

Fall 2020 Texas Tidbits



Presidents Letter & TSMA News

Welcome to Autumn! Change is in the Air

Fall is normally a special time of year for many of us. During the fall we get to watch leaves change colors, prepare for the kids to go back to school, maybe even some of us will go to school, some of us even start to prepare for the holidays-but things are different this year.

Twenty-twenty has been a very different year for everyone, it has brought us many challenges - how to care for our patients during the pandemic to prioritizing what really matters to us in life. Some lost jobs, some lost loved ones while some gained new jobs several others gained new family members. We can all say that we been effected by COVID-19 in some way-it might be we had COVID, were exposed to COVID, know someone who had COVID, and some even lost loved ones to this illness. While COVID19 has brought much sadness to this world, it has brought some good to our profession. We have brought the profession of Medical Assisting to the forefront of battle lines. Medical Assistants were recognized by Vice President Pence and Good Morning America's Robyn Roberts on national TV. Medical Assistants have always been at the heart of healthcare but many of our partners in healthcare didn't see us for what we really were-TEAMMATES IN

HEALTHCARE.

We have shown our teammates-RN's and MD's that we too have the ability to make clear and precise decisions; have the skills that go beyond vitals and we have proven that we are an ESSENTIAL part of the team. While this is just half the battle I want to remind all of you what the WAR is still on-going, we must still work to get our employers to publicly recognize Medical Assistants as a vital part of the healthcare team.

Whether you are an Educator, Practitioner, Student, or Office Manager remember that we are truly all in this together and that we all have one common goal regardless of what role we play in the profession or what credential we hold-we all want THE PROFESSION OF MEDICAL ASSISTING TO EXCEL. THANK YOU ALL FOR YOUR STRONG WORK OVER THE LAST YEAR AND WE LOOK FORWARD TO WHAT YOU ALL CAN BRING TO THE PROFESSION!

A special shout of THANKS to the entire leadership team-Chapter Leaders to Committee Chairs for all their contributions to this newsletter and the upcoming MARS Meeting!!!

MEDICAL ASSISTANTS ROCK!
Sherry Bogar, CMA (AAMA)
T SMA President 2020-2022



Biggest Attraction in Texas

The State Fair of Texas is an annual State Fair held in Dallas, Texas at historic Fair Park. The fair has taken place every year since 1886 except for varying periods during World War I and World War II. The 2020 State Fair was cancelled amid the Covid-19 pandemic.

It is found at 1300 Robert B Cullin Boulevard Dallas, Texas 75210. It covers over 277 acres (about the total floor space of the Pentagon). Starts the last Friday of September and lasts 24 days (about 3 and a half weeks). (24 September – 17 October 2021). Big Tex had an emergency episode five (5) years ago. Many architects' recreated Big Tex in 2013.

The State Fair is famous for its outrageous fried foods (butter, cheesecake, and Coca-Cola) and the Red River Rivalry. On an end note for 117 years the State Fair of Texas has been part parade, part carnival, part livestock show and part museum for the whole family.

So, the next time you are in Dallas Texas come join the excitement,

They would love to have you.....



Save the Dates:
April 30-May 2, 2021
TSMA 64th Conference

Texas Society Conference Planning Committee is hard at work exploring all options on conducting the Texas Society of Medical Assistants 64th Annual Education Conference and General Assembly.

We are looking at holding a Hybrid Conference. This means having both "in person" (for members who can attend) and also "virtual" (for members that choose online viewing).

We have met with venues in the Round Rock/Pflugerville area and the sites are very eager to accommodate us with proper "social/physical distancing," current room occupancy limits, and catering according to Texas' regulations at the time of our Conference. We will follow all of the Texas protocols for meeting, and await all new updates from the Governor Abbott.

We are eager to get to meet "in person" again and look forward to seeing everyone.

Updates will be provided as we make advancement on the planning.

The TSMA Leadership Team-both your State Executive Board and your Chapter Leaders have been hard at work to continue to serve our TSMA Membership.

As we move forward with the "new normal" we have discovered that many of our chapter leaders are running into road blocks in obtaining meeting locations, securing speakers, and even getting members to relieve others in the leadership roles.

