

The Radiographer

A PUBLICATION OF THE MISSOURI SOCIETY OF RADIOLOGIC TECHNOLOGISTS

November 1993



The Missouri Society of Radiologic Technologists was founded in 1931, chartered as a professional and scientific society dedicated to education, communication and patient care.

As a not for profit corporation, the Missouri Society of Radiologic Technologists Inc. is a chartered affiliate of the American Society of Radiologic Technologists.

The M.S.R.T. is nonsectarian, nonpartisan, and noncommercial; and adheres to a policy of nondiscrimination regarding nationality, race, color, creed, or age.

**MISSOURI SOCIETY OF
RADIOLOGIC TECHNOLOGISTS
BOARD OF DIRECTORS**

President

Cindy Daniels, RTR,BSRT

President-Elect

Shawn Snider, RTR,RDMS

Vice President

LaDonna Wolfe, RT(R),M.Ed

Secretary

Donita Shipman, RTR

Treasurer

Donna Lang, RTR

Senior Board Member

Judith E. Taylor, BSRT(R),M.Ed.

ASRT Senior Affiliate Delegate

Darrell McKay, Ph.D,RTR,FASRT

ASRT Affilliate Delegate

Michael Ward, RTR,M.Ed,FASRT

1st District Representative

Stephanie Whisler, RTR

3rd District Representative

Donita Shipman, RTR

4th District Representative

Coretta Schroer, RTR

5th District Representative

Pat Blamey, RTR

6th District Representative

Charles Eaves, RTR

Editor Radiographer/Newsletter

Debra Hurst, RTR,BSRT

**FROM
THE
EDITOR**



Greetings to each of you. Fall is here and almost gone, where does all of my time go? There is alot of information contained in this Radiographer, so take your time to review it. Don't miss President Daniels information on the next page, plus Shawn Snider has provided up to the date legislative information for us, and Joan Hedrick has finalized the information for the exciting student T-shirt contest. A couple of pages with photos from the past conference, and even the winning student bowl team. Catch up with the membership minutes, and the student corner. Also, for your reading we are publishing the winning technologist essay from this past conference. Maybe it will inspire all of us to dust off pen and paper and plan ahead for next year. Most importantly don't miss the sample letter to the editor for our legislative effort!!! GET INVOLVED--ATTEND YOUR LOCAL DISTRICT MEETINGS. Check it out in the district update. How are you doing in the membership contest??-will you be a lucky rebate winner?? Best wishes to you all for a happy and safe holiday season.

Any questions please contact the editor:

Debra A. Hurst
5700 Waterfront Dr. North
Columbia, Mo. 65202



THE MISSOURI SOCIETY OF RADIOLOGIC TECHNOLOGISTS

On behalf of the Board of Directors, of the Missouri Society of Radiologic Technologists (MSRT), I extend congratulations to all the District Officers of the MSRT. The membership has placed their trust in you to lead them into the future.

While others were enjoying the summer, the District Officers and their committees have been planning educational courses for this fall and into the spring. These courses have been designed to meet the needs of the Radiography professionals in each District.

MSRT members have asked for seminars to be held closer to them. This would enable radiographers to obtain ECE points for their registry. The MSRT Districts responded by planning quality seminars, obtained ECE approval from the ARRT and ASRT, and are offering these courses at reduced rates.

The time is NOW for all Radiologic Technologists to become involved in their professional society. The Missouri Society of Radiologic Technologists is striving to meet your needs, but we need YOU. We need each of your input. Attend your District meetings and let your representatives know how the MSRT can serve you better!!!

*Cindy Daniels, B.S.,R.T.(R)
President and Chairman of the Board
Missouri Society of Radiologic Technologists*

LEGISLATIVE ACTION

Fellow Technologists:

Yes! We are going to fight for certification / licensure again this year!

Why? Because we have to!

Those of you who don't feel that certification will have any positive effect haven't felt the oncoming rumble of nursing-focused...er, excuse me..."patient-focused" care.

While I agree whole-heartedly with streamlining patient care to improve productivity and give better care to patients, I don't think eliminating radiologic technologists is a productive part of that process.

Hospital administrators are speaking in glowing terms of cross-training aids and nurses to perform "basic" x-ray procedures on patient floors. The theory is that this decreases transport time, patient stress, and, eventually, employees.

Ignored in this argument is the value of getting a diagnostic film with minimum exposure to the patient and the surrounding environment. The same issue that has been ignored in physician offices for years.

Also ignored in every article I have seen on "patient-focused" care is the fact that a technologist can also perform venipuncture, obtain vitals, and fulfill a myriad of other roles which could be "focused" on the patient.

