Music in the Operating Room
Save The Date

Mark your calendars and get ready to be swept away in southern charm when we head to Savannah in February.

February 10-11, 2023
Savannah Marriott Riverfront

Come see why it’s called one of the world’s friendliest cities while expanding your professional development and network with the best educator group in the country!

Stay tuned for agenda details. More information coming soon!
Music in the Operating Room

Kassandra Bahr, CST, CSFA, DBA

Is music in the operating room a distraction or does it improve performance? Music in the surgical environment may be effective in establishing a productive work environment for OR staff, and it may help put the patient at ease and in a relaxed mental state. This article will review the benefits of music, the role of music in surgical education, and the sources of potential distractions in the operating room (OR).
Do You Have a Passion for Missions?

SHERRIDAN POFFENROTH, CST, FAST

BOARD MESSAGE

To some, a once-in-a-lifetime opportunity. To others, an addiction that is simultaneously both exhilarating and fulfilling. Serving on a mission trip can check off a bucket list wish or become a lifelong service opportunity. Whatever purpose it may serve for you, it may be the lifesaving break for someone else.

The Association of Surgical Technologists first started sponsoring an annual trip in 2016. A vision of past leaders, a design was created to partner with mission organizations to help staff their trips with Certified Surgical Technologists on medical missions. Since then, we have sent members on trips to Honduras, Kenya, and Ecuador.

After the pandemic shutdown and reopening, it is now time for us to regenerate this passion that so many of you have to serve. It is our hope and plan to regularly partner with a variety of mission organizations serving around the world. By using this multi-partnering idea, we can always be working on something for the following year.

We were so excited and truly awestruck with the overwhelming response to our missions table at the 2022 national conference exhibit hall in New Orleans. Many of you expressed an interest to serve. Thank you for stopping by and for your curiosity in this incredible opportunity. Our only wish is that we could send each one of you on a trip.

In December 2022, we will be sending seven surgical technologists to Ecuador with Healing the Children, New Jersey. This group will spend the week scrubbing, assisting, and circulating in ophthalmic cases, as well as helping in central services and wherever else they can.

In September 2023, we are partnering with One World Surgery. We will be sending six surgical technologists to the Dominican Republic to work in three operating rooms serving the needs in orthopedics, general surgery, and ophthalmology. The application process is being confirmed now and should be open by January of 2023. Plan now to schedule your vacation time and get rid of your weekend call for September 16-23, 2023. What a wonderful way to celebrate National Surgical Technologist Week 2023.

The medical missions committee is also happy to announce updated information can be found at our www.ast.org/medicalmissions webpage. Here we give you the opportunity to submit a mission suggestion. You can find information about the current and upcoming trips, read frequently asked questions, contact us with your additional questions, and apply for a post-trip scholarship through the Foundation for Surgical Technology at www.ffst.org.

Thank you again for your caring hearts and love to help others. Stay tuned for new opportunities each year and stay in touch as we continue to look for ways you can serve.

Interested in Medical Mission? Visit https://www.ast.org/AboutUs/Medical_Missions/ to learn more about upcoming trips, resources and more.
ON AIR

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CALL FOR AUTHORS

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We are in need of CE articles and authors that detail the latest surgical procedures and surgical advancements. We’ll also help you every step of the way, AND you’ll earn CE credits by writing a CE article that gets published! Here are some guidelines to kick start your way on becoming an author:

- An article submitted for CE must have a unique thesis or angle and be relevant to the surgical technology profession.
- The article must have a clear message and be accurate, thorough, and concise.
- It must be in a format that maintains the Journal’s integrity of style.
- It must be an original topic (one that hasn’t been published in the Journal recently).

Ready to get started? Email us at communications@ast.org.

SCHOLARSHIPS

EDUCATORS – APPLY NOW FOR A CONSTELLATION AWARD!

The Constellation Awards presented by the Foundation for Surgical Technology recognizes the profession’s hard-working surgical technology educators at three different career levels: early, mid-level and veteran.

Educators nurture our techs-to-be and mentor practitioners. It is a difficult step to move outside the OR and into the classroom. The Foundation hopes that these recognized professionals will share their successes, provide insights on avoiding pitfalls and offer encouragement to other CSTs who are considering making the leap to academia.

Educators can qualify in three categories. One recipient will be selected at each level.

- **RISING STARS** - Educators with 1-5 years of teaching experience
- **SHINING STARS** - Educators with 6-14 years of teaching experience
- **GUIDING STARS** - Educators with 15 or more years of teaching experience

Each award, valued at $1,000, will include a registration for the AST Educators Conference in February and monetary support.

Applications are due December 1.

To view more details and to apply online, visit ffst.org – Constellation Awards.

SAVE THE DATE

EDUCATORS CONFERENCE

Mark your calendars and get ready to be swept away in southern charm when we head to Savannah for our 2023 Educators Conference. Registration will open this fall!

**February 10-11, 2023**

Savannah, Georgia

Savannah Marriott Riverfront, 100 General McIntosh Boulevard, Savannah, Georgia 31401

UPCOMING AST SURGICAL TECHNOLOGY CONFERENCES

Mark your calendars and plan to join us!

- **2023 AST Surgical Technology Conference**: Chicago – May 25-27, 2023
- **2024 AST Surgical Technology Conference**: Denver – May 30-June 1, 2024
MILESTONES
HAPPY ANNIVERSARY!
Congratulations to the following state assembly as it celebrates an anniversary this month! AST appreciates your hard work, dedication and all your years of service for making our state assemblies the backbone of this organization.
- Indiana – 22 years
- Kentucky – 18 years
- Louisiana – 21 years
- Massachusetts – 21 years
- Minnesota – 22 years
- New Jersey – 16 years
- Oregon – 22 years
- Texas – 22 years
- Utah – 16 years
- Virginia – 22 years

EARN 10 CEs FOR HELPING THOSE IN NEED
APPLY FOR A MEDICAL MISSION SCHOLARSHIP

FOUNDATION for SURGICAL TECHNOLOGY

Did you serve on a medical mission during the first couple months of this year, prior to the global pandemic? If so, you may be eligible to apply for a medical mission scholarship.

Eligibility
To be eligible for a mission scholarship you must:
- Be an active AST member with currency.
- Complete and submit the Mission Medical Application and the Medical Mission Verification Form by December 31 of the year of your mission.
- Provide a description of your membership history—join date and any AST involvement.
- Upload official documentation of the mission program you have described.
- Upload official receipts documenting the costs incurred by the individual and all costs must be shown in dollars. All assistance is determined after the medical mission trip has occurred and the appropriate documentation has been provided. Upload supporting documents below.
- Upload two letters of recommendation, along with an article describing your experience for The Surgical Technologist journal and related photos.
- Write an article describing your experience for The Surgical Technologist and provide related photos before you will be reimbursed.

CE Credit
In addition to the medical mission scholarship, you could earn as many as 10 hours of CE credit toward your CST recertification. You can earn CE credit for a medical mission once per certification cycle but are only eligible to receive one scholarship.

CONTINUING EDUCATION CREDITS
MAKE IT EASY WITH CE PACKAGES!
In a time crunch or just want to get your CEs done all at once? Check out some of the CE credit packages we offer, plus many more by visiting our website – www.ast.org:
- Package 19 - 9.5 CEs - $13 – Video Package - Craniofacial Surgery; Cutting Edge of Laser Safety; MRI-guided Neurosurgery; Reconstructive Neurosurgery; Surgery for Prostate Cancer; Teamwork, Tourniquets, & Trauma; Updates in Transplant Surgery
- Package 20 - Preceptor Course - 5.5 CEs - $10
- Package 21 - 10 CEs - $10 – Surgical Management of Benign Tumors of the Heart; Breast Implants – Current Insights on a Common Medical Device; Ingestion of Sharp Foreign Objects: A Case Series; Day-case versus Inpatient Stapes Surgery for Otosclerosis; Surgery and Chronic Stress – Ultimately Leading to Major Health Risks; Laparoscopic Lavage and Drainage in the Management of Complicated Diverticulitis; Allograft Nephrectomy for Malignancy: Report of Seven Cases
- Package 22 - 17.5 CEs - $28 – New Interventional Technologies Expand Treatment Options for Cardiovascular Disease; Perfusion: A Historical Perspective; Thoracic Trauma; Off-pump Coronary Artery Bypass
Grafting; Open Thoracotomy Approach to Bronchoesophageal Fistula Repair; Aortic Valve Replacement; Carotid Endarterectomy; Transcatheter Aortic Valve Replacement (TAVR); Abdominal Aortic Aneurysm Repair; Bilateral Femoropopliteal Artery Bypass Grafting – From Supine to Prone; Abdominal Aortic Aneurysm Repair; Cervical Mediastinal For Exploration Staging of Lung Cancer; Pulmonary Embolism: A Survivor’s Story; Pectus Carinatum: Pigeon Chest; Robotic Versus Thoracoscopic Lung Resection