This has caused the Leadership team to ponder-is it time that TSMA goes to a Bi-Level organization? Should we relieve our chapter leaders of their responsibilities and have them step into state leadership where they special gifts can be experienced by all?

TSMA values our members opinion and is looking for your guidance as we have strive to make sure that you our members continue to be served at the highest quality we can provide.

We would greatly appreciate it if you could take a few moments and complete this survey by [clicking here](#).

Please share you thoughts and

Keep your eyes peeled on our website for more information.

desires with us. We want to continue to help our members and all medical assistants to the highest level.

Four Things that Make Sleep Apnea Worse

shared by Dawn Lang,

From Texas ENT Specialists Newsletter September 2020

1. You have a poor bedtime routine. Your approach to sleep and bedtime can greatly impact the quality of your sleep each night. It's important to develop a healthy bedtime routine that promotes good sleep. Turn off your devices at least 30 minutes before bed, give yourself a chance to wind down, and go to bed at the same time every night. Invest in your sleep by getting a good mattress and comfortable pillows that help you relax. Calming activities like meditation, exercise, and journaling can help you destress before bedtime.

2. Drinking or smoking before bed. Many people believe that drinking a little alcohol before bed will help them sleep better. While that nightcap might help you fall asleep, people who drink alcohol later in the evening tend to wake up more throughout the night. Additionally, nicotine and caffeine are stimulants that can also harm your sleep and make it harder to fall asleep in the first place.

3. You're too stressed. Stress is a normal part of life, but chronic stress can have a negative impact on your overall health, including your sleep. People who are overstressed report having more trouble falling asleep and consequently experience poor sleep quality. While you can't completely avoid everything that stresses you out, you can control how you respond to stress. Sleep apnea is a medical condition that can be improved or worsened by certain lifestyle choices. Though sleep apnea can cause poor sleep quality, the condition of sleep apnea can be made worse if you have an unhealthy approach to sleep. Here are four ways you could be making your sleep apnea worse every night.

4. There's too much light in the room. Circadian rhythm, the biological process that regulates the sleep-wake cycle, is greatly influenced by light. Having too much light in the room can disrupt sleep. A small night light is usually fine,

but try to avoid leaving the hallway light on or falling asleep with the TV on. Your sleep may also benefit from getting blackout curtains to prevent outside light from coming in through the windows. If you are working to manage your sleep apnea with a nightguard or CPAP machine, make sure you are not also working against yourself by indulging in the wrong habits. Make smart choices about your health and your sleep.

T SMA Member Spotlight

Member Spotlight- Maria Ortega, CMA (AAMA) Dallas Chapter

*This quarters TSMA
Spotlight goes to Dallas
Chapter Maria Ortega.
Read a brief bio on
Maria and see what her
chapter leaders have to
say about her.*

Maria Ortega is a graduate of the El Centro Medical Assisting program. She received her certification very soon after graduating so that she could become employed and succeeded. Maria has served the Dallas Chapter as Education Chair and has been involved in many of our activities, she gives her support and assistance wherever she can. Currently Maria works endlessly at UT Southwestern where she has completed her "Clinical Ladder" and promotes the AAMA all while raising 2 energetic and beautiful children.

Her Dallas Chapter Leaders have this to say about her:

Melinda Wheat, "Maria has fought for all that she has. Doing a great job raising her children and succeed as she has and continues to strive to do her best".



Charlene Couch, "On a drive to a conference at Children's Hospital, Maria was telling me about a clinical ladder she was completing and I asked what this clinical ladder was all about. As she was explaining it to me I was so impressed with her initiative and thoughtfulness about helping out her family with an increase in her wages as she completed each step.... proof of the pudding was her presentation to us which was very impressive."

Staci Weaver, "Maria is an abundance of knowledge and dedication to her family, and her profession. The Dallas Chapter of AAMA is honored to have such an awesome member."

***Congratulations Maria! You are TSMA's
Fall Member Spotlight Honoree***

Sandra Alexander, "Her endeavor to succeed despite her personal challenges are to be commended".



