

# e-LABorate

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## PRESIDENT'S MESSAGE BEYOND THE LAB

**Galina Dronova, MS, MLS(ASCP)**  
ASCLS-MN President  
Clinical Laboratory Development  
Specialist, M Health Fairview



For many of us it's that time of year... Performance reviews. Added to inspections, proficiency surveys, and certification renewals, our value as medical laboratory professionals is constantly being e-value-ated. As it should be, considering the high stakes of delivering critical results that guide clinical decisions. We, like the rest of healthcare professions, are called to show up 100% for our patients and the gravity of the work we do can create a space where our profession consumes our identity. I am here to remind you: **your inherent value extends far beyond the confines of the lab, the accolades of an annual performance review, or the professional organization you belong to.**

When meeting someone new, one of the first questions asked is "What do you do?", as if the person's profession offers a shortcut to understand who the new person is. The danger is after enough times of being asked this, it's easy to start entangling self-worth with professional achievements. It is important and necessary to hold pride for your profession, advocate for it, and involve yourself deeply in the community. However, these are all just parts.

Your call to action this month: if you're finding yourself extra stressed and are bringing your work home a little more than usual, take a moment to re-establish some internal boundaries between your personal and professional life. Give yourself the grace to switch off from work mode and redirect attention to parts of you that rejuvenate your spirit, fuel your creativity, and remind you that **you are more than the work you do.**

## Up-coming Events:

April 4-5

Clinical Laboratory Collaborative

April 14-20

Medical Laboratory Professionals Week

Visit the ASCLS MN Facebook page  
for event information

<https://www.facebook.com/ascls.mn/>

NEW PODCAST  
EPISODE

24 NOVEMBER 2023

Tales from  
the Bench

[ascls.org/offthebench](https://ascls.org/offthebench)



Episode sponsored by:



**"ALMOST EVERYTHING WILL  
WORK AGAIN IF YOU  
UNPLUG IT FOR A FEW  
MINUTES, INCLUDING YOU"  
ANNE LAMOTT**

Be proud of your work, advocate for the profession, but remember that your value is not how many slides you count a day, how many dilutions you perform, or how many specimens you hemolyze on the Hemolyzer 3000 (I kid!). Your value is simply your existence on this planet, with not only your professional achievements, but also life stories, complexities, silly jokes, and moments of joy that have nothing to do with assessing your contribution to society. And if you are retired, remember that unlike an opened bottle of reconstituted QC, your value does not have an expiration date.

Galina Dronova, MLS (ASCP)  
ASCLS-MN 2023-24 President



## Clinical Laboratory Collaborative

Charlotte Romain, MLS(ASCP)

The annual Clinical Laboratory Collaborative (CLC) Meeting is a highlight for Minnesota laboratorians. This year's meeting is back in Minneapolis at the DoubleTree by Hilton in Bloomington. The meeting is a two-day meeting packed with inspirational keynotes and valuable continuing education to keep everyone up to date with what is new and noteworthy in laboratory medicine.

Friday's **keynote speaker** is an inspirational speaker who uses his story of recovery from COVID-19 to guide and motivate. His journey took him from a ventilator and ECMO to an Ironman finish line just 14 months later.

The annual **silent auction** to raise money for student scholarships will take place over the course of the two days and end on Friday at 1:30 pm. Be sure to bid early and often! The future of our profession depends on our students!!

There will again be an **exhibit hall**. We are so grateful to our vendors for their support. Without their support we could not continue to have this meeting. There will be a social in the vendor hall on Thursday after the last session. We encourage everyone to stay and let our vendors know how much we appreciate them.

Here is a peak at the rest of the program. The program is still being finalized and there may be changes from what you see here!

**[REGISTER TODAY!!](#)**

YOU CAN ALSO SEE MORE DETAILS ON THE  
ASCLS-MN WEBSITE AT: [ASCLSMN.ORG](https://www.asclsmn.org)



