



THE WHO?

Robb Johnson, CCP, RRT

Robb was the AmSECT Board of Director's Student Liaison in 2015 and 2016 while serving as the President of the student council. After graduating from MUSC in 2016, he was offered a new role in AmSECT as a Chairman of the Student Involvement Committee. Concurrently he began his perfusion career at New York Presbyterian's Columbia Medical Center in New York City. Robb now works for Comprehensive Care Services (CCS) as the Director of Perfusion Services at St. Joseph Mercy Oakland in Michigan. He also assists with the CCS Leadership Academy, is an educator on the CCS Crisis Management Team, performs ECLS Training for the CCS ECLS Education Team, and assists with Simulation Education in the new CCS simulation center.

THE NEWSROOM.

An Interview with Robb Johnson

By Kaitlynn Ly

Kaitlynn: Hi Robb! How are you?

Robb: Doing well thank you, my wife Chelsea Johnson (also a perfusionist) and I have been enjoying time with our new baby girl Amelia Anne Johnson.

Kaitlynn: I'm glad to hear that and I am so happy for you both! I'm going to jump right into the questions for the interview. When and why was the student council created? Who were the key stakeholders in the creation of the student council?

Robb: I wanted to give you the best history I could for this interview, so I dug a little deeper to answer your question. AmSECT has always encouraged student activity within its membership since the very beginning of the society's establishment. But, the first presidentially appointed student role within AmSECT that I found in my research began in 2009. Larissa Vadeboncoeur (a RUSH University graduate candidate at the time) was appointed as the first AmSECT Board of Director's Student Liaison by Carla Maul (the society's president at that time). Larissa served as the liaison in 2009 and 2010. Following her graduation from RUSH, Larissa accepted the chair position of the AmSECT Student Taskforce as appointed by Susan Englert (the society's president at that time). As momentum continued to pickup for student programming and offerings within the society due to Larissa's efforts, the AmSECT Student Council was formed in 2013 as a request by Dr. David Fitzgerald (the AmSECT president at that time). Dave appointed Larissa Vadeboncoeur as the director of the first AmSECT student council, in which she selected student members from across the country.

Kaitlynn: Who is in the AmSECT Student Council and what do student council members do?

Robb: The AmSECT Student Council is comprised of students from multiple perfusion programs nationwide who collectively represent the current perfusion student's viewpoint as members of the perfusion community. Their shared input and collaborative efforts are applied to various activities and projects focused on improving the quality of

student programming and general satisfaction within the AmSECT society.

Kaitlynn: How did you get involved with the Student Council?

Robb: I was informed about the AmSECT Student Council and BOD Liaison opening up for new applicants by my MUSC program director Dr. Joe Sistino during a class lecture at MUSC back in 2015. After discussions with my instructors (Joe Sistino, Carla Bistrick, and David Fitzgerald) I decided to apply for both. I was selected to become the AmSECT Board of Director's Student Liaison by Larissa Vadeboncoeur shortly thereafter. I served as the Liaison in both 2015 and 2016 which lead to me becoming a chairman on the Student Involvement Committee along with Ashley Risso (former student council member from the University of Arizona) following our graduation. I've continued to remain involved in improving the perfusion student experience ever since.

Kaitlynn: That's amazing! What has your experience been like in the student council?

Robb: In short, very rewarding. I truly have enjoyed working with students from across multiple education programs over the past 5 years. I also believe that the diverse collection of people and their ideas remains a key factor in the progression of our field! I have learned a lot from my experiences working with AmSECT student council members, and I hope that I have provided mentorship to others on the council.

Kaitlynn: How has the student council grown over the years?

