

THE AXIS

Fall Newsletter



Highlights...

THINGS YOU SHOULD KNOW.

This years CSCT AGM Agenda
Last minute CEU opportunities
Last year of the Triennium
Something Sweet

CTANS EXECUTIVE BOARD MEMBERS

President: Tonya Morrell
Vice President: Lindsay Nicholson
Director and Technology Director: Brittany Marsh
Treasurer/Registrar: Lindsay Phillips
CEU Coordinator: Jaye MacMullin
Secretary: Alicia Drew

Included in this Month's Issue:

NEWS

- Message from the President-pg. 2
 - News from the Director-pg. 3
 - Update from Vice President-pg. 5
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INFORMATION

- Message from your registrar-pg. 4
 - Membership types-pg. 5
 - CEU's-pg. 6
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DOCUMENTS

- 2022 Proxy
- 2022 AGM Agenda

Presidents Report

Hello fellow members,

I hope everyone had a wonderful summer and got to finally spend some time with friends and loved ones.

I would like to say a huge thank you to the crew at Digby General Hospital for hosting our AGM and Education weekend this past May. Excellent job and lots of memories were made. It was great to see several of the hospitals represented from Cape Breton to Yarmouth.

I would like to welcome any new members to our association and best of luck to members that wrote their certification exam, the last week of September.

This year I have decided to run for CSCT Treasurer. Our long standing CSCT Treasurer, Karen Schaus, has decided to retire and is stepping down from her position. She leaves "BIG" shoes to fill, and I want to take on the challenge. I will still be the CTANS President, this will just be an added position for me, if I am fortunate enough to be voted in. If you wish to vote but won't be attending the CSCT AGM, please fill out the proxy (attached to the Newsletter) and forward it to Brittany Marsh.

For those that have asked, we are still working on Legislation. I know it can seem like an endless process, but we are slowly making some headway. As I stated in the Spring Newsletter, our Lawyer said, that the Department of Health and Wellness (DWH) is reviewing it again and looking at putting together "consultation documents". I have reached out to our lawyer again to see where we stand. As well, we also have one of our Cardiologist's, Dr. Kate McEachern, of Saint Martha's Hospital, devoting her full support to *us* becoming legislated.

Please take the time to read over the newsletter as there is always valuable information in it.

Thank you,

Tonya Morrell, RCT
CTANS President



Directors Report

Hello Members,

As fall approaches, so does the Canadian Cardiovascular Congress (CCC) and the CSCT AGM.

This year's CCC is being offered as a hybrid format with some content being made available online but the full conference returning to in-person in Ottawa, ON from October 26th - 30th, 2022. The CSCT will hold its CCC Education Day on Friday October 28th in-person with some fantastic speakers lined up. With the announcement of return to in-person, the CSCT is offering to subsidize \$205.00 off **in-person** registration. This was announced in an email from the CSCT president back in July (as well as posted to our Facebook Page). If you did not receive this email, please make sure to add president@csct.ca to your safe-sender or contact list.

On Saturday, Oct 29th, the CSCT will hold its AGM and member dinner in a neighboring conference space. It is recommended for members to pre-register for the AGM on the CSCT website. If you are not attending but would like to send a proxy, please email them to brittany@ctans.ca before October 24th. Proxies and AGM agenda can be found at the end of this newsletter, as well as on the CSCT website along with provincial reports.

I met with the CSCT executive board in June and am meeting again in October prior to the AGM. There will be changes coming on a national level which I will update everyone on separately in an email in November/December (please watch for this email).

I hope everyone has a wonderful rest of 2022 and please reach out to me if you have any questions regarding the CSCT/CTANS board or the CTANS website.

Kind Regards,

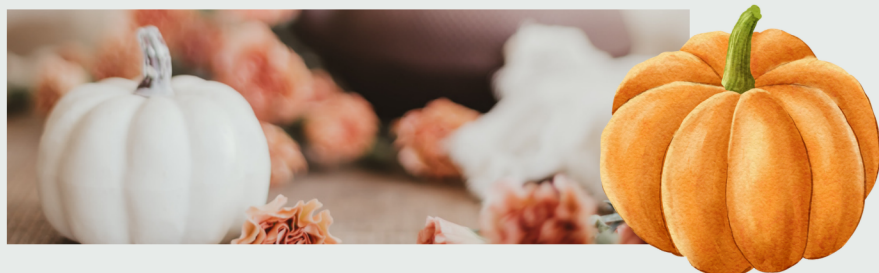
Brittany Marsh, RCT
Director and Technology Director of CTANS

CCC Website:

<https://www.eventscribe.net/2022/CardioCongress/>

CSCT Website:

<https://csct.ca/AGM>



Registrar & Treasurer Report

Happy Fall CTANS members,

Registration is open for the 2023 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, or contact your hospitals payroll/admin office. I do not know this information until I receive cheques from the employer.

