

Texas Association for Clinical Laboratory Science

# TACLS News

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## A Message from the President

Christie Thompson, Ed.D., TACLS President



November begins the holiday season. Thanksgiving began as a day of thanks for survival in a new country. It continues to be a holiday of thanks for everything we have in this country and especially for all the men and women who sacrifice to ensure that we live in a free country. For me, it is also a time to be thankful for my family, friends and colleagues, who provide personal and professional support and encouragement. Soon we will start a new year with new opportunities and challenges, not just in our personal lives, but also in our professional lives.

What are the opportunities for TACLS? I believe we have an opportunity to provide excellent continuing education to laboratory professionals in the State of Texas. We have an opportunity to develop a personnel licensure plan for Texas. We have the opportunity to increase the visibility of the laboratory profession and the laboratory professional. We have the opportunity to advocate for the

advancement of laboratory professionals through career ladder development and educational programs. We have the opportunity to mentor new laboratory professionals.

What is the challenge facing TACLS? I believe the biggest challenge is the need for new leaders to move us into the future. We need to increase our numbers. We need to increase those members who serve in leadership positions. Do you want to be on the board or on a committee? Do you know a laboratory professional who can provide leadership in TACLS? Information from the nominations committee is in this newsletter and forms are available on our website: [www.tacls.org](http://www.tacls.org) . Get involved. Recruit new members. Recruit new leaders. Accept the challenge.



## TACLS Elections

Philip Kostroun, Nominations Committee  
Chair

The TACLS Nomination Committee is requesting nominations for the following positions:

### **President-Elect**

The major duties and responsibilities of this position include performing the duties of the President in the absence of the President. The President-Elect is a member of the governing body when the House is not in session and serves a term of three years. The term of Presidency is one (1) year in length but includes three (3) years of service (one year as President-Elect, one year as President, and one year as Immediate Past President in this order.) One of the most important duties of this office is to become familiar with all the duties of President.

### **Board Member at Large (Two positions to be filled)**

The members of the Board serve as a member of the governing body of TACLS. The Board is vested with the charge of all properties and funds, the management of the affairs of TACLS, and has the authority to perform all functions consistent with the Articles of Incorporation and Bylaws or any action taken by the House of Delegates.

### **Member of the Year**

Individual members of TACLS may nominate a person who has made outstanding contributions to TACLS as Member of the Year. The recipient of this award receives a plaque and a cash award. Nomination forms are available on the TACLS Web site. My work email is [pk01@txstate.edu](mailto:pk01@txstate.edu) and my fax number is 830-935-4717.

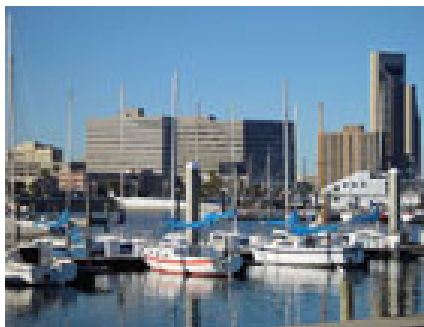
GET HOOKED ON TACLS

TACLS ANNUAL MEETING

MARCH 30-APRIL 2

OMNI BAYSIDE

CORPUS CHRISTI, TEXAS



## Is It A Heart Attack or a Stroke?

Ellen P. Sanderson, Senior Infection Control Professional, Healthcare Epidemiology, UTMB

This might be a life saver if you can remember three important questions! Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster for the stroke victim. A stroke victim



may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Any bystander can recognize a stroke by asking three simple questions:

1. Ask the individual to smile.
  2. Ask him or her to raise both arms.
  3. Ask the person to speak a simple sentence.
- If he or she has trouble with any of these tasks, call 9-1-1 immediately, and describe the symptoms to the dispatcher.

### Is It A Heart Attack?

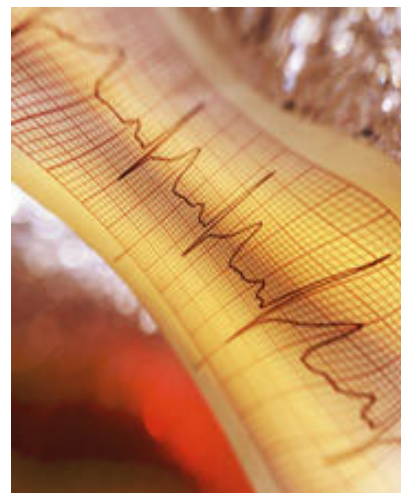
Let's say it's 6.15 P.M. and you're driving home (alone of course), after an unusually hard day on the job. You're really tired, upset, and frustrated. Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home. Unfortunately you don't

know if you'll be able to make it that far. †You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.

### How to Survive a Heart Attack When Alone

Many people are alone when they suffer a heart attack. Without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

Tell as many people as possible about this. It could save their lives!



### **TACLS News**

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