

ASCLS NEW JERSEY THE ANALYZER



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President's Message

Thank you all for allowing me to serve you as president. Serving ASCLS-NJ as student director was an incredible experience and I look forward to working together with all of you in the year to come. It is a wonderful opportunity and a great responsibility, and I will work tirelessly towards the continued success of our organization.

You are all welcome to attend our board meetings on the first Wednesday each month at Summit Medical Group in person or via Zoom conference call. Ideas for the future and feedback on events such as the Fall Seminar are always welcome. In December, the meeting will take place at Rutgers School of Health Professions in Scotch Plains as part of our annual Holiday Potluck.

ASCLS-NJ will continue to promote our profession, provide opportunities for networking, and provide continuing education at our events.



ASCLS-NJ President
John Frederick

For Upcoming Events and Dates to Remember,
visit <http://www.ascls-nj.org/>

SAVE THE DATE!

ASCLS-NJ 2019 Spring Seminar & Expo
Thursday, April 11, 2019
at The Imperia, Somerset, NJ

ASCLS 2018 Annual Meeting

Patty Jackman, MLS(ASCP)^{CM}

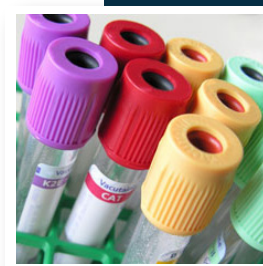
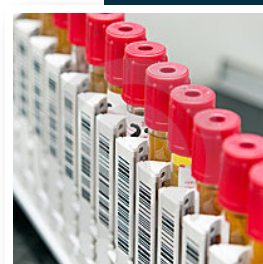
The 86th Annual Meeting of the American Society for Clinical Laboratory Science (ASCLS) took place Sunday July 29-Thursday August 2, 2018 in Chicago, Illinois. I was fortunate to attend as a delegate for ASCLS-NJ, representing our New Jersey Chapter at the House of Delegates. The city of Chicago and the Swissotel Chicago welcomed us with open arms and provided a wonderful atmosphere for learning, networking at social events, governance opportunities, exploring the latest technology, celebrating our profession and plenty of fun along the way!

On Sunday, laboratory professionals from around the country poured into Chicago and the excitement for the start of the week was electric in the lobby of the Swissotel as we arrived to check-in, register and meet up with our fellow laboratory professionals and friends, old and new. The ASCLS Board of Directors held their meeting and luncheon, which was attended by our President John Frederick and President-Elect Kahul Patel. Monday started with the Professional Issues Update/Open Forum/Candidate Presentations, Scientific Assembly Meetings and Region Caucuses. The educational sessions began with the Opening Keynote "Leading the Way to Zero" which discussed the transformation of healthcare to zero harm as the natural byproduct of how patient care is delivered and the role of the laboratory in meeting that goal.

Tuesday kicked off with Coffee with the Candidates and online voting for the election of ASCLS offices followed. There were more educational sessions throughout the day, as well as dedicated hours to attend the Clinical Laboratory Expo at McCormick Place, which featured hundreds of vendor booths to check out the latest technology and innovations. Later that night was the Member Awards Ceremony on which Lucia Wang, our Membership/Publications Committee Chair, had been a judge. John Frederick was a national nominee for Student Forum Leadership. Our webmaster David Dixey won 2nd place for Constituent Society Website and his award was accepted by his wife Cynthia Dixey, our Marketing & Public Relations, Exhibits and Fall Seminar Chairs. I was honored to be recognized as the Constituent Society Member of the Year for NJ and I proudly serve as our Scholarship Committee and Microbiology Scientific Assembly Chairs. The awards were followed by the President's Reception and Education & Research Fund Silent Auction, where we enjoyed delicious food and music while reconnecting with our laboratorian friends and bidding on exciting items donated by each constituent society to support the fund's scholarship and grant programs. Some adventurous night owls stayed up late to party at the inaugural LABapoolza Afterglow.

