

# STORIES

of Quality Patient Care



THE AMERICAN REGISTRY  
OF RADIOLOGIC  
TECHNOLOGISTS®

# STORIES of Quality Patient Care

You may recognize the image on the cover of this issue of *Stories of Quality Patient Care*. It's *The Vitruvian Man*, created by Leonardo da Vinci more than 500 years ago. A remarkable artist, Leonardo also was captivated by the complexities of the human body.

Similarly, as an R.T. you're also an artist. You're skilled in executing procedures, endlessly fascinated by the human body, and devoted to providing compassionate care. Those skills are the basis of your profession and of this magazine. We created *Stories* to share just a fraction of the good work R.T.s are doing—and to pay tribute to your contributions.

Page through this issue, and read how R.T.s like you are sharing their “art” with countless patients who depend on you for safe, effective care.

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THE  
GOLD  
STANDARD  
IN  
PATIENT  
CARE



Robert Ponce and Chris Ponce are both R.T.s in a family where helping others—often in the field of health care—is valued.

“We motivate one another,” Chris says, “providing health care based on the strong values our family possesses. I was never told I had to go into health care, but I’m passionate about caring for all and contributing to the growth and development of our field.”

# Like Father, Like Son

## Robert and Chris Ponce Share More Than Family Ties.

Two sports injuries, a quarter-century apart, helped to bring Robert Ponce and his son, Chris Ponce, together. So close together, in fact, that they now spend their days within 50 feet of each other.

“I’m right down the hall from him,” Chris explains.

That’s because both work at Mercy Hospital in Joplin, Missouri, as R.T.s. Robert performs MRIs, while Chris focuses on Computed Tomography (CT) scans. Both hold multiple credentials from ARRT—Robert in Radiography, CT, and MRI, and Chris in Radiography and CT.

But their parallel careers might not have happened without those two ill-timed injuries—and a family interest in health care.



### Helping People Who Are Sick or Hurting

The two are part of an extended family of health care providers. Chris’ maternal grandparents were both registered nurses. His mother is a Veterans Affairs nurse, and cousins work as nurses, nurse practitioners, paramedics, mobile X-ray technologists, and catheter lab technologists. His youngest brother hopes to pursue a career as a nurse anesthetist.

“Our family has always believed in helping the poor and hungry, as well as the sick and hurting,” Chris says, “so it makes sense that a lot of us picked occupations that best fit those qualities.”

Robert, however, didn’t start out with health care in mind. In the early 1990s, he was bound for college on a cross-country running scholarship when he experienced a career-ending injury. Unsure of what his future held, he recalls talking with a friend who’d enrolled in the radiography program at Labette Community College in Parsons, Kansas.

“The things he was doing really interested me,” Robert says. “I got into the program the next year, and I’ve enjoyed it for 25 years.”

### Growing Up at the Hospital

Robert spent most of his career at Labette Health in Parsons, Kansas, working in Radiography, CT, and MRI. Sometimes, he’d be called in to work while he was out with his children. “I’d tell them to have a seat, and they’d watch while I worked,” Robert recalls.

Chris says he “basically grew up” at the hospital. “I’d spend time there after school as my dad finished his shift,” he says. “I remember watching him take care of patients. He always offered kind words and a smile. I knew I wanted to provide the same comfort for people someday.”

Through high school, though, that “someday” wasn’t at the top of Chris’ mind. “I wasn’t a terrible student, but I was more into sports,” he says. “I hoped to play football at Pittsburg State University in Kansas. I didn’t put as much time into my studies as I should have.”

During his senior year, Chris experienced his own career-ending injury. “After that, I set a goal to get into radiography school as soon as possible,” he says. “I couldn’t see myself in any field other than health care.” He hoped, like his father, to attend Labette Community College.

The decision surprised Robert, who served as a Clinical Instructor at the community college in addition to working at Labette Health. “I was taken aback when he told me,” Robert recalls.

“I said, ‘You’re going to have to get better grades than you were getting in high school.’ I’d seen a lot of people fail this program.”

**“MY LIFE STEMS FROM WATCHING MY DAD,” CHRIS SAYS. “I LEAVE WORK EVERY DAY FEELING ETHICALLY AND MORALLY SATISFIED, AND HE DOES, TOO.”**

### Developing Their Careers Together

At that point, father and son combined forces. “I’d quiz him every night,” Robert remembers. “We’d go over things he didn’t understand. Soon I was holding adult conversations with him, talking about diseases and pathology and anatomy.” And the efforts paid off. “He surprised me by earning straight A’s,” Robert says. “He was one of the top students in his class.”

After Chris finished his program and earned his first ARRT credential, he took a job at Mercy Hospital and began encouraging his father to join him. “You get to a point in your career where you think you aren’t going to take another job,” Robert says. After listening to Chris describe his daily work, though, he changed his mind. Because Mercy is a larger hospital than Labette, it offers a wider-reaching continuum of care.

