

# The Axis



HELLO  
*Spring*

## CTANS BOARD MEMBERS

**Tonya Morrell**, President

**Lindsay Nicholson**, Vice President

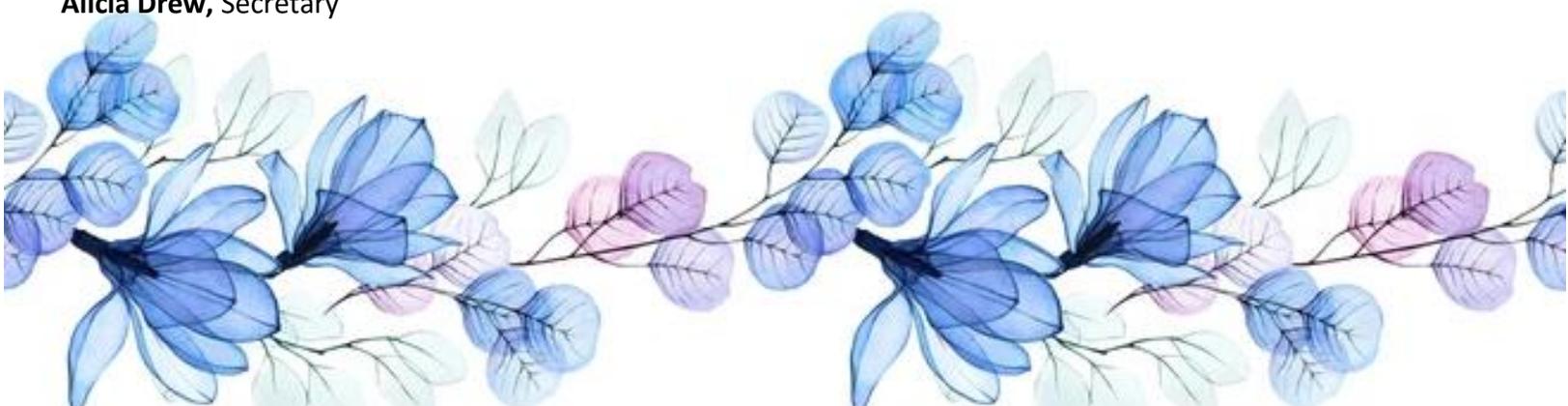
**Brittany Marsh**, Director/Technology Director

**Lindsay Phillips**, Treasurer/Registrar

**Jay MacMullin**, CEU/Education Coordinator

**Alicia Drew**, Secretary

*Hello members! Please read this newsletter carefully and share it with your fellow RCT's. If you have any feedback or questions about information discussed in this newsletter, please contact the appropriate board member below*



# PRESIDENT'S SPRING REPORT

Hello everyone!!!

I hope everyone is having a great start to the new year. I want to welcome any new members to our province and for any that are from out of province, I hope you get to take in some of our "Maritime Culture & Spirit". To all those students who are preparing to write their national certification exam at the end of April, we wish you all the best and welcome to the profession.

Our executive board has had several meetings since the AGM in 2021. They consist of zoom meetings, in person and a combination of both. During our meetings we have reviewed bylaws, policies and how to run the association effectively. Along with any other issues that may come up along the way.

Please take the time to read over the newsletter as there is a lot of valuable information in it. As well, you can always check out our provincial website at: [www.ctans.ca](http://www.ctans.ca) and the national website at: [www.csct.ca](http://www.csct.ca)

Lastly, I would like to thank the membership for voting me in as President last year. I truly do enjoy working with the association.

A huge thank you to Lindsay Nicholson, Lindsay Phillips, Brittany Marsh, Jaye MacMullin and Alicia Drew ..... you make my job a whole lot easier!!

Tonya Morrell, RCT  
CTANS President



## VICE PRESIDENT REPORT

Happy Spring Everyone!

I hope everyone is doing well and is staying safe and warm! I do not have much to share in this spring issue, other than to check in and say hello.

