

## President's Message

Dear Members,

I would like to take this opportunity to wish everyone a belated Merry Christmas and Happy New Year, and I hope that this message finds everyone happy and in good health.

The Executive Committee will be meeting early in the New Year on the 24<sup>th</sup> and 25<sup>th</sup> of January to review the Bylaws of the Association. Suggested modifications or changes to the Bylaws will be presented to the membership at the 2009 AGM for voting. The AGM is scheduled for May in Calgary, further details on the will be provided at a later date.

On behalf of the ASRCT I would like to thank HSAA for their generous donation of \$500 to help cover costs for the 2009 AGM.

A committee has been formed to review what has been completed to date regarding legislation of our provincial association. This committee will continue work on preparation of documents to be submitted to create legislation that would see the self-governance of the ASRCT, possibly under the umbrella of the Alberta College of Medical Diagnostic and Therapeutic Technologists (ACMDTT).

I am sure everyone is aware of the recent changes

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of how healthcare delivery is administered throughout the province, where the various Regional Health Boards have been dissolved, and a single "Super" Health Board has been created. I expect we will begin to see some changes in the New Year, and perhaps we will see more continuity throughout the province on how our services are delivered.

Respectfully submitted,

Christine Williams

President

### REMINDERS!

All members should have their ASRCT membership fees paid by February 1st 2009! Please remember to send any address changes, so that you continue to receive mailings and membership cards!



## Continuing Education Units

Greetings ASRCT Membership,

Well it's hard to believe that another year has passed us by. I hope everyone had a wonderful 2008. This is just a quick reminder to everyone that we are now almost half way through our next triennium for collecting CEU's. For those that are relatively new to our membership, CEU's are continuing education units that you collect to stay in good standing with your membership along with paying your annual dues. 30 CEU's are required every three years. This triennium started January 1st, 2008 and runs till December 31st, 2010. Collecting CEU's is a very simple and important part of our education. A person can receive CEU's for almost anything that pertains to education in our field. Examples are CPR, hospital rounds, in-services, reading or watching cardiology material, preparing and presenting talks for your peers, and taking cardiology courses. The easiest way to calculate your CEU's is 1 CEU per hour up to a



maximum of 15 per topic. If you have any questions regarding your CEU's please feel free to email me. If anyone has any outstanding questions or concerns from last triennium please let me know. I have had quite a crazy year as my husband and I had an increase to our family in April, twin girls! Our lives are finally settling down and returning to an easier pace so if I missed any one for certificates please let me know.

Best Regards,

Krista Bradford

CEU coordinator

## Whole-wheat pizza dough

Makes enough dough for 1 14-in (36 cm) pizza

- 1/2 cup (125 mL) skim milk, warmed
- 1/2 cup (125 mL) warm water
- Pinch sugar
- 1 tbsp (15 mL) active dry yeast
- 1 3/4 cup (425 mL) whole-wheat flour
- 1/2 cup (125 mL) natural bran

1) Place water into large bowl; add sugar and stir to dissolve. Sprinkle yeast over top and let stand for about 10 minutes or until

frothy. Stir in 1 1/2 cups (375 mL) of the flour and bran until ragged dough forms. Scrape dough onto lightly floured surface and knead dough, adding as much of the remaining flour as necessary to form a soft, slightly sticky dough. Place in a greased bowl and cover. Let stand for 1 hour or until doubled in bulk. Punch down dough and roll into a 14-inch (36 cm) circle.

Please see *Whole-wheat pizza dough* on page 4



## PROVINCIAL DIRECTOR'S

Dear Members,

Alberta has a new President. Christine Williams was elected at our AGM in May. We value Christine's experience and dedication and extend a sincere welcome to the ASRCT executive board.

The CSCT AGM was held in Toronto on October 24, 2008. 150 members were in attendance. A total of 186 proxies were submitted to the CSCT registrar on time and therefore admissible. For voting purposes 336 votes were counted. Alberta members provided me with very few proxies (only 4). If you wish your voice to be heard, please fill out your proxy when sent to you and mail it to your Provincial Director (my address is on our website). It is unfortunate that a province of our size had such a small say at the AGM. Members travelling to the CCC have good intentions when carrying proxies for their fellow colleagues, but if these are not submitted 24 hours in advance to the Registrar, they are not admissible. It is extremely important to provide these to the Provincial Director to ensure they are valid and can be counted.

The motion on the proxy to increase CSCT dues by \$10 was defeated by a very small margin. CSCT finances are running low. The HRDC grant money obtained has been spent contracting the Justice Institute for our interactive video portion of the CSCT examination and on formulation and translation of the French exam. At the CSCT board level, there is ongoing discussion on the direction the CSCT should take and how best to provide these examinations at the most competitive price possible.

