

CEU Sessions

Saturday, April 5th

Registration

6am-7am

“Blood Pressures 101,” Rhonda Samborski, CMA (AAMA) (1 C)

7am-8am

“Insurance Feud,” Cherie Miller, LPN, CMA (AAMA) (1AG)

8am-9am

“Paranormal Podiatry!” Dr. Jennifer Flo (1.5 C)

9:15am-10:45am

“Are You a Good Phlebotomist?” Jocelyn Sailor, NREMT-P (1 C)

10:45am-11:45am

Lunch & State Meeting, 11:45am-2pm

“Called 911? Now What?” Jocelyn Sailor, NREMT-P (1 ACG)

2:15pm-3:15pm

“How to be a Leader in Healthcare as a Medical Assistant,” Kimberly Radtke, PhD,

CCRP, RCEP (1.5 G)

3:30pm-5pm

Title:” Blood Pressures 101”

Description:

During this presentation, we will explore blood pressure and how it is measured properly. We will discuss the potential health risks associated with both high and low blood pressure levels. We will also discuss the factors influencing blood pressure, as well as strategies to manage and maintain healthy blood pressure through diet, exercise, and medication.

Objectives:

1. Discuss the different sizes of blood pressure cuffs
2. Locate where a blood pressure cuff should be properly placed
3. Define an orthostatic blood pressure
4. Discuss the importance of diet, exercise, weight management, and stress management in managing blood pressure

Presenter Biography:

Rhonda Samborski CMA (AAMA) has been a Medical Assistant for 13 years. She currently works at Hennepin Healthcare Systems (HCMC). For the past 6 of the 10 years at HCMC, she has worked in the Department of Traumatic Brain Injury and Neurosurgery and specializes in wound care.

Title: “Insurance Feud”

Description: Health insurance has its own terminology and vocabulary. Health insurance is something that we can purchase to help protect from unexpectedly high medical costs, but do you know what it all means? Join us on and let’s refresh our knowledge on Health Insurance Essentials all while a friendly game of “Insurance Feud”.

Objectives:

H1: Identify types of health insurance plans

H2: Identify Government health insurance plans

H3: Identify other types of insurance plans such as workers’ compensation, disability, etc.

H4: Interpret information on an insurance card

H5: Define health insurance terminology

H6: Identify parts of the Explanation of Benefits (EOB)

Presenter Biography: Lisa Sailor, MS, CMA (AAMA)

Lisa is the immediate past- president of the MN Society of Medical Assistants. She has served in numerous roles in the state society, along with serving as delegate at the American Association of Medical Assistants (AAMA) National Conference. Lisa Sailor is the Program Director/Practicum Coordinator and Instructor at Anoka Technical College. She also serves on various committees at Anoka Technical College. She was employed previously at Fairview Northland Clinics as a CMA, AAMA. Education includes Master of Science from St. Cloud State for Higher Education Administration, Bachelor of Science (BS) from Bemidji State University in Career and Technical Education, Medical Assistant Diploma from Anoka Technical College, Associate of Arts (AAS) in General Education from Itasca Community College.

Title: “Paranormal Podiatry”

Description: An overview of diabetic foot care including skin care, recognizing risk factors and diabetic foot ulcer prevention.

Learning objectives:

1. Understand the importance of skin care as it relates to the diabetic foot.
2. Be able to recognize risk factors affecting diabetic feet
3. Understand the fundamentals of diabetic foot ulcer prevention

Presenter Biography:

Dr Jennifer Flo graduated from Gustavus Adolphus College in 1999. She received her Doctor of Podiatric Medicine degree from Kent State University College of Podiatric Medicine in 2004. She is board certified in primary care podiatry and wound care. She is ambidextrous and can wiggle one ear at a time.

Title: “Are you a good Phlebotomist?”

Description:

There are important traits in a good phlebotomist. Patience, understanding physiology and critical thinking skills. During this presentation, participants will explore phlebotomy. We will discuss vein selection, order of draw as long as strategies to perform a hard draw.

OBJECTIVES:

1. Locate and discuss vein selections
2. Examine the process for performing a routine venipuncture
3. Discuss protocols within the order of draw
4. Explore problem-solving strategies related to blood collection

Presenter Biography:

Jocelyn Sailor currently works at North Memorial Hospital system as a Paramedic. Prior to being a Paramedic, she was an EMT and a Phlebotomist. Jocelyn also teaches CPR and occasionally will fill in to teach Phlebotomy at Anoka Technical College.

Title: “Called 911? Now what?”

Description:

Calling 911 is no joke. 911 is called because of a reason. However, are you ready to report to the emergency medical professionals when they arrive?

Objectives:

1. Explain what information is needed and required prior to the arrival of EMS.
2. Describe how to communicate effectively to an EMS Professional.
3. Discuss what you can do to assist an EMS Professional to transfer care efficiently.