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 will no longer be accepted.** If you do not have a credit card you can pick up a prepaid credit card at any store that sells gift cards. i.e., Shoppers Drug Mart, Sobeys, Superstore.

Late submissions are subject to a \$100 late fee. This will be added automatically through the website after Oct. 31, 2022. 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, 2022, and not after.

When your registration is complete you should receive an email notifying you the 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, 2023.



REMINDER your dues are paid for the upcoming year not the year you pay. CTANS payments are due October 31 annually. Cards and receipts can now be printed on the new website. CTANS and CSCT will no longer be providing cards by mail. The card you print through the website will be for both the CSCT and CTANS.

I am looking forward to seeing everyone again at the 2023 AGM in PEI.

Thank you,

Lindsay Phillips, RCT
lindsay@ctans.ca
CTANS Registrar & Treasurer



Membership Types & Requirements

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.

Update from the Vice President

Happy Fall Y'all,

It's that time of year again! The air is getting cooler the leaves are changing, we enjoy thanksgiving with family and friend (and co-workers) and let's not forget HALLOWEEN! It is also a time when the executive board members have lots of important reminders for us, so please read this newsletter intently.

Our CTANS Facebook page is a place where we can stay connected, share educational content and sometimes a place we can debrief among fellow techs. It is also a secondary place to see important updates from the board outside from your emails and the CTANS/CSCT websites.

As discussed in Digby at the last AGM, this coming February we will have another Cardiology Technologist's Day (maybe week) contest. This year we hope to get more members involved and have ONE **BIG** PRIZE! This year the contest will be a group effort amongst hospitals. Stay tuned for more details!

Also mentioned during the AGM was my hopes to have a monthly "Brain Buster" and I apologize this got away from me over the summer but now that school is back in session, and we are all back on a schedule I hope to have these up and running this month!

Lindsay Nicholson, RCT
Vice President for CTANS



Continuing Education Units

Hello Folks!

I hope all is well with everyone as we enter into the final 3 months of the 2020-2022 CSCT Triennium. I know a lot of you have gotten your 30 CEUs, which is fantastic! Great work, all of you! However, I know there are a few of you who still need to collect a few more. Do not panic! There is still time! Highlighted below are some ways you can obtain some last minute CEUs (Based on the CSCT Guidelines).

Internet Studies

- includes: any cardiac related articles/readings, videos, and television programs watched or read online. (i.e.: The Canadian Cardiovascular Society website <https://ccs.ca/recorded-events/> and acadoodle.com for videos and learnings.
- 1 CEU per each "Internet Study" cited.
- 1 CEU extra for including a brief summary of each "Internet Study" you read / watch.

Max 8 submissions per year.

Conferences and Seminars

- Watching previously recorded conferences
 - CCC and Other Cardiac Conferences
 - 1 CEU per 30 min video (of a conference)
 - 1 Bonus CEU for each brief summary write up

Max: 5 per day

Cardiology Rounds

- 1 CEU per attended (in person or online)
 - Include topic, speaker and date
 - 1 Bonus CEU per each brief summary write of Cardiology Rounds attended.

Max. 5 per year



Research Projects

- 5 CEUs per Paper or Project (project could be a bristol board type of display as well)
- 1 bonus CEU for presenting (or displaying project)
 - Choose topic (i.e., Brugada)
 - Present to small group or individual - Or Video it! Submit with a copy of the write up.

No maximum noted on Guidelines, so do as many as you like.

