with task forces and organizations such as the Kentucky COPD Advisory Group and the Coalition for a Smoke Free Tomorrow. By working with these organizations and others, we have the opportunity to educate the public and policy makers on the expertise of respiratory therapists and provide information on the diagnosis, treatment and management of cardiopulmonary disease.

Therefore, as we transition into the holiday season, I am thankful for the opportunities that respiratory has provided me, the friends I have made throughout my career here in Kentucky and throughout the United States, and the knowledge I have gained during my career. I hope you have also found many things for

which to be thankful over the past year and even more so throughout your career.

Wishing you a wonderful holiday season,

Lisa Houle, MS, RRT

President

House of Delegates Winter Meeting

October 2 & 3, 2017

I had the pleasure of once again representing Kentucky therapists in the House of Delegates meeting in Indianapolis before the AARC Congress Conference in October. Among all the business, Dr. Brian Walsh met with the delegates and updated us on results from the Advanced Practice Respiratory Therapist inquiry survey and on the latest regarding the push towards a Baccalaureate Degree as entry level for respiratory therapists.

It appears most physicians are in favor of the advanced credential (APRT) and would like to have this level of therapist at the bedside for critical care procedures and even in an office setting. There are obviously kinks to be worked out but it appears the NBRC and AARC will work together and move forward with details on how to make this happen for therapists across the nation. Delegates moved to the open mic and asked several questions regarding what the job description, pay and finer details would look like for this credential and of course, there really are no cut and dry answers yet. I will keep you posted as more details are released.

Regarding the Baccalaureate Degrees, you will recall I put out a Facebook message, a plea for responses in our last newsletter and the KSRC conducted our own survey at the state meeting regarding what your opinion is on the push towards higher degrees for entry level. The results of our survey combined with the responses I have received lead to an even split. Some feel we need the

higher degree and some feel we are fine with entry level associate degrees. Thankfully, Dr. Walsh did not again call for the delegates to come to the mic and answer the question if your state is in full support of the push forward. I skirted around it in the summer because I really did not know what you wanted. Now, it seems we are a split state. Surprise! I will tell you that Dr. Walsh indicated the momentum for the move towards the higher degree is very slow. He indicated that at our current rate, it will be 2065 before it is a national reality. The AARC does not intend to let this go and you will see the push become more intense and the debates will become more heated on both sides. Kentucky has decisions to make. Just because we split on decisions like basketball, we really cannot be a Commonwealth divided on our profession!

My goal as a delegate is to represent you on a state and national level, but I can't do that if I don't hear from you. I invite you to reach out to me! You can contact me via Facebook on the state society page or email at rebecca.higdon@kctcs.edu I care about our profession and I want to see us stand united; growing, thriving and striving to make a difference. I hope it is your goal as well. You have an opinion and it matters. Let me know what you think!

Best Regards,

Rebecca Higdon, MS, RRT-NPS, KSRC

Delegate

Pulmonary/ Cardiovascular Issues

Conference 2017

My first state conference started out by helping set up the KSRC booth and greeting people as they walked in.

What was great about sitting in the hallway at the booth was that many people in the respiratory care field and

members of KSRC would stop by and ask us about our school and they would tell me about themselves. Going to conferences is a great way to network and learn about new people in the field that I know I will see in the future. They give great advice to new students. I also was able to meet other students from different schools and their teachers. It is fun to talk to other people who are in the same boat as you and compare each other's programs. One really fun thing we got to do at the end of the conference with Somerset Community College and Madisonville Community College was the Sputum bowl. All three of our schools competed by answering respiratory questions that varied with categories. I hope they continue to do the sputum bowl at the conference and that JCTC continues sending a team. It was fun and you learn a lot. Somerset Community College ended up winning and I got to cheer them on at the national conference in Indy!