Why is the performance of radiography being relegated to the "and-other-duties-as-required" section of a nurses aid job description? Because we are sitting passively by and watching it happen. Because we are afraid it might cost us \$30 a year. Because "that licensure stuff never gets anywhere." Because we need your help.

The next Legislative Activities Committee meeting is November 20 at 10:30 am in the Education Building at Still Regional Medical Center, 1125 Madison (Hwy 54 and Stadium Blvd), in Jefferson City. Hope to see you there.

Shawn Snider, RT(R)(M), RDMS, BA
Chairman, MSRT LAC

LEGISLATIVE ACTIVITIES FOR YOU!!!!

Please read the following **EXAMPLE** letter to the editor. It will give you a guide as to what type of letter you need to send your local newspaper editors, television stations, radio stations, state legislators, and all other parties who can help us further our legislative cause. Your local library can help you with addresses of your house representatives, and state senators. Our bill needs all the interested parties we can acquire!!!

To the Editor,

The dangers of large doses of radiation are well known to the general public. Most people also know that there is some risk from exposure to any dose of radiation.

The average person is not usually aware, however, that the practice of radiologic technology-purposely exposing people to x-rays for medical purposes-is so unregulated in Missouri that anyone can walk into a doctor's office and be the "x-ray technician" with absolutely NO training or education. The job is generally learned by extensive trail and error on patients.

The dangers of radiation used in modern x-ray should not be sensationalized, but there is obviously more danger from having an x-ray done wrong over and over than from having it done right once.

Even the best technologist will sometimes have a bad film. But, when a film is not correct on the first try, an experienced and educated technologist can tell what to do to get it right in the fewest possible exposures.

In most cases, the chance of a missed diagnosis due to poor quality x-rays is a greater risk to the patient than the radiation involved. Failing to repeat a non-diagnostic film means that broken bones, pneumonias, or even cancers can be missed. The greatest doctor in the world can not make a proper diagnosis if the information is not on the film.

The Missouri Society of Radiologic Technologist is working with members of the Missouri legislature to develop certification for radiologic technologists. We have included provisions to accommodate doctors and clinics in small towns and rural areas. We have also focused on keeping the regulations involved from being a burden on those affected.

Twenty-nine states already have licensure or certification laws in place. For the good of the health of all Missourians, it is time we did the same.

Sincerely,

Registered Technologist-Radiography

A black and white illustration of a shelf. On the left, there are several books of varying heights and thicknesses, with some spines showing text. A small apple sits on the shelf next to the books. On the right, there is a pen holder containing several pens and pencils, and more books are visible behind it. The shelf is supported by three small brackets.

Student Activities Committee Update

As a student you may ask, "what is my role as a student member of the MSRT". A student member's role is the same as a technologist member's role: To promote the profession of Radiologic Technology.

How can a student promote the profession of Radiologic Technology? One way to promote the profession is by getting involved.

How can a student get involved? You can attend meetings such as district meetings, legislative meetings, and state conferences. Enter contests promoted by your district, the state, and if available, your school program. Recommend membership in your district and state societies to other students and technologists. Just staying informed by reading THE RADIOGRAPHER is being involved. These are just a few examples.

In fact, each year we have had an increasing number of students, and educational programs represented at the annual conference. Indeed, the number of students attending the student bowl and entering exhibits is in record number. This suggests that student and program involvement within our state society is on the RISE!!!!

Therefore, I think that we can all be extremely proud that so many students are actively participating in their professional state society. Students ARE promoting their profession. Keep up the good work!

It's your professional organization. Be involved. Stay involved. YOU can make a difference!!!

Plans for the 1994 Conference in Springfield are already underway. Don't miss the T-shirt Contest information on the next page. Also, students should start taking photos. Each program is going to be asked to bring a poster displaying moments from the past school year to the student rap session at the conference. The student activities committee is still seeking representatives from each program./ If you haven't already chosen a representative please do and send their name, address, and phone number to:

Joan Hedrick
Chairman MSRT Student Activities Committee
RR 1, Box 183 C-1
Republic, Mo. 65738
417-885-2982 of 417-732-6651 (home)

**YOU ARE THE FUTURE
OF THE PROFESSION OF RADIOLOGIC TECHNOLOGY**

STUDENT CENTENNIAL T-SHIRT DESIGN CONTEST RULES AND REGULATIONS

INTRODUCTION

The 100th anniversary of the discovery of x-rays by Wilhelm Conrad Roentgen, as everyone knows, is in 1995. The MSRT would like to celebrate this wonderful occasion by having a special T-shirt available to its members and friends. However, the MSRT needs its student members' help! The MSRT is seeking T-shirt designs from our future technologists. The winning design from the contest will be used for T-shirts that will be available in time for the 1995 MSRT Annual Conference.