- **Package 23 - 15 CEs - $24** – Alternatives to Blood Transfusions; A Crash Course in Microbiology: A Review of Pathogens and Disease; Taking Control of Infection Control; The Modern-Day C-section; A Facial Rejuvenation Short-scar Face-lift/Simple MACS; Adenocarcinoma of the Appendix; Single-site Laparoscopic Total Hysterectomy; Sterile Processing: The Other Side of Surgical Services; Mammoplasty to Treat Macromastia; Damage Control Surgery; Organ Procurement

- **Package 24 - 9.5 CEs - $14** – Orthopedic Surgery During the American Civil War; The Surgical Legacy of World War II, Part 1: Pearl Harbor, Preparation and Portability; The Surgical Legacy of World War II, Part 2: The Age of Antibiotics; The Surgical Legacy of World War II Part 3: Blood and Valor; The Surgical Need – 50 Years of Surgical Technology
YOUR NEW JOB IS IN SIGHT

AST’s Career Center can help you:

• Find and apply to hundreds of jobs for surgical technologists, surgical assistants and surgical technology educators
• Post your resume and create a profile so recruiters can find you quickly
• Save your search criteria and sign up to be notified when new jobs are posted
• Watch instructional videos on resume writing, networking, behavioral interviewing and more
• Read “10 Tips for Salary Negotiations” and other helpful articles to better your career

http://careercenter.ast.org/jobseekers/
A question frequently asked by our members is “Why does it take so long to pass legislation?” There are several reasons why it can take three to five years to pass legislation in a part-time state legislature and more than five years to pass legislation in a full-time state legislature.

The first reason is the number of lobbying firms that represent your issue makes a difference. For example, a lot of companies will hire multiple lobbying firms to represent its interests. Why do they need more than one firm representing them? By having more than one lobbying firm under contract, they are eliminating firms that can represent their opponents while at the same time having more lobbyists represent their issues before legislators.

Here’s an example of how multiple lobbying firms increase your chances of success. In Massachusetts, sports betting companies introduced legislation in 2020 to legalize sports betting but the legislation was put on hold due to COVID-19. On August 1, 2022, the legislation was signed into law legalizing sports betting. The sports betting companies had five different lobbying firms representing them. It took them two years to pass their legislation. The Healthcare Sterile Processing Association (HSPA) introduced legislation in Massachusetts in 2014 to require sterile processing technicians to be certified. HSPA is still waiting for their legislation to pass the legislature. An argument can be made that sports betting is going to provide a significant amount of tax revenue to the state (over $35 million per year). Certifying a profession does not bring in any tax revenue to the state.

The second reason is visibility of the issue with the public and elected officials. This is the question of “Who are surgical technologists and what do they do?” I had an issue that would have been very detrimental for another client in a state this year. The legislation passed the House and was waiting for action by the Senate. We hired a lobbying firm and proceeded to do a public relations campaign by dropping an op-ed piece in a local newspaper penned by our local state chapter president and another op-ed piece in national trade press penned by our national president. (To be honest both op-ed pieces were drafted by me and the Chief Communications Officer with approval by both presidents.) Both op-ed pieces were picked up and traded all over social media. Our lobbying firm was able to remove us from the legislation. This is important because there were 38 occupations targeted by this legislation and only three were removed. My group was one of the three removed. The question is did the op-eds and social media hits get us over the finish line? It’s tough to tell but it certainly didn’t hurt us.

States do not pass all legislation that is introduced and the legislation that they are hearing about the most (more firms representing your issue) are the ones that will likely pass. This puts smaller non-profits at a disadvantage compared to large for-profit companies. This is one reason why it takes us so much longer to pass our legislation.
FREE CEs FOR 2022!

Exam #422 – Decontamination 101: Point-of-Use Cleaning, Containment and Transporting Contaminated Surgical Instruments – 1 CE

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Whenever. Wherever. AST is making continuing education more accessible—more convenient—and even FREE. Now you can look, listen and learn from our quality education presentations that have been archived from national conferences and advanced specialty forums. Specialty topics range from orthopedics, OB/GYN, general and neurosurgery. You will actually see the medical professionals and slides as they were presenting their information. Each presentation is coded by specialty.

Topics include Intrauterine Repair for Spina Bifida, Pelvic and Acetabular Surgery, Infertility, Drug Abuse During Pregnancy, ACL Surgery, Issues in Patient Care, Advances in Spine Surgery, Epithelial Ovarian Cancer, and Preventing Preterm Delivery. Any or all are free to watch and study.

Whenever you’re ready, take the examination—there is absolutely no charge. If you pass, you will be offered the opportunity to purchase the accompanying CE credit and register it with AST at a very affordable price.

LOG ON TO THE AST CONTINUING EDUCATION RESOURCE CENTER TODAY AT: www.ast.org
What (or Who) is SALC?

RAETTA COLEMAN, CST, FAST

What (or who) is the State Assembly Leadership Committee? I get this question a lot and I never get tired of answering it. At conferences, I approach members and introduce myself as a (their) SALC representative, and most of the time, the reply is, “What is SALC?” I am always happy to answer.

Here’s a brief history. Rewind to 1999, when the AST Bylaws were amended to create the present-day state assembly system and the ad hoc committee, State Assembly Task Force (SATF). The responsibilities of SATF rolled into the Government and Public Affairs (GAPA) Committee, and later the name changed to State Assembly Leadership Committee (SALC).

How do we get on this committee? State Assembly Leadership Committee members are appointed by the president of AST with approval from the AST Board of Directors. The committee consists of nine members, one of which serves as the chair. The appointment is a two-year term with a maximum of three terms that one can serve on the committee. The members are selected by their leadership skills, expertise, and talent within the state assembly arena.

What do we do? What are our responsibilities? Each member is assigned a number of states and oversees the happenings within those assigned states. We are always “on call” to our assigned states: questions might need answers, advice might be needed, or sometimes, just a listening ear or a chat about the happenings within the state. Professional knowledge is exchanged and ideas too. As SALC representatives, we strictly follow the AST State Assembly Bylaws and must have a good working knowledge of them. Sometimes we visit our states at the annual business meetings and workshops – we love seeing how the states are conducting meetings. By the way, it doesn’t mean that your state is in trouble if we visit. We are also required to complete reports on each state we represent; this is done at the mid-year mark and end of the year. We also maintain open communication with the AST staff and AST Board of Directors. We are here to support, advise and give guidance to our states.

As a committee, we communicate on a regular basis and also meet face to face. We are a cohesive and diverse group and are always “representing” (AST). If you see us at AST’s Educator’s Conference or another event, please feel free to approach us. If you have questions or just want to say hello, we love talking with you. We are here to assist our states with reaching their goals, making plans and seeing those plans through to completion. We are here to serve you and your state. Fun fact: We love doing it!

During the national conference, the State Assembly Leadership Forum is offered. We would love for you to attend. The most common misconception is that one must be serving at the state level to attend. This is not true. Any member can attend.

The committee’s mission statement is “To encourage and oversee growth and leadership of the state assemblies of AST through education, membership and guidance.” This is exactly what we do!
Soft Impact Mallets with Easy Grip Handles
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Gray Syringe Assist with Ergonomic Handle
Designed by Robert Gray, MD
For use in the O.R or the office, the design helps to prevent hand fatigue and pain when injecting with a 20mL syringe over multiple cases
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PRODUCT NO: 2026-00

Gelbke Cobb Elevator with Suction
Designed by Martin K. Gelbke, MD
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PRODUCT NO: 3433

Flat Gelpi Retractors
PRODUCT NO:
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Designed to help retract a broader area of soft tissue or muscle

Deep Impact Mallets
Provides shock-absorbing force

Gelbke Cobb Elevator with Suction
Designed by Martin K. Gelbke, MD
Designed to be used during exposure of the posterior spine, as well as for pelvic and acetabular trauma cases
PRODUCT NO: 3433

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Music in the Operating Room

KASSANDRA BAHR, CST, CSFA, DBA

Music in the surgical environment may be effective in establishing a productive work environment (placing the surgeon and/or staff in an ideal state of mind), and it may help put the patient at ease and in a relaxed mental state. This systematic literature review aims to provide a conceptual and data-driven exploration of the effect of music on pre- and post-operative patients as well as the musical effectiveness of the work performed by surgeons and staff in the operating room.

This article also proposes to review the benefits of music, the role of music in surgical education, and the sources of potential distractions in the operating room (OR). Beneficial effects of music, as measured by the subjective perception of the OR staff (surgeons, nurses, anesthesia providers, surgical technologists) will be discussed.

MUSIC IN THE OPERATING ROOM – DISTRACTION OR IMPROVED PERFORMANCE?
The World Health Organization defines noise as an unwanted sound – noise pollution in the environment is generally considered a stressor, increasing mental confusion, causing hearing loss and the contribution of cerebral cardiovascular disease. Unfortunately, healthcare workers have been exposed to increased noise pollution during the last several decades. Music played in the operating room increases decibel levels, and it may be a source of distraction to communication.