## Thursday, April 4<sup>th</sup>, 2024 (Student Day)

7:00-8:15 AM	<b>Registration (Lobby) and Educators Breakfast</b>			
8:15-9:30 AM	<b>Keynote Address (K1)</b> Patty Eschlimann			
<b>Location</b>	<b>Room</b>	<b>Room</b>	<b>Room</b>	<b>Room</b>
9:45 – 10:45 AM heme General BB Chem	<b>Session 1</b> Dr Tim Miley	<b>Session 2</b> Ben O'Donnell "Compassionate Leadership and Mentorship"	<b>Session 3</b> Dr. Jed Gorlin Prehospital Transfusion/Whole Blood	<b>Session 4</b> Dinah Rauenhurst "Calibration Verification / Linearity"
11:00 AM – 12:00 PM micro General x 2 coag	<b>Session 5</b> Sarah Elliot "Candida auris infection"	<b>Session 6</b> Louise and Lorna Certification Preparation	<b>Session 7</b> Samuel Siporin Coag (heme)	<b>Session 8</b> Blood Bank
12:00 – 1:00 PM	<b>Lunch ASCLS</b>			
1:00 – 2:00 PM	<b>Exhibits and Dessert</b>			
2:00 - 3:00 PM General x 2 Micro Chem	<b>Session 9</b> Ali Nussbaum Imposter Syndrome	<b>Session 10</b> Jeana Houseman Accreditation 101	<b>Session 11</b> Margret Oethinger Clinical Cases in Molecular	<b>Session 12</b> Danni Li Gestational Diabetes
3:15-4:15 PM Ethics? General Micro	<b>Session 13</b> Amber Volk Polygenic Risk Scores	<b>Session 14</b> Patty Eschlimann "Why Can't We All Just Get Along?"	<b>Session 15</b> Justin Johnson Government Affairs	<b>Session 16</b> Dr. Norman Moore "The Great Pandemics of History"
4:15PM – 6:15PM	<b>Social and Exhibits</b>			

## Friday, April 5<sup>th</sup>, 2024

7:00-8:00 AM	<b>Registration and Continental Breakfast</b>			
8:00-9:15 AM	<b>AMT Breakfast</b>			
8:00-9:15 AM	<b>Keynote Address (K2)</b> Ben O'Donnell			
9:15 AM – 10:00 AM	<b>Exhibits</b>			
<b>Location</b>	<b>Room</b>	<b>Room</b>	<b>Room</b>	<b>Room</b>
10 AM-11 AM Chem BB Heme Micro	<b>Session 17</b> Jim Giles TROUBLESHOOTING 101: FINDING YOUR WAY WHEN THINGS GO WRONG	<b>Session 18</b> Penn Muluhngwi Histocompatibility for Platelet Transfusion Support	<b>Session 19</b> Amy Beckman Flow Cytometry for Pediatric Acute Leukemia	<b>Session 20</b> Dr. Norman Moore Micro "Molecular Testing at Point of Care"
11:15 AM-12:15 PM Micro Heme Ethics Chem	<b>Session 21</b> Mel Anacker "Unraveling an NDM Outbreak in Canines Using Sequencing"	<b>Session 22</b> Dr. Jeffrey Vos HIT	<b>Session 23</b> "Jina Forys Modern Negotiation Strategies for Laboratory Professionals"	<b>Session 24</b> Dr. Anthony Killeen "The Laboratory Medicine of Bariatric Surgery"
12:15 – 2:00 PM	<b>Lunch and Exhibits</b> <b>ASCP Lunch</b> <b>(Lunch 12:15-1:15 / Exhibit and Dessert 1:15-2:00)</b> <b>Silent Auction ends at 1:30 p.m.</b>			
2:00-3:00 PM General x 3 Chem	<b>Session 25</b> Michelle Dolan Current Status of HER2 Testing in Breast Cancer Genetics	<b>Session 26</b> Jennifer Brown, PhD "Exploring the Clinical Significance of Cannabis- Related Drug Interactions"	<b>Session 27</b> Ali Nussbaum Project Management for the bench level tech	<b>Session 28</b> Jim Giles "Plan Do Check Act - Using the Deming Cycle for Lab QA and Regulatory Preparedness"
3:15 - 4:15 PM General x 2 Safety	<b>Session 29</b> Betsy Hirsch Imprinting in Human Disease	<b>Session 30</b> Jill Hill "Fire Drill Fails, Suspicious Shoes, and Influential Incident Reports"	<b>Session 31</b> Cody Cox "Social Media, Pseudoscience, and impact on lab"	<b>Session 32</b> Blood Bank Dr Wen Lu



## ASCLS-MN Proposed Bylaws Changes

Kathy Hansen, MLS(ASCP)

A thorough review of the ASCLS-MN Bylaws was prompted by concerns about unfilled positions on our Board of Directors, which made it difficult for the board meetings to have the quorum needed to conduct official business and pass motions. During the review of the bylaws, a number of other minor updates were identified.

The proposal to remedy the issue of vacant board positions is to reduce the number of areas in Minnesota from five to three. A map of the proposed areas is included (below). Some of the previous five areas have not been represented by any directors in recent years. The Board will then consist of the officers plus six area directors, all of whom will be voting members. The size of a quorum for board meetings is being proposed to be the presiding officer (president or president-elect) plus five other Board members.