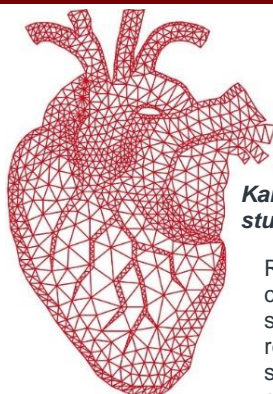
Robb: Since the council's creation back in 2013, it has continued to grow with student members joining from more educational programs year to year. After becoming a chairman of the Student Involvement Committee back in 2016 (formed from the previous Student Taskforce initiative), I've strived to increase the amount of council members from different programs around the nation. We've had years that included over 20 student council members from up to 7 different programs. Moving forward, the AmSECT Student Involvement Committee continues to strive for recruiting student council members from all national perfusion educational programs. I plan to continue serving on the student involvement committee, however on behalf of our current society president James Reager, I've recently appointed Keith Bryant as



THE NEWSROOM

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the chair of the committee. I believe that Keith values the future of AmSECT student programming, and I'm confident that he will continue to improve upon its growing success.

Kaitlynn: What is the current mission of the student council? Why do you think it is important for students to contribute to the student council?

Robb: Our current mission statement: To foster student participation in AmSECT through service, philanthropy, and mentorship by providing a platform to students of accredited cardiovascular perfusion programs to actively contribute and engage with their profession and professional society. I personally believe that student council members have a valuable opportunity to form a professional relationship of early volunteerism with their national society, strengthening the foundation of their early careers. I also valued the time working with other perfusion students around the nation to improve the student experience during my time as the liaison of the council personally. I still enjoy seeing and catching up with fellow student council members at meetings til this day!

Kaitlynn: Going off your point about the valuable opportunity student council members have - what do you think students have to gain from being in the student council?

Robb: When active in their council projects, student council members will gain collaborative connections with Perfusionists in various committees. One example would be the valuable relationship we maintain with Tom Rusk and his team over at the AmSECT Today Newsletter. Student council members have historically received first pick on article submissions for the Student Corner section of the bimonthly newsletter. Another would be adding your participation on the council to your resume/CV showing potential employers and colleagues that you are willing to invest your free time into strengthening your career through the service of our society.

Kaitlynn: How did this newsletter, the AmSECT Tomorrow Newsletter, get its start?

Robb: During my time as the BOD Student Liaison, fellow council members and I came up with multiple projects that we wanted to work on between 2015 and 2016. One of those projects was forming a student newsletter that could provide council updates and student focused content to fellow AmSECT student members. In fact, I remember presenting our council project ideas to the Board of Directors and the president of AmSECT at that time, Kenneth Shann. Kenny asked me what we planned to name our newsletter. I told him that I gave it some thought on the plane ride over to the meeting in San Antonio, and if they were accepting...why not AmSECT Tomorrow? After some good laughs and head nods, the board loved the idea and the name. Since that time, many council members have shaped the newsletter offerings to the point we have now reached with our current council members. I must say that even though it has taken years to come to form, there have been some great minds involved in this project from day one, and I've truly enjoyed working with them all! We anticipate this fall 2020 issue as our official release, and we hope you all enjoy the content!

Kaitlynn: What are your goals for the newsletter? What do you hope students take away from the newsletter?

Robb: Speaking towards the content, as I said before, many student council members have helped to provide and shape the newsletter since 2016. We wanted to ensure that all of the information remain relevant and useful to the current perfusion student, as well as future students. We wanted to include links to contact us (for suggestions, questions, or comments on the Newsletter), links to great websites (from educational content to program applications), as well as more links to useful applications (such as mobile apps students use in clinical rotations). We also hope to highlight current healthcare associated issues, research findings, and/or bring attention to AmSECT Society initiatives. Our main goal with the AmSECT Tomorrow newsletter is to bring valuable content from perfusion students to their fellow students nationwide. We want student readers to find the content and resources provided in the newsletter helpful and pertinent. For example, we want to make it easy for them to find where they can apply for a student council position in order to represent their educational program and make their voices heard!

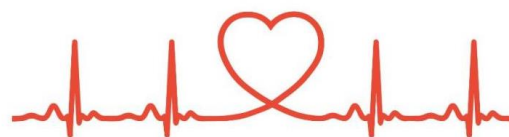
Kaitlynn: Do you have any advice for students how are starting perfusion school soon?