Many great speakers presented on the first day of the conference. First was Tom Cahill who talked about advanced credentials and how important it is to continue your education and grow as a therapist. Then Kyle Mahan spoke about death and dying. He expressed how if you research death and dying relating to the respiratory field that you can't find anything and as you know RRTs are surrounded by death. He gave many ideas as to how to cope with death at work and as a student those our things I can use as I go into clinicals and began to work as a therapist. Garry Kauffman then spoke about COPD protocols using evidence. I really liked learning about COPD because I see many patients in the hospital with it, and now I have a better understanding of the disease. KY is #1 in smoking, which explains as to why we see so many patients with COPD. 25% of people with COPD expire within a year and the mortality rate has increased from 6.7% to 15.6%. What was crazy to me was that one-half of the patients get readmitted back into the

hospital within 30 days of being discharged. It is also important to keep an RT in the ED to educate the patient, discussing if the patient should be discharged to a skilled nursing facility or a LTACH, and following up with the patient once they are discharged.

This was a great conference. Between the speakers and being able to network, I learned many new things and met many new people.

Olivia Karsner
Respiratory Care Student
Louisville, KY.

Kentucky was well represented at the AARC International Congress by Somerset Community College!



The Kentucky team received the Fred Helmholtz Award for Sportsmanship. So proud of these young individuals representing our state and profession.

COPD10USA Conference



On July 28th and 29th of this year the COPD Foundation served as the host for the COPD10USA conference in Chicago, Illinois. I was very fortunate to be able to attend and plan to attend each time it is offered! It was that good.

COPD10USA is the fourth installment in a series of biennial conferences modeled after the successful COPD Conference Series held in Europe for the past 18 years. Unlike other COPD conferences that focus solely on the scientific and research aspects of COPD, the COPD Conference Series is designed to improve the assessment, diagnosis and management of patients with COPD to achieve optimal outcomes.

The conference faculty includes world-renowned pulmonologists, primary care physicians and physician extenders. The program format is designed to reflect the diverse needs of the multi-disciplinary attendees. Some of the learning objectives of the conference were:

- 1) Describe the influence of smoking, environment and the microbiome on the development of COPD within the individual and the impact of these factors on the global COPD epidemic.
- 2) Identify ways to increase awareness of the worldwide COPD epidemic and available COPD treatments for the general public and patient populations.
- 3) Explain the diagnostic tools and evidence-based treatment protocols for COPD.

- 4) Evaluate the latest research in COPD.
- 5) Identify the most prevalent COPD comorbidities and strategies for addressing these via a multidisciplinary team and individualized treatment plan approach.
- 6) Identify proactive COPD care practices – including improving care team coordination and communication, patient education (including self-management) and follow up strategies.
- 7) Identify essential elements of a readmissions reduction program for COPD patients and how they can be implemented in your health care organization.

It was so exciting to be a part of such innovative and lively discussions. Many speakers mentioned the importance of the respiratory therapist as a member of the COPD care team, not just in the hospital but post discharge. The period of time from hospital discharge to the first few weeks at home is a prime time to touch base with these patients to ensure understanding of medication delivery, making and going to follow up appointments and getting a baseline PFT. Many speakers noted that placing an RT in the primary care physician's office setting, in remote monitoring, pulmonary rehab and outpatient transition programs significantly reduces COPD hospital readmissions.

I encourage all respiratory therapists to attend conferences when able; read the latest research on asthma, COPD, alpha-1 antitrypsin deficiency and biomarkers. With Medicare continuing to implement readmission penalties on our patient population, we should be knowledgeable and ready to take on expanding roles in healthcare.

Patti Gilpin, BS, RRT
Publications Committee Co-Chair

AARC 2017: Were You There?

AARC Congress 2017 was held in Indianapolis, Indiana October 4-7, 2017. I was especially excited to attend a national conference that I could drive to and not have to check bags and worry about flight schedules and time delays. I recall seeing many familiar faces so I believe there were many Kentucky respiratory therapists that took advantage of the close location for the event.