CSCT Case Studies

- CSCT Website 1 CEU per case study read & cited.
 - 1 Bonus CEU for each brief summary write up
- No Maximum noted on Guidelines

Additional Ways:

- Preceptor (1 CEU per 7.5 hours with student)
 - Stenberg, BCIT, EHS, RT... etc
 - Max 5 per year
- CPR Certification
 - 1 per hour attended
 - Max 5 per year
- Provincial AGMs (CTANS AGM)
 - 5 CEUs per day attended
 - Additional 5 CEUs for Hosting AGM
 - Additional 5 CEUs if you do a presentation

Consult the CSCT guidelines and website for more information

I hope this is helpful for any Techs still working at achieving their CEUs. Please feel free to contact me for further explanation or clarification on any of these suggestions I've given. Please remember, and this is for *EVERYONE*,

- 1) Keep a copy of all your CEU submissions (either on paper or on a computer),
- 2) Cite all your resources and provide all relevant proof of your CEUs,
- 3) Remember all Maximum Limits are absolute and CEUs cannot be carried over to the next Triennium
- 4) FINAL SUBMISSION DATE IS DECEMBER 31, 2022. Late submissions will not qualify.

Jaye MacMullin, RCT
CEU Coordinator for CTANS

Pumpkin Pie Recipe

MADE SIMPLE AND EASY

PREP: 10 MINS | COOK: 50 MINS | TOTAL: 1 HR | SERVINGS: 8

INGREDIENTS

- 1 (15 ounces) can pumpkin puree
- 1 (14 ounces) Sweetened Condensed Milk
- 2 large eggs

- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon ground nutmeg
- ½ teaspoon salt
- 1 (9 inch) unbaked pie crust



DIRECTIONS

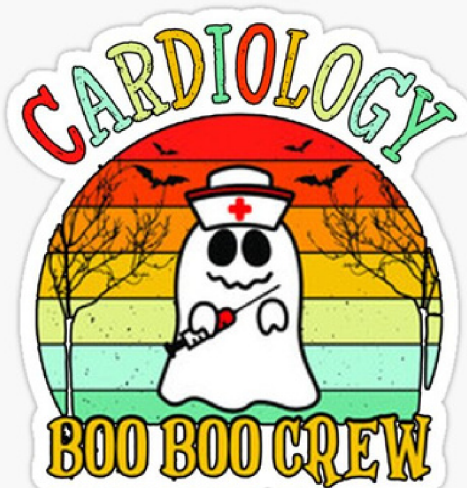
Mix - Well, technically you'll first need to preheat the oven at 425 degrees F (220 degrees C). Then you can start by mixing all the ingredients for your filling: pumpkin puree, sweetened condensed milk, eggs, cinnamon, ginger, nutmeg, and salt. Whisk it all together until smooth.

Bake - Pour mixture into pie crust (store-bought or homemade is fine). Bake in the oven for 15 mins.