LEARNING OBJECTIVES
▲ Read about whether or not music in the operating room is beneficial to a patient
▲ Evaluate if music played during a procedure can impact the OR team
▲ Compare and contrast the pros and cons of playing music during a surgical procedure
▲ Learn about whether music played during an operation benefits a patient's heart rate
▲ Analyze the effects and general sources of noises in the OR
In studies evaluated within the research, surveys measured perception and attitude of the OR staff on playing music in the surgical environment. The majority of surgical procedures within the United States had music playing during surgery. Within the study participants, the majority expressed positive comments about music, and in nearly half of the staff surveyed, concentration was subjectively improved, according to surgeons, surgical technologists and anesthesia providers. In addition, participants in the study felt team work improved with music – also music was perceived to reduce stress.

Varying opinions have been expressed on whether music is considered distracting – specifically in critical situations when a problem or critical event occurred during the procedure. There were several studies which indicated feedback from participants who observed a reduction in communication related to auditory speed perception when music was played in the operating room. In one study where observational data was gathered and video recordings were utilized, 37 surgical procedures noted a 52% increase in repeated request rate when music was played. A small percentage of anesthesiologists reported that music in the operating room is associated with communication difficulty, and the anesthesia provider may have challenges in offering a stable level of sedation for the patient.

**ATTITUDE AND STATE OF MIND OF HEALTHCARE PERSONNEL IN TRAINING**

Within the operating room, there are often surgical trainees (residents, medical students, circulating nurses, surgical technologists) who may all be especially vulnerable to distractions. The literature shows that surgical educators and these trainees face consistent pressure to improve efficiency and performance metrics. More research needs to be conducted to determine if some benefit exists in music played for trainee surgeons; there is some evidence of benefit of music for fully trained surgeons.

The research revealed several randomized studies where the effect of music on surgical trainees showed music reduced anxiety in novice-trainee surgeons performing specific tasks such as vascular anastomosis. Items measured to determine the positive effect included video-based evaluation, counted hand-tracking/movements, and time to completion of the task. Additionally, participants in the survey were asked about their opinion on music played while completing the task; the majority reported they enjoyed the music.

Additional randomized studies examined the effect of listening to preferred music on task performance. Da Vinci SI simulators were utilized in studies for 45 medical students, randomized to three training module simulators (one with preferred music, one without music, one with non-preferred music). An interesting result of the study showed that when the medical students performed simulations, first with the preferred music, followed by the non-preferred music, no change in performance was noted. However, when medical students first completed the tasks with the non-preferred music and then followed the same tasks with the preferred music, their performance improved (as measured by time and accuracy on the robot simulator).

Multiple studies across the scholarly journals examined the effect of and attitude towards noise in the OR. In studies where stress-inducing effects of noise were evaluated, nearly 60% stated noise levels were detrimental to efficient communication in the OR. Anesthesia providers specifically stated a negative impact of noise in their clinical reasoning.

The results show overwhelming positive effects for patients who listen to music of their choice perioperatively; these patients reported less stress, anxiety and reduced pain levels.

**CONSCIOUS SEDATION AND ANESTHESIOLOGIST REPORT/FEEDBACK: THE EFFECTS OF MUSIC ON PATIENTS; ANXIETY – PREVENTION AND CONTROL**

Multiple studies over the last 20-plus years have examined the effect of music on surgical patients. From 101 articles reviewed, the data showed patients exhibit lower anxiety levels prior to and during surgery when music is played. An added benefit for patients includes a significant reduction in sedation requirements and analgesics. The results show overwhelming positive effects for patients who listen to music of their choice perioperatively; these patients reported less stress, anxiety and reduced pain levels. Musical resources have the power to improve the patient's condition and recovery with no added expense, and the music
may be customized to each patient. Several studies showed anesthesia providers reported they administered less medication when music was played for patients in procedures where sedation or regional anesthesia was given. Patients in these cases brought their favorite music – played during the procedure where sedation was administered. The anesthesia provider noted in the randomized study of the 60 patients where preferred music was playing that less propofol was given, and following the procedure, patients reported less pain and anxiety. Patient vital signs were monitored in another study, and those who listened to classical music prior to their procedures showed stable respiratory rates, heart rates and normal blood pressure when compared to a control group who listened to no music prior to their procedure.

In the current health environment where opioid use is closely monitored and of concern for doctors and their patients, a meta-analysis in the aforementioned Fu et al study investigated how listening to music during the procedure might influence the patient's pain medication requirement and length of stay. Healthcare professionals, patients and their families continue to face concerns about the opioid epidemic in the United States; medications used after surgery are known to increase the risk for addiction. The meta-analysis showed in procedures where instrumental or relaxing music was played for patients, the post-operative opioid dose was significantly less. In addition, sedatives used during the procedure were significantly reduced. A consistent theme found across the study results and randomized trials showed music as an inexpensive agent with significant positive effects to patients. Vital signs such as heart rate and blood pressure were improved, and the patient’s overall experience and comfort were positively impacted.

**Epidemiologic Methods – Heart Rate**

For surgeons and clinical staff, music during surgery was found to reduce blood pressure and heart rate, while also increasing the accuracy of surgical tasks. Multiple studies have been completed to demonstrate the effects of music on surgeons, specifically cardiovascular reactivity. In one study, 100 surgeons were given a basic math task, whereby they were asked to verbally count up by 12s from a 4-digit number for 2 minutes; after 5 minutes, the surgeons were to count up by 15s. This test was repeated under various musical conditions: no music, surgeon’s choice, or classical-Pachelbel’s Canon. The researchers monitored autonomic physiological responses, including pulse rate, blood pressure, and skin conduction; the autonomic responses were lowest in the trials with surgeon’s musical choice, followed by classical-Pachelbel’s Canon, the highest responses without music.

Music implemented through headphones for patients during surgery would provide the patient with their preferred music and also reduce the noise pollution. Many theorize the music played during surgery would have a calming effect on the patient’s vital signs (blood pressure, heart rate, respiration).

**Music Therapy - Types, Effect and Use of Music**

Persoon et al published a study where distracting stimuli were tracked in 82 typical urology procedures; distractions were classified as anything that caused general diversion from the main task. Surgeons and staff in this study agreed the most frustrating distractions were unnecessary conversation and door opening. The interesting commonality in this study for both the study and control group is that neither group found music as a distraction. In fact, the common theme among the surgeon group specifically showed the urologists found the music to be a stress-reliever, especially if they chose the music genre.

Patient outcome is affected by the surgeon’s performance and well-being; the effect of music on the surgeon’s mental attitude and mood may generate positive physiological responses. An interesting hypothetical question that arises is does one specific genre of music generate more benefits or adverse reactions than another?

The literature revealed several surveys about the impact of music on operating room personnel. The most commonly reported type of appropriate music in the operating room is the classical type. In one study, 350 healthcare professionals (surgeons, nurses, surgical technologists, anesthesiologists) were questioned about the type of music played in the operating room. The results showed that 80.1% stated music helps them work efficiently and stay calm. Another similar study showed that among clinical staff who listened to music, 68% stated music of their chosen genre increased concentration and focus. Interestingly, in both studies, the respondents did not classify music as a distraction or communication hinderance in the operating room. Another factor tracked in the study found increased speed and accuracy among surgeons who selected their preferred music com-
pared to no music. The research overwhelmingly shows operating room staff found music to be favorable; this may be extrapolated as a positive effect that improves technical performance and relaxation (physiological response).

Some may theorize music may be used as a cue for creating awareness during appropriate situations in the OR; lowering or turning off the music entirely during critical moments draws the attention of entire surgical team. Across the literature reviewed, this practice is standard during the time out portion of the procedure. Furthermore, because surgery may have specific phases with higher demands for all members in the OR involved, music may be prohibited to reduce the likelihood of diverting staff’s attention or encouraging irrelevant conversation or distraction.

**Patient outcome is affected by the surgeon’s performance and well-being; the effect of music on the surgeon’s mental attitude and mood may generate positive physiological responses.**

**TASK PERFORMANCE – ANALYSIS OF EFFECTS AND GENERAL SOURCES OF DISTRACTION IN THE OPERATING ROOM**

To be fully transparent and inclusive of all sides of the musical effect in the operating room, it should be noted that some researchers have argued the noise of music increases the stress level of the clinical team and degrades communication. Specifically, in neurologic and orthopedic surgeries – where there exists significant equipment noise such as drills, power saws, and suction – the likelihood of repeated communication is much higher (thereby increasing stress levels and possibly adding time to the procedure). Anesthesiologists were questioned, and out of 205 surveys, nearly 71% noted music was routinely played in the operating room, and from this same study, 26% of anesthetists felt communication and attentiveness were compromised. It is interesting to point out that nearly 70% of participants indicated the most distracting music was the genre they did not like; clearly, the music choice in the operating room may be relevant to performance.

An important consideration for the effects of music in the operating room includes the examination of other types of noise and their effect on the surgeon and clinical staff. The research revealed data in several studies which analyzed distractions in the OR. McDermott et al noted the effects of distractions on the stress, workload and teamwork of the surgical staff. To fully disclose all possible effects of music in the operating room, an examination of the research found a study where 15 medical interns performed a laparoscopic appendectomy with a virtual reality simulator. Conditions applied in the simulator included exposure to music and conversation. The simulator results suggest preclinical laparoscope training to reduce irritation for the surgeon, distraction for the clinical staff, and increased safety for the patient.