Oma's Peach Pie Crisp



Submitted by: Dawn Lang-Bexar Chapter President

This is a combination of recipes that I have come up with to make this pie and my family has enjoyed. I hope you enjoy it as well. Oma Lang

Ingredients:

- 1 Fresh or Frozen deep-dish pie crust ((pre-bake))
- 4 cups Fresh sliced Fredericksburg peaches or frozen (Drained)
- $\frac{3}{4}$ cup Flour all purpose or Gluten free flour
- $\frac{3}{4}$ cup Brown Sugar **not packed**
- 1 cup Rolled Oats
- 2 tsp Pumpkin pie spice (Yes this is correct, Lol)
- 2 tsp Ground Cinnamon
- $\frac{1}{2}$ cup Chopped Pecans
- $\frac{1}{4}$ tsp Salt
- $\frac{1}{2}$ - $\frac{3}{4}$ cup Cold Butter (Yes, use butter not 1 molecule away from plastic margarine!) You won't regret it!

Directions:

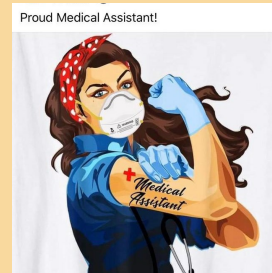
Preheat oven to 350 degrees F (175 degrees C). Prebake pie crust to a light tan color, do not overcook it. Put drained peaches in a bowl, in a separate bowl add $\frac{1}{4}$ cup flour, $\frac{1}{4}$ cup brown sugar, 1 tsp ground cinnamon, 1 tsp Pumpkin pie spice, and a dash of salt stir well. Gently fold into the peaches.

In a small bowl add the rolled oats, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup chopped pecans, 1 tsp ground cinnamon, 1 tsp pumpkin pie spice $\frac{1}{4}$ tsp salt mix together. Add the $\frac{1}{2}$ cup butter mix to make crumbs. Once pie crust is browned and cooled just a bit, add peach mixture to pie crust. Cut a few thin sliced pats of butter to the top of the peach mixture. Sprinkle top with a little Pumpkin pie spice, add the crumb mixture on top of peaches. Bake @ 350 degrees until kitchen knife inserted in center comes

out cleanly, about 30 minutes or so depending on the oven.

MA Medication Challenge

Submitted by: Staci Weaver-Dallas President & Team



Sample Problems for Basic Dosage Calculation

1. Order: Amoxicillin 0.25 g p.o. every 8 hours.
Available: Amoxicillin 125 mg tablets. How many tablets will the nurse give per dose?
2. Order: Zofran 8 mg p.o.t.i.d. Available: Zofran in a 100 mL bottle labeled 4 mg/tsp. How many mL will the nurse administer for each dose?
3. Order: Morphine gr 1/ 10. Available: Morphine 10 mg/mL How many mL will the nurse give?
4. Give Fortaz 50 mg/kg p.o. t.i.d. to a child who weighs 25.5 kg. Fortaz is available in an oral suspension labeled 100 mg/mL. How many mL would the nurse administer per dose?
5. Give Ceclor 45 mg/kg/day p.o. in 3 divided doses for a patient who weighs 66 pounds. A 75 mL stock medication is labeled Ceclor 125 mg/mL. How many mL would the nurse administer per dose?
6. Give Biaxin for a child whose BSA is 0.55 m². The usual adult dose is 500 mg. Biaxin is available in an oral suspension. The 100 mL bottle is labeled 50 mg/mL. How many mL would the nurse give per dose?
7. Give Phenergan for a child whose BSA is 1.2 m². The usual adult dose is 25 mg. How many milligrams would the nurse administer for the dose?

AAMA HOT NEWS



AAMA SPARKLE GEAR

Want to display your pride in our professional organization? Check out the new AAMA Merchandise—they have a professional wear and for the first time every LEISURE WEAR with BLING included. They even have AAMA Masks! Pick up a special piece AAMA Merchandise - share your picture with the AAMA—you might be the next AAMA SUPERSTAR!

AAMA Recalls 2019 Delegates

Due to COVID19, AAMA BOT recalled the 2019 AAMA Delegates to vote on some very special By-Law Amendments. The 2019 HOD voted to keep the current BOT in place until the 65th AAMA Conference in Houston, Texas September 24-27, 2021.

[Read More](#)



AAMA Announces new COO

AAMA is excited to announce that Nikki Hochschild as the new Chief Operating Officer. Take a moment and read about Nikki and her dedication to the AAMA.

[Read More](#)