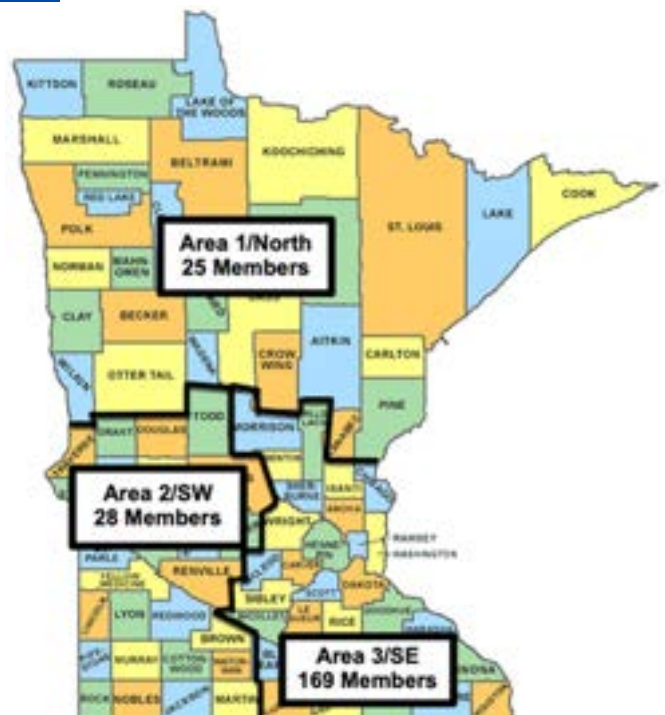
In addition to the changes affecting the Board of Directors, the quorum for business meeting(s) of ASCLS-MN is being proposed to change from 35 to 25 members.

The proposed changes were submitted to the national ASCLS Bylaws Committee for their review, which has been completed. They made several suggestions for improvement, mostly editorial in nature. A complete version showing changes is attached. See link below for the drafted changes.

The bylaws changes will be presented at the annual ASCLS-MN Membership meeting on Thursday, April 4th for review and approval.

Please direct any questions to Kathy Hansen, ASCLS-MN Bylaws Chair at [hanse156@umn.edu](mailto:hanse156@umn.edu)

Link: [Proposed Bylaws](#)



Update



3-D BARCODE TO PROPOSED BYLAWS

## Call for Nominations

**Charlotte Romain, MLS(ASCP)**

Spring is right around the corner! With spring comes the Clinical Laboratory Collaborative and our ASCLS-MN Annual Membership Meeting. Come have lunch with us and hear what we have been up to this year both in Minnesota and Nationally. You do not need to pre-register for the ASCLS lunch, just join us! There will be signs at the event on Thursday letting you know where to go.

During the Spring Membership Meeting we will be holding our annual elections for our state board members and delegates for the national House of Delegates that will be held in conjunction with the ASCLS Joint Annual Meeting in June.

If you are interested in getting more involved with ASCLS-MN please contact our current President, Galina Dronova (drona002@umn.edu) or you can contact anyone on the current Board. You can find the contact information for board members here: [ASCLS MN Leadership](#)

We have several positions open both on the ASCLS-MN Board and various committees.

Board positions are elected positions:

- President-Elect
- Area Directors
- Delegates (up to 6 positions - we will know the actual number in mid-May when we get our membership numbers from National).

Committee positions are appointed positions. Open positions include:

- Webmaster
- Developing Professional (formerly Student Forum Chair)
- Ascending Professional
- Other positions

There are so many ways you can help with the mission of our society. Contact one of us and we can help you decide what would be the best fit for you!

You can find more information about the open positions on the ASCLSMN website: [ASCLS-MN Job Descriptions](#)



**Save the date for JAM 2024!**

**July 8 - 12, 2024 | Pittsburgh, PA**

**Registration will open in March 2024.**



**Early Bird Registration Is Open!**

THE 2024 GREAT LABORATORY GET TOGETHER

**CLINICAL LABORATORY COLLABORATIVE**

April 4-5, 2024  
DoubleTree by Hilton  
Bloomington, MN

**Thursday, April 4th is STUDENT DAY!**

- Join other students for BOC prep!
- Educators Breakfast

Early bird student registration is just \$30!

Professional Growth



APRIL 14-20, 2024  
9th Annual  
**LAB WEEK RUN**  
Presented by the American Society for Clinical Laboratory Science

Registration is now open for the 2024 Lab Week Run! Take part in this virtual 5K during Medical Laboratory Professionals Week. Step out of the lab and into your communities to help spread the word about the Medical Laboratory Profession.