“I moved to Mercy because of my son,” Robert says. “I would hear the excitement in his voice, and I thought it would be nice to see the things he was talking about.” In his new position, Robert performs both initial and advanced-care scans. “I get to see how they’re doing and do more within my modality,” he says.

He also gets to watch his son progress. In addition to having earned his two ARRT credentials, Chris will soon complete his bachelor’s degree.

Chris, similarly, enjoys his proximity to Robert. “My life stems from watching my dad,” Chris says. “I leave work every day feeling ethically and morally satisfied, and he does, too. It’s amazing that we can potentially save or improve lives through the tests and procedures that we do.” 🌿



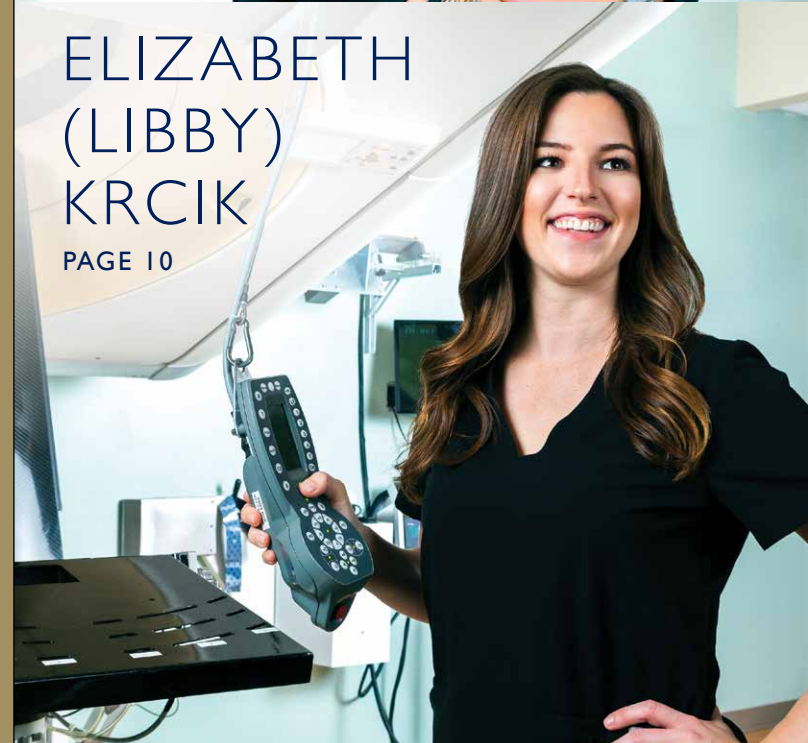
# I AM THE GOLD STANDARD



LIBERTY  
ADAIR  
PAGE 8



ELIZABETH  
(LIBBY)  
KRCIK  
PAGE 10







DENISE  
YOST  
PAGE 12



## Watch for 2019's *I Am the Gold Standard* Awards

Congratulations to Liberty Adair, Libby Krcik, and Denise Yost—winners of our most recent *I Am the Gold Standard* awards. These three R.T.s consistently demonstrate excellence at work and in the community.

Our program spotlights R.T.s who meet one or more of these criteria:

-  Directing or significantly contributing to research that measurably improves patient care
-  Consistently providing stellar patient experiences that exceed expectations
-  Leading efforts that result in measurable improvements in patient care
-  Heading volunteer efforts or achieving significant accomplishments while volunteering

We'll request nominations for our next *I Am the Gold Standard* awards later in 2019. Watch your online ARRT account, our Facebook page, and our website for more information.



Liberty Adair nominated herself for the *I Am the Gold Standard* award because, she says, “Not everyone knows what we do in my profession. I enjoy being a leader, and I thought it would be a big honor to bring a national award like this back to Hillcrest.”

**LIBERTY ADAIR**  
MHA, MSRS, R.T.(R)(ARRT), LVN

Imaging Center Supervisor  
Baylor Scott & White Medical Center – Hillcrest;  
Waco, Texas

# Education and Bone Density

*“The more you know, the more you know how much you don’t know.”*

Although Liberty Adair has been an R.T. for more than 18 years, she’s as interested in education today as she was when she started college.

“Back then, I didn’t have a calling,” she says. She started out in nursing school but developed an interest in radiography while waiting for the results of her boards. “I thought it sounded cool to X-ray people’s bones,” she recalls.

After passing her state nursing boards, Adair earned a bachelor of science degree in radiologic sciences and gained an ARRT credential in Radiography. “I decided to be an X-ray tech full-time, and I left nursing,” she explains, noting that she joined Hillcrest Imaging Center and has been there ever since. She earned two master’s degrees: one in radiologic sciences and one in health care administration. And she’s not done yet.

Adair expects to complete her doctorate in health care administration within the next year, then pursue an ARRT credential in Bone Densitometry. “Education is important,” she says. “It’s good to learn more about your career.”

## Teaching Students About Radiography

Adair’s love of education isn’t limited to learning—she also enjoys teaching others. Her volunteer educational efforts helped her become one of this year’s *I Am the Gold Standard* winners.