Some Highlights:

- The Digby Education Day/AGM is April 30<sup>th</sup> & May 1<sup>st</sup>, 2022
- For those planning to stay in Digby, *you must book accommodations by April 4<sup>th</sup> & 16<sup>th</sup>* to receive special pricing.
- I will be asking members to share some ideas for next years Cardiology Technologist Day Contest, as this year we did not have many participants. The goal is to get us all involved and to share our profession with co-workers/public. This year it has been decided there will be only ONE winner with a larger prize.

Can't wait to see you all in Digby! Stay safe and warm!

Lindsay Nicholson, RCT  
CTANS Vice President





## A MESSAGE FROM THE DIRECTOR

Hello Members,

It has been a busy past few months with both the CSCT and CTANS. I have met with the National board for multiday meetings in October and February and met with the Provincial board in December and February. On the national level, lots of changes will be coming...what I can tell you for now is that I am being very vocal as your voice for Nova Scotia and PEI.

Updates I can inform you of now is that the CSCT is working on major revisions of their bylaws. The goal is to have them finished and finalized this year. Once changes are official, the CTANS and other provincial boards will review their bylaws to ensure they align with the nationals.

Some exciting news is that the President of CSCT plans to make an effort to meet members across the country. A lot of members have a disconnect when it comes to what your provincial board requires of you versus the national board requires. There is also a confusion as to what each board does. Crystal, the current CSCT president plans to travel to the provinces AGMs so members can meet her, have a discussion, and answer questions you may have. She will unfortunately not be attending our AGM this May as there is another CSCT meeting that weekend but plans to attend the AGM in May 2023.

The CCC has announced its return to in person this year! The CCC will take place in Ottawa, ON and will offer some virtual seminars for those who cannot attend. The CSCT will return to having their AGM in person alongside the CCC.

The CTANS has worked hard on revising its policies. Policies are now divided into 'Membership policies' and 'Executive Board Policies'. One final meeting on these revisions will take place the end of March at which point they will get posted on the CTANS website and emailed out to all members.

I want to remind members to check out the CTANS website every once in a while, for updates on the home page. I have been adding events as I am made aware of them as CEU opportunities for members and am always willing to take suggestions for improving our website.

The next CSCT meeting I will be attending is in June which will be held in NL over 2-3 days. If you have any questions for me or have anything you want me to discuss in particular at the AGM please reach out to me via email:

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

See everyone in May!

Brittany Marsh, RCT  
CTANS Provincial Director and Technology Director

# REGISTRAR AND TREASURER REPORT

## 2022 Registration is complete

Thank you to everyone for your dues. I hope everyone found the website is user friendly I know I did. The per capita has been sent to CSCT February 2022.

I would like to remind you that the card you print from the website serves as both your CTANS and CSCT card. Cards will not have the new year applied to the card until January 1. You can also download the "Wild Apricot" app and have your card as a digital copy.

Also, you no longer need to send me your registration forms as you will update your information when you register.

Members who would like to change their payment to payroll deduction (permanent employees only) you can email me at [lindsay@ctans.ca](mailto:lindsay@ctans.ca) and I can set that up for you or put you in contact with the Person at Payroll.

## Welcome to our new members

We have had a few transferred in this year from multiple provinces. All information regarding our branch CTANS of the CSCT can be found on our website [www.ctans.ca](http://www.ctans.ca)

## Retirements

I would like to say congratulations to the 5 CTANS members who have retired this year. I hope you have a wonderful retirement and thank you for your hard work and dedicated service. We wish you all the best in your future.