The nature and complexity of the work in the operating room indicate an underlying focus and effort to provide high quality surgical care. Significant and efficient communication in the operating room contributes to the safety of patient an optimal environment for the surgeon and staff. Music is one aspect of the noise in the operating room, where advanced surgical technology and mechanical sounds may produce noise levels at an unhealthy and hazardous level, increase stress among staff, or impair communication and concentration.

According to the World Health Organization, noise levels in the operating room should not exceed 30 dBA. Prevalence of high noise levels in the OR are likely to exceed these recommended decibel levels – specifically during orthopedic and neurosurgery, where peak levels exceed 95 dBA for significant portions of the procedure.

Excessive noise (of any type) may contribute to communication error when the noise causes impaired understanding of orders and requests. Noise types or stimuli may include cell phones, beepers, radios, speakers, unnecessary conversation among the OR staff and from staff entering the room. There may be a negative impact of noise on clinical reasoning for students or medical residents.

A factor to consider is the complexity of the surgical procedure and the variance in noise levels for some surgeries may be higher (consider drills in orthopedic or neurosurgical cases). Studies show that volume of noise in the operating room may reach deafening levels – even approaching the level of a jet engine.
Further studies and research should explore the finding of higher noise levels during surgery associated with an increased rate of surgical site infections. While higher decibel noise levels may not cause the SSIs, there may be a link between reduced communication efficiency and postoperative complication rate. Medical research indicates patients have an active and receptive auditory cortex during general anesthesia. Therefore, further research may help explain the detrimental effects of high noise levels within the operating room for patients under general anesthesia.

CONCLUSION
As the complexity and duration of surgical procedures increases in the present and future operating rooms, surgeons, medical trainees, anesthesiologists, nurses and surgical technologists are faced with the challenge of balancing the creation of a pleasant work environment and the establishment of safe, distraction free workspace. Music in the operating room may contribute to a calmer, happier surgical team, and music has also been shown to improve patient vital signs, healing and recovery during and after surgery. Much of the research about music in the operating room mentions the concern about the musical addition of sounds to an already noise-polluted environment. The difference here is that music is an optional addition, while most of the other mechanical, technological and conversational noise are necessary.

AUTHOR ACKNOWLEDGEMENTS
I would like to thank the surgeons, anesthesia providers, nurses and surgical technologists at Miami Valley Hospital for their guidance, advice and education for this article and in my profession as a Certified Surgical Technologist and Certified Surgical First Assistant.

ABOUT THE AUTHOR
Kassandra Bahr has been a CST and CSFA for over 16 years since obtaining her associate degree of science in surgical technology. She has been a member of the neurosurgery team at Miami Valley Hospital, the region’s only Level 1 Trauma Center. While employed at the hospital, Kassandra completed her masters and doctorate degrees in business and healthcare administration, and she now splits her time between work as an online professor in the graduate program at Ohio University and serving on PhD committee at Walden University.

REFERENCES
1. In one study where observational data was gathered and video recordings were utilized, 37 surgical procedures noted a ________.
   A. 52% increase in repeated request rate
   B. 37% increase in repeated request rate
   C. Surgeon dropping more instruments
   D. Medical students repeating surgery

2. In studies where stress-inducing effects of noise were evaluated ________.
   A. 20% stated noise levels were detrimental to efficient communication in the OR
   B. 60% stated noise levels were detrimental to efficient communication in the OR
   C. 12% stated noise levels were detrimental to efficient communication in the OR
   D. 13% stated noise levels were detrimental to efficient communication in the OR

3. True or false: The data showed patients exhibit lower anxiety levels prior to and during surgery when music is played.
   A. True
   B. False

4. Several studies showed anesthesia providers reported they administered less medication when music played was for patients ________.
   A. At very high levels
   B. In cases less than 30 minutes
   C. In procedures where sedation or regional anesthesia is given
   D. Who only liked country music

5. The meta-analysis showed in procedures where instrumental or relaxing music was played for patients, the post-operative opioid dose was significantly ________.
   A. More
   B. About the same
   C. Much higher
   D. Less

6. The common theme among the urologist surgeon group specifically showed they found the music to be/have ________.
   A. A reason to dance
   B. A stress-reliever
   C. Stressful
   D. No effect on skills

7. Among clinical staff who listened to music______.
   A. 68% stated music of their choice increased concentration
   B. 3% stated music should be chosen by the attending surgeon
   C. 12% said the team should vote on the music
   D. 99% stated music of their choice increased concentration

8. According to the World Health Organization, noise levels in the operating room should not exceed ________.
   A. 98 dBA
   B. 30 dBA
   C. 1 dBA
   D. 120 dBA

9. Another factor tracked in the study found ________ among surgeons who selected their preferred music compared to no music.
   A. Reduced speed and accuracy
   B. More mistakes
   C. Less mistakes
   D. Increased speed and accuracy

10. True or false: While higher decibel noise levels may not cause the SSIs, there may be a link between reduced communication efficiency and postoperative complication rate.
    A. True
    B. False
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We value the hard work and dedication surgical technology educators put into teaching and mentoring their students. That’s why the Foundation for Surgical Technology has funded the Constellation Awards – to recognize and reward surgical technology educators at different stages in their careers.

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The Foundation for Surgical Technology funds various awards during the year, but it is best known for the academic scholarships that assist students entering the field. In 2022, a total of 31 students received scholarships.

I am incredibly grateful to the Foundation for Surgical Technology for awarding me with this scholarship. When I graduated with a bachelor’s degree in biology and came to the realization that graduate school was no longer a good fit for me a few years ago, I was unsure of where my career was heading. After doing some research and discovering surgical technology, I thought it would be a wonderful career path and excellent fit for me. I have always enjoyed learning how the human body works as well as helping people when they need it most. This field is incredibly fascinating and rewarding; you are always learning and striving for the best for the patient and that’s what I love about working in the OR.

I graduated in May of this year and have started working as a CST at the University of Minnesota – East Bank hospital in the robotics, OB-GYN and the urology unit. I am incredibly proud of my hard work and accomplishments, but I know I wouldn’t be where I am today without the guidance and support of my teachers at Saint Paul College, my fiancé, and my fellow classmates in cohort 5. I am excited to see what the future holds for my career in this field, all the hands-on experiences that I have the opportunity to take part in and all of the people I get to help.

Being a surgical technologist is not a well-known career path. For me, finding it has been one of the most important moments in my life. Going back to school later in life is challenging, and learning something as complex as surgical technology can be intimidating. However, once I got started, I fell in love with it. Every day I learn something new about sterile technique, surgical instrumentation, operation room functionality, or procedures. And every day I find more things to love about this position. Surgical technology is a demanding yet rewarding career. It teaches you to think critically and understand the whole picture of a situation. If you get stuck, it teaches you how to problem solve until you do understand. Learning to be part of a team whose focus is quality patient care means feeling proud of the work I will do.

I am so very grateful to the Foundation for Surgical Technology for granting me this scholarship. As I move into the next phase of this program, clinicals, your generosity will enable me to be present, reliable, and prepared to learn from the current experts in this field. Continuing toward certification and graduation, I hope to build the skills necessary to join them in a proud and fulfilling career. Thank you so much for aiding me in my journey.
I graduated with my master’s degree in theatre in May 2020, at the height of the pandemic, which caused me to reassess for future job opportunities. I have always been interested in healthcare, but honestly didn’t know about surgical technology. Initially, I thought you had to have a BSN or higher to work in an operating room. After a lot of research, I discovered surgical technology and chose to pursue it and am so glad I did. I absolutely love what I do. Being a part of a patient’s health journey is very special to me.

The organization and intricacy of working in surgery are some of my favorite aspects of what I do. It helps me be the best team member I can be for my surgeon, first assistants, and nurses. Some of my most memorable and positive experiences have happened during craniotomies. I had the opportunity to scrub for a Level 1 trauma craniotomy at Vanderbilt University Medical Center and it was the most phenomenal experience I have ever had. I was originally in the room to observe how a trauma case functioned, but the CST for the case invited me to scrub-in. Everyone moved quickly and efficiently, and communicated so effectively that I was allowed and able to first scrub the entire case. I was terrified of trauma before that experience. Moments like that are what make me want to continue working in healthcare and help create great teams in the OR.

I will be working full-time PRN at Saint Thomas Rutherford in Tennessee. Later this year, my family and I will be moving to Boston, Massachusetts for my husband’s job in the Coast Guard. I plan to continue working as a CST in Massachusetts. However, in the future, I would love to become a clinical coordinator or assist in healthcare simulation training. Having previously worked as a college instructor, actor, and taken part in healthcare simulations, I would love the opportunity to help future healthcare workers grow, learn, and become the best patient advocates they can be. I am also considering different pathways towards a PhD. Either way, I am very excited for the future and am beyond thankful for the knowledge my preceptors and coworkers continue to impart to me.

It’s beyond exciting to be starting my journey as a Certified Surgical Technologist. It has been a dream of mine for quite a while, and I endured so many obstacles trying to reach this goal. I graduated in June, and I’m blessed to have been offered a position at my clinical site hospital, so I will be pursuing my passion there.