To promote her profession, Adair visits schools and career fairs, explaining what R.T.s do and how X-rays work. “I like teaching younger kids,” she says. “In eighth grade, kids pick a path at our career fairs. If they choose health care, I let them know there are options beyond nursing or medical school.”

Adair says students are especially interested in X-rays. “I put up real X-rays on a viewing box, with all personal identification eliminated,” she says. “The kids like hearing the stories—that this person had a car wreck, this one broke his neck. I explain what the X-rays showed and how the doctor planned the patient’s care. That really intrigues the students.”

In addition, Adair helps oversee the performance of students in McLennan Community College’s radiologic technology program. “Helping ensure that they’re up to date on changes in the profession—and on the proper way to do things—is something I enjoy,” she says.

She also mentors those students regarding further levels of education. “When they want to go beyond an associate degree, I guide them to appropriate schools nearby,” she says.

## Promoting the Importance of Bone Health

When Adair isn’t presenting about her profession, she’s teaching audiences about bone health. She volunteers with American Bone Health at events in nursing homes, in assisted living communities, and at programs for people who have disabilities. She also staffs an annual community health and wellness fair, where she promotes bone density and teaches attendees about osteoporosis.

“Liberty is an expert in osteoporosis education,” says Alan Luker, Director of Marketing at Hillcrest. “She goes to extreme measures to ensure her educational materials are both meaningful and aesthetically polished. She’s patient and kind, yet confident and credible.”

Adair teaches people how to improve bone strength. “For example, if you take calcium, you also have to take vitamin D,” she says. “And you can only absorb about 500 to 600 milligrams of calcium at one time, so if you’re taking 1,000 milligrams or more, you should split up your dose.” She shows them exercises to strengthen bones and explains how bone densitometry can spot potential problems.

Sometimes attendees complete bone density questionnaires. “Then I sit down with them one-on-one and explain why they should follow up with a doctor,” she says. “Perhaps they need supplements, or they need to be extra careful not to fall. It’s amazing to know I might be preventing an elderly person from fracturing a hip.”

“I LIKE TEACHING YOUNGER KIDS. IN EIGHTH GRADE, KIDS PICK A PATH AT OUR CAREER FAIRS. IF THEY CHOOSE HEALTH CARE, I LET THEM KNOW THERE ARE OPTIONS BEYOND NURSING OR MEDICAL SCHOOL.”

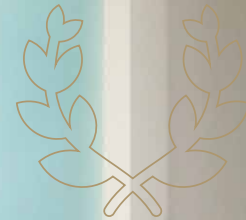
## Does a “Little Bit of Everything”

At work, Adair provides direct patient care and supervises imaging center staff. “I do a little bit of everything,” she says. “I started out taking X-rays in the emergency room. Now I see outpatients who are having follow-up visits after cancer or trauma. I get to see them grow, heal and progress.”

Outside of work, Adair has published articles in the journal of AHRA, The Association for Medical Imaging Management, and she’s working toward becoming a Fellow with the American College of Healthcare Executives. Her doctoral dissertation focuses on collaboration among hospitals and doctors to prevent fragility fractures. She’s also married with three children.

Adair used her *Gold Standard* prize to attend the American College of Healthcare Executives Congress. “I learned what other organizations are doing to decrease emergency room visits, collaborate with the community, and keep costs down,” she says. “It was a once-in-a-lifetime opportunity.”





ELIZABETH (LIBBY) KRCIK

B.S., R.T.(T)(ARRT)

Radiation Therapist  
Mercy Hospital, Chicago

# Research and Cancer Care

One of the projects that helped Libby Krcik win an *I Am the Gold Standard* award involved this vertical CT scanner, the only such device currently used in clinical settings in the United States. “I wanted others to know how we brought a new procedure into our clinic,” Krcik says. She presented research on the scanner at the ASRT Radiation Therapy Conference in September 2017.



*“I’ve been a therapist for two years, and it hasn’t felt like work.”*

Elizabeth (Libby) Krcik’s resume reads like that of someone who’s been working as an R.T. for decades. She’s provided top-notch patient care, researched treatment effects, helped devise a new scanning procedure, published articles, and spoken at regional and national conventions.

And she’s done it all since 2016, when she graduated from the University of Wisconsin – La Crosse, earned her Radiation Therapy credential, and started her career.

“I couldn’t be prouder of such a bright young woman,” says Andrea Bartels, R.T.(R)(T)(ARRT), the former co-worker who nominated Krcik for an *I Am the Gold Standard* award. “From her patient care to her creative intelligence, she’ll continue to be the Gold Standard—not just this year, but for years to come.”

## Research Interest Began Early

During Krcik’s senior year in high school, her grandfather and a friend died from cancer. “That convinced me I wanted to be in the medical field,” she recalls. “I like math and science, and I had done some observation in a clinic. When I chose a college, I picked one that had Radiation Therapy as a bachelor’s program.”

