

# THE AXIS

# Fall Edition

OCTOBER 2023



"Hello and welcome to our October newsletter! As the fall season takes hold, we're excited to bring you the latest updates and information from CTANS and CSCT. In this issue, we'll cover what's happened since spring, upcoming dates and deadlines, helpful tips on how to renew your membership, how to submit CEUs and a delightful fall recipe. Let's dive in!"



Lindsay Nicholson,  
CTANS Vice President

## CTANS

## executive board

**TONYA MORRELL** - PRESIDENT

**LINDSAY NICHOLSON** - VICE PRESIDENT

**MICHAELA GAUTHIER** - DIRECTOR

**LINDSAY PHILLIPS** - TREASURER/REGISTRAR

**AYE MACMULLIN** - CEU COORDINATOR/ EDUCATION DIRECTOR

**ALICIA DREW** - SECRETARY

**BRITTANY MARSH** - TECHNOLOGY DIRECTOR

## Directors REPORT

Hello members,

Hope you've all had an amazing summer and were able to stay safe and healthy! I'd first like to start this off by saying I am excited and ready to take on this new role as director! I hope to be able to fill the shoes as well as Brittany has done in the past.

Since our AGM in May, our provincial board has now met twice and the national board met once in June. In our national meeting, we made updates and changes to our bylaws which will be presented at this year's CSCT AGM. This year's AGM will be held in Montreal on October 28th. This year there will be in person as well as a hybrid option available for those who cannot attend. To qualify to attend the AGM (hybrid or in person), you will need to be in **Good Standing**. Please keep an eye on the CSCT website and emails for more information.

Vascular 2023 will be held as an in person event in Montreal, October 25 -29th. Host organizations include the Canadian Cardiovascular Society, Canadian Society of Endocrinology and Metabolism, Canadian Venous Thromboembolism Research Network, Diabete Quebec, Diabetes Canada and Thrombosis Canada. Information regarding Vascular 2023 can be found on the website, <https://ccs.ca/event/vascular-2023>.

As always, I hope to see some of you at Vascular 2023 and the AGM (whether in-person or online)!

Michaela Gauthier, CTANS Director



# Presidents REPORT

Hello CTANS members,

I can't believe it's Fall already. Summer, or what we had of summer, flew by so fast. NS has had a few hard months with Mother Nature not being cooperative so here is to a much calmer Fall.

First I want to give a huge shout out to the members in Charlottetown, PEI, for putting on an amazing Education weekend back in May. Grace and her team did an excellent job. We had a great turnout for the weekend and had lots of fun and lots of laughs, especially at bowling. At our AGM, we welcomed Michaela Gauthier to our provincial board as Provincial Director to CSCT.

I also want to congratulate the students who wrote and passed their exams back in April. Welcome to your new chapter in your life.


At the beginning of the summer, I had an online meeting with our lawyer, Marjorie Hickey, with regards to legislation. We discussed where the government was with regards to legislation and all groups that are pursuing it, as we are not the only ones seeking legislation. In the end, she thought it would be best if we tried to go with the MRT's (nuclear medicine, ultrasound, etc) She is reaching out to the head of their association and is looking to set up a meeting with them to see if they would be interested in taking on our profession. Once that meeting takes place she will let us know where we go from there.

She has also offered to come to our next AGM in May 2024 and be available for any questions or explain the process of legislation in more detail. I am the first to admit, I am not a lawyer and I do find it sometimes a bit confusing so she may be able to clarify any questions the membership may have.

As always, please take the time to read through the newsletter. There is always lots of valuable information in it. Especially this year, with the change of the CEU process.

Thank you for your time.

Tonya Morrell, RCT  
CTANS President





# Registrar & Treasurer REPORT

Registration is open for the 2024 year. All members must log into the CTANS website confirm their address for registration. This will need to be done yearly. If you are payroll deduction and have confirmed your demographics your part is complete. If you are unsure if you have payroll deduction, please check your paystub under "other deductions". I will not be able to confirm your payment made via payroll deduction until I receive the payment from NSHA.