Due to the transition of outgoing Executive Secretary France Nickel to the current Executive Secretary Marg Mount, the CSCT Atrium newsletter was missing from the website this year. It will be mailed with the membership cards. At the post AGM meeting, Marg Mount from Ontario was reappointed

## Annual General Meeting

The next AGM will be held on May 8th and 9th

Location:

The Executive Royal Inn North  
2828 23<sup>rd</sup> St. NE Calgary, Alberta

Phone number:

1-888-388-3932

Ask for the conference rate.

There will be a Preceptors Workshop to be held on  
May 8<sup>th</sup> at the from 7-9pm

The following positions are up for election:

Education Co-ordinator

CEU Co-ordinator

Secretary

Vice-President

Please plan to attend and receive 5 CEU's! The fee for the AGM will be \$50 in advance and \$75 at the door.

as our Executive Secretary. Also appointed was Vince Sopczak from Saskatchewan as Assistant Education Co-ordinator.

CCC 2009 will be held October 24-28, 2009 in Edmonton. This will be the final time CCC will be in Alberta. In 2010, the conference will rotate between Toronto, Montreal and Vancouver. CSCT board will work on a rotation for hosting this conference, so all provinces may benefit. For this year, we are the host province so let's show our support by attending these wonderful education sessions and welcome colleagues from across the country to sunny Alberta. Hope to see you all there.

Respectfully submitted,

Mary Fielden

A.S.R.C.T. Provincial Director



## ASRCT Education Report 2009

Hello Everyone,

Another year has past! ASRCT continues to work towards excellence in Education. Gretchen Dunn the new CSCT Education Director has worked very hard updating and revising all the CSCT documentation, hard copy and the information on the CSCT Website. Heather Lyle has been working hard to be sure all ASRCT information is current on our Website.

Alberta helped Ontario and Nova Scotia with the Canadian Preceptors workshop at the CSCT AGM in Toronto October 2008. The workshop was a success, lots of positive feedback and information on how to help the Cardiology Technologists Student with new ways of learning and what is required for 2009. Changes are very hard for most but we must move forward to keep our Profession current and viable.

### Whole-wheat pizza dough

1. See page 2 for ingredients and step 1
2. Top with your favorite toppings and bake in 425°F (220°C) oven on centre rack, for about 15 minutes or until crust is golden brown.

**Refrigerated Dough:** After kneading dough, place in greased resealable bag and refrigerate for up to 24 hours. Let come to room temperature before using.

**Frozen dough:** After kneading dough, place in greased resealable bag and freeze for up to 1 month. Place bag in refrigerator and let thaw completely before bringing to room temperature before using.

#### **Nutrition information per serving** (1/14 of cooked dough)

- Calories: 60, Protein: 3 g, Fat: 1 g, Saturated fat: 1 g, Cholesterol: 2 g, Carbohydrates: 12 g, Fiber: 3 g, Sodium: 84 mg, Potassium: 116 mg

Developed by Emily Richards, P.H. Ec. ©The Heart and Stroke Foundation. [www.heartandstroke.ab.ca](http://www.heartandstroke.ab.ca)

September 2008 the ASRCT Education Committee held the CSCT exam for this first time at Devry College in Calgary. I believe it was our most successful exam day!!! We had technical support if we need it and for the first time we did not need **TECHNICAL SUPPORT**. If our second sitting of the CSCT exam goes as well in April we will try and have an Exam site in Edmonton.

Best Wishes for Everyone for 2009.