**Registration Rates:**

Early Bird Rate (by Feb 15): \$30

Regular Rate (Feb 16 - April or when sold out): \$35

Group Rate: Receive a \$5 discount per medal for quantities of 5 or more

All proceeds support ASCLS new professionals and students with scholarships to attend ASCLS meetings, advocate for the profession, and become future leaders in the field. Race packets, which include a one-of-a-kind finisher medal and race bib, will begin shipping out in early February.

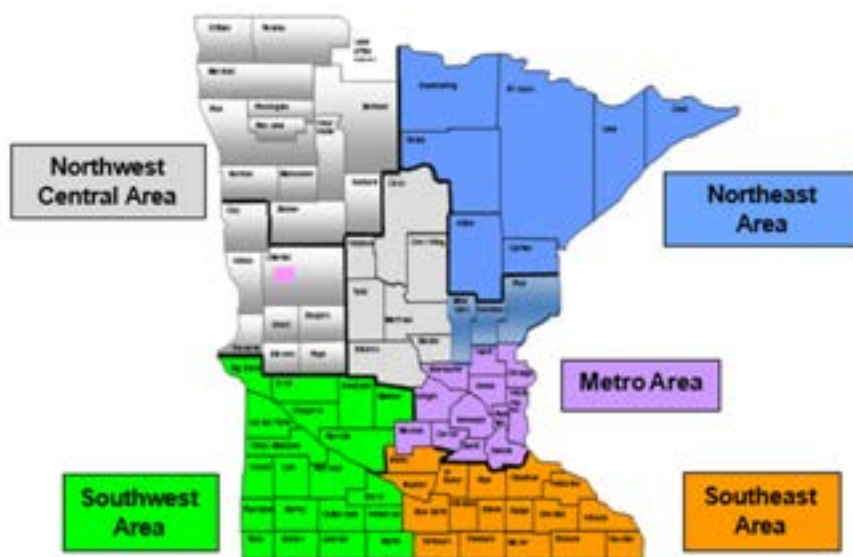
Download the 2024 Lab Week Run flyer and help spread the word to colleagues, friends, and family.



# ASCLS-MN BOARD MEMBERS 2023-2024

President: Galina Dronova  
President-Elect: Kelsi Steffen  
Past-President: Charlotte Romain  
Secretary: Austin Korczak  
Treasurer: Tami Alpaugh  
Ascending Professional Forum Chair: Justin Johnson  
Developing Professional Forum Chair: Gabrielle Burk  
Area Directors:

- Northeast - Mary Rauvola / Kelsi Steffen
- Northwest/Central - Open / Open
- Metro – Tori Contreras / Austin Korczak
- Southeast - Open / Open
- Southwest - Open / Open



## A Word from the Editor:

Deb Rodahl (drodahl@outlook.com)

If you have any comments, suggestions, or would like to contribute an article to the newsletter, please feel free to reach out!

## For More Information Visit:

<https://www.asclsmn.org>

<http://www.regionvascls.online>

[www.ascls.org](http://www.ascls.org)

[facebook.com/ascls.mn](https://facebook.com/ascls.mn)

## ASCLS MINNESOTA MISSION STATEMENT

THE MISSION OF THE AMERICAN SOCIETY FOR CLINICAL LABORATORY SCIENCE - MINNESOTA (ASCLS-MN) IS TO PROMOTE THE PROFESSION OF CLINICAL LABORATORY SCIENCE IN MINNESOTA AND PROVIDE BENEFICIAL SERVICES TO THOSE WHO PRACTICE IT.

THE SOCIETY IS COMMITTED TO:

PROMOTING HIGH STANDARDS IN CLINICAL LABORATORY PRACTICE, EDUCATION, AND RESEARCH.

ELEVATING THE PROFESSIONAL STATUS OF THOSE PRACTICING CLINICAL LABORATORY SCIENCE THROUGH PUBLIC ADVOCACY.

PROMOTING MUTUAL UNDERSTANDING, COOPERATION AND NETWORKING BETWEEN CLINICAL LABORATORY SCIENCE PROFESSIONALS, PHYSICIANS, AND ALL OTHERS WHO ARE EMPLOYED IN THE INTEREST OF INDIVIDUAL AND PUBLIC HEALTH.

PROVIDING AND SUPPORTING CONTINUING EDUCATION OPPORTUNITIES FOR PRACTITIONERS AT ALL LEVELS.

## ASCLS MINNESOTA VISION STATEMENT

THE AMERICAN SOCIETY FOR CLINICAL LABORATORY SCIENCE - MINNESOTA (ASCLS-MN), THE STATE'S CONSTITUENT SOCIETY OF THE AMERICAN SOCIETY FOR CLINICAL LABORATORY SCIENCE (ASCLS), AS THE PREMIERE ORGANIZATION FOR CLINICAL LABORATORY SCIENCE PRACTITIONERS.