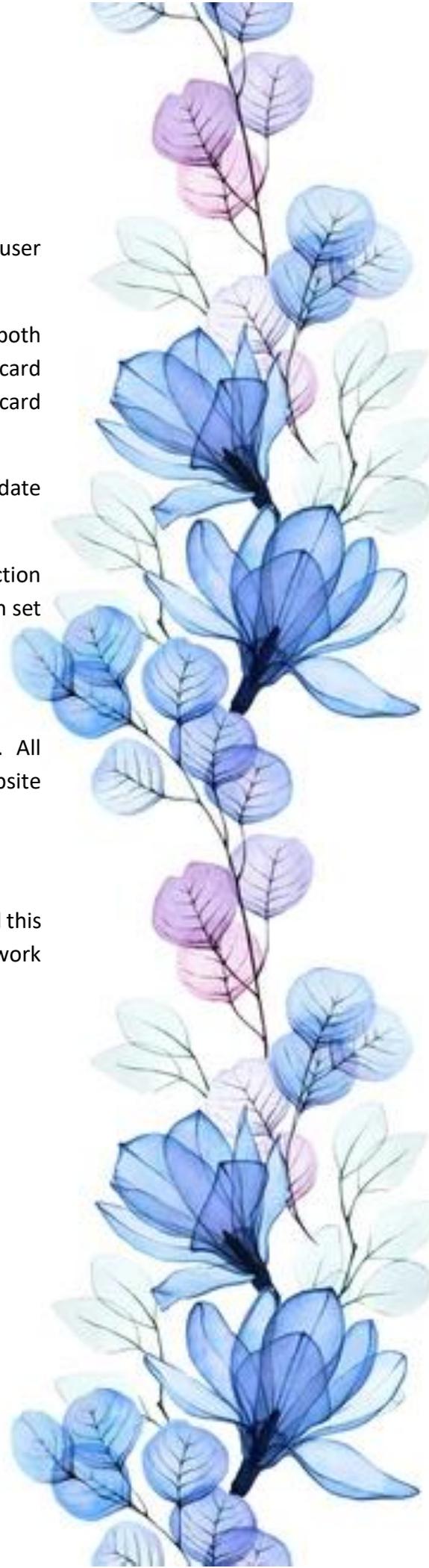
I look forward to seeing all of you at the 2022 AGM (FINALLY)!

Lindsay Phillips, RCT

## CTANS Membership Count

Life Member	1
NS Active	101
NS Inactive	8
PEI Active	7
Students	7

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## EDUCATION/CEU COORDINATOR REPORT

Here we are, in the last year of the 2020-2022 Triennium! This means all CEUs will be due by December 31, 2022. This doesn't mean you need to panic! If you're willing to put in the work, everyone will get their 30 CEUs. You can claim things like CPR/BLS, being a preceptor, attending Grand Rounds, Accadoodle, online Seminars and several other resources and articles on the Internet. The CTANS Facebook page is a great place to check for CEU opportunities that your fellow RCTs share. And, as always, you can reach out to me, or any other board member or co-worker, for ideas.

There is also the upcoming AGM! Your attendance guarantees you at least 5 CEUs and 10 CEUs if you're able to attend both days. This year I will be giving a presentation on CEU Guidelines and how to understand them. I know the CEU Guideline sheet can be difficult to interpret. I plan to breakdown each category and explain what the different submissions are worth. I also give a brief demonstration on how to upload your CEUs and fill out the online CEU Form.

I am here to help, in any way I can, and I will be updating people's CEUs on a more regular basis now that we're in the final year. If you have any questions or concerns, please reach out to me via email ([jaye@ctans.ca](mailto:jaye@ctans.ca)) and I will get back to you within a few days. Please remember to put URGENT in the subject line if it needs my more immediate attention!

### **Additional Information:**

You may hear RCT students talking about their CSCT exam being held by a company called 'Meazure'. Nothing has changed with the exam itself but the company who runs the exam (Yardstick) and the proctoring service it provides (Proctor U) was bought by a larger company 'Meazure' and amalgamated the 2 into one.

I can't wait to see you all in April!

Jaye MacMullin, RCT

CTANS CEU Co-Ordinator /Education Director





# **Provincial Education Day & Annual General Meeting** **Weekend**

**April 30<sup>th</sup> & May 1<sup>st</sup>, 2022**

**Location:** Digby Curling Center, 27 Shreve St., Digby

**Registration fee:** \$20.00 per member (**Deadline April 24<sup>th</sup> on CTANS website**)  
*Registration is important to allow for proper seating and catering arrangements.*

*Indicate any dietary restrictions and/or allergies*

**Breaks & Lunch:** Will be provided on both Saturday and Sunday.

**Prizes:** Each hospital is asked to bring a door prize.

## **Accommodations**

### ***Coastal Inn Digby***

Double room - \$95.00/night +tax

Single room - \$95.00/night +tax

Additional \$10.00 charge for pet friendly rooms.