I. AWARDS

A First prize award will be offered to a student technologist(s). The award will be made at the discretion of the judges.

II. ELIGIBILITY

Only student members of the Missouri Society of Radiologic Technologists are eligible to compete. The design must be the sole work of the student member(s).

Designs that have been submitted at any other local, state or national meeting or which have been previously used for a program are not eligible.

III. DEADLINE FOR SUBMISSION

All entries must be postmarked by March 1, 1994.

IV. RULES FOR SUBMISSION OF DESIGN

1. The design must be drawn and submitted on a piece of white paper with the design's dimensions no larger than 8 x 10 inches and no smaller than 5 x 7 inches. Due to the cost of T-shirt screening, no actual T-shirt will be accepted as an entry.

2. Colored pens or pencils should be used to indicate the intended colors of the design. Designs should be limited to a maximum of 3 different colors.

3. Illustrations must be of original design and may not be traced from any textbooks, magazines, posters, etc. or copied in any form from copyrighted material.

4. Three copies of the design must be submitted. The designs will not be returned. All designs become the exclusive property of the MSRT.

5. Each design must include wording which clearly indicates that the MSRT, in 1995, is celebrating the 100th anniversary or centennial celebration of the discovery of x-rays.

6. The design should represent how the actual T-shirt would appear with logo(s) and drawing(s) in their exact location. If both the front and back of the shirt is intended to have designs, then two sheets of paper, one for the front design and one for the back,

should be used with front and back clearly labeled.

7. The name(s) of the student(s) and the name of the program the student(s) attend should not appear on the paper containing the design. Each entry will be assigned a number so that names and programs will not be known to the judges.

8. All entries must be sent by certified mail and shall be post-marked no later than March 1st, 1994. The entry form(s) must be included with three copies of the design. Proof of current MSRT membership(s) or membership application(s) and fees must also be included. Mail entry to:

*Joan Hedrick
MSRT Student Activities Chairman
RR 1 Box 183 C-1
Republic, MO. 65738*

V. JUDGING AND AWARDING OF PRIZES

- 1. Three judges will be selected by the student activities chairman with the approval of the president of the MSRT.*
- 2. First prize is \$100.00 and the first T-shirt off the line.*
- 3. The first place winner will be notified prior to the annual meeting. The winning design will be displayed at the MSRT 1994 Annual Conference.*
- 4. Awarding of the first place prize will be made at the conference banquet.*
- 5. Designs will be judged on: originality, composition, and eye appeal.*

**MISSOURI SOCIETY OF RADIOLOGIC TECHNOLOGISTS
STUDENT CENTENNIAL T-SHIRT DESIGN ENTRY FORM**

Each student must complete the following entry form to be included with the design submission. Where more than one student enters a single design, each student must complete a separate form. The form may be reproduced. Please print or type:

Student Name _____

Address _____

City _____ State _____ Zip _____

Name of Program _____

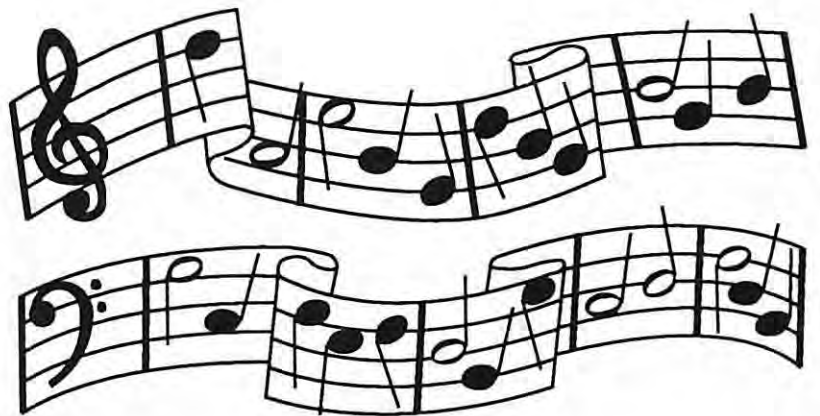
Scheduled Graduation Date _____

I, the above student, declare that the original design contains no matter that infringes upon anyone's copyright. I understand that the submitted design becomes the sole property of the Missouri Society of Radiologic Technologists. I assign or otherwise convey all copyright ownership to the Missouri Society of Radiologic Technologists.