I am so grateful for the support of my boyfriend and family. They have been my rock and biggest cheerleaders throughout this whole experience. Thank you to my classmates who endured this with me and supported me through everything. We really did it, and I’m so proud of us all. Lastly, a big thank you to my amazing instructors and program director who prepared me so well to step into the real world of surgery.

My new goal is to be on the heart team, and I’m working hard at gaining other OR experience to make that into a reality. I have always wanted a career where I’m making a difference and helping others, and I can do both those things while helping save lives. Being a part of the surgical team is truly an honor and I feel so lucky to have the job I do.

Thank you very much to the Foundation for Surgical Technology for choosing me to win this award!
Hello, my name is Jordyn Granny, and I have been enrolled in surgical technology school since September of 2021. I was naturally drawn to the medical field since I was a child; I have always thought medicine was fascinating and how it continuously evolves in every aspect. I chose to go to school to become a surgical technologist because I have always wanted to work in the operating room to become a vital member of a life-saving team.

I am currently still enrolled in classes and will soon go out for clinical rotations this coming September. My goal is to graduate from surgical technology school with high honors and work and learn from talented members of a surgical team. I am eagerly waiting to start my career as a surgical technologist, and thanks to my amazing instructors and the AST for granting me this scholarship, I feel more prepared for my future career as a surgical technologist.

From a young age, I’ve always enjoyed helping people. I lost my mother at a young age and after bouncing around from place to place, I was adopted at age 8. My adopted father came into my life and took care of me and helped me become who I am today. His act of love and kindness has always been so important to me and when it was time to choose my career path, I wanted to be able to take care of my dad. That’s when I chose to pursue a career in healthcare, specifically as a surgical technologist.

My plans are to keep strengthening my skillset while working at Queen of the Valley. One day, I’d like to continue my studies to become an OR nurse.

I’m excited to continue to strengthen my skills in the operating room. My surgical technologist classmates and I have really bonded over the last year. I couldn’t have done this without them, and I’ve made some lifelong friendships. In the hospital, patients are happy to see a friendly face who can reassure them they will be OK. The ability to listen, pay attention to details, provide consistency, and showing kindness are all ways that I can be a better surgical technologist every day.

My name is Risha. I graduated this May from Nassau Community College Surgical Technology Program and recently obtained my certification from National Board of Surgical Technology and Surgical Assisting (NBSTSA). I did my undergrad in medical science back in my home country Bangladesh. I worked there for two years before moving to USA. My passion for the healthcare field led me to explore different working opportunities here. But I always wanted to get involved in direct patient care – something more satisfying and interesting so I chose to become a surgical technologist. I am not a type of person who can spend endless hours sitting at a desk pushing paperwork; I prefer something engaging and more interactive. This job presents fresh challenges each day and every time stepping into the operating room. Although the daily schedule can be fast-paced and demanding, it will not be monotonous.

As a tech, the best part of my job is that I am actively helping people every day – prepping them, keeping them safe during surgery, ensuring the comfort and care they deserve. Also, I am directly assisting in the surgery which is at the same time rewarding and fulfilling. During my clinical rotations, I always felt there is no time to get bored in the OR. The surgeries are varied, as are the
patients. We have the same responsibilities for each surgery to assist with, but the circumstances, the patients and their needs are always different.

Now after my graduation I am planning to start working soon. I am going to join Northwell LIJ Valley Stream Hospital as a CST. My goal is to utilize my current abilities and knowledge to become a successful tech while also learning and developing new skills to help me advance in healthcare industry. I want to gather more experiences with specialty training and would like to obtain a master's degree in the future to advance my career as a surgical first assistant.

Steve Jobs said in his 2005 Stanford commencement address said, “Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do.” I strongly agree with him. When I try to envision myself in the future, I see myself as a satisfied person with a career I love and passionate about. Because I believe to live our best life, we must know our passion, be prepared to work hard, follow it, dream it, and live it!

My name is Jadzzir Mapp and I am a surgical technologist student at the College of Health Care Professions – Austin. I’ve been drawn to the medical field since I was a little girl, and it has stuck with me into adulthood. I love being a member of a team that can give people the ultimate gift of a “second chance.” Watching my mother battle with health issues growing up amplified my passion; I knew when I grew up I was going to be someone who made a difference one patient at a time. Training as a surgical technologist, I’ve learned to value the importance of things like maintaining sterility, being a part of a team, and above all putting the patient first.

I recently lost my twin sister, Carolyn, on June 3, 2022, while completing my clinical rotation. Though I am hurting inside, I am still pushing forward one day at a time. Losing the person I came into this world with has only taught me that life is too short and shouldn’t be taken for granted. I do this not only for myself and my kids, but also for my sister who is cheering me on and watching over me from above.

As a new graduate, I am incredibly excited and honored to be a part of the surgical tech community! I was inspired to work in the operating room at a young age. Around the age of 12, I used to play surgical video games and read library books about human body systems. I have always had a fascination with the human body, so I first obtained a bachelor’s degree in biology with an emphasis in anatomy and physiology. My background in biology is what led me to believe I could be an outstanding surgical tech.

I love to be involved as a member of the surgical team, and I am passionate about playing an important role in excellent patient care. I look forward to my job every day because every day can be an amazing different experience.

My plans for the future are to grow as a surgical tech and expand my skills. I strive to grow and improve my education so that one day I can be a valuable circulator!
I am honored to be awarded this distinguished scholarship. It means so much to me to have been chosen and recognized for my hard work and determination during this part of my development. Going back to school during my pregnancy was the best decision I have made for myself. I decided to become a surgical technologist because I wanted to further my interest in health and to give back to the community while benefiting others. I wanted to demonstrate to my daughter that you achieve anything that you put your mind into.

In 2017, I had a life-changing event where I was paralyzed from my neck down. I suffered an injury to my C1 and C2 vertebrae. I was lucky to have such great medical staff and doctors to take care of me and direct me back to health.

I strive to empower patients to have outcomes that allow them to feel the same way as I did. I want to become one of the best ortho and spinal scrub I can be. I enjoy this specialty because of the challenges it presents. I found it fascinating to watch a total knee being completed in 30-45 mins. The human body is amazing and through this field I have learned so much. I am looking forward to mastering the routine of healing and continuing my education.

I chose surgical technology because the human body fascinates me. Its design and the way it works so perfectly, until it doesn’t, is just incredible. I wanted a career that would allow me to go beyond the book pages and pictures. A job that would be physically and mentally challenging, and where and I would get to participate in helping to solve problems.

After becoming a surgical tech student, I realized that surgical technology is much more than being close to the anatomy of the body. It’s a profession that requires many skills and trades: knowledge of the body, procedures, instruments, asepsis, critical thinking, anticipation and more! The job certainly keeps me on my toes, and I love it.
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The State Assembly Leadership Committee (SALC) is a standing committee of the Association of Surgical Technologists. The committee members shall be appointed by the AST President with approval from the Board of Directors for a term of two years with the possibility of reappointment of a second and third term. The committee members are selected by evaluation of their leadership skills, expertise and talent within the state assembly arena.

**THE MISSION STATEMENT OF THE STATE ASSEMBLY LEADERSHIP COMMITTEE IS:**

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- Follow strict adherence to all AST State Assembly Bylaws and procedures
- Maintain open communication with AST Board of Directors and the AST staff

The SALT consists of nine members who represent individual states.

The State Assembly Leadership Committee is currently composed of:

### Stephanie Austin, CST, FAST
seaustin1971@gmail.com

Represents Georgia, Mississippi, Texas, West Virginia, Wisconsin

Stephanie has been a CST and a member of AST since 2004. She graduated from the Tennessee College of Applied Technology, Crossville (TCAT), with a certificate in surgical technology. She furthered her education graduating from Roane State Community College in 2013 with an Associate of Applied Science in General Technology, a Bachelor of Applied Science in Surgical Technology in 2016 and a Master of Arts in Higher Education Leadership in 2019, both from Siena Heights University in Adrian, Michigan. She is currently working on her EdD in Teaching and Learning at the University of St. Augustine for Health Sciences.

She began her career as a surgical technologist at the University of Tennessee Medical Center in Knoxville. She spent more than 10 years in both
Raetta Coleman, CST, FAST
rscoleman35@aol.com
Represents Alabama, Arkansas, Florida, Illinois, Louisiana

Raetta is honored with the reappointment to the State Assembly Leadership Committee. She celebrates 27 years as a Certified Surgical Technologist. She graduated from Florence-Darlington Technical College in Florence, South Carolina, in 1995 and began working for McLeod Regional Medical Center. In 2003, she began working for McLeod Dillon in Dillon, South Carolina. In 2010, she began working at Robeson Community College in Lumberton, North Carolina as a clinical coordinator and shortly thereafter became the program director. She has been in the role for 10 years. Her passion is surgical technology and teaching what she loves.

During the last four years, Stephanie has become involved in the Tennessee AST State Assembly where she held positions on the Board of Directors for three years. She is currently in her first term as the vice president. Additionally, Stephanie has served as a site visitor for the Accreditation Review Council on Education for Surgical Technology and Surgical Assisting (ARC/STSA) since 2019, reviewing surgical technology programs across the country and ensuring compliance with the standards required to provide quality education for new surgical technologists. Stephanie was awarded the Fellow of the Association of Surgical Technologists (FAST) designation in 2021.