Call 902-245-4747 or 1-800-401-1155 reference CTANS rate of \$95.00.

*\*Special rates available until April 16, 2022*

### **Digby Pines and Spa**

Twin room (2 single beds) - \$140.00/night +tax

2-bedroom cottage - \$270.00/night +tax (up to two people)

\$300.00/night +tax (3 people)

\$330.00/night +tax (4 people) \*additional \$30.00/extra adult

Call 1-888-619-2508 reference CTANS when booking

*\*Special rates available until April 4, 2022*

# Provincial Education Day

Saturday April 30, 2022

8:30am – 4:30pm

Proposed Agenda and Topics:

Time	Topic/Speaker
8:15-9:00am	Registration
9:30am	New Cardiac Medicine, with Pharmacist
	<b>COFFEE BREAK</b>
11:00am	Recreation for the Heart, with a Certified Therapeutic Recreation Specialist (CTRS)
	<b>LUNCH</b>
12:45pm	Cardiac Exercise and Why it is Important (Demos)
1:30pm	Smoking, Vaping-How it Affects Our Hearts; Cessation of Smoking, Vaping and What Happens, with the Lung Association of Nova Scotia (LANS)
	<b>COFFEE BREAK</b>
3:00pm	Speaker TBA

*Evening Social @ 7:00pm* – Location TBA

**This Event is Scent Free**





## Annual General Meeting

Sunday May 1<sup>st</sup>, 2022  
Registration: **8:30 – 9:15am**

- 1.0** Welcome & Introduction of Executive Members
- 2.0** Attendance
  - 2.1 Proxies
- 3.0** Approval of Agenda
- 4.0** 2021 AGM Minutes – Review and Approval (Alicia)
- 5.0** Business Arising from 2021 AGM Minutes
  - 5.1 Old proxies to be destroyed
  - 5.2 Giving back to the members
  - 5.3 Membership Dues
- 6.0** Reports
  - 6.1 President Report (Tonya)
  - 6.2 Provincial Director Report (Brittany)
  - 6.3 Vice President's Report (Lindsay N)
  - 6.4 Treasurer / Registrar Report (Lindsay P)
  - 6.5 CEU / Education Report (Jaye)
  - 6.6 Webmaster's Report (Brittany)
  - 6.7 Legislation / Bylaws (Tonya)
- 7.0** New Business
  - 7.1 Policies (Brittany)
- 8.0** Elections
  - 8.1 Technology Director
- 9.0** Open Discussion
- 10.0** Next AGM & Education Day: Tentative Date: May 6<sup>th</sup> & 7<sup>th</sup>, 2023, PEI
- 11.0** Motion to Adjourn AGM



## PROXY FORM

Cardiology Technologists Association of Nova  
Scotia Annual General Meeting held May 1<sup>st</sup>,  
2022.

I, (name), (CTANS #) \_\_\_\_\_ being a member in good standing of the Canadian Society of Cardiology Technologists (CSCT) who is entitled to attend and vote, hereby appoint the chair of the meeting or the name provided here: \_\_\_\_\_ to act as my proxy at the meeting on my behalf and vote in accordance with the following directions.

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

Ordinary Business	For	Against
<b>Item A: Approval of the Agenda</b> Motion to approve the Agenda for the current AGM, as circulated.		
<b>Item B: Approval of Minutes 2021 AGM</b> Motion to approve the Minutes of the 2021 AGM, as circulated.		
<b>Item C: Destruction of 2021 AGM Proxies</b> Motion to destroy the 2021 AGM Proxies		
<b>Item D: Election for Technology Director for a term ending at the AGM in 2023.</b> Select FOR unless you wish to abstain from this vote.		
Brittany Marsh		
<b>Item E: Any other matters that may properly arise at the AGM.</b> Choose FOR for either Option A or Option B.		
<b>Option A:</b> 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.		
<b>Option B:</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. Proxies are to be forwarded to the Registrar (lindsay@ctans.ca) by April 28th, 2022, or brought to meeting and presented at registration.**

Signature of Voting Member: \_\_\_\_\_ Date: \_\_\_\_\_