student's signature

date

MEMBERSHIP NOTES



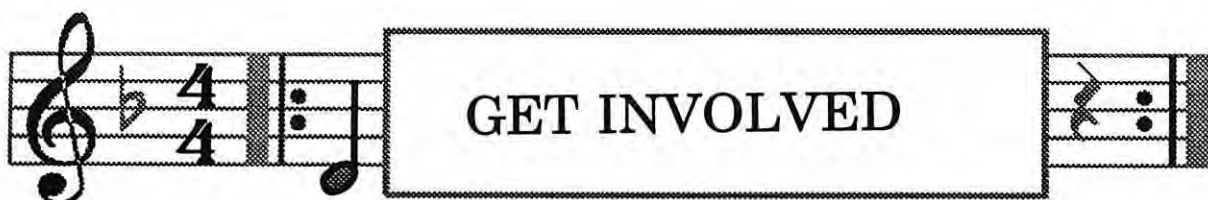
CONGRATULATIONS!!!!

Our membership numbers are very good for this time of the year, and we all need to work hard the next few months to set record numbers for the 1994 Annual Conference. Our membership numbers as of November 1 are as follows:

Active Members	214
Student Members	169
Life Members	9
Honorary Members	5
Inactive Members	8
Supporting Members	0

TOTAL Membership 405

Don't forget, the membership contest continues, all you have to do is get 5 NEW (never before) MSRT members to join the MSRT and you can earn back your dues for this year. Don't forget to have your new members fill in your name in the "recommended by" space on the application form.





THE MISSOURI SOCIETY OF RADIOLOGIC TECHNOLOGISTS

Application for Membership
July 1, 1993-June 30, 1994

Please complete ALL sections and return to MSRT with payment

New Applicant ___ Renewal ___ (other name membership under) ___

First name ___ M.I. ___ Last name ___

Mailing Address _____

City/State/Zip _____

Home Phone() _____ Work Phone() _____

Present Employer _____

Business Adress _____

Table with columns: Certified in: () Radiography, () Nuclear Medicine, () Radiation Therapy, () Sonography; Position Title () Staff Technologist, () Special Procedures, () Supervisor, () Director/Education, () Instructor, () Administrator, () Chief Administrator, () Asst. Chief Admin., () CT Technologist, () MRI Technologist, () not employed, () other; Education Level () Certificate, () Associate, () Baccalaureate Major, () Masters Major, () Doctorate Major; check all that apply () ASRT member, () MSRT member, () ARCRT member, District member circle all that apply; 1 2 3 4 5 6 7

ACTIVE MEMBER: Radiologic Technologist registered by and in good standing with a nationally recognized certifying body. \$25.00

SUPPORTING MEMBER: Those persons interested in Radiologic Technology but not having qualifications for other categories. \$25.00

IN-ACTIVE MEMBER: Certified Technologists not engaged in any area of the field of Radiologic Technology. \$10.00

STUDENT MEMBERS: Students enrolled in a training program recognized by ARRT and or of 24 month duration. This is a 2 year membership, due on or before Sept. 1st. \$15.00

Name of School _____ Graduation Date _____

Make your check payable to: M.S.R.T. submit to: Donna Lang MSRT Treasurer 2841 Bee Tree Lane St. Louis, MO. 63129

RECOMMENDED FOR MEMBERSHIP BY : _____



GET READY - PLAN AHEAD NOW
MSPR 1994 Annual Conference

Springfield, Missouri
April 27-30, 1994
University Plaza Hotel

Continuing Education
Student Bowl
Exhibits/Essays
Commercial Exhibitors
Presidents Banquet
Scholarships
Murray Memorial Lecture

DON'T MISS A MINUTE !!!!

1993 CONFERENCE WRAP-UP MSRT SCHOLARSHIP RAFFLE WINNERS

19 inch color TV donated by 3M won by Patti McIntyre.

Attache case donated by Mallinckrodt Diagnostics won by Peggie Sanders.

35mm camera donated by Kodak won by Richard Nagel.

3M gift boxes won by John Jones, Dave McCoy, A.J. Karraker, Mike with Temps, INC., and Dave McCoy won a second gift box also.

Telephone answering machine donated by Temps, INC. won by Tom Kraker

Telephone answering machine donated by E-Z-Em won by Ron Chapman

A free registration for the 1994 MSRT Annual Conference was raffled off, and won by Mary Feldhaus.

A free MSRT membership for the 1993-1994 year was raffled off, and won by Barbara Hente.

CONGRATULATIONS TO ALL OF THE WINNERS

CONVENTION PHOTO PICKS

Key to facing page photos, clockwise from the top right hand corner.