In her free time, she enjoys traveling, especially cruises. She also loves to hang out with her family, cooking out, exploring the mountains (especially Cades Cove in the Great Smoky Mountains), and watching the Tennessee Volunteers play football … GO VOLS! Stephanie has three grown sons, a wonderful daughter-in-law, and a granddaughter. She also has a wonderful partner and a stepson who is three years old and keeps her on her toes.

Lisa Day, CST, CSFA, FAST, Chair
ldaycsfa@gmail.com
Represents Hawaii, Maryland/Delaware, Montana, Nebraska, New Jersey, New Mexico

Lisa is a 1998 graduate of Our Lady of the Lake College in Baton Rouge, Louisiana, and a 2011 graduate of Meredith Institute of Surgical Assisting, in which she continued to earn her AAS in surgical assisting in 2018. Lisa graduated from Siena Heights University with a Bachelor of Applied Science in surgical technology and has begun pursuing her Master of Education at Liberty University. She has served on the Virginia State Assembly as chair to various committees, as board of director, vice president, president and is now serving her first term as secretary. She was honored to receive the FAST designation at AST’s 50th National Conference in 2019.

Her passion for her profession and rewarding career as a CST and CSFA has led her to the path of education. Lisa is the core instructor of surgical technology at Laurel Ridge Community College in Warrenton, Virginia.
Lisa and her husband of 36 years have three grown daughters. She enjoys spending her free time with her family and spoiling her houseful of hounds and “mini horse” aka a Great Dane. She is excited and honored to be able to serve as the chair of SALC and to continue to be a resource for other state assemblies.

Lori Groinus, CST, FAST
lori.groinus@gmail.com
Represents North Carolina, North Dakota, South Carolina, South Dakota, Tennessee
Lori has been a surgical technologist for 30 years, graduating from St. Cloud Technical College in St. Cloud, Minnesota in 1992. After graduation, she worked as a CST in the Minneapolis area at Fairview Southdale Hospital before returning to the St. Cloud area where she worked as a CST at the St. Cloud Hospital. While working as a CST, Lori realized that she enjoyed the teaching/precepting role and decided to pursue a degree in education, graduating with an elementary education degree and later her master’s degree in curriculum and instruction. In 2006, she began her career as a surgical technology instructor and program director with Rasmussen University and recently joined St. Cloud Technical & Community College as a professor and its surgical technology program director.

Lori has served on the Minnesota State Assembly board since 2014. She has held the positions of president and vice president, and currently is serving as a director. Lori received the FAST in 2021. Lori feels that instilling a sense of commitment and pride in her students and other CSTs is the foundation of growing as professionals. “We have an important, amazing role and patients put their trust in us. We need to live up to it!” As a SALC member, Lori hopes to be able to assist and support other state assemblies the way SALC has helped and supported her state board.

Lori enjoys spending time with her family and friends and tries to be a fun mom to Carter (17) and Madelyn (15) but is sometimes incredibly embarrassing. She also likes to listen to podcasts, music & audiobooks, read, and watch far too much Netflix.

Heather Hodges, CST, FAST
hyhodges@gmail.com
Represents Arizona, Kentucky, Missouri, Nevada, New York
Heather is honored to be serving her second term on the State Assembly Leadership Committee. She graduated from Cabarrus College of Health Sciences in Concord, North Carolina, in 2011. She began working for CMC Northeast in Concord, and while there, she served as the robotic coordinator as well as the general lead. In 2018, Heather began employment with Gateway Surgery Center in Concord. Gateway has given Heather the opportunity to scrub ENT, plastics, orthopedics, eyes, general, and gynecology.

Heather has been a member of AST since 2010, the same year she attended her first conference as a student in San Francisco. At AST’s 50th National Conference in May 2019, she received the FAST recognition. Heather has been a part of the North Carolina State Assembly since 2013 and has served two terms as the board of director, one term as secretary, and is currently serving her last term as president. Heather has a passion for her career and loves to speak about it with those who have no idea what a surgical technologist is or does. She also has a passion for the state assembly along with AST because together they grow awareness for our profession as well as make it stronger.

Heather and her husband of 23 years live in Mooresville, North Carolina, with their two boys, Hatten, and Liam, as well as her two spoiled hounds, Daisy and Finn. She enjoys hiking, camping, paddling, and gardening.

Allison Lacey, CST, FAST
sunrise267@yahoo.com
Represents Idaho, Massachusetts, New Hampshire/Vermont, Rhode Island, Virginia
Allison has been an AST member for 16 years. She is a graduate of the 2006 Maine Medical Center School of Sur-
logical Technology and obtained her associates of applied science in surgical technology from Southern Maine Community College. Prior to moving to Maine, she grew up in Vermont, where she still visits family as much as possible.

She works as a Certified Surgical Technologist in the operating room at Mercy Hospital in Portland, Maine. Allison has served on the Maine State Assembly in the past as president, secretary, and director positions. She was honored to receive the FAST designation in 2019.

In her free time, Allison enjoys searching for sea glass and sand dollars on Maine beaches, jewelry making, playing games, spending time with family, fishing with her husband, floating in inner tubes in the summer, and skiing in the winter.

Marsha Lyles, CST, CSFA
mnmcst@yahoo.com
Represents Alaska, California, Colorado/Wyoming, Oregon, Utah, Washington

Marsha is serving her second year on the State Assembly Leadership Committee. She began her career in the US Navy in 1991 directly upon graduating from high school and served 10 years on active duty before being honorably discharged in November 2000. She is a Disabled American Veteran and a huge supporter of the organization. She started her civilian career at St Vincent’s Healthcare in Billings Montana. After 12 years in Billings, she began work at Logan Health, in the northwest corner of the state, in Kalispell. Marsha has been employed at Logan Health for over 10 years now, where she serves as a preceptor for both surgical first assistants and surgical technologists at KRMC. She is the surgical services lead for surgical oncology, trauma, general, pediatrics, urology, cardiac, vascular, and thoracic services, specializing with several decades of experience in cardiac, thoracic, vascular and robotic surgery in both the CST and CSFA roles.

Marsha has served on the Board of Directors for the Montana State Assembly noting that her passion for the future of Montana and the profession are at the forefront of her service. She has sat numerous terms as director, treasurer and vice president, and is currently serving as president. Marsha attended her first AST national conference in 1997 while in the Navy and has attended five since. As one of the SALC representatives, Marsha works alongside the state assemblies to help keep them active and keep each student, practitioner, OR and facility educated and knowledgeable about the need for continuing education, certification and involvement in this profession.

Marsha and Mike, her husband of 30 years, enjoy their free time at their home on 15 forested acres in northwest Montana. They are the proud parents of their adult children, Michael, 29, who recently married the love of his life this month, and Jessica, 25, who is a trooper with the Montana Highway Patrol. Marsha enjoys fishing the many lakes, rivers and streams Montana offers as well as hunting, gardening, and canning and food preservation. Marsha was a volunteer firefighter/EMT for many years. She is nationally certified in both wildland forest and structure firefighting as well as nationally certified as an EMT.

Darrell Sadler, CST, FAST
sadlerdarrell@gmail.com
Represents Connecticut, Maine, Michigan, Minnesota, Pennsylvania

A native of South Carolina, Darrell enlisted in the United States Air Force immediately after high school. As an Air Force flight medic, Darrell was taught early on that the patient came first and continuing education is paramount. After the military and while a pre-nursing student at the University of Alabama at Birmingham, Darrell was offered a job as a labor & delivery operating room technician. Although trained on the job, he went on to gain experience in orthopedics, neuro, cardiac, and eye surgery, to name a few.

After relocating to New York City in 2005, he accepted employment at an ambulatory surgery center affiliated with the 1199 SEIU Healthcare Union. Through the 1199 Training & Upgrade Fund, he earned a certificate in surgical technology from SUNY Downstate College, which allowed him to sit for his national certification. He has been a Certified Surgical Technologist since 2011 and in 2019, was awarded the FAST designation. In 2020, Darrell
was recruited as an adjunct professor for the surgical technology program at the Center for Allied Health Education in Brooklyn.

A resident of Linden, New Jersey, he has been a member of the New Jersey Association of Surgical Technologists since 2017 and currently serves as its president. A former union delegate, Darrell continues to advocate for his fellow CSTs when and wherever the opportunity presents.

Brittany Votaw-Toth, CST
bnvotaw@gmail.com

Represents Indiana, Iowa, Kansas, Ohio, Oklahoma

Brittany started her career as a Certified Surgical Technologist after graduating from Central Piedmont Community College in Charlotte, North Carolina, with an associate’s degree in surgical technology. After graduation, she spent approximately 10 years as part of the trauma team for the Mayo Clinic Health System in Mankato, Minnesota, specializing in neurology and moved back to the Charlotte area in 2015 to become the orthopedic coordinator at Atrium Health Pineville. In 2018, Brittany shifted to PRN for the hospital while also working as a private scrub in pediatrics where she helped children born with genetic malformations and played a key role in setting up stem cell capabilities for the practice.