As voted upon at the 2023 AGM Dues have now changed. CTANS Active \$250 , Inactive \$100 , PEI Active member \$140. Payments as always can be made via, PayPal, or credit card via the website. You may also pay via cheque if you prefer. Send me an email and I can provide you with an address. **Cash is no longer accepted.** If you do not have a credit card you can pick up a prepaid card at any store that sells gift cards. i.e. Shoppers Drug Mart, Sobeys, Super store.

Late submissions are subject to a \$100 late fee. This will be added automatically through the website after Oct. 31, 2023. As always if you have extenuating circumstances please email the registrar and we can give you an extension. An extension will only be granted to members who have contacted me prior to Oct. 31/23 and not after.

When your registration is complete you should receive an email noting your registration has been updated. I will also update FB once registration is completed.

Cards with the new year will not be available until Jan 1, 2024.

## Reminder!

Dues are paid for the upcoming year not the year you pay. CTANS payments are due October 31st annually. The card you print through the website will be for both the CSCT and CTANS.

Thank you CTANS members and I am looking forward to seeing everyone at the 2024 AGM in Dartmouth.

Lindsay Phillips

[lindsay@ctans.ca](mailto:lindsay@ctans.ca)

CTANS Registrar & Treasurer

## Current Membership

as of September 2023

107

NS Active  
Members

8

NS Inactive  
Members

10

PEI Active  
Members

6

Students

8

Not In Good  
Standing

139

Total

**Registered Active Member in Good Standing** - a Registered Member who holds a valid certificate of successful completion of the CSCT's certification examination and who has satisfied all prerequisites established by the Board, including but not limited to full payment of all applicable membership dues and/or collection of mandatory CEUs. A Registered active Member in Good Standing has the right to vote at a meeting of the Members, may be elected to the Board, and may be appointed to an office of the Society.

**Registered Inactive Member in good standing** - A Registered member who has paid all applicable membership dues and submitted the mandatory thirty (30) CEUs but who has self-declared that he/she is not actively working in the field. Inactive Members do not have the right to vote, or be appointed to an office of the Society.

**Member Not in Good Standing** - a Member who has not satisfied all prerequisites established by the Board, including but not limited to full payment of all applicable membership dues and/or collection of mandatory CEUs. A Registered Member Not in Good Standing has no right to attend the CTANS annual general meeting.





# CEU/EDU *Coordinator*

Happy fall Y'all!

I can't believe the Summer is over... it was like I blinked, then BAM! Frost on my rear car window. Crazy! As short as it was, I hope everyone had an enjoyable Summer.

So, with Fall beginning we can start enjoying the changing colors of the leaves, the fun of Halloween, the anticipation of Christmas and the ENDING of the FIRST YEAR of the **NEW CEU GUIDELINES!**

With the end of the year getting closer I wanted to remind everyone that the CEU Guidelines have changed. Everyone, all RCTs that are ACTIVE and INACTIVE, need to get 10 CEUs per year, every year, from here on out. Each year, starting January 2024, 10 random Nova Scotia Techs will get audited - meaning their CEUs will be checked for amount and accuracy. ***I will not be the one checking your CEUs.*** It will be a member of the National CEU Committee, that does not live in Nova Scotia. Please refer to the CEU Guidelines that are attached to this Newsletter and on the CTANS and CSCT Website. There have been changes to categories and values of the CEUs! As your CEU/EDU Coordinator I am here to help you. Though I cannot confirm your CEUs, I am willing to review them for you. Now, so I am not overwhelmed, I will do these reviews in groups, once or twice a month. If you would like me to review your CEUs for you, or have any questions about CEUs, please send me an email. If you have a question or concern that is more pressing, please write **URGENT** in the Subject Line of the email and I will get back to as soon as possible. Again, I will do my best to reply to your emails, in a timely manner and I will check people's CEUs (that request it), in groups, once or twice month, until the end of December. ***Your 10 CEUs must be submitted by December 31, 2023.***

I also wanted to wish the best of luck to the students who will be writing the CSCT Exam in October! Yes, it is a difficult exam and of course you're feeling overwhelmed and completely stressed out - but do not let yourself get lost in those feelings. Trust in your knowledge and don't be afraid! You got this!! Every RCT in NS has been in your shoes and we all believe in you! If any student has any questions or concerns, please do not hesitate to reach out to me or another Board Member, or Tech, for help. We're all here for you.