Robb: To those enrolled and starting perfusion school soon I'd say...BE PRESENT! Not just as a student in a class, but truly present during your entire perfusion education. The time you spend learning this profession will pay for itself ten-fold if you simply remain attentive and focused on constructing a solid foundation to your career. Strive to be open to the different ways a lesson may unfold. And understand that your program instructors chose to leave their jobs in the OR to help you save many many more lives. So throughout your journey, make them proud!

Kaitlynn: Last question! Do you have any advice for senior students who are starting their rotations soon?

Robb: To perfusion students transitioning into their first clinical rotations, I have two pieces of advice. First, and again...BE PRESENT! When you're observing in an operating room, listen to the different sounds of the medical devices being used, watch for the different types of instruments being handed to the surgeon by the surgical technician, feel the intensity of the room during a difficult portion of the procedure, and truly live in the moments of your education to capture the wisdom afforded to you. Some of the best lessons are learned through pure observation of life in motion. And second...NEVER STOP LEARNING AND SHARING. This career can provide a lifetime of fulfillment when you approach it with a lifetime learner mentality. Lifetime learners not only apply their wealth of knowledge to their patient care, they also become a vital part of the perfusion community. Stay informed concerning new research suggesting best practices and collaborate with your peers in your national society. *Do your best to be your best, for your patients and your fellow healthcare colleagues!*

Kaitlynn: Thank you for your time Robb. We really appreciate your pioneering contributions to the AmSECT Tomorrow Newsletter and are grateful for the time you took to answer questions for AmSECT Tomorrow's first featured Interview!



2020 AmSECT international

March 6-8, 2020 | St. Louis, MO

Hyatt Regency St. Louis at the Arch

With pre-conference workshops on March 5



PUMP UP THE VOLUME.

Joining the AmSECT Student Council Team

By Alexis Derk

WHAT IS THE STUDENT COUNCIL?

The AmSECT student council is an organization committed to perfusion education and student involvement. Council members assist in various projects which encourage leadership development and team-building, such as:

- AmSECT Today Article Submissions
- AmSECT Student Facebook Forum
- Perfusion school registry
- Access to AmSECT University

Become involved to grow your leadership skills, resume, and perfusion education.

Join the team – please contact amsectstudenthq@gmail.com

During the 58th AmSECT International meeting, I had the opportunity to go to a forum that was dedicated to perfusion students. During that forum, students were able to gather more information about the ABCP credentialing examinations, learn from other student experiences, and gain more details about the Student Involvement Committee that encompasses the AmSECT Student Council.

I learned that the AmSECT Student Council is the student voice within the AmSECT professional society. It is composed of both a first- and a second-year representative from different perfusion schools across the country. The organization's goal is to encourage student participation in various services, mentorships, and leadership positions. Some of the roles include, but certainly are not limited to, organizing the bi-annual perfusion bowl at the international conference, contributing to the AmSECT Today Newsletter,

fundraising, and contributing to and organizing this newsletter – AmSECT Tomorrow.

“It is important to get involved in professional organizations.”

In my opinion, it is important to get involved in professional organizations. By getting involved early, you can stay on top of any new regulations or situations arising in your career. In addition, a professional organization is the platform to voice any input one might have regarding professional concerns. By being involved and hitting the road running in your professional organization you will immensely expand your networking circle and learn behind the scene details. The benefits of getting involved in your profession are priceless and provide insight that even the most sought-after education could not provide.

The AmSECT Student Council is the perfect example of an “entry level” organization for perfusion students to delve into. AmSECT Student Council is always

encouraging students to join, especially if their perfusion school does not have representation, yet! When I joined the student council, I became the first representative from University of Iowa. Not only was I able to contribute a viewpoint from a smaller perfusion program, but I am able to relay educational ideas back to my program from other institutions.