Brittany has been a part of the North Carolina State Assembly since 2010 and has served three terms on the Board of Directors. During her time on the Board, Brittany has worked closely with the North Carolina executives, members, and lobbyists to pursue legislation to further the profession in her state and across the country by promoting the importance of surgical technology and the vital role practitioners play in and out of the operating room.

Brittany is extremely passionate about the future of the association and consistently advocates for the inclusion, education, and recognition of the students who share her passion and choose surgical technology for their career.

Brittany is married with one son and has a soft spot for fur with four legs. Her passion extends to the military community where she supports organizations such as Wreaths Across America and works to bring awareness to the mental health and suicide epidemic that affects our country’s veterans. She is truly honored and humbled to serve her first term on the State Assembly Leadership Committee and is extremely excited for the opportunity to share her passion and enthusiasm for the profession.
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ALASKA STATE ASSEMBLY
Program Type: Onsite Workshop
Date: October 15, 2022
Title: AST Fall Conference
Location: Providence Alaska Medical Center, 3200 Providence Dr, Anchorage, AK 99508
Contact: Lovely Agustin, 3200 Providence Dr, Anchorage, AK 99508, 907-212-2614, arcelie_915@yahoo.com
CE Credits: 6

ARKANSAS STATE ASSEMBLY
Program Type: Onsite Annual Meeting/Elections
Date: October 15, 2022
Title: Scrubtoberfest! Things to Consider
Location: Baptist Health, 1001 Towson Ave, Fort Smith, AR 72901
Contact: Ashley Smith, PO Box 15772, Little Rock, AR 72231, 479-420-6363, orthowife83@gmail.com
CE Credits: 7

CALIFORNIA STATE ASSEMBLY
Program Type: Onsite Annual Meeting/Elections
Date: October 8, 2022
Title: Children to Adults we help them all "I am a Surgical Technologist"
Location: Children’s Hospital Los Angeles, 4650 Sunset Blvd, Los Angeles, CA 90027
Contact: Fernando Mendoza, 14639 Burbank Blvd #212, Sherman Oaks, CA 91411, 818-621-4730, ferniem66@gmail.com
CE Credits: 7

COLORADO/WYOMING STATE ASSEMBLY
Program Type: Onsite Annual Meeting/Elections
Date: October 15, 2022
Title: Fall Business Meeting
Location: Pikes Peak Community College, 1850 Cypress Semi Dr, Colorado Springs, CO 80921
Contact: Antoinette Trujillo, 1850 Cypress Semi Dr, Colorado Springs, CO 80921, information@coloradoast.org
CE Credits: 6

FLORIDA STATE ASSEMBLY
Program Type: Onsite Annual Meeting/Elections
Date: October 1, 2022
Title: Fall Fest 2022
Location: Sheraton Orlando North Hotel, 600 N Lake Destiny Road, Maitland, FL 32751
Contact: Stephanie Hurst, PO Box 6241, Lake Worth, FL 33462, 772-462-7054, shurst@irsc.edu
CE Credits: 5

Program Type: Onsite Workshop
Date: October 29, 2022
Title: Surgical Procedures Workshop
Location: Holmes Regional Hospital: A&B Auditorium, 1350 Hickory St, Melbourne, FL 32901
Contact: Charles Robinson, 4124 Archdale St, Viera, FL 32940, 240-688-9989, spincerrob519@gmail.com
CE Credits: 8

GEORGIA STATE ASSEMBLY
Program Type: Onsite Annual Meeting/Elections
Date: March 11, 2023
Title: Springtime in Savannah
Location: Savannah Technical College, 5717 White Bluff Road, Savannah, GA 31405
Contact: Erin Baggett, PO Box 216, Lawrenceville, GA 30046, 678-226-6943, gaawebmaster@gmail.com
CE Credits: 7

Program Type: Onsite Workshop
Date: September 9, 2023
Title: Surgery Southern Style
Location: Albany Technical College, 1704 S Slappey Blvd, Albany, GA 31701
Contact: Erin Baggett, PO Box 216, Lawrenceville, GA 30046, 678-226-6943, gaawebmaster@gmail.com
CE Credits: 8

ARIZONA STATE ASSEMBLY
Program Type: Onsite Workshop
Date: October 1, 2022
Title: Operating Room Culture and Diversity
Location: Gateway Community College, 108 N 40th St, Phoenix, AZ 85034
Contact: Raquel Briggs, 2365 E Cactus Road, Phoenix, AZ 85022, 602-388-5825, azsa.assembly@gmail.com
CE Credits: 4