Krcik’s senior college project was a literature review on combining radiation therapy with an immunotherapy drug. “I had such an enjoyable time writing the article that I wanted to publish it,” she says. “I loved the feeling of accomplishment from

seeing my name as author, and I knew research was something I would continue throughout my career.” The article appeared in the *Journal of Radiation Therapy* in fall 2017.

As a student, Krcik observed for a week at the Northwestern Medicine Chicago Proton Center. She took a position as Radiation Therapist there shortly after graduation. “They said, ‘If you like research, we have a lot of opportunities,’” she said. “And I thought it would be great to learn about proton therapy. It’s a newer technology that conforms more to a patient’s tumor. It’s very precise.”

## Helping Devise Procedures, Analyze Treatments

At the Proton Center, Krcik cared for patients undergoing cancer treatments. And she immediately became involved in two research projects. The first involved new technology: a vertical CT scanner. It enables patients who need lung cancer treatments to sit upright during scans. That positioning is important, because patients receive radiation therapy while sitting upright. An upright scan before treatment helps doctors create a more accurate radiation delivery plan.

A team of therapists and medical physicists had begun working on an immobilization device for the chair, so that patients would be aligned in the same position each time they returned for treatment. The team first tested a seat that caused patients some discomfort and allowed them to change position. Krcik suggested using an Alpha Cradle seat for more stability. She designed it to resemble a saddle, with high walls so patients could rest their elbows on the sides. “It allows them to sit comfortably and helps keep their rib cage in one place,” she explains.

Her second project was a retrospective study of data the Proton Center had collected on men who had prostate cancer. Working with a small team of colleagues, Krcik created and presented a study showing that proton therapy is safe and effective for men with all sizes of prostates. “I’m excited that my work might help a man decide what kind of treatment he wants,” she says, “and that it might help an insurance company understand that proton therapy is safe and effective.”

## Focusing on Patient Care

Last year, Krcik moved to Mercy Hospital in Chicago. Despite her professional interest in proton therapy, she says, “I wanted to get back to conventional radiation, so I wouldn’t lose those skills.” The move also let the recently engaged Krcik work closer to home.

Throughout her career, Krcik says, she has enjoyed getting to know her patients. “I take time to explain what will happen each day,” she says. “I memorize things, like which patient likes which music during their treatment. It’s extremely rewarding when you know you’ve helped someone through one of the worst things in their lives.” Patients notice Krcik’s manner—what Bartels calls her “calm attitude and friendly spirit.” One patient recently remarked, “The whole team was good. Libby was exceptional.”

Last fall, Krcik used her *I Am the Gold Standard* award to attend the Health Quality Institute Conference, which focused on safety and quality improvement in health care. “Patient safety is huge,” Krcik says. “The conference gave extremely useful information about revamping departments to make them safer and more effective.”

Outside work, Krcik volunteers with Chicago Area Radiation Therapists, planning quarterly conferences that offer educational and networking opportunities. Although she has no research projects underway at present, she expects to do more in the future. “I’m sure I’ll find something,” she says. “Learning, then sharing information with other therapists, is important to me.” 🌿





Denise Yost isn't satisfied with a college degree and four ARRT credentials. She recently began work on a master's degree in health administration from Purdue Global University. "I'm always looking for something new to learn," she says. "No matter what, I want to be the best I can be for my patients and my co-workers."



**DENISE YOST**  
B.S., R.T.(R)(M)(QM)(BS)(ARRT)  
Breast Imaging Specialist  
Lawrence and Memorial Hospital, Yale New Haven  
Healthcare; New London, Connecticut

# Learning and Breast Imaging

*"I love knowing that we save lives with early detection."*

Denise Yost still hasn't X-rayed a mummy—but the idea, ignited by one of her professors, is what propelled her to a career in imaging.

Yost attended Quinnipiac University in Hamden, Connecticut. She didn't start with a major in mind, but in researching her options, Yost says, "I read that one of the department heads X-rayed mummies. It sounded fascinating."

She ultimately graduated with a bachelor of science degree in radiologic sciences and diagnostic imaging, after completing a program that she says went far beyond hospital exams. "My school even incorporated veterinary radiology," she recalls. "I learned about all the ways X-ray could be used." Yost earned her ARRT credential in Radiography immediately after graduation.

She cites two professors—Gerald Conlogue and Bill Hennessey—for their effect on her career. "They got me started on being intense and doing the best I can," she says.



## A Spokesperson for Breast Imaging

Her urge to excel made Yost one of this year's *I Am the Gold Standard* winners. She nominated herself, she says, after being impressed with the award's first winners in 2017. "I didn't think I would win," she says. "But I felt I was a typical example of many R.T.s, and I thought I'd write about it."

It turns out that Yost isn't exactly typical. In New London, Connecticut, she's become an unofficial spokesperson for breast imaging. Besides working as a Breast Imaging Specialist at Lawrence and Memorial (L&M) Hospital, a part of Yale New Haven Healthcare, she volunteers at up to eight outreach programs a year. She staffs tables at events and talks to women about why mammography is so important. "Sometimes they haven't been seen in 10 years because their last mammogram hurt so badly," Yost says. "I tell them to make an appointment with me. When they do, and leave saying, 'That wasn't so bad; I'll be back,' I know that appointment might have been a lifesaver."