I will be sending out an email, soon, showing how to fill out the CEU forms and UPLOAD your CEUs, but if you have questions or concerns, please do not hesitate to email me. My email is [jaye@ctans.ca](mailto:jaye@ctans.ca).

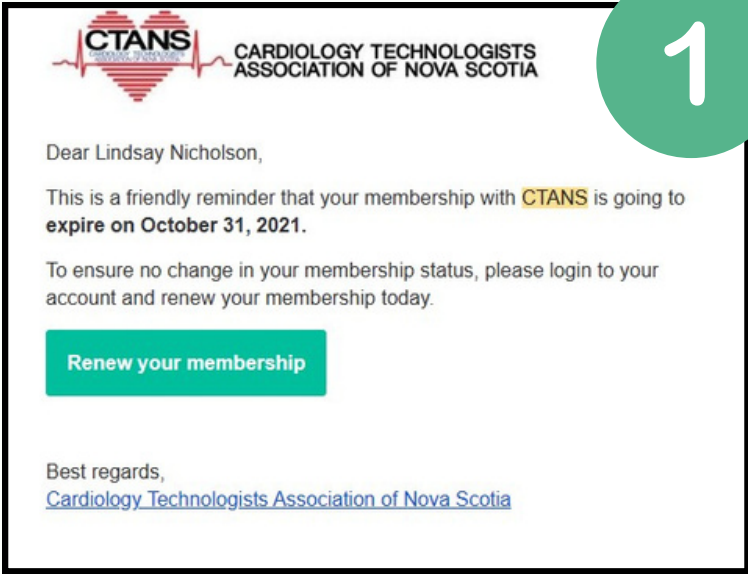
Jaye MacMullin, RCT  
CTANS CEU/EDU Coordinator





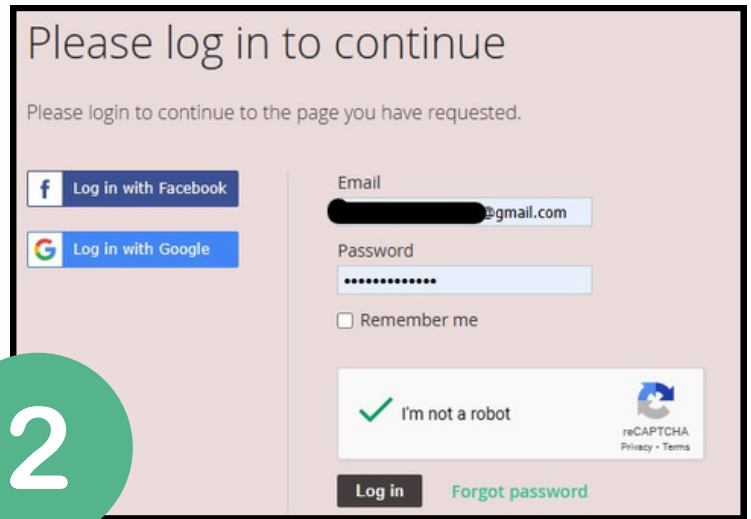
# Renew Your Membership!