- 1. Mallinckrodt representative Ron Bourne presents the Mallinckrodt Award of Excellence to Debra Hurst.*
- 2. Conference Chairman and then President-Elect Cindy Daniels directing action during the Radiation Induced Olympics.*
- 3. Past Murray and Sante Memorial Lecturers.*
- 4. Dan Cantrell with his outgoing Board Member plaque--quite an accomplishment.*
- 5. Henry Cashion and his Mineral Area Regional Medical Center School of Radiologic Technology GANG.*
- 6. Past Presidents in attendance at the Kodak sponsored breakfast on Saturday morning--bright and early!!!!*
- 7. Michael D. Ward, student bowl chairman, gives last minute strategy (warnings?) to student bowl judges, timekeeper and moderator.*
- 8. Bob Klingensmith receives the Feldhaus Scholarship from President Daniels, and Mary and Karen Feldhaus.*
- 9. Last but not least--the MSRT Board of Directors.*



1993 STUDENT BOWL TEAMS



NOMINEES NEEDED FOR THE MALLINCKRODT AWARD OF EXCELLENCE

General Criteria

- 1. The final selection will be made by the Awards Selection Committee from candidates provided by the M.S.R.T. Board of Directors.**
- 2. Candidates shall have a minimum of five (5) years of consecutive and current membership in the M.S.R.T.**
- 3. Candidates shall be: a) a registered technologist b) supporting member c) other-such as a physician or other interested participant d) non-RT's who have made unusual or exceptional contributions**
- 4. All candidates shall have outstanding contributions to the M.S.R.T. above and beyond those normally required by the M.S.R.T. (example-recruiting several new members for several years)**
- 5. Technologist candidates for this award may have been previously honored with Life Membership or invited lectureship; they may have served as officers/committee charman. Candidates may be considered who have not been previously honored.**

General Information

- 6. a) "Missouri Society of Radiologic Technologists" shall be spelled out on the plaque presented to award winner**
 - b) the name of the winner will be presented by the committee to a representative of Mallinckrodt Diagnostics at least four (4) weeks prior to the Annual Meeting**
 - c) candidate nominations shall be open to all M.S.R.T. members and must be forwarded to the Board of Directors during the year in which they are to be considered, mail nominees to P.O. Box 881, Columbia, MO. 65205-0881**
 - d) the "Master Plaque" will be housed by the Historian and brought to each Annual Meeting for display**

**Please send the name of your nominee to: MSRT Board of Directors
P.O. Box 881
Columbia, MO. 65205-881**

DISTRICT UPDATES

District 1: District one meets every 4th Tuesday of the month. Meetings are usually held at St. Luke's Hospital. Plans are underway for the district student bowl competition in the spring. For information about future programs and activities contact your district representative:

Stephanie Whisler
6306 N. Indiana
Gladstone, MO. 64119
816-836-6671 ext 6597 work
816-453-5246 home

District 3: The next district 3 meeting will be November 16th at the Nichols Career Center, Jefferson City. For directions and information contact LaDonna Wolfe at 314-659-3238 or 314-761-3501. Third district has plans underway for a Mini Conference to be held October 22, 1994 at the Lake of the Ozarks General Hospital. Stay tuned for all the details and registration information. For more district information contact:

Donita Shipman
HCR 62, Box 10
Smithton, MO. 65350
816-343-5376 home
816-826-8833 ext530

District 4: Fourth district holds their meetings on the 3rd Wednesday of every month. The next meeting will be November 17th at St. Louis University. Dr. Elizabeth Heiberg will speaking on "Breast MRI". Contact your district representative for more info.

Coretta Schroer
627 Nirk
Kirkwood, MO. 63122
314-822-4363

District 5: The last 5th district meeting was held in Carthage, MO. and was sponsored by Philips Medical Systems. Steve Struckmeyer, with Philips Medical, spoke on "Volumetric Scanning in CT". The meeting was a huge success as 75 members were in attendance. Your next meeting will be held November 18th in Monett. Don't miss the letter in this Radiographer from Dan Cantrell to your district. For more information contact your district representative:

Pat Blamey
915 Hill Crest Drive
Monett, MO. 65708
417-235-3144 work
417-235-3403 home

District 6: Elections were held for new officers, and the winners are Tom Welch-President, Pat Fosse-Vice President/President Elect, Tammy Daniley-Secretary, and Chuck Eaves-District Representative. The November 6th district meeting is to be held in Cape Girardeau. For speaker and location information contact your district representative:

Chuck Eaves
21st St. Francois #33
Farmington, MO. 63640
314-756-4851 ext212 work
314-756-5761 home