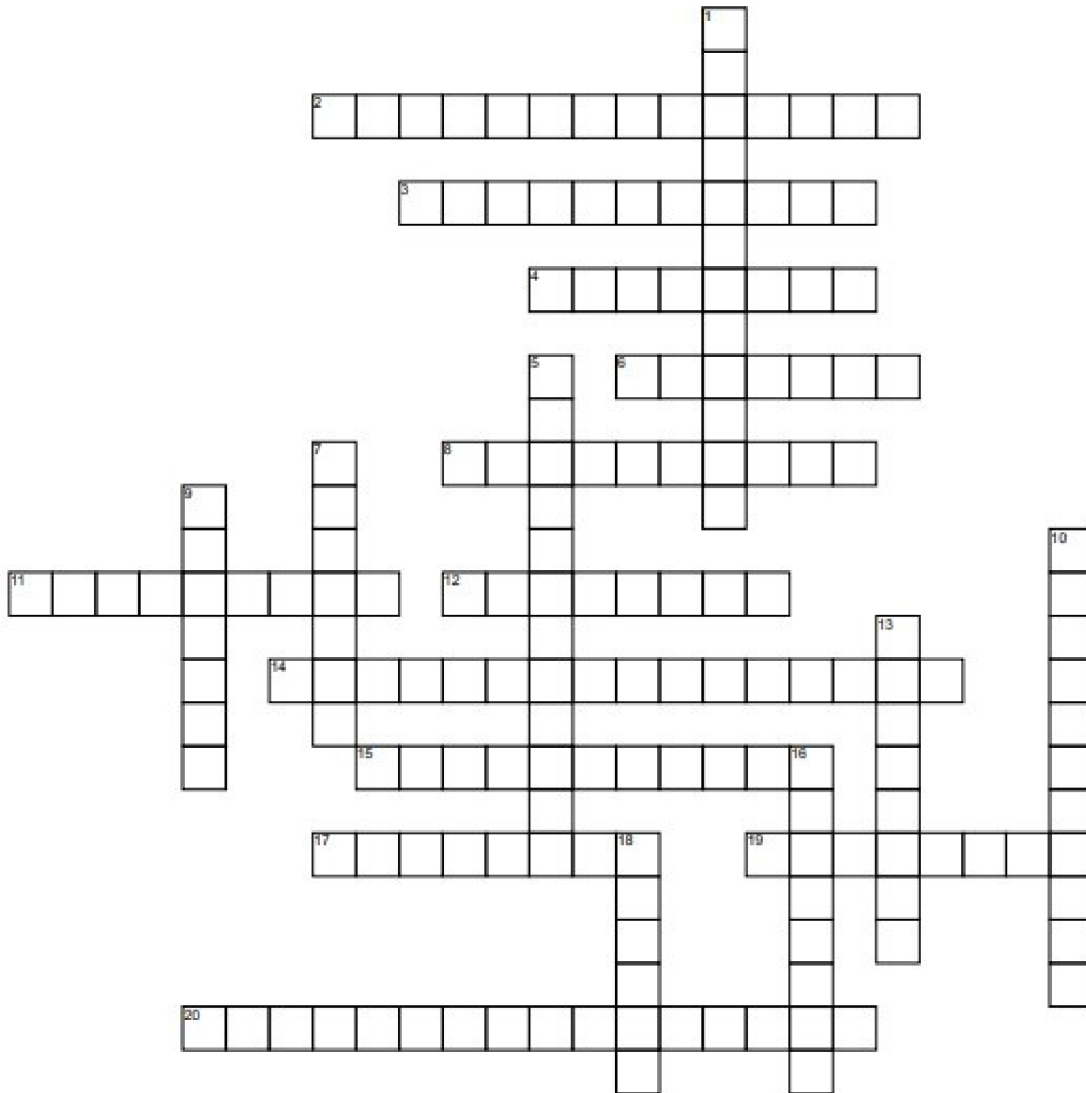
Reduce Heat and Bake Some More - Now you'll reduce the heat to 350 degrees F (175 degrees C) and continue to bake for 35 to 40 minutes. To help to cook evenly without cracking. Once a knife inserted 1 inch from the crust comes out clean, then it's ready. The center should be just a little jiggle. Let cool & serve, refrigerate, or freeze. Really, that's it!

Happy Halloween

NO TRICKS BUT PLENTY OF TREATS!



Cardiology Crossword



Across

2. disease of the heart muscle
 3. fast heart rate over 90 beats per minute
 4. inadequate supply of blood to the tissues
 6. the construction phase of the heartbeat when the heart muscle pumps blood from the chambers into the arteries and ventricles
 8. pertaining to a thrombus or blood clot
 11. blockage or closure

12. pertaining to the chest

14. pertaining to above the ventricles
 15. inflammation of the heart muscle
 17. dilation of an artery; usually due to a weakness in the wall of the artery
 19. blood clot
 20. inflammation of the valves of the heart

Down

1. persistently elevated high blood pressure
 5. enlargement of the heart

7. vascular blockage made up of a thrombus, bacteria, air, plaque, or other foreign material
 9. rapid regular muscular contractions of the atria or ventricles
 10. blood pressure that is below normal
 13. pertaining to a swollen or twisted vein
 16. pertaining to the pulse
 18. abnormal heart sound



Canadian Society of Cardiology Technologists

Proxy Form

Canadian Society of Cardiology Technologists (CSCT)
Annual General Meeting on October 29, 2022

COMPLETE THIS SECTION TO APPOINT A PROXYHOLDER

Appointment of Proxy

I, (name) _____, (CSCT #) _____ being a member in good standing of the Canadian Society of Cardiology Technologists (CSCT) and entitled to attend and vote hereby appoint:

The Chair of the Meeting OR Print in the name of your appointment if this
(mark with an "X") person is NOT the Chair of the Meeting

or, failing the person named, or if no person named, the Chair of the Meeting, as my proxy to act generally at the meeting on my behalf and to vote in accordance with the following directions (or if no directions have been given, as the proxy sees fit) at the Annual General Meeting of CSCT to be held on Saturday, October 29, 2022 in Ottawa, ON beginning at 2:00 pm EST