If you were unable to walk away from your Old Kentucky Home for the four-day event, this is what you missed:

- 130 speakers from Keynotes, Palliative, Disease Management, Mechanical Ventilation, Education, Neonate/Pediatrics, Sleep Technology, Best Practices, & Hospital/Facilities Management
- 200 sessions on current respiratory care topics
- 3 ½ days of networking and education
- 3 days of exhibits with companies in the industry
- 20+ CRCE credits
- Free Food and Drinks
- Giveaways
- National Sputum Bowl
- 250 original research projects related to respiratory care

Sounds like a commercial or advertisement right? The value of attending this event cannot adequately be measured right away. Sure, I could show you all the stuff I brought back from the conference and I have double the CEU's needed for this year to send to the Kentucky Board for Respiratory Care, but can a dollar amount really be put on the value of sitting beside dedicated respiratory therapists who care about our profession? I really don't think so. When you hear the story of a cystic fibrosis patient and hear her cry to "Give me dignity or give me death". Seeing international students stand on a stage and present for the first time their respiratory

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research in English—research that can make a difference for your patients in Kentucky. When you learn what is really in electronic cigarettes and the hookah. Chasing Dr. Dean Hess down for a picture because he wrote your textbook. Seeing and hearing the research on high frequency nasal cannulas and the difference in use for pediatrics and adults. When you consider why you run towards a scene that others would run away from. How can I possibly convince you of the worth of this conference with a short update?

Were you there? If not, the next one is not as close to Kentucky, but you should make plans to attend now! The value is there, I promise! I will see you in Las Vegas, December 4-7, 2018.

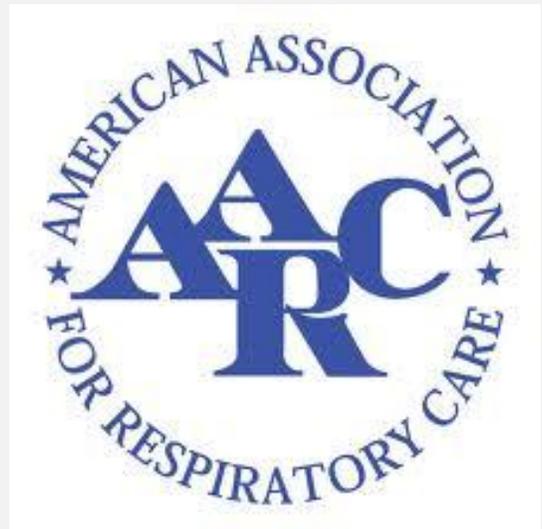
Rebecca Higdon, MS, RRT-NPS, KSRC Delegate

Just a few reasons to join AARC!

- 1. Free CEU's are made available to you. You are going to need them. Why not get them free?**
- 2. Help provide resources and representation of Kentucky.**
- 3. You are able to get involved and help with initiatives that directly affect RT's right here in your state.**
- 4. Career opportunities are made available on AARC's website**
- 5. Discounts for conferences and other events**
- 6. Are you interested in education, NICU, Adult ICU, PFT's and other specialties? You can join the AARC and be part of specific**

communities of specialists, and interact and share best practices.

- 7. Students can be members too! In fact, being an AARC member gets you resources, libraries, and journals online, and DISCOUNTS FOR YOUR BOARD EXAMS.**
- 8. Be part of a larger community and understand that you are supporting lobbyists and other delegates that go before Congress to help push initiatives that make our profession stronger.**
- 9. Programs are offered to become a Certified COPD Educator. This can be marketable when looking at non-traditional career opportunities.**
- 10. Keep track and automatically manage your CEU's**
- 11. As health care changes, AARC can help to keep us up to date on medical issues as they arise. There has been updates on what RT's can do about Zika, Flu, Ebola, and other issues as they become known.**
- 12. Access to policies and procedures, and best practices being used around the country.**
- 13. Resume and letter writing tips geared for RT's.**



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Huge thank you to all our Contributors who make this
publication possible.

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