L&M uses Yost's photo in billboards, advertisements, and posters promoting its services. Because of that, she has become one of the most familiar health-care providers in her community. "People recognize me all the time," she says. "A couple came in with my picture from the newspaper and asked to have me work with them."

## Putting People at Ease

Yost started her career at Westerly Hospital in Rhode Island, where she spent two years helping to create the organization's bone density department, worked in the mammography and X-ray departments, and earned her ARRT Mammography credential. She then moved to Westerly's sister hospital, L&M, where she's been ever since, earning ARRT credentials in Quality Management and Breast Sonography along the way.

She performs screening and diagnostic mammograms, guided biopsies, and breast ultrasounds. Often, she'll see a woman multiple times during diagnosis and treatment. "Our team prides ourselves on offering continuity of care," Yost says. "There's great satisfaction in making women emotionally comfortable during an emotional ordeal." Yost has received many thank-you letters from her patients, including one that resulted in a patient experience award from her employer.

Colleen Cochrane, R.T.(R)(M)(ARRT), L&M's Manager of Breast Imaging, has known Yost since high school. She says Yost's greatest strength is her ability to put patients at ease. "She's great at explaining things, especially to people who are nervous," Cochrane says. "Denise loves what she does, and it shows."

## Taking On Multiple Projects

Yost also volunteers as Lead Quality Control Technologist for both L&M and Westerly, helping the organizations prepare for exhaustive annual inspections by the Food and Drug Administration. She recalls her first year on Westerly's team as one of the largest—and most rewarding—projects she's ever tackled.

"Westerly had lost its project supervisor and called me in to lead the project," Yost recalls. "I had two months to complete it, in a place where I don't work. Luckily, I love a good project." She worked evenings and weekends, traveling 45 minutes after working her regular full-time job. "I couldn't have done it without the help of everyone at Westerly," she says. "They passed with flying colors!"

Yost's other volunteer activities include serving on L&M's intradepartmental committee to improve patient experiences. She also writes a monthly newsletter for the Radiology team, focusing on new technologies, educational topics, and staff profiles. Yost recently became an item writer for ARRT's Breast Sonography exam, and last year she won the Gail Pitkin Memorial Lecture Award at the Connecticut Society of Radiologic Technologists annual meeting. She also heads annual charity drives. In her spare time, Yost is an Irish fiddler and a newlywed. "I'm very efficient," she says with a laugh.

Yost used her *Gold Standard* award to attend a breast ultrasound conference in Virginia. "I was riveted to every word," she says. "I brought back techniques to optimize my scanning quality, including an advanced knowledge of using elastography."

Yost says she's extremely grateful for the award. "I wouldn't be who I am without the people surrounding me at L&M," she says. "Many of my co-workers also deserve this award. I just happened to write the essay." 🌿

**"I TELL THEM TO MAKE AN APPOINTMENT WITH ME. WHEN THEY DO, AND LEAVE SAYING, 'THAT WASN'T SO BAD; I'LL BE BACK,' I KNOW THAT APPOINTMENT MIGHT HAVE BEEN A LIFESAVER."**

# ARRT Supports Students, R.T.s With Education Grants

One of the ways in which ARRT supports the profession is by providing scholarships that help students and R.T.s further their education in the fields of medical imaging, interventional procedures, and radiation therapy.

We collaborate with these organizations to run scholarship programs:

- American Institute of Ultrasound in Medicine (AIUM)
- American Society of Radiologic Technologists (ASRT)
- Society for MR Radiographers & Technologists (SMRT)
- Society of Nuclear Medicine and Molecular Imaging Technologist Section (SNMMI-TS)

We also offer grants that help students attend the annual meeting of the Society of Diagnostic Medical Sonography (SDMS). In addition, our *I Am the Gold Standard* awards allow winning R.T.s to attend a national conference of their choice. To learn more about the grants, visit the respective organizations' websites.

In the past two years alone, ARRT has provided more than \$70,000 to scholarship winners. "We're happy to give back to our professional community," says Christopher Cook, ARRT Director of Strategic Communications, who helps administer the awards. "We believe in the importance of education—both before and after you embark on your career."

IN THE PAST  
TWO YEARS ALONE,  
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TO SCHOLARSHIP  
WINNERS.

