

## In this issue >>>

Message from the President  
In the Spotlight  
Student Corner  
2023 VSRC Candidates  
& more!



September 2022 | Volume 1 | Issue 1

# Pulmonary Pulse

Virginia Society for Respiratory Care Newsletter

## Message from the President >>>

Welcome to the inaugural edition of the VSRC Newsletter! I hope that you all enjoy what's on its pages. We anticipate that by providing this information to all our members we will be able to bring ourselves together to provide fellowship and efficient communication. Check out our upcoming events and meet our nominees for the 2023 Election. Our student corner is reserved for one of our brightest and engaged future leaders. Our future is bright! We welcome your recommendations to help us make this newsletters a resource for you. I'm excited to help lead this Society into tomorrow with your help. Enjoy!

Regards,  
**Keith Lamb**, RRT, RRT-ACCS, FAARC, FCCM



## Announcements >>>



- Check AARC Connect "Virginia Society" Community for the **2023 Election** ballot! (see pg. 5)
- Pre-order your **RT licence plate** today! (see pg. 6)
- Don't forget to **register** for upcoming conferences and symposiums (see pg. 6)
- Mark your calendars for the next **Open VSRC meeting Friday October 21<sup>st</sup>!**

## Board of Directors >>>

### Officers

President **Keith Lamb**  
President-elect **Derrick Many**  
Immed. Past President **Ryan Sharkey**  
Vice president **Megan Keith**  
Secretary **Connie Lloyd**  
Treasurer **Daniel Gochenour**



### Delegates

Senior Delegate **Hanns Billmayer**  
Jr. Delegate **Bessie Brooks-Garnett**

### District Directors

*Blue Ridge*  
**Tim Capp**  
**Andrew Carruthers**

*Central*  
**Ali Brown**  
**Erica Chenault**

*Northern*  
**April Aquila**  
**Sherleen Bose**

*Tidewater*  
**Santiera Brown-Yearling**  
**Brian McHale**

*Western*  
**Open**

**Medical Advisor: Dr. Bruce Rubin**

## Upcoming events >>>



**September-October** | VSRC Election 2023

**September 23** | Camp Albemarle Fundraiser & Outing

**September 30** | Neo/Peds Virtual Conference

**October 21** | Q4 VSRC BOD Meeting in Charlottesville, VA – All Members Welcome

**October 23-29** | Respiratory Care Week!

**October 29** | Mountain Air Symposium at Liberty University

**November 9-12** | AARC Congress in New Orleans, LA

**Stay tuned...**

[www.vsrc.org](http://www.vsrc.org) | AARC Connect "Virginia Society"

Twitter & Instagram @va\_society\_resp\_care | Facebook @VirginiaSocietyRC



## Why I Became an RT

My name is Maria Lana Rudd, and I am a respiratory therapist. I graduated from Mohawk Valley Community College in 2006 and earned my bachelor's degree from SUNY Upstate Medical University in 2008. This year I graduated with my MBA-HC Administration, and I am the Director of Clinical Services at AdaptHealth over our Home Ventilator and Trach Program ([www.adapthealth.com](http://www.adapthealth.com)). I have three businesses: Maria Lana Respiratory Consultant Firm, Bellissima Scrubs, and Maria Lana Burn Foundation.

### The reason I became a respiratory therapist...

On November 18, 2001, I was involved in a home explosion and suffered 64% 2<sup>nd</sup> and 3<sup>rd</sup> degree burns. I was placed in an induced coma for three months on a ventilator and with a trach. They told my family that my survival rate was very low. Three months later they woke me up and as you can read, I am alive and living my best life. I had to learn to walk, talk, eat, and use my hands all over again. My recovery took about two years, and many reconstructive surgeries still continue throughout the years.

Respiratory therapy saved my life. When I started college, I had never even graduated from high school and had no GED at the time. I believe that the Lord is using me to help others who have experienced life changing events which is why I have started Maria Lana Burn Foundation to help others reach their goals after a life changing event.

This was a very challenging time in my life. I am grateful for the life experience as it has brought me to my respiratory therapy career path where I have experienced so many blessings and have been able to guide and assist so many people. I am very passionate about respiratory therapy and helping others. Many people have stepped up and helped me, and I feel it is only right that I also help others. That is what helped me and saved my life.