1



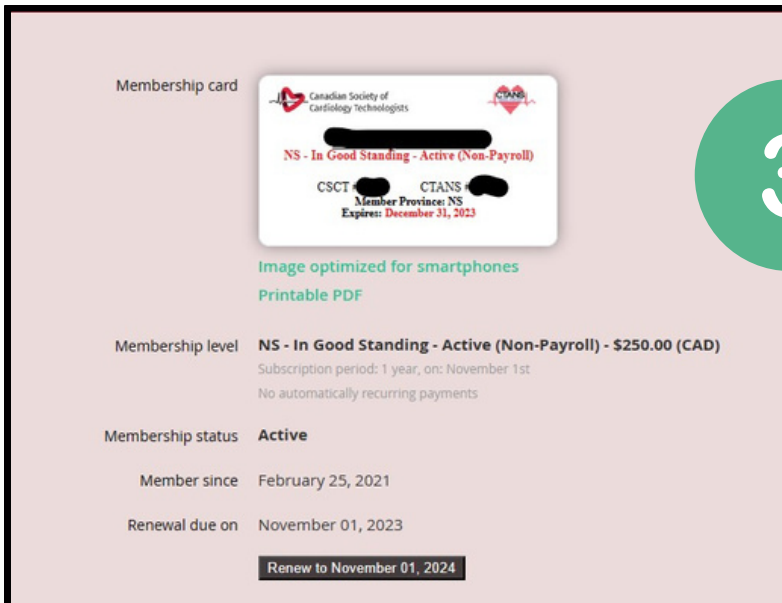
#1 Sign into your CTANS account.  
You have been sent a reminder email with link.