## Congratulations to this year's winners.

### ASRT

The ASRT Foundation awarded Education and Professional Growth Grants that help recipients defray the costs of continuing education activities, educational conferences or products, and ARRT exams. Winners are:

- Michelle Falcon; Huntsville, Alabama
- Kaitlyne Dye; JBER, Alaska
- Robert Tipton; Buckeye, Arizona
- Deziree Arnett; Little Rock, Arkansas
- Tai Chen; Elk Grove, California
- Taylore Mueller; Grand Junction, Colorado
- Ashley Kelley Lukas; Tolland, Connecticut
- Summer Wade; Jacksonville, Florida
- Kim Karel; Melbourne, Florida
- Latoria Stowes; Lithonia, Georgia
- Lori Okuda; Pearl City, Hawaii
- Amy Cabanilla; American Falls, Idaho
- Tracie Joyce; Wheaton, Illinois
- Elizabeth Gresey; Chicago, Illinois
- Nicole Haas; Lakeville, Indiana
- Tolly Van Dyke; Tama, Iowa
- Dylan Harrison; Overland Park, Kansas
- Anthony Dotson; Hagerhill, Kentucky
- Jennifer Michael; Shreveport, Louisiana
- Matthew Morrill; Gorham, Maine
- Sarah Shives; Hagerstown, Maryland
- Victoria Glassman; Cambridge, Massachusetts
- Cherie Radabaugh; Marquette, Michigan
- Jennifer Mattson; Alden, Minnesota
- Cherie Pohlmann; Vancleave, Mississippi
- Shelby Liggett; Bates City, Missouri
- Codi Francis; Bozeman, Montana
- Debra Waggoner; Grand Island, Nebraska
- Samantha Bradford; North Las Vegas, Nevada
- Yvette Walker; Enfield, New Hampshire
- Christine Eckenrod; Clark, New Jersey
- Joseph Wright; Mount Laurel, New Jersey
- Chandra Gerrard; Albuquerque, New Mexico
- Maria Dimopoulos; New York, New York

- Melanie East; Walnut Cove, North Carolina
- Kendra Madden; Dublin, Ohio
- Marissa Mangrum; Choctaw, Oklahoma
- Erica Tuff; Happy Valley, Oregon
- Jacob Pasley; Duncansville, Pennsylvania
- Mary Beth Scalzo; Dickson City, Pennsylvania
- Leslie Herndon; Bennettsville, South Carolina
- Kiana Kraft; Sioux Falls, South Dakota
- Poppy Ferguson; Arlington, Tennessee
- Kristina Rawlings; Houston, Texas
- Brandon Alexander Smith; Houston, Texas
- Denise Case; Cottonwood Heights, Utah
- Kathy Byer; Covington, Virginia
- Alaina Wicks; Clarkston, Washington
- Kelly Lautenschlager; Ashland, Wisconsin
- Erin Shockley; Cheyenne, Wyoming
- Carolyn Spranger; Cheyenne, Wyoming

ARRT also supports the Royce Osborn Minority Student Scholarship, administered by the ASRT. Winners are Lorraine Allen of Culver City, California; Raven Farthing of Indianapolis, Indiana; Wikersie Fertil of Powder Springs, Georgia; Terrace Scott of Plainfield, New Jersey; and Kana Shaw of Lowell, Indiana.

### AIUM

Samantha Bishop of Pylesville, Maryland, and Joanna McCarty of Austin, Texas, received grants to help them advance their careers through education. Bishop recently completed the general ultrasound program at the University of Maryland Baltimore County. She hopes to work in high-risk obstetrics. McCarty works as a Maternal Fetal Medicine Sonographer at Seton Maternal Fetal Medicine Clinic.

### SMRT

Kristin Seitz of Dublin, Ohio, won the 2018 SMRT/ARRT Professional Development Grant. She is an MRI/CT Technologist and MR Safety Officer at OhioHealth.

### SNMMI

SNMMI awarded 13 Career Advancement Grants in 2018 to:

- Dmitry Beyder; St. Louis, Missouri
- Tina Buehner; Naperville, Illinois
- Mary Beth Farrell; Langhorne, Pennsylvania
- Jamie Gladson; Columbia, Missouri
- Tommy Lieu; Calgary, Alberta
- Joana do Mar Machado; Bath, United Kingdom
- Eleanor Mantel; Hammonton, New Jersey
- Abisola Owosela; Baltimore, Maryland
- Gene Blair Saldana; Fort St. John, British Columbia
- Aaron Scott; Glen Burnie, Maryland
- Lauren Shanbrun; Acushnet, Massachusetts
- Chelsea Stephens; Morton, Mississippi
- Sara Vandehey; Portland, Oregon

I am a student in the Diagnostic Medical Sonography program at Rutgers University School of Health Professions. I recently was awarded the Royce Osborn Minority Scholarship from the American Society of Radiologic Technologists Foundation. This letter serves as the sincerest thanks for providing funds for this scholarship.

I grew up with a single mother in an inner city housing project. My mom never had much. But she always instilled in me the value of having morals and integrity. And she always emphasized the importance of having a good education.

Now that I've chosen my career path, I'm so glad that I was a good student all these years. The program at my school was very competitive to get into. It's also very challenging to stay there. For me, not only is it challenging academically, but financially also. Thanks to people like you who are generous enough to donate, it's possible for me to realize my dreams.

I sincerely hope that one day I'm in a position to donate to someone's education the way you have done for me.