Respectfully Submitted,

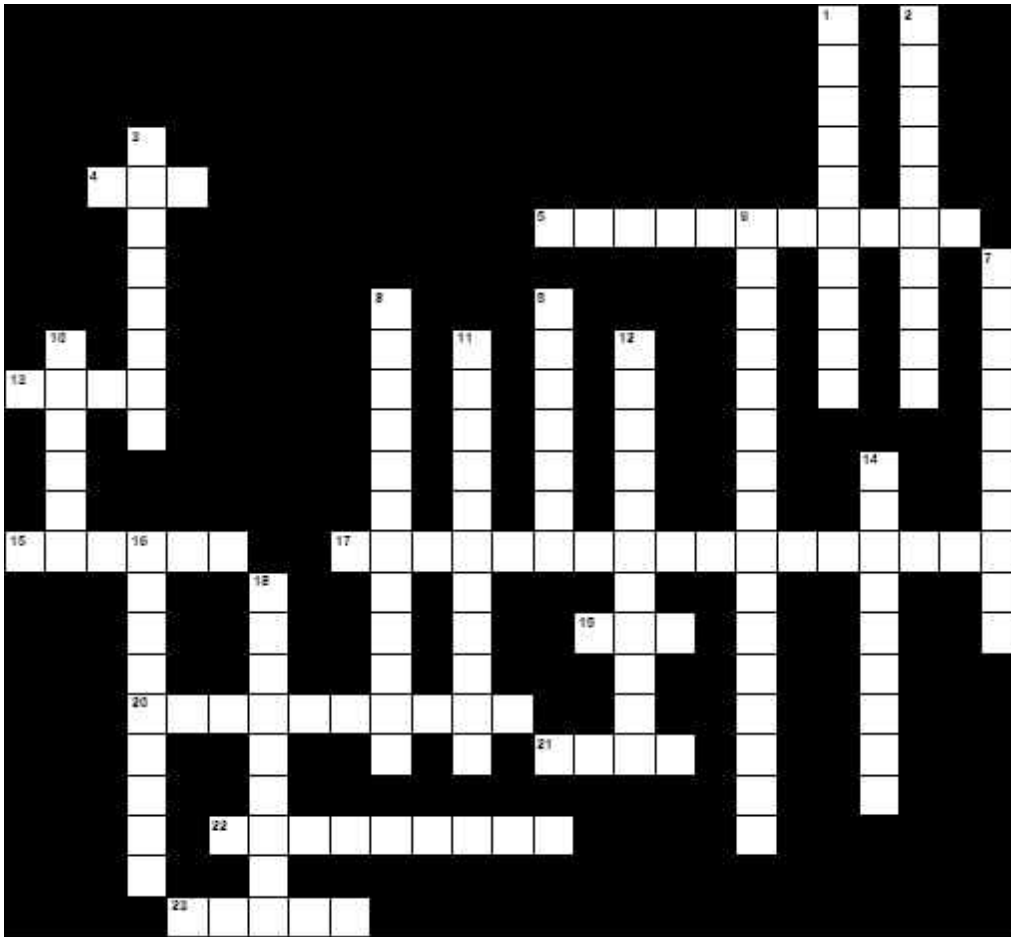
Wendy Wilson

Education Co-ordinator

#### **CANADIAN CARDIOLOGY CONFERENCE 2009**

This year the conference is in Edmonton, Alberta from October 24-28, 2009 The AGM will be held on October 25th. Please watch for the conference package to arrive in August or go to their website [www.cardiocongress.org](http://www.cardiocongress.org) for details





<http://www.mtmonthly.com/studentcorner/card.htm>

**WE HAVE NEW EMAIL ADDRESSES!**

**PLEASE CONTACT US ON OUR WEBSITE [WWW.ASRCT.COM](http://WWW.ASRCT.COM)**

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Donna Mooney	Registrar.ASRCT@gmail.com
Susan Ronneberg	Secretary.ASRCT@gmail.com

We would love to hear from you! If you have something you would like to have in our next newsletter please email Heather Lyle.

**ACROSS**

- 4 \_\_\_ ' bundle  
 5 Forcible or irregular pulsation of the heart perceptible to the patient  
 13 \_\_\_-Ganong-Levine syndrome  
 15 Cardiac \_\_\_  
 17 Graphic record of electric currents that initiate heart muscle contraction  
 19 Complex seen in EKG corresponding to cardiac-cell depolarization and contraction of ventricles  
 20 A clot within a blood vessel leading to tissue infarction  
 21 Electrocardiographic cable  
 22 \_\_\_ syndrome  
 23 V1 through V6 are known as the \_\_\_ leads

**DOWN**

- 1 \_\_\_ node  
 2 Medical specialty that diagnoses and treats heart disease  
 3 The occurrence of heartbeats in pairs  
 6 Alternate rapid and slow cardiac rates  
 7 Irregularity of the heartbeat  
 8 Exceedingly rapid contractions of muscular fibrils  
 9 Atrial \_\_\_  
 10 \_\_\_ monitor  
 11 Rapid beating of the heart  
 12 An abnormally slow heartbeat  
 14 The meaning of "a" in aVL  
 16 End of an EKG cable placed on a specific point of the body  
 18 Generic name for antiarrhythmic drug also used as a local anesthetic

Answer Key 1. Sinuatrial 2. Cardiology 3. Bigeminy 4. His 5. Palpitation 6. Tachybradycardia 7. Arrhythmia 8. Flutter 9. Fibrillation 10. Holter 11. Tachycardia 12. Bradycardia 13. Lown 14. Augmented 15. Arrest 16. Electrode 17. Electrocardiogram 18. Lidocaine 19. QRS 20. Thrombosis 21. Lead 22. Sicksinus 23. Chest