*"Only as high as I reach can I grow, only as far as I seek can I go, only as deep as I look can I see, only as much as I dream can I be." - Karen Ravn*

**Maria Lana Rudd, MBA-HC, BSRC, RCP, RRT, PDE**

## District Updates >>>

**Blue Ridge** | No report

**Central** | No report

**Northern** | No report

**Tidewater** | No report

**Western** | Two District Director positions are currently open! Contact Keith Lamb [lambrrt@gmail.com](mailto:lambrrt@gmail.com) if interested.

**What district are you in?** (see pg. 7)



## Student Corner >>>

### *I have always had a strong passion for*

respiratory therapy. My inspiration began when my grandpa was in the ICU, and I spoke with a respiratory therapist about ventilators. I was diagnosed with asthma as a child, so I have always been able to relate and sympathize with patients during clinicals. One of my family members suffered from ALS, and I watched as his health deteriorated and how respiratory therapists were able to aid in the process when he was paralyzed and unable to breathe for himself. Overall, a bunch of the people I truly care about has some sort of respiratory issue ranging from asthma, CF, OSA, etc. I'd love nothing more than to help them as much as possible. I fell in love with the profession and applied to Liberty University's RT program. In total, my class is composed of 6 students, and we have grown very close to each other. We chose to lean on each other and hold each other accountable. So far my experience as a respiratory therapy student has been nothing short of amazing. Respiratory therapists are now required to maintain and have extensive knowledge in practice competencies and assessment skills in order to provide effective and therapeutic care for cardiopulmonary health. I am happy to say that my program is able to provide the opportunities to grow and become a successful RT transitioning into the workforce. My favorite part about RT school is clinicals and being able to effectively apply what we have learned and help educate patients. This is an essential part of being in a respiratory therapy program and transitioning into the workforce. It is so inspiring to learn and be a part of a profession that is continuously growing.

#### **Haley Adams**

Senior Respiratory Therapy Student



<<< Senior Liberty University Respiratory Therapy students pose together on the first day of senior year.

Left to right: **Logan Roberts, Hanna Dutt, Haley Adams, McKenzie Kovach, Cynthia Romero, Constance Agyemang**



## Journal Club >>>

**Thurs. October 13<sup>th</sup> at 4:00 PM EST**

1.0 Free CRCE

*"An Evaluation of Manual Tidal Volume and Respiratory Rate Delivery During Simulated Resuscitation"*

Presented by

**Brady Scott & Keith Lamb**

with student support: **Jessica Devine,**

**Mojisola Isaacs, and Lanise Miller**

The call information will be posted on AARC Connect "Virginia Society" Community & Social Media

If you are an RT student and would like to help present a peer-reviewed article, contact **Keith Lamb** at [lambrrt@gmail.com](mailto:lambrrt@gmail.com).

Looking for a career in Respiratory Care?



[www.vsrc.org/jobs](http://www.vsrc.org/jobs)

## Professor's Rounds with Dr. Rubin >>>

### *Coming Soon!*

Look for **Dr. Bruce Rubin's** column in the next publication!



^ Left to right:  
**James Nagel,**  
**Hailey Davidson,**  
**Ashley Belvis,**  
and **Cami Kwun**



## 2022 Recipient: Hailey Davidson

Being picked as the recipient for the Leslee Harris Smith Education Recognition Scholarship is truly an honor. Before choosing respiratory therapy, I was unaware of the role that respiratory therapists played in healthcare. Through this journey, I have learned what it means to be a team, not only in the classroom, studying and lab work, but also in the clinical setting. Knowing the hard work and dedication I am pouring into my education will lead to being a part of a life changing team is worth every minute. The Radford University Carilion Respiratory Therapy program has given me the opportunity to grow not only as a student, but as a person as well. I am especially thankful for the professors and adjunct faculty who have pushed not only me, but my classmates as well. As my future in respiratory therapy continues, I am going to strive to advocate for this profession. It saddens me to see just how little is known about the role of respiratory therapists, and I want others to know how important this profession is not only for me but for the rest of the world. As I finish these last eight months of school and start my career, I hope to honor Leslee's legacy she has left for the respiratory therapy profession.