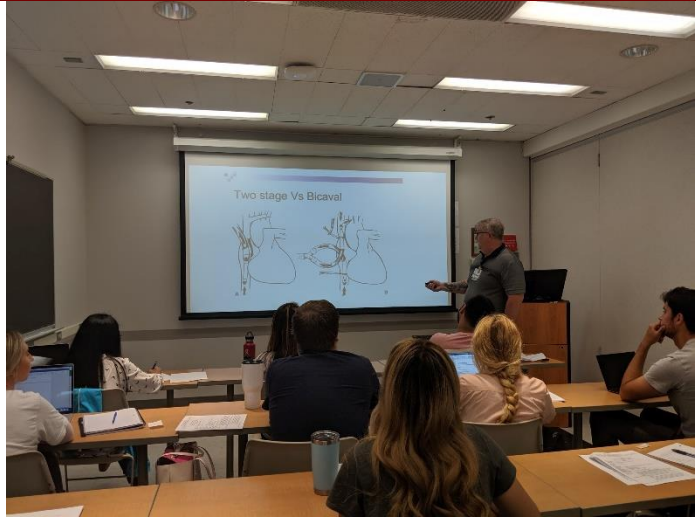
Joining AmSECT Student Council means allocating time to participate in the monthly meetings that are held via phone or ZOOM calls. In addition, future representatives must be willing to volunteer time to contribute to a sub-committee whether that be fundraising, AmSECT Tomorrow, or more. Rolling recruitment for the position normally occurs May-August. Apply by sending a CV or resume to amsectstudenthq@gmail.com. Please include a short bio and a reason why you want to be part of the student council.

If you have any questions or are still interested in joining the student council feel free to email and gather more information!

BACK TO THE STACKS.

Surviving the Didactic Year of
Perfusion School from a Junior
Perfusion Student

By Sumbell Baig



Congratulations! Class of 2022 you have been accepted to a prestigious Perfusion program.

All your hard work has paid off and you are one step closer to reaching your dream of becoming a Perfusionist. You are nervous and excited all at the same time and do not know what to expect next. All of a sudden, anxiety settles in and you have no idea what you should be doing before you start. Although it can get overwhelming trying to prepare for the journey that lies ahead, I've got some tips, tricks, and ideas you can utilize to make the transitions into the didactic year a little easier.

The first piece of advice, I would have for students is learning what type of study habits work best for you. Whether you learn from making flashcards or you are more of a hands-on learner. Or perhaps you are a person that likes interactive group discussions or you learn more from studying materials on slides.

Regardless of the style you choose, make sure it will work best for you and your learning style.

Once you start Perfusion school, the didactic year will go by really quickly and you will be amazed at the amount of material you learned and covered. The building blocks of your perfusion foundation will be learned this year so it is important to have a good grasp on concepts and ideas. A large part of Perfusion school is being able to manage your time. You should be able to organize and plan your time efficiently so it enables you to work smarter, even when there is little time and you are under a lot of pressure. Failing to manage your time effectively may lead to stress.

Managing stress and having an outlet for the stress is very important. A healthy lifestyle is essential for students to help combat stress. You can try doing some yoga in the mornings, lifting some weights in the gym, biking to campus, or even go for a nice walk to get some fresh air. This can help blow some steam off and help produce endorphins which have

been shown to decrease the level of tension, stabilize your mood, improve sleep, and self-esteem.

If you are struggling with the material or even to continue studying, I recommend changing gears! Often times I would be in between classes and I would find myself losing focus or feeling burnt out because didactic year was a lot of studying. During times like that I would make sure to have some fun and reward myself. My classmates and I would go for a quick coffee and donuts pick me up in between classes. It helped change the scenery and let us have some fun by keeping us motivated to move on to the next material.

The most important piece of advice I can give is to know when you need help.

You've worked so hard to get to where you are at, you don't want anything to get in your way of becoming a future Perfusionist. Know when to ask for help and realize when you need to ask a professor, classmate, or a senior student for

help. This will help you save time because instead of spending countless hours looking for the right answer you can just clear up the confusion with a professor or a senior student in minutes. Often times the answer to a question in the perfusion world isn't a simple yes or no, it helps to know how to look at the big picture from different perspectives.