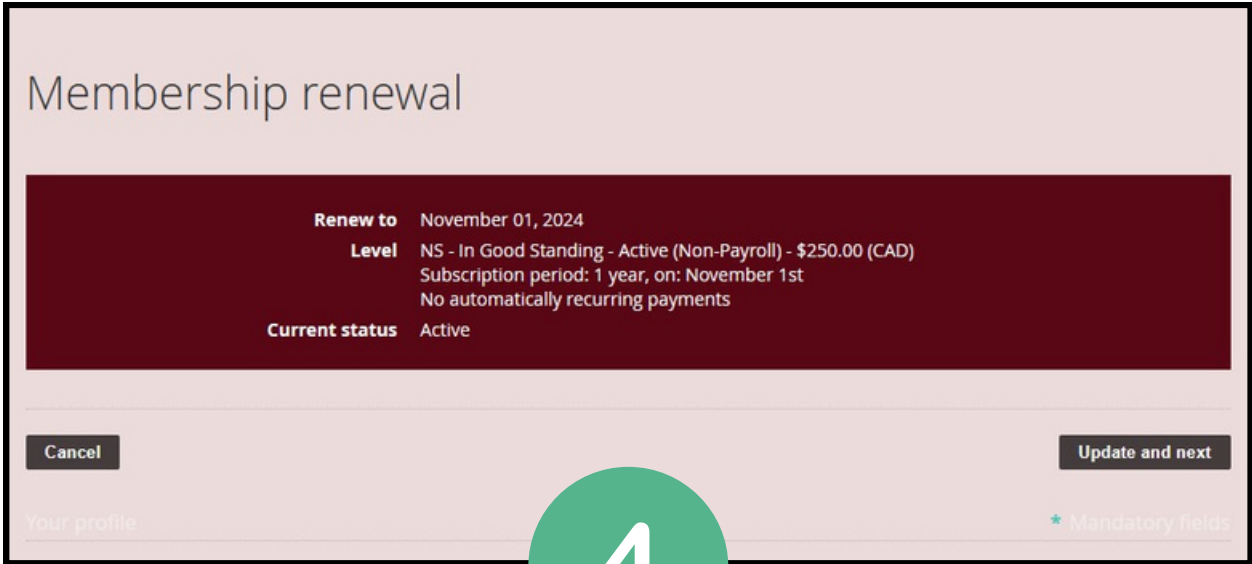
2



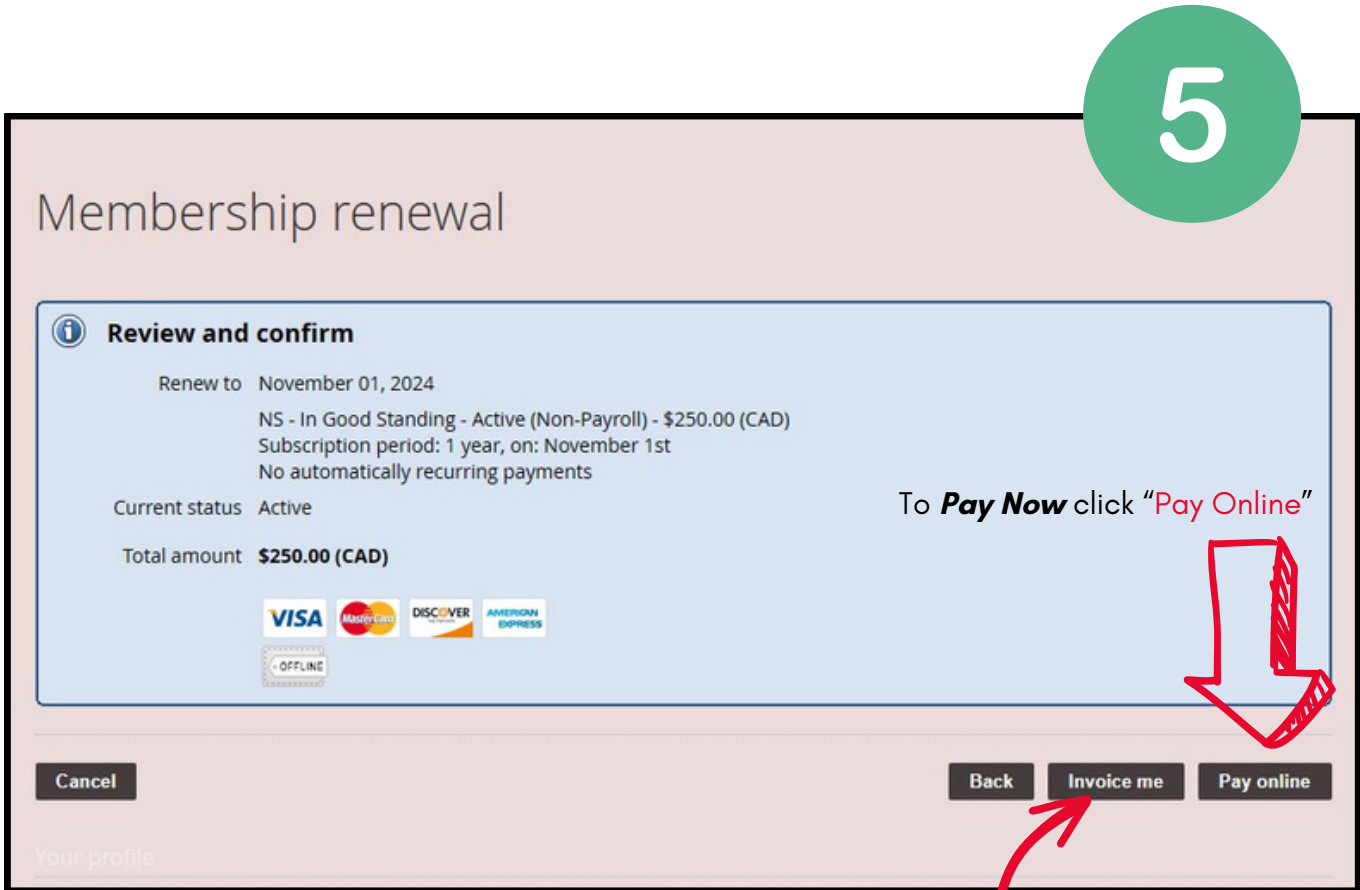
#3 Click "Renew to November 01, 2024"

3





#4 Review /update your information.