Presenter:

Jocelyn Sailor currently works at North Memorial Hospital system as a Paramedic. Prior to being a Paramedic, she was an EMT and a Phlebotomist. Jocelyn also teaches CPR and occasionally will fill in to teach Phlebotomy at Anoka Technical College.

Title: "How to Be a Leader in a Healthcare Setting as a Medical Assistant"

Dr. Kim Ratke will present on the importance of leadership in healthcare and the unique role of a Medical Assistant (MA). The purpose of this presentation will explore ways a Medical Assistant can demonstrate leadership and make a positive impact in the healthcare setting.

Learning Objectives:

1. Define key leadership qualities for medical assistants to apply in a healthcare setting.
2. Identify practical ways to demonstrate leadership as a Medical Assistant.
3. Explain the importance of building professional relationships.
4. Discuss ideas for overcoming challenges in healthcare leadership.

Presenter Biography:

Kim Radtke, PhD, CCRP, RCEP

Healthcare Leadership & Administration Undergraduate Program Director

Dr. Radtke has 17 years of clinical healthcare experience in Cardiopulmonary Rehabilitation, with four years of experience in a healthcare leadership/administrative role. She enjoyed collaborating with healthcare professionals, obtaining national program certification, entering patient outcomes data with applied analytics, being fiscally responsible with annual budgets, working in all phases of cardiopulmonary rehabilitation, performing cardiopulmonary exercise testing, teaching students in the clinical setting, and implementing health coaching/motivational interviewing techniques that helped patients improve their overall health.

Prior to coming to Winona State University, Dr. Radtke has 7 ½ years' experience teaching allied health related courses as an Associate Teaching Professor, Executive Director of the La Crosse Exercise and Health Program, and 2 years as the Director of the Clinical Exercise Physiology Program at the University of Wisconsin – La Crosse. Dr. Radtke is certified as a Registered Clinical Exercise Physiologist (RCEP), Certified Cardiac Rehab Professional (CCRP), and certified as a Lifestyle Coach that facilitated a Diabetes Prevention Program approved by the Centers for Disease Control and Prevention. Dr. Radtke is actively involved

at the state and national level in staying current with evidence-based guidelines. She recently completed a 3-year commitment on the Board of Directors Committee, currently serves on the Education Committee as the CEU Coordinator and is the immediate past President for the Wisconsin Society of Cardiovascular and Pulmonary Health & Rehabilitation (WISCPHR). She has also participated with a group of state and national leaders for the “Day on the Hill” event in Washington D.C. where Wisconsin constituents lobby members of Congress to advocate for healthcare policy changes that will benefit Cardiac and Pulmonary Rehabilitation beneficiaries. She joined Winona State University on January 2, 2023, as an Assistant Professor in the Healthcare Leadership and Administration (HLA) Program and the HLA Undergraduate Program Director. The transition to her new position still allows her to stay active at the state and national level while the focus will be toward improving patient outcomes with applied analytics, leadership, risk management, healthcare policy, and healthcare information management.

Evaluation
3rd Annual Minne-National Conference
Hosted by MN State Society of Medical Assistants

Please complete the evaluation and place it at the registration table upon leaving.

Do you feel the Content was Relevant to Medical Assisting?

- 1-Very Relevant
- 2-Somewhat Relevant
- 3-Not relevant

Blood Pressures 101

Insurance Feud

Paranormal Podiatry

Are You a Good Phlebotomist?

Called 911? Now What?

How to be a Leader in Healthcare as a Medical Assistant

How well did the Presenter share his/her knowledge and meet your overall expectations?

- 1-Very Well
- 2-Somewhat
- 3-Not Very Well

Blood Pressures 101

Insurance Feud

Paranormal Podiatry

Are You a Good Phlebotomist?

Called 911? Now What?

How to be a Leader in Healthcare as a Medical Assistant

Please comment on the conference in general-Topics, Speakers, Location, Facility, Food, Ideas for Improvement and any other comments, on the back of this sheet. Do you have any suggestions for future topics or speakers? Thank you for taking time to fill out this evaluation.

Minnesota State Society Spring 2025 Conference Checklist

Your name: _____

Member ID: _____

Address: _____

Daytime Telephone: _____

Email: _____

Member #: _____

Nonmember _____

Saturday, April 5th

_____ 143639: Blood Pressures 101 – 1 C

_____ 142329: Insurance Feud – 1 AG

_____ 143348: Paranormal Podiatry– 1.5 C

_____ 143840: Are you a Good Phlebotomist? – 1 C

_____ 143640: Called 911? Now What – 1 ACG

_____ 143688: How to be a Leader in Healthcare as a Medical Assistant – 1.5 G

Please place a checkmark on the session(s) you attended. Place at the registration table when completed. Thank you.