6th District holds Educational Workshop

Saturday September 11, 1993 the Sixth District of the MSRT co-hosted the "Radiology Educational Workshop 93" with the Missouri Hospital Association. With over 100 technologists in attendance the day was a great success. Lecture topics included MRI-the Application with Radiology, Forensic Pathology Using Radiology, Quality Assurance in Radiology, Emergency Radiology-the E.R./Radiology Interface, Refreshers and Reminders for the Veteran Radiographer, and a Workshop Overview on Continuing Education as Required by the ARRT. All lectures were enjoyed by all in attendance. Henry Cashion, Educational Chairman of the 6th District felt that this joint venture with the Missouri Hospital Association (MHA) was a BIG success. Henry felt that the MHA has seen the need to support and work with our Society in fulfilling the Health Care needs in Missouri. The workshop was so well received by area technologists that the Sixth District has already begun plans for the 1994 Workshop to be held the 2nd weekend in September in Cape Girardeau. More information will follow, so stay tuned in. CONGRATULATIONS TO THE SIXTH DISTRICT and all of the technologists who attended the workshop!!!

5th District Fall Conference Huge Success

Technologists from southwest Missouri turned out on Saturday October 2nd for the First Annual Fall Conference, hosted by the 5th District of the MSRT. The program was dual track with 6 ECE credits available from the Mammography Session, and 3 ECE credits for the Radiography Session. Radiography topics included Contrast Media, Etc., Electronic Imaging, and Current C-Arm Applications in the OR. The Mammographers in attendance heard about Pathology of the Breast, Breast Self Exam, Importance of Contrast in Mammography, Processing Artifacts, Update of Mammographic Position, and Hands on Positioning for the Advanced Mammographer. 5th District had corporate sponsorship from Instrumentarium Imaging, St. John's Regional Health Center, Mallinckrodt Medical, Inc., Eastman Kodak Company, OEC-Diasonics, E-Z-Em, Inc. A Big THANK YOU to each of these sponsors. The 5th District conference was attended by almost 100 technologists and students, a terrific turnout for a first fall conference. Plans are already underway for next year. A big salute to the planning committee and all committee members for a job WELL DONE!!!

A SPECIAL THANK YOU FOR 5TH DISTRICT

Dear 5th District Members of the MSRT,

Three years ago, the 5th District decided to honor individuals who in the past have contributed outstanding service to our district with an Honorary Life Member Award. This year I was honored to be chosen to receive this award and I wanted publicly to thank the members of the 5th District.

All technologists should be concerned about the future of their profession. We need to become involved in the organizations that will allow us to determine our own profession's direction. That begins with the 5th District.

Currently the 5th District has four individuals that serve with the Board of Directors of the Missouri Society of Radiologic Technologists. Those individuals are Shawn Snider, Joan Hedrick, Pat Blamey and myself. This is representation that helps Missouri technologists be heard at the national level, the American Society of Radiologic Technologists, which in turn will deal with issues that affect us back in the 5th District.

The implementation of mandatory continuing education for technologists is something that will benefit technologists, patients, and employers. It is also an opportunity for the membership of the 5th District to use our meetings as they were intended, a place to meet with local technologists, to obtain continuing education, and the opportunity to provide individuals who will represent us at the state and national levels with the interest and concerns of the technologists in the 5th District.

I wanted to thank all the technologists and vendors who are supporters of the 5th District. Also, a special thank you to the members who have served as officers of the 5th District. Without the time, effort, and support of everyone, the 5th District would not be what it is today.

Sincerely,

Dan Cantrell, RTR, CNMT
5th District Member, MSRT

THE AIDS PATIENT: FRIEND OR FOE?

by

Janice Hickman

Clinical Coordinator

Mineral Area Regional Medical Center-School of Radiologic Technology

Patient care is a very important role played by the health care professional today as well as it was years ago, however; the risks of patient care have increased greatly. The latest, most feared uncertainty that runs rampant throughout the health care profession is the apprehension of the potential HIV positive and AIDS carrier.

AIDS stands for acquired immunodeficiency syndrome. It is caused by the human immunodeficiency virus (HIV). AIDS is a defect in natural immunity against disease. Persons who have AIDS are vulnerable to serious illnesses which would not affect those whose immune systems were functioning correctly. "HIV wreaks its damage by targeting the cells of the immune system. Like a key and a lock, a virus and a host cell must fit together for the virus to slip inside. The key is the outer protein coating of the HIV, and the lock is the CD4 protein. The CD4 protein is particularly profuse on the helper T-lymphocytes, a subset of white blood cells manufactured in the bone marrow and programmed to counter microbes and other tiny invaders. HIV also goes after macrophages, which constitute another crucial component of the body's early warning system." HIV may live in the human body for years and can be spread to other people before any symptoms appear. As the infection progresses, the symptoms portray images of the common flu virus. Some symptoms include swollen lymph nodes in the neck, axillary and groin area, fever, weight and appetite loss, tiredness and diarrhea. Consequently, these signals are not recognized, are easily ignored and treatment by a professional is not sought. Therefore, an already weakened immune system falls prey to a potentially fatal condition. A rare form of pneumonia, pneumocystis carinii, is an example that almost never afflicts healthy individuals. Another example is Kaposi's sarcoma, a rare type of skin cancer.