For **Payroll deduction** click "Invoice me"



## CSCT Continuing Education Units (CEU) Standards

**Effective January 1, 2023**

### **Section 1: Academic Training – Pertaining to CSCT and accredited Cardiology Technology programs**

1a	Successfully completing the CSCT Certification Exam	10 CEUs
1b	Successfully completing other cardiac related exams (ie. IBHRE, ARDMS, CARDUP, CVT, etc.)	5 CEUs
1c	Formal education/courses from an accredited program <sup>6</sup>	5 CEUs per course/1 course per year

### **Section 2: Continuing Education & Training – Pertaining to attendance of cardiac conferences, seminars, workshops and lectures, supplementary education, research and presentations.**

2a	Publishing a cardiology paper/research project	Primary author 10 CEUs Co-author 5 CEUs
2b	Clinical preceptor 1 – Cardiology Technology Program <sup>7</sup>	1 CEU per 7.5 hours/max 5 per year
2c	Clinical preceptor 2 – Other allied health students <sup>7</sup>	.5 CEUs per 7.5 hours/max 5 per year
2d	Learning Opportunities – Conferences, Seminars, Webinars, Inservices, Videos, Internet studies, Articles and Journals, CCC, Provincial Education Day, Cardiology Rounds <sup>8</sup>	1 CEU per hour with supporting documents.
2e	Public Education Event – planning/participating	1 CEU per hour/max 5 per year
2f	Teaching <sup>9</sup>	1 CEU per hour/max 5 per year

### **Section 3: Professional Services – Pertaining to national and provincial board committee membership, participation, attendance and representation in all aspects.**

3a	CSCT & Provincial BOD membership/meetings	1 CEU per hour/max 5 per year
3b	CSCT/Provincial Ad Hoc Committee chair/member	2 CEUs per committee
3c	Attendance of CSCT/Provincial AGM	2.5 CEUs per AGM
3d	CSCT BOD approved surveys/projects/NOCP surveys	Up to 5 CEUs per survey
3e	Submission for provincial/national newsletter	2 CEUs

**\*Please see second page for clarification**

## CEU Standards Guidelines

1. On January 1st of each year, all CSCT members are required to have 10 CEUs uploaded to their member profile.
2. Members will be audited by the CSCT CEU committee to ensure they are in good standing.
3. Only CEUs accumulated and submitted during the current year will be accepted. No carry over of CEUs is allowed.
4. Documentation must accompany all CEU submissions. Members are responsible for keeping originals of all documentation in case of a discrepancy.
5. Every submission must be cardiology related and not a requirement of your employment.
6. Formal classes must be from an accredited program and cardiology related.
7. Preceptors must be for an accredited program.
8. Learning Opportunities (2d) must include a certificate of attendance or a written summary that is 300-500 words, outlining what was learned.
9. CEUs for teaching (2F) will not be granted if you are being paid as an instructor from an educational institute. They must be accumulated for teaching/instructing a group of 3 or more, during working hours or volunteering after hours.

## Appendix

- CCC – Canadian Cardiovascular Congress
- IBHRE – International Board of Heart Rhythm Examiner
- ARDMS – American Registry for Diagnostic Medical Sonography
- CARDUP – Canadian Association of Registered Diagnostic Ultrasound Professionals
- CVT – Cardiovascular Technology

\*\*\*Members who have not completed and uploaded the required 10 CEUs before the end of each year will be deemed “Not in Good Standing”. They will be fined \$50 and required to fulfill the CEU requirements as per the CSCT Reinstatement Policy



# pumpkin spice latte



## Ingredients:

- 1 cup of strong brewed coffee or espresso
- 1/2 cup of milk (any type you prefer)
- 2 tablespoons of pumpkin puree
- 2 tablespoons of sugar (adjust to taste)
- 1/4 teaspoon of pumpkin pie spice
- Whipped cream (optional)
- Cinnamon or nutmeg for garnish (optional)

1. In a small saucepan, whisk together the milk, pumpkin puree, sugar, and pumpkin pie spice.
2. Heat the mixture over medium heat, stirring constantly until it's hot but not boiling. This should take about 3-5 minutes.
3. Remove the saucepan from the heat and whisk in the brewed coffee or espresso.
4. Pour the pumpkin spice latte into your favorite mug.
5. If desired, top it with whipped cream and a sprinkle of cinnamon or nutmeg for an extra festive touch.
6. Serve and enjoy your homemade pumpkin spice latte!