Understanding the big picture is all about making connections to all the little details and comprehending the purpose and principles of all the details you learned.

I hope as a current prospective student you found this helpful. Each person is different and will find their own pattern when it comes to studying. Even though all of us learn differently the common denominator is the hard work and dedication. This will be the hardest yet most rewarding experience of your life so embrace every moment – all the ups and downs.





THE VITALS.

From Student to Coworker

By Olivia Klamt

When transitioning into the workforce you leave behind several habits you have developed and perfected over the course of your clinical rotations. Whether it be the comfort in turning to your preceptor to confirm a clinical decision or simply the routine of working with another individual day in and day out; your world drastically changes when promoted from student to coworker.

Becoming a new graduate in the midst of a global pandemic has been nothing short of a crazy adventure. Entering the workforce after three months off was both exciting and daunting. The excitement of finally becoming a part of the team and

receiving that long-awaited paycheck are mixed with the apprehension of developing your individual perfusion practice and making decisions that directly affect the patient can be overwhelming.

In all honesty, the first couple of months of transitioning were mentally exhausting at times. Although the orientation process looks very different across different institutions, I found a few pieces of advice that helped me grow significantly as a new graduate. First, find a team that values transparency during the orientation; one with an open-door policy that you feel comfortable sharing your strengths and weaknesses with. Second, have

confidence in what and identify where you need to grow; your team will understand you are still gaining the experience to back your education. Third and most importantly, be honest with yourself and remember that someone's loved one is under the drapes. Never hesitate to ask for help if you feel that something doesn't seem right.

So, when you have that stomach-wrenching feeling the first time someone leaves you alone in the OR, remember to take a breath and focus on what is most important, the patient. And if you are ever in doubt, don't hesitate to ask for help.

PERFUSION BLUNDERS.

By Audrey Barba

I was fortunate to spend a lot of time in the operating room before becoming a cardiovascular perfusion student. This really is just a nice way of saying that I luckily made my big embarrassing moments before anyone needed to take me too seriously.

The story that sticks out in my head happened when I was still a nursing assistant. The hospital sent me to work in the Labor and Delivery Unit for a third-shift (19:00-07:00) position and I asked if I could watch a cesarean delivery. They were happy to oblige and I was told all I needed to do was put on a surgical mask, gloves, and a hat when it was time for the baby to be delivered.

Since they did not regularly have an observer so late in the night, they forgot to tell me when the mom was rolled back into the surgical suite. In a frantic rush to make sure I didn't miss anything, I ran to the delivery room and did what they said.

Mask: ✓

Gloves: ✓

Hat: ✓

I entered the suite and was relieved to see that they were still prepping the patient. A few moments later, the circulating nurse walked over to me with a concerned look on her face. She said, "Oh sweetie, let me help you" and then escorted me out of the room. She proceeded to show me that bouffants are surgical hats and the thing that I shoved on my head was in fact a shoe cover.

I remember thinking that the hat fit quite awkwardly and that it was insanely difficult to shove all of my hair into it but hey— somehow I still managed to make it work.

Have you ever found yourself in an embarrassing situation?

Help others learn from your mistakes and share your story at the following link...

<https://forms.gle/FmrhT1WTYzWhHjiB7n>

It may even be shared in a future journal!

THE RESERVOIR



► AmSECT Student Membership

Student members shall pay dues one time and remain student members while actively enrolled in the perfusion education program. <http://www.amsect.org/page/students>

► Save The Date - AmSECT 59th International Conference

May 1-4, 2021
Seattle, Washington

<http://www.amsect.org/p/cm/ld/fid=1681>

► American Board of Cardiovascular Perfusion

<http://www.abcp.org/index.html>

► AmSECT Student Forum FB page

<https://www.facebook.com/groups/481846388509735>