Even though there is a massive amount of uncertainty in dealing with patients that are HIV positive or have the actual AIDS virus, the health care professionals still have to understand and realize these patients are human and require special needs.

From the barrios of San Francisco to the streets of Greenwich Village, AIDS first struck with brutal force in homosexual communities across America, then in Jersey City, the South Bronx, East Los Angeles, and Miami's Liberty Hill-poor and largely minority neighborhoods where shattered families, poor health, and drug abuse were already endemic. Now it has spread to small towns and cities across America, where denial is still common and social services are sparse. The heterosexual community now is at danger as well. As of March 3, 1986, 254 cases of AIDS in children have been reported to the Center for

Disease Control (CDC), the Atlanta-based federal public health agency. AIDS does not have boundaries, it encompasses all strata of society. "Since these early reports, there has been escalation in the number of reported cases; 40,000 were reported in the United States by mid 1987. As clinical recognition of this disease became more evident, it became apparent that AIDS had spread quickly to many countries of the world with reported cases present in 115 countries. Presently, the World Health Organization estimates that, worldwide, there are 100,000 cases of AIDS, 500,000 cases of AIDS-related conditions (ARC), and approximately 5-10 million carriers of the AIDS virus.

The AIDS patients have quite a burden to carry, not only with the mental and personal anguish they feel but by the overwhelming anxiety of ever increasing medical costs. The young Florida woman, Kimberly Bergalis, reflected the agony of hundreds of thousands dead or dying from AIDS. In a letter release to the press as she lingered near death, Bergalis wrote:

"When I was diagnosed with AIDS in December of '89, I was only twenty-one years old. It was the shock of my life and my family's as well. I have lived to see my hair fall out, my body lose over forty pounds, blisters on my sides. I've lived to go through nausea and vomiting, continued night sweats, chronic fevers of 103-104 degrees that don't go away anymore. I have cramping and diarrhea. I now have convulsions and forgetfulness. I have endured trips twice a week to Miami for three months only to receive painful IV injections. I've had blood transfusions. I've had bone marrow biopsy. I cried my heart out from the pain of the biopsy. I lived through the fear of whether or not my liver has been completely destroyed by DDL and other drugs. It may very well be. I lived to see white fungus grow all over the inside of my mouth, the back of my throat, my gums and now my lips. It looks like white fur and it gives you atrocious breath. Isn't that nice? I have tiny blisters on my lips. It may be the first stages of herpes. . . .
Have you ever awakened in the middle of the night soaking wet from a night sweat-only to have it happen again an hour later? Can you imagine what its like to realize you're losing weight in your fingers and that your body may be using its muscles to try to survive? Or do you know what it's like to look at yourself in a full length mirror before you shower-and you only see a skeleton? Do you know what I did? I slid to the floor and I cried. Now I shower with a blanket over the mirror.
I'm dying."

The health care professionals need to show compassion and appreciation to AIDS patients. Genuine patient care need not be sacrificed when dealing with these patients. Special precautions should obviously be taken such as donning gloves and in certain cases gowns and masks may be worn.

Scientific studies do not indicate any risk of HIV infection from contact with body fluids or waste, nasal fluid, sweat, urine, or vomit unless it contains blood. Although the AIDS virus has been discovered in saliva and tears, no cases in which exposure to either resulted in transmission. Common sense and education concerning AIDS are the most important factors to be considered when dealing with these patients.

Biosafety, a formal term for the observance of universal precautions and preventive medical procedures that reduce the risk of disease transmission should always be applied by health care workers. Hand and skin surfaces should be washed immediately if contaminated with blood, or other body fluids. Hand washing should follow the removal of gloves, even if gloves are intact. Health care workers should use hand-washing facilities and use warm water and soap. According to the Center for Disease Control, "Morbidity and Mortality Weekly Report" (MMWR); "all workers should take precautions to prevent injuries caused by needles, scalpel blades, and other sharp instruments or devices during procedures; when cleaning used instruments; during disposal of used needles; and when handling sharp instruments after procedures. To prevent needle stick injuries, needles should not be recapped, purposely bent or broken by hand, removed from disposable syringes, or otherwise manipulated by hand. After they are used, disposable syringes and needles, scalpel blades, and other sharp items should be placed in puncture-resistant containers for disposal."