Program Type: Onsite Annual Meeting/Elections
Date: February 4, 2023
Title: 2023 Annual Business Meeting & Bariatric Surgery & More Workshop
Location: Gateway Community College – Health Science Building, 108 N 40th St, Phoenix, AZ 85034
Contact: Raquel Briggs, 2365 E Cactus Road, Phoenix, AZ 85022, 602-388-5825, azsa.assembly@gmail.com
CE Credits: 4.5 Live
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<tr>
<td><strong>IDAHO STATE ASSEMBLY</strong></td>
<td>Onsite Annual Meeting/Elections &amp; Webinar (Webinar approved for members only of the Idaho State Assembly)</td>
<td>November 4-5, 2022</td>
<td>Cardiovascular and Trauma with Annual Business Meeting</td>
<td>St. Luke’s Boise Medical Center, 190 E Bannock St, Boise, ID 83712</td>
<td>Monica Thulon, 9547 N Finucane Dr, Hayden, ID 83835</td>
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<td><strong>MAINE STATE ASSEMBLY</strong></td>
<td>Onsite Annual Meeting/Elections</td>
<td>October 22, 2022</td>
<td>MESA Fall Symposium</td>
<td>Fireside Inn 81 Riverside St, Portland, ME 04103</td>
<td>Jeffrey Anderson, 6 Stillwater Dr, Westbrook, ME 04092</td>
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<td><strong>MARYLAND/DELWARESTATE ASSEMBLY</strong></td>
<td>Onsite Annual Meeting/Elections</td>
<td>October 1, 2022</td>
<td>Maryland Delaware State Assembly Fall Workshop &amp; Special Elections</td>
<td>Chesapeake College, 1000 College Circle, Wye Mills, MD 21679</td>
<td>Karen Jones, 302-542-3179, <a href="mailto:akfarms441965@gmail.com">akfarms441965@gmail.com</a>, or Tia Grant, PO Box 237377, Baltimore, MD 21203</td>
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<td><strong>MASSACHUSETTS STATE ASSEMBLY</strong></td>
<td>Onsite Workshop</td>
<td>October 8, 2022</td>
<td>Massachusetts Chapter of Central Sterile Professionals</td>
<td>Damascus Orthodox, 300 West St, Dedham, MA 02026</td>
<td>Kristen Urbanek, 187 Riverside Ave, Medford, MA 02155</td>
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<td><strong>MINNESOTA STATE ASSEMBLY</strong></td>
<td>Onsite Annual Meeting/Elections</td>
<td>October 15, 2022</td>
<td>MNSA 2022 Fall Workshop &amp; Annual Business Meeting</td>
<td>Mercy Hospital, 4050 Coon Rapids Blvd NW, Coon Rapids, MN 55433</td>
<td>Lori Molus/Paige Koosman, PO Box 163, Becker, MN 55308, 320-492-8747, 763-234-2391 <a href="mailto:mnast2016@outlook.com">mnast2016@outlook.com</a></td>
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<tr>
<td><strong>NEBRASKA STATE ASSEMBLY</strong></td>
<td>Onsite Annual Meeting/Elections &amp; Webinar (Webinar approved for members only of the Nebraska State Assembly)</td>
<td>March 4, 2023</td>
<td>2023 NESA Winter Workshop and Annual Meeting</td>
<td>Fireside Inn 81 Riverside St, Portland, ME 04103</td>
<td>Jeffrey Anderson, 6 Stillwater Dr, Westbrook, ME 04092</td>
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<td><strong>NEW HAMPSHIRE/VERMONT STATE ASSEMBLY</strong></td>
<td>Onsite Annual Meeting/Elections</td>
<td>October 15, 2022</td>
<td>Expanding Roles of Surgical Technology</td>
<td>Holiday Inn, 172 N Main St, Concord, NH 03301</td>
<td>Brad Morrison, PO Box 6154, Concord, NH, 03303, 603-225-7625, <a href="mailto:mssamdoo178@yahoo.com">mssamdoo178@yahoo.com</a></td>
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<td><strong>NEW JERSEY STATE ASSEMBLY</strong></td>
<td>Onsite Annual Meeting/Elections</td>
<td>October 8, 2022</td>
<td>Annual Business Meeting/Elections</td>
<td>AIMS Education, 4500 New Brunswick Ave, Piscataway, NJ 08854</td>
<td>Darrell Sadler, 104 E Elizabeth Ave, Linden, NJ 07036, 917-566-3881, <a href="mailto:sadlerdarrell@gmail.com">sadlerdarrell@gmail.com</a></td>
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<td><strong>NEW YORK STATE ASSEMBLY</strong></td>
<td>Onsite Annual Meeting/Elections</td>
<td>November 12-13, 2022</td>
<td>NYAST’s First Annual 2-Day Conference, Business Meeting &amp; Elections</td>
<td>Turning Stone Resort, 5218 Patrick Road, Verona, NY 13478</td>
<td>Emily Runions, 576 E River Road, Grand Island, NY 14072, 716-380-0677, <a href="mailto:boardnyast@gmail.com">boardnyast@gmail.com</a></td>
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<tr>
<td><strong>OHIO STATE ASSEMBLY</strong></td>
<td>Webinar Workshop (Webinar approved for members only of the Ohio State Assembly)</td>
<td>October 15, 2022</td>
<td>The Few the Proud</td>
<td>Ohio State Assembly, PO Box 91208, Columbus, OH 43209, <a href="mailto:ohioast@gmail.com">ohioast@gmail.com</a></td>
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<td>State Assembly</td>
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<td>Oregon State Assembly</td>
<td>Webinar Workshop</td>
<td>October 1, 2022</td>
<td>“All Together Now” Webinar Workshop</td>
<td>800 Mickelson Dr, Rapid City, SD 57703</td>
<td>Melissa Garinger, 3471 7th St, Hubbard, OR 97032, 503-318-1577, oast. <a href="mailto:oregon@gmail.com">oregon@gmail.com</a></td>
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<tr>
<td>Pennsylvania State Assembly</td>
<td>Onsite Workshop</td>
<td>October 22, 2022</td>
<td>Fall Workshop</td>
<td>Lackawanna College, 501 Vine St, Scranton, PA 18509</td>
<td>Mary Lou Dotzel, 501 Vine St, Scranton, PA 18509, 570-592-4696, <a href="mailto:DotzelM@Lackawanna.edu">DotzelM@Lackawanna.edu</a></td>
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<tr>
<td>South Carolina State Assembly</td>
<td>Onsite Annual Meeting/Elections</td>
<td>October 1-2, 2022</td>
<td>Fall Annual Business Meeting</td>
<td>MUSC Drug Discovery Building, 70 President St, Charleston, SC 29425</td>
<td>Katrina Williams, PO Box 10001, Dillon, SC 29536, 843-615-7454, <a href="mailto:katrinawilliams89@yahoo.com">katrinawilliams89@yahoo.com</a></td>
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<tr>
<td>South Dakota State Assembly</td>
<td>Onsite Annual Meeting/Elections</td>
<td>September 30 - October 1, 2022</td>
<td>SDSA Fall Conference &amp; Elections</td>
<td>Western Dakota Technical College, 800 Mickelson Dr, Rapid City, SD 57703</td>
<td>Tiffany Howe, 800 Mickelson Dr, Rapid City, SD 57703, 303-619-3666, <a href="mailto:sunset4114@yahoo.com">sunset4114@yahoo.com</a></td>
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<td>Texas State Assembly</td>
<td>Onsite Workshop</td>
<td>October 29, 2022</td>
<td>CEs in the East Texas Forest</td>
<td>Angeline College, 3500 South St, Lufkin, TX 75902</td>
<td>Donta Davis, 9037 Napa Valley Trail, Keller, TX 76244, 903-922-6626, <a href="mailto:ddonta40@yahoo.com">ddonta40@yahoo.com</a></td>
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<td>Virginia State Assembly</td>
<td>Onsite Workshop</td>
<td>October 29, 2022</td>
<td>Bones on the Beach</td>
<td>Sentara Princess Anne Hospital, 2025 Glen Mitchell Dr, Virginia Beach, VA 23456</td>
<td>Lisa Day, 13284 Firefly Road, Culpeper, VA 22701, 540-422-9471, <a href="mailto:ldaycsfa@gmail.com">ldaycsfa@gmail.com</a></td>
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<td>Washington State Assembly</td>
<td>Onsite Annual Meeting/Elections</td>
<td>October 22, 2022</td>
<td>Fall Annual Business Meeting</td>
<td>Yakima Community College - Yakima Campus, S 16th Ave &amp; Nob Hill Blvd, Yakima, WA 98902</td>
<td>Irisvette Garcia, 28126 237th Ave SE, Maple Valley, WA 98038, 425-591-1437, <a href="mailto:garcia.wsaw@gmail.com">garcia.wsaw@gmail.com</a></td>
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<td>West Virginia State Assembly</td>
<td>Onsite Annual Meeting/Elections</td>
<td>November 12, 2022</td>
<td>2022 West Virginia AST Fall Workshop and Business Meeting</td>
<td>Southern West Virginia Community &amp; Technical College, 2900 Mount Gay, Mount Gay, WV 25637</td>
<td>Meloney McRoberts, 106 Hidden Valley Road, Chapmanville, WV 25508, 304-784-2772, <a href="mailto:Meloney.mcroberts@southernwv.edu">Meloney.mcroberts@southernwv.edu</a></td>
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<tr>
<td>Wisconsin State Assembly</td>
<td>Onsite Annual Meeting/Elections</td>
<td>October 1, 2022</td>
<td>Autumn Learning</td>
<td>Mayo Clinic Health System, 1221 Whipple St, Eau Claire, WI 54703</td>
<td>Patricia Elliot, 3505 Livingston Lane, Eau Claire, WI 54701, 915-456-7388, <a href="mailto:pe30505@hotmail.com">pe30505@hotmail.com</a></td>
<td>6 Live</td>
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STATE ASSEMBLY ANNUAL BUSINESS MEETINGS

Members interested in the election of officers & the business issues of their state assembly should ensure their attendance at the following meetings.

ARIZONA
Phoenix
February 4, 2023
Annual Meeting
2022-2023 BOD Elections
& 2023 Delegate Elections

ARKANSAS
Fort Smith
October 15, 2022
Annual Meeting
2022 BOD Elections
& 2023 Delegate Elections

CALIFORNIA
Los Angeles
October 8, 2022
Annual Meeting
2022 BOD Elections
& 2023 Delegate Elections

COLORADO/WYOMING
Colorado Springs
October 15, 2022
Annual Meeting
2022 BOD Elections
& 2023 Delegate Elections

FLORIDA
Maitland
October 1, 2022
Annual Meeting
2022 BOD Elections
& 2023 Delegate Elections

GEORGIA
Savannah
March 11, 2023
Annual Meeting
2023 BOD Elections
& 2023 Delegate Elections

IDEHO
Boise
November 4-5, 2022
Annual Meeting
2022 BOD Elections
& 2023 Delegate Elections

MAINE
Portland
October 22, 2022
Annual Meeting
2022 BOD Elections
& 2023 Delegate Elections

MARYLAND/DELAWARE
Wye Mills
October 1, 2022
Annual Meeting
2020-2022 BOD Elections
& 2023 Delegate Elections

MINNESOTA
Coon Rapids
October 15, 2022
Annual Meeting
2022 BOD Elections
& 2023 Delegate Elections

NEBRASKA
TBD
March 4, 2023
Annual Meeting
2023 BOD Elections
& 2023 Delegate Elections

NEW HAMPSHIRE/VERMONT
Concord
October 15, 2022
Annual Meeting
2020-2022 BOD Elections
& 2023 Delegate Elections

NEW JERSEY
Piscataway
October 8, 2022
Annual Meeting
2022 BOD Elections
& 2023 Delegate Elections

NEW YORK
Verona
November 12-13, 2022
Annual Meeting
2022 BOD Elections
& 2023 Delegate Elections

SOUTH CAROLINA
Charleston
October 1-2, 2022
Annual Meeting
2022 BOD Elections
& 2023 Delegate Elections

SOUTH DAKOTA
Rapid City
September 30 –
October 1, 2022
Annual Meeting
2022 BOD Elections
& 2023 Delegate Elections

WASHINGT0N
Yakima
October 22, 2022
Annual Meeting
2022 BOD Elections
& 2023 Delegate Elections

WISCONSIN
Eau Claire
October 1, 2022
Annual Meeting
2022 BOD Elections
& 2023 Delegate Elections

Program Approvals: Submit the State Assembly Program Date Request Form A1 no less than 120 days prior to the date(s) of the program for AST approval. The form must be received prior to first (1st) of the current month for program publication in the next month of the AST monthly journal The Surgical Technologist. The Application for State Assembly CE Program Approval A2 must be received at least thirty (30) days prior to the date(s) of the program for continuing education credit approval. An application submitted post-program will not be accepted; no program is granted approval retroactively.

Contact stateassembly@ast.org or 800.637.7433, ext. 2547.
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12 Surgical Specialties

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<td>#405</td>
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<td>#365</td>
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<td>#425</td>
<td>Micromotion at the Tibial Plateau in Total Knee Arthroplasty</td>
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<td>#389</td>
<td>Disc Battery Ingestion in Pediatric Patients</td>
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<td>Partial Nephrectomy</td>
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<td>#431</td>
<td>Emotional Intelligence and the Surgical Technologist</td>
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<td>#416</td>
<td>Cervical Arthroplasty</td>
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<td>#356</td>
<td>Treating Glioblastoma Multiforme</td>
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- access to resources that connects you to nearly 50,000 other surgical technology professionals
- student rate discounts