### Hailey Davidson

Senior Respiratory Therapy Student

**Leslee Harris Smith, MS, RRT, 48, passed away on January 13, 2001 after a courageous life cut short by the devastating effects of amyotrophic lateral sclerosis. Leslee was the Clinical Coordinator, and then Director, of the Respiratory Therapy Program at Northern Virginia Community College in Annandale, Virginia, from 1981 to 1996 when she was forced to slow down due to the consequences of her illness. Using distant learning and electronic technologies to overcome the physical limitations imposed by her disease, Leslee continued teaching part-time through the end of the Fall semester 2000. She was an active member of the Virginia Society for Respiratory Care, serving as chair of the educators group for many years. Her many contributions are recognized annually by the VSRC through its award of the Leslee Harris Smith Education Recognition Scholarship to students enrolled in respiratory therapy educational programs throughout the state.**

**More info: [www.vsrc.org/learn/leslie-harris-smith-application/](http://www.vsrc.org/learn/leslie-harris-smith-application/)**



## Clinical Pearls >>>

### One size does not fit all

In the year 2000, the Acute Respiratory Distress Syndrome Network published an article in the New England Journal of Medicine titled "Ventilation with Lower Tidal Volumes as Compared with Traditional Tidal Volumes for Acute Lung Injury and the Acute Respiratory Distress Syndrome". This article highlighted a landmark trial that compared patients receiving tidal volumes of 6ml/kg/pbw to 12/ml/kg/pbw. Not surprisingly the study group receiving the smaller tidal volumes had mortality benefit, even though oxygenation was better in the control group receiving larger tidal volumes. Today, 22 years later, we now know that it is most likely NOT the size of the tidal volume, but rather the size of the tidal volume as it relates to the space available for volume in the lungs. In other words, if we compare two male patients, and both 5' 9" tall, by guidelines developed in 2000 we

would give them both tidal volumes of ~ 420 ml in order to target 6ml/kg/pbw. Now imagine that one of these patients has significant diffuse consolidation consistent with ARDS and the other patient has lesser consolidation. The pressures generated in the lungs of the patient with ARDS will be higher than the pressures generated in the other patient. We quantify these differences by using pressures as a surrogate for the relationship between volume and the available space for volume in the lungs. In general, we now monitor plateau pressures, total PEEP, and ultimately driving pressure to help guide protective mechanical ventilation. Dr. Marcelo Amato does a fantastic job of describing these important details in the following video. Please take a look: [www.youtube.com/watch?v=9jPewPFZSD0](http://www.youtube.com/watch?v=9jPewPFZSD0)

**Keith Lamb, RRT, RRT-ACCS, FAARC, FCCM**



## Your 2023 Candidates >>>

### President-elect

Leslie Johnson, RRT, RRT-ACCS  
Chase Poulsen, PhD, RRT-NPS, ACCS

### Vice President

Susan Arrington, RRT, RRT-ACCS  
Daniel Taylor, RRT

### Delegate

Hanns Billmayer, RRT

### Blue Ridge District Director

Madison Fratzke, RRT, RRT-ACCS

### Central District Director

Ali Brown, RRT  
Faisal Eltuhami, RRT

### Northern District Director

Jared Rice, M.Ed, RRT, RRT-ACCS, RPSGT

### Tidewater District Director

Santiera Brown-Yearling, M.A. Law, MSHA, RRT  
Ashton Jones, RRT

### Western District Director

No nominees  
Write-in Only

**Election will take place in *September!***

**Check the “*VIRGINIA SOCIETY*” Community  
on *AARC Connect* for the link to the ballot!**

# Respiratory Care Outing & Fundraiser



Live Music!

Friday, September 23<sup>rd</sup>, 2022

Camp Albemarle

1675 4-H Way  
Charlottesville, VA 22901



9 AM - 7 PM

- Please bring your own beverages and food to share!
- There will be games and live music!
- Presentations TBA - CRCEs will be available!



RSVP Preferred  
AG3C3@virginia.edu

Brought to you by the Blue Ridge District  
of the Virginia Society for Respiratory Care

Pre-order your Virginia license plate today for only \$10.00



Go to AARC Connect "Virginia Society" or Scan this QR code for the link to download the pre-order form>>>

Junior Delegate **Bessie Brooks-Garnett** has worked diligently to help make it possible to create a Virginia license plate for Respiratory Therapists and supporters! We need your help to get 450 sign ups!