Sincerely,  
Terrace Scott



# Promote Your Profession

We created *Stories of Quality Patient Care* to help promote pride in your profession. You can spread the word by sharing *Stories* with your colleagues—in your offices, lunchrooms, and employee or physician lounges. Feel free to route the magazine among your department and management team.

You may request additional copies by emailing [Communications@arrt.org](mailto:Communications@arrt.org) with your name and work address. We'll send them out in a jiffy!

We also showcase R.T.s who go above and beyond usual professional standards. Some provide particularly high-quality care or offer outstanding customer service. Others participate in research, mentor students and other R.T.s, and volunteer for professional activities.

Do you have a story to tell? If so, let us know. Throughout the year, we might post what you share with us on social media—and you could even find yourself profiled in the next edition of *Stories*.

*Have other ideas for making *Stories* a more useful publication? Just email us at [Communications@arrt.org](mailto:Communications@arrt.org).*

*We love to hear from you!*


# Make an Impression!

You already know you can make a great impression by smiling at a new patient.


You can make an equally good impression by using your credentials properly—on your resume, business card, online profiles, and any other places in which you use them.

When you select the appropriate abbreviations, punctuation, and spacing, you show that you've gained the right to call yourself an R.T. Using the proper format is also an easy way to show pride in your profession and avoid confusion among your health-care partners.

## FOLLOW THESE EXAMPLES:

 **If you're certified and registered with ARRT in Radiography, your credential string should read:**  
Pat Smith, R.T.(R)(ARRT)

 **If you're certified and registered in multiple disciplines, list them like this:**  
Pat Smith, R.T.(R)(CT)(MR)(ARRT)

 **And if you're an R.R.A., put that credential first. Then add any other ARRT credentials:**  
Pat Smith, R.R.A., R.T.(R)(ARRT)

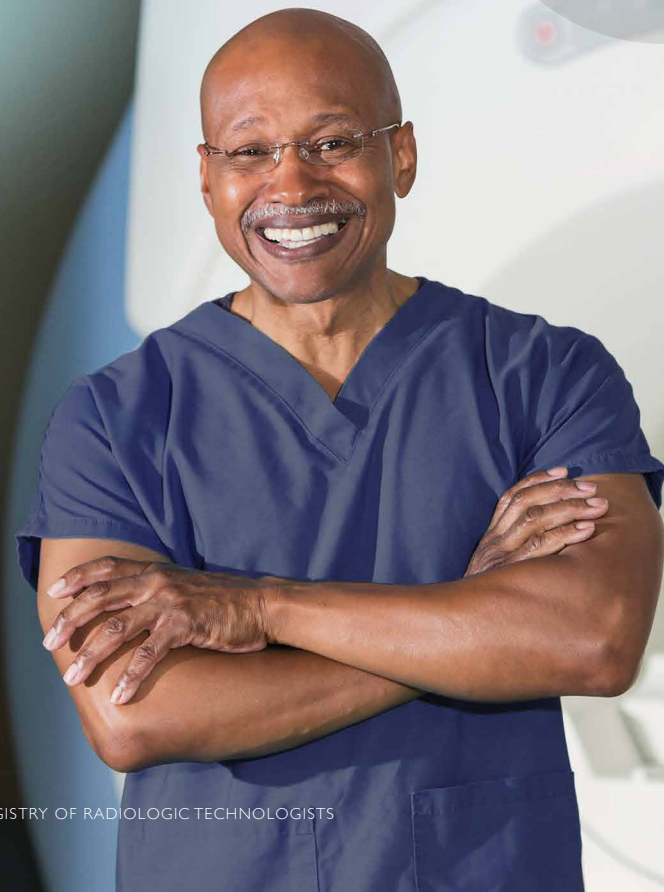
 **Don't use periods or extra spaces anywhere in the credential string except with R.T. and R.R.A.**

*That's all there is to it!*

# How to List Your Credentials

*When using ARRT credentials in conjunction with your name, keep these things in mind:*

- After your full name, include a comma and the initials R.T. Don't forget the periods!
- Then include, in parentheses, the abbreviation for the discipline(s) in which you hold ARRT credentials. You can find a complete list by visiting [arrt.org](http://arrt.org), clicking on About (at the top of the page), and selecting Credential Options from the drop-down menu.
- Most people list their credentials in the order in which they earned them. Registered Radiologist Assistants (R.R.A.s), however, should list that credential first.
- Complete your credentials by placing ARRT in parentheses. Doing so avoids confusion with certification from any other source.
- Don't add spaces anywhere in the string of letters that appears in parentheses.



# CQR News & Notes

## Earned Credentials Since 2011? CQR Is Underway!

If you've earned ARRT credentials since Jan. 1, 2011, you'll ultimately need to complete ARRT's Continuing Qualifications Requirements (CQR) for those disciplines. Depending on when you earned your credential, your CQR compliance window might have opened as early as Jan. 1, 2018.

If you're a Registered Radiologist Assistant (R.R.A.), you probably already know about CQR. R.R.A.s have been completing the process since the first window for that discipline opened in 2013.