Wednesday was a full day of educational sessions and our group from NJ went out to lunch at Sweetwater Tavern & Grill, which was a great way to spend my birthday! Thursday saw our last educational session with "Social Media & the Lab: Why it is Imperative for Laboratory Professionals to be on Social Media" which discussed harnessing the power of social media in order to cement laboratory professional's position in healthcare by participating and being engaged. The week ended with the House of Delegates (HOD) in which NJ was represented by John Frederick, Kahul Patel, Rebecca Neme (Past President), Sally Cortez (Secretary), Lucia Wang and I. The HOD was led by outgoing president Debra Rodahl, MBA, MLS(ASCP)^{CM} and incoming president Roslyn McQueen, PhD. The hot topic up for voting was updating the membership class names in the Bylaws. Approval was given for changing Collaborative to Community, Student to Developing Professional and First Year Professional to Ascending Professional. Changing Emeritus Member to Platinum Member was rejected.

Let's not forget all the fun, food and sightseeing we enjoyed! There was plenty of good food to partake at Il Porcellino, Nutella Café, Eggy's for breakfast and of



course Chicago's famous deep-dish pizza at Pizano's, among other amazing restaurants. Everyone visited nearby Millennium Park and snapped pics at the famous Cloud Gate sculpture, aka The Bean. The architecture in the "Windy City" is second to none and several of us enjoyed the best way to view it on an Architectural Boat Tour on Lake Michigan and the Chicago River. All in all, we learned, networked and had a blast in Chicago and hope to see everyone next year at the ASCLS 2019 Annual Meeting in Charlotte, NC from June 23-27!



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AMERICAN SOCIETY FOR CLINICAL LABORATORY SCIENCE – NEW JERSEY SCHOLARSHIP PROGRAM

To download the 2019 Scholarship Form, visit
<http://www.ascls-nj.org/index.html>

The ASCLS-NJ is pleased to announce the following scholarships for the 2018-2019 class.

- **Two \$500.00 scholarships for Medical Laboratory Technician students**
- **Two \$1,000.00 scholarships for Medical Laboratory Science students**
- **One \$1,000.00 scholarship for a Medical Laboratory Science Graduate student**
- **One \$1,000.00 scholarship for a Doctorate in Clinical Laboratory Science student**

Eligibility: Enrollment in a NAACLS accredited program in the final year of study on September 15th AND membership in the American Society for Clinical Laboratory Science New Jersey Chapter (ASCLS-NJ)

Deadline: Applications are due by **March 1, 2019**

Scholarship Application and Selection Procedure:

The following items must be submitted in order for the application to be considered complete:

1. A completed application package including:
 - application form
 - the application checklist
 - your email address to notify you that your completed application has been received and/or to contact you regarding any issues
2. An official or non-official transcript of all academic credits at the post-secondary level from each college attended
3. Two references completed by professors, instructors or advisors who are familiar with your post-secondary academic performance. References must be submitted on the forms provided and may be sent by either the student or reference.

Applicants must be a member of the ASCLS-NJ. Membership information can be obtained at:
<http://www.ascls.org/membership/index.asp>

The scholarship recipients are selected by the ASCLS-NJ Scholarship Committee.

Application materials should be submitted to:

Patty Jackman
29 Hastings Road
Hamilton, NJ 08620

Please DO NOT send certified mail requiring a signature upon delivery.

Scholarships will be presented at the ASCLS-NJ Annual Spring Seminar on April 11, 2019.

ASCLS-NJ does not discriminate on the basis of sex, race, color, creed, or ethnic origin in the administration of its educational funds.

Fall Seminar Photos



ASCLS-NJ Student Forum Reflection

Jasmin Rider and Melanie Rivera

On Friday October 26th, ASCLS-NJ held the annual Student Forum. Developing professionals from Rutgers School of Health Professions, The School of Medical Laboratory at The Valley Hospital, and Florence M. Cook School of Medical Laboratory Science at Jersey Shore University Medical Center gathered at The Valley Hospital Dorothy B. Kraft Center to network, learn how to effectively manage school work, learn new study techniques, and the endless possibilities that the medical laboratory science profession has to offer.