PLEASE REGISTER YOUR PROXY WITH
THE CSCT REGISTRAR
NO LATER THAN 24 HOURS PRIOR TO THE
START OF THE AGM AT 2:00 PM EST.

registrar@csct.ca

Fax: 1-866-280-6535

COMPLETE THIS SECTION TO PROVIDE SPECIFIC VOTING INSTRUCTIONS

Please check "FOR" or "AGAINST" as applicable, for each of the following items. Mark your vote with an X.

ORDINARY BUSINESS

FOR

AGAINST

Item A. Approval of AGM Agenda

Motion to approve the Agenda for the current AGM, as circulated.

Item B. Approval of Minutes of 2021AGM

Motion to approve the Minutes of the 2021 AGM as circulated.

Item C. Appointment of Auditors for Deloitte

Motion to appoint the firm of Deloitte as CSCT auditors for the fiscal year ending March 31, 2023

Item D: Election of Education Director for a two-year term:

Emily Coffey

Item E: Election of Director at Large for a two-year term (who may be appointed as Treasurer):

Please vote for ONE of the following

April Forrest

OR

Tonya Morrell

Item G: Destruction of previous year AGM Proxies and Ballots

Motion to destroy the March 2021 AGM Proxies and/or ballots

Motion to destroy the October 2021 AGM Proxies and/or ballots

ORDINARY BUSINESS

continued

Item H. Any other matters that may properly arise at the AGM

Choose one option with an X:

OPTION A: In the event that I have provided specific instructions and any amendments or additional issues arise, my proxy holder may vote on my behalf on any such new issues or amendments in any manner as the proxy holder sees fit.

OR

OPTION B: In the event that I have provided specific instructions and any amendments or additional issues arise, my proxy holder shall abstain from voting on my behalf.

I acknowledge that this proxy will be acted upon unless revoked by me in writing or by my attendance at the meeting.

DATED at _____ this ____ day of _____, 2022

Signature of Voting Member _____

CSCT OFFICERS

Crystal Shendaruk		president@csct.ca
Amber Myre		vicepresident@csct.ca
Karen Schaus		treasurer@csct.ca
Emily Coffey		educationdirector@csct.ca
Cheryl West		registrar@csct.ca
Gretchen Dunn		secretary@csct.ca

PROVINCIAL DIRECTORS

Sean Freeze		director-bc@csct.ca
Amber Myre		director-ab@csct.ca
April Forrest		director-sk@csct.ca
Colleen Bemister		director-mb@csct.ca
Blair Arnold		director-on@csct.ca
Valerie Gilbert		director-nb@csct.ca
Brittany Marsh		director-ns@csct.ca
Megan Willette		director-nl@csct.ca



CSCT Annual General Meeting Agenda

Location: Provinces Ballroom, Westin Ottawa Hotel, Ottawa, ON

Date: Saturday, October 29, 2022

Time: 2:00pm, EST

1. Meeting Declared Open
2. Introduction of Board Members
3. Scrutineers report
4. Approval of Agenda
 - 4.1 Additions to the agenda
5. Minutes from 2021 Annual General Meeting
 - 5.1 Errors/Omissions
6. Business Arising from Minutes:
 - 6.1 Questions from 2021 AGM
 - 6.1.1 Covid relief from surplus funds
 - 6.1.2 Consideration for buy in pension
 - 6.1.3 Provincial breakdown of successful candidates
7. Reports:
 - 7.1 President
 - 7.2 Registrar
8. Financial Report
 - 8.1 Audited Financial Report
 - 8.2 Budget
9. Education Director Report
10. Committee Reports
 - 10.1 CEUs
 - 10.2 Nominations
11. Elections:
 - 11.1 Election of Education Director
 - 11.2 Election of Director at Large (Who may be appointed Treasurer)
12. Proxy Issues:
 - 12.1 Motion to destroy the March 2021 AGM Proxies &/or ballots
 - 12.2 Motion to destroy the October 2021 AGM Proxies &/or ballots
13. Old Business:
 - 13.1 Bylaw review
14. New Business
15. Next AGM