### What Is CQR?

By now, you probably know that CQR helps you assess and improve your knowledge—and your ability to provide high-quality patient care. It also lets you refresh your understanding of areas in which you might have knowledge gaps.

Here are some of the most important points to know about CQR:

- There are three steps to CQR: the Professional Profile, the Structured Self-Assessment (SSA), and possibly a Continuing Education (CE) prescription.
- The Professional Profile lets you see how your practice pattern compares to that of others in your discipline. You can't fail the Professional Profile.
- The SSA helps you identify areas in which you might have knowledge gaps. You can't fail the SSA—and you won't have to retake your ARRT exam(s).
- If the SSA shows areas in which you have knowledge gaps, you'll receive a CE prescription.
- In most cases, you can apply the same CE activities to both your biennial CE requirements and your CE prescription for CQR.

### When Is CQR Due?

If you're an R.R.A., or if you've earned an ARRT credential on or after Jan. 1, 2011, you'll have to complete CQR every 10 years. Once a CQR compliance period opens for you, you'll have three years (that is, years eight, nine and 10) to complete your requirements for that discipline.

For example, if you earned an ARRT credential in March 2012 and your birthday is in June:

- Your CQR period will open on June 1, 2019.
- And you'll have until May 31, 2022, to finish.

If—in the same example—you earned another ARRT credential in January 2014, a separate CQR period would open June 1, 2021.

In most cases, you won't have to complete CQR for all of your credentials at one time. The 10-year period is linked to the year in which you earned each credential.

When a CQR period is about to open, we'll alert you with a letter mailed to your address of record. At that point, you'll receive a link through which you can begin the process. If you'd like to learn more now, go to [ARRT.org/CQR](http://ARRT.org/CQR).

### Why Aren't All R.T.s Subject to CQR?

All R.R.A.s have to complete CQR, but R.T.s who earned their credentials before 2011 don't have to go through the process.

Why?

ARRT's Board of Trustees debated the topic. Ultimately, they decided it wouldn't be fair to hold R.T.s to a standard that wasn't required when they entered the profession. R.T.s who are subject to CQR were informed about it when they applied for certification and registration.

### TWO WAYS TO TAKE YOUR SSA!

After your CQR compliance period opens and you complete your Professional Profile, you'll be ready to schedule your Structured Self-Assessment (SSA).

You have two convenient options for taking the SSA:

1. Going to a Pearson VUE Center near you
2. Using an online proctored internet delivery system

There's no charge for either option provided that you don't change or miss your appointment after you schedule it—and, if you use the online option, you comply with its requirements. If you choose the online method, a remote online proctor will monitor your assessment using a web cam. You'll need an appropriate place to take the assessment, such as a home office, and your computer must meet the assessment's technical requirements.

*You'll learn more when it's time for you to schedule your SSA.*

Oh no...  
**CQR!!**

**WORRIED ABOUT ARRT'S  
CONTINUING QUALIFICATIONS  
REQUIREMENTS (CQR)?**

# RELAX

**IT'S EASIER THAN YOU THINK!**

Help stop the rumor mill, and learn the truth about common CQR misconceptions.

## MYTH vs. REALITY

NO. 1

### MYTH

It's unfair that I have to retest—I could lose my credentials!

### REALITY

CQR isn't a test, and you can't fail it. As long as you finish the process on time, you won't lose your credential. The most that could happen? You might be assigned continuing education (CE) to help you address areas of weakness.

NO. 2

### MYTH

It's not fair that people who earned their credentials before 2011 don't have to complete CQR!

### REALITY

If you earned your credential on or after Jan. 1, 2011, we let you know that CQR would be part of your professional responsibilities. Before 2011, we hadn't made CQR a requirement for maintaining most ARRT credentials. The only exception: Registered Radiologist Assistants (R.R.A.s) have always done CQR. As time goes by, of course, all practicing R.T.s will come under the CQR umbrella.

NO. 3

### MYTH

CQR is nothing but a money-making scheme!

### REALITY

ARRT makes no money from CQR. If you're prescribed any CE, you can apply those credits toward your biennial CE requirements, too. In some cases, you can distribute your prescribed CE credits across two bienniums. By doing so, you can reduce or eliminate additional costs for CE.

NO. 4

### MYTH

I'm too busy for all this!

### REALITY

We've kept the process simple. The Professional Profile takes about 15 minutes, and the Structured Self-Assessment requires about two hours. Any CE prescription is unlikely to take longer than you'd spend on your biennial requirements. And you only have to complete CQR every 10 years.

NO. 5

### MYTH

Why just me? Other professionals don't have to do this!

### REALITY

Not so! Many health care professions now have requirements for maintaining credentials.

Learn more — and watch the video — at [arrt.org/CQR](http://arrt.org/CQR).  
**ELEVATE THE PROFESSION BY SUPPORTING CQR!**





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OF RADIOLOGIC  
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## THE GOLD STANDARD IN PATIENT CARE

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