One of the first guest speakers at the event was Dr. Robin Eubanks, an Associate Professor at Rutgers School of Health Professions. Dr. Eubanks gave a presentation on various study methods and time management skills that are needed to succeed in the medical laboratory science program. New studying tips that were discussed were the following: SQ3R, how to form effective study groups, and having a set study schedule. SQ3R stands for survey, question, read, recite, and review. This study method is used when developing professionals have to read science textbooks and is designed so that students effectively comprehend what was read. One first surveys the reading, meaning that an individual first scans the entire chapter and only reads headlines, bolded words, and notes any images to get a general overview of what is going to be covered in the chapter. Dr. Eubanks also showed the students how to review the summary of the chapter to see what the author thought were the major key points. Next, students are encouraged to develop questions about what was surveyed. Different questions could pertain to the images and how it relates to the rest of the chapter. Third, the individual is to actively read the chapter while taking notes that summarize the focus points of each section. Now, one is to recite what was read without looking at the book or notes. It is encouraged to talk out loud so that the individual can decide what was understood from the reading. One can also answer the questions that were created during the survey portion of SQ3R. If a student is able to recite the material, the next step is to review the reading again by reading the notes that were made and reading what was highlighted to ensure that the information is clear. Developing professionals can use this skill when reading chapters that may seem daunting.

Another portion of Dr. Eubanks' workshop was forming effective study groups with colleagues. To have a successful study group, all parties in the group should decide what is to be accomplished and establish a time frame. The study group should not be larger than four to five people. All members in the study group should stick to the task at hand and not diverge from what is to be accomplished. Each member of the group should be responsible for a specific portion. When everyone is prepared, each person should talk through the specific section and answer the group's questions if any arise. Forming study groups allows students to use each other's strengths and weaknesses to get through challenging material.

Dr. Eubanks also encouraged the developing professionals to have a consistent study schedule. The best time to make a study schedule depends on the individual's peak study hours. Some individuals work well in the morning while others work best at night. One must pick a time where they are the most productive. An individual also has to take into account of an appropriate study space. The area should be well lit, have minimal to no distractions, and will allow the individual to concentrate at the task at hand. Individuals should tell friends and family members of a set study schedule, so that there would not be any interference or distractions. The individual can also put together a to-do list when making the schedule. The to-do list should not have too many tasks to complete, but rather set a realistic schedule of what is to be accomplished for that day. It is important to note that it is okay if a person does not get to all the tasks and to move it to the next study session.

To close the workshop, Dr. Eubanks left the developing professionals with a test taking prayer. The prayer was to uplift the students' spirits about having to study long hours and hopefully pass upcoming exams. There is a lot of test and study stress that individuals go through. The closing to the workshop helped the medical laboratory science students realize that the developing professionals will get through the program and that all the studying will be worth it.

Our second guest speaker of the forum was Dr. Nadine A. Fydryszewski, director of the DCLS program at Rutgers University. Dr. Fydryszewski's presentation touched base on career development in

Clinical Laboratory Science (CLS) and the developing professionals' role in the profession. Upon entering the Medical Laboratory Science (MLS) program, students are considered as developing professionals in the career. Developing professionals serve to build the foundation to the profession and to help make a positive impact in healthcare through the practice of laboratory medicine. The role of a future medical laboratory scientist is to contribute to the growth and development to the profession and to ASCLS, in addition to the opportunity to express ideas, opinions, and serve as leaders to the profession.

Dr. Fydryszewski discussed the importance of professionalism, as developing professionals are now the future generation of MLS and must serve and respect the role as a professional. Being a professional is much more than earning the degree, as it is based on certain criteria. First, appearance and demeanor. The way a person looks and carries themselves creates a positive first impression, as well as being well-spoken and demonstrating overall proper etiquette. Developing professionals are not only representing themselves, but are also representing ASCLS as a whole and must show a professional image to the organization. Second, it is important to participate in ongoing professional career development, as developing professionals play a major role in the community. Developing professionals should strive to bring awareness to the profession and show the community what medical laboratory scientists do. Also, exhibiting a willingness to learn and continue education beyond the minimal amount not only helps to enhance the knowledge of the developing professional, but is also an essential element of maintaining proper practice in the field.

The journey with MLS does not stop at the baccalaureate level. There are many opportunities and further career options a developing professional can aspire. For example, one may consider becoming a laboratory manager, pursuing a career in research, or working in corporate companies, such as Becton Dickinson and Quest Diagnostics. If one is looking for further educational opportunities, various programs are offered, such as the Masters in CLS and the Doctorate of CLS.