In the case of a blood or fluid spill while working with an AIDS patient, a disinfectant should be readily available for immediate removal. An EPA approved germicide or a preferred common disinfectant is bleach in high concentration. Broken flask or vials should not be touched. Use of a broom or other apparatus should be utilized and the area cleaned well with a disinfectant. Cleaning equipment that has become soiled should be cleaned and decontaminated or placed in an appropriate container.

Needle sticks seem to be the most common route for transmission for the health care professional. Accidents involving needle sticks account for eighty (80) percent of all exposures. The Center for Disease Control (CDC) has reported that more the 6,400 health care workers have contracted AIDS. Practicing good preventive measures should eliminate some, if not all, fears of the transmission for AIDS.

"Surprising numbers of patients with or suspected of AIDS have suffered indignities that go beyond the norm for even the worst of public hospitals; There are too many stories of patients not being fed, of beds not being changed, of abuses from doctors and nurses." Health care professionals across the country need to put a stop to this blind-sided

discrimination. AIDS patients seeking medical treatment need and deserve support. Establish a good rapport with these patients during their treatment and perform positive patient care without reservation.

In summary, the most important factor in dealing with HIV positive or AIDS patients is calm, compassionate, and considerate care. Biosafety, or universal precaution, should be practiced when dealing with all patients. The contraction of all infections can be greatly reduced, if not eliminated with the use of gloves, gowns, and masks provided they are utilized properly.

Despite the fact that during the last ten years this horrendous plague has not diminished in the very least. According to statistics of 1992 more that 200,000 Americans have died to the AIDS virus and at least one million are most likely to have contracted the AIDS virus.

FOOTNOTES

1. Arno, Peter; *Against The Odds*. 1st edition copyright 1992, pg. 15.
2. American National Red Cross. copyright 1992.
3. Arno; *Against The Odds*. pg 1.
4. McCuen, Gary; *The AIDS Crisis*. copyright 1987. pg. 23.
5. Berg, Rosemary; *The Apic Curriculum for Infection Control Practice (Volume III)*. pg. 1069.
6. Arno; *Against The Odds*. pg. 11.
7. American National Red Cross. copyright 1992.
8. "Aids and Health Care Workers", *Advance* (Nov 25, 1991) pg. 16.
9. "Morbidity and Mortality Weekly Report" (Vol. 38), June 23, 1989.
10. "Aids and Health Care Workers", *Advance* (Nov 25, 1991) pg. 20.
11. "Aids and Health Care Workers", *Advance* (Nov 25, 1991) pg. 16.
12. "The Big Question: Who Should Know", *Advance* (Dec. 23, 1991) pg. 17.
13. Altman, Dennis; *AIDS in the Mind of America*. copyright 1986. pg. 62.
14. Arno; *Against The Odds*. pg. 1.

FYI

Did you know that you can obtain an Educational Information Packet from the ASRT by calling 1-800-444-ASRT.

Did you read the wonderful profile of Darrell and Janet McKay in the July 1993 WAVELENGTH? If you missed it, contact the editor for a copy, you won't regret it. Congratulations to ASRT President Darrell McKay. We should all be so proud of our fellow Missourians accomplishments.

Make plans now to attend the 1994 ASRT Annual Conference which is to be held in St. Louis, Missouri
June 18-23, 1994

January MSRT Board Meeting will be held January 29, 1994 at Columbia Regional Hospital at 10:30 a.m. All MSRT members are always invited to attend and see the Board in action.

Did you know that September 7, 1993 is a day that many in Jefferson City worked very hard to put together. That is because a NEW Radiologic Technology Program began classes at the Nichols Career Center on that very day. LaDonna Wolfe has been very busy this past year completing her Masters in Education, AND getting the Nichols program off the ground. Stephanie Patrick is the new Clinical Co-Ordinator, and she and LaDonna have 17 bright eyed first year radiography students ready, willing, and eager to learn.

The program has three clinical sites: Memorial Community Hospital--Jim Pfatsh--site coordinator, St. Mary's Health Center--Margie Cale--site coordinator, and Still Regional Medical Center--Jim Phillips--site coordinator. If you are ever in Jefferson City, I'm sure that program director LaDonna Wolfe would be happy to show you the new digs!! Congratulations and GOOD LUCK to ALL.

Radiographer Editor
Debra A. Hurst
P.O. Box 881
Columbia, MO 65205-0881

Bulk Rate
U.S. Postage
PAID
Columbia, MO
Permit #286

Be an Informed Professional
Get Involved
You need the MSRT!

Barbara Hente
3708 Joyce
Granite City, ILL. 62040
A