09.30.22

Virginia Society for Respiratory Care  
Presents



Neonatal and Pediatric  
Virtual Conference 2022

Our Speakers

- J. B. Bunnell, ScD
- Brian K. Walsh, PhD, RRT FAARC
- Michael Davis, PhD, RRT
- Paresh Giri, MD
- Richard Hinds, MS, RRT
- Michael O'Brien, MSc, RRT

6 CRCE

Michael O'Brien  
MO5U@virginia.edu  
Sherleen Bose  
sherleen.bose@gmail.com

www.vsrc.org

# MOUNTAIN AIR SYMPOSIUM

SATURDAY, OCTOBER 29, 2022

8:00 AM - 4:00 PM

REGISTRATION  
7:00 AM - 8:00 AM

LIBERTY UNIVERSITY  
CENTER FOR NATURAL SCIENCES  
LYNCHBURG, VA

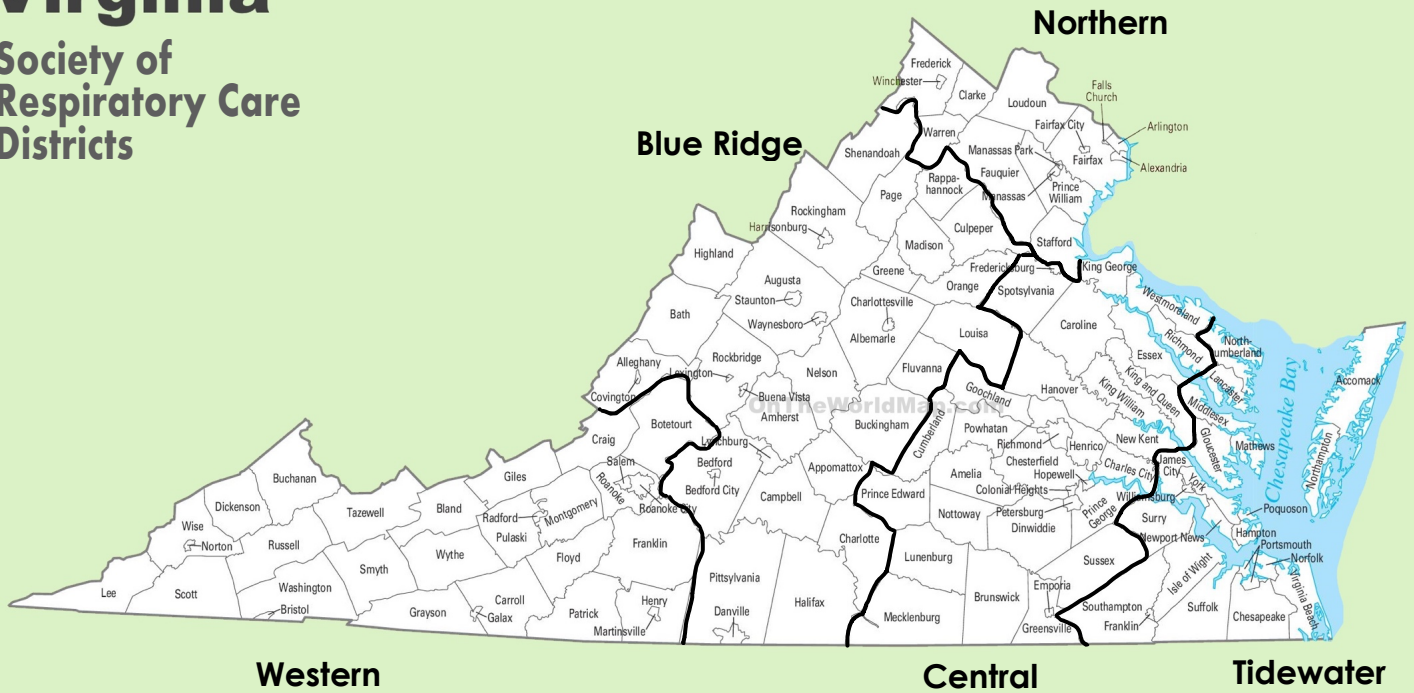
5 CRCE's  
Breakfast & Lunch  
Vendor Hall  
Prizes  
Liberty University BSRT Info

CHECK [WWW.VSRC.ORG](http://WWW.VSRC.ORG) FOR REGISTRATION FORM!



# Virginia

## Society of Respiratory Care Districts



### Comic >>>



Selected by **Derrick Many**, MSc, RRT, RRT-ACCS

### Quote >>>

"Do not go where the path may lead, go instead where there is no path and leave a trail."  
Ralph Waldo Emerson

### Editor >>>

Madison L. Fratzke, RRT, RRT-ACCS  
Respiratory Therapist  
University of Virginia Medical Center  
Charlottesville, VA

*This newsletter is a compilation of news, announcements and articles produced by members of the Virginia Society for Respiratory Care. If you have any questions, requests for topics or contributions, please contact the editor at [mlfratzke@gmail.com](mailto:mlfratzke@gmail.com).*