Rutgers University offers the first DCLS program in the nation, which is run by Dr. Fydryszewski. This program prepares certified medical laboratory scientists to advance in healthcare and work alongside the clinical pathologist, physicians, and other healthcare professionals through patient care intervention and diagnostic management. Dr. Brandy Gunsolus was the first graduate of the DCLS program at Rutgers in May 2018. Dr. Gunsolus has made a remarkable contribution to the profession during her residency, cutting back hospital costs, reducing unnecessary lab testing, and overall saving the patient from high medical costs. Dr. Gunsolus is such an inspiration to the developing professionals of MLS because medical laboratory scientists are capable to do more than just work at the lab bench. As Dr. Fydryszewski has stated in the Student Forum, medical laboratory scientists must provide precise and accurate work to the customers. The customers are not only the patients, but also the physicians who are ordering the tests needed to improve patient outcome.

Towards the end of the workshop, Dr. Fydryszewski made it clear that "The sky is the limit," meaning anything is possible and there is no limit to how far the developing professionals can go within the profession. As long as the developing professionals have set goals, anything can be achieved. After participating in this workshop, the developing professionals know that they are the future of MLS.

In conclusion, the student forum was a very informative and memorable experience to participate in. Meeting other developing professionals, learning better study habits, and the endless possibilities that the profession has to offer were key highlights in the event. Moving forward in the MLS program, the developing professionals have a better awareness of what the profession entails and are better prepared to succeed in the program.



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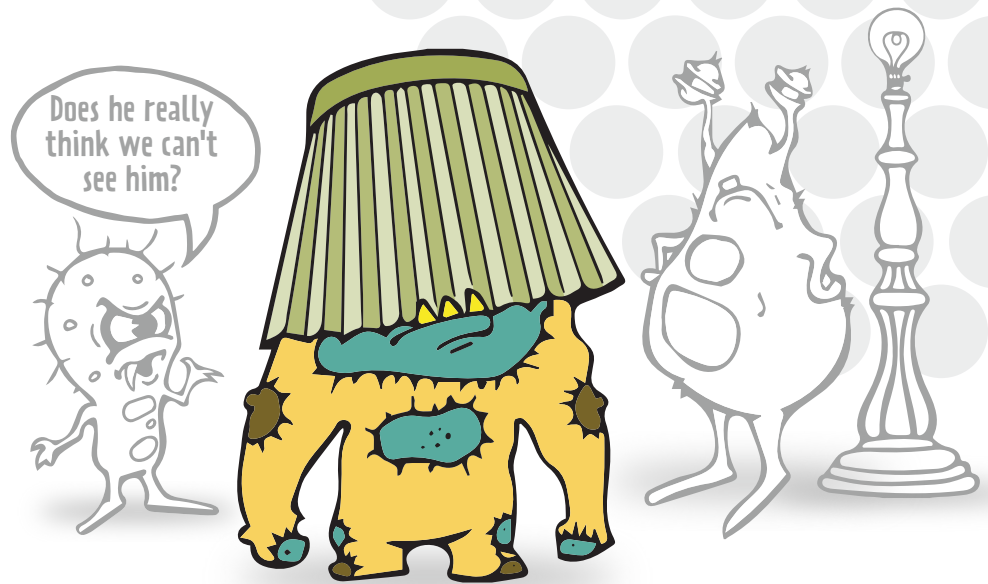
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1. Quality laboratory service is essential to quality health care.
2. Competent, credentialed, laboratory professionals are the foundation to quality laboratory medicine.
3. Everyone deserves access to safe, effective, efficient, equitable, and patient-centered healthcare, and
4. Advancing the laboratory profession advances health care.

Core Values:

1. Ensuring safe, accurate, efficient, appropriate and cost effective laboratory services is a component of quality.
2. Defining the characteristics of competent personnel within the profession and providing professional development opportunities so that practitioners can maintain competency are essential roles of a professional association.
3. Enabling laboratory professionals to function at their highest level of competence will contribute to cost effective health care.
4. Promoting diversity supports the delivery of quality laboratory service.
5. Taking a leadership role in standard and policy setting is a core professional responsibility.
6. Advocating for quality within the laboratory is essential to the assurance of quality health care delivery.

ASCLS Mission:

The mission of ASCLS is to make a positive impact on health care through leadership that will assure excellence in the practice of laboratory medicine.

GET CONNECTED: FOLLOW ASCLS-NJ



If you have a comment, question, or article submission for The Analyzer, please contact Lucy Wang at lwang.asclsnj@gmail.com.