

The Tarheel Histo News



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NCSH Members and Friends-

Greetings and happy holidays! The holidays are fast approaching us and before you know it, it will be 2018. A whole new year of possibilities, growth and accomplishments.

Save the Date! Our next Spring Meeting will be at the RTP April 12-14 2018. Your feedback from the surveys and email responses have been evaluated and it tells us that it's going to be hard to top last year's event, but we are up for the challenge. Your NCSH officers and volunteers have been like busy little elves constructing the CE event of the year. We may even have a surprise or two to share. In 2018, we will begin putting our plans into motion. It is not too late to reach out to us. We are always interested in hearing more from members. If there is a topic you would like to hear, or even be a presenter, please contact any of the Officers or volunteers listed here, on the website, or message us through our Facebook page.

Have you heard the exciting news? Alamance Community College in Graham NC has been diligently working to get the Histology Program up and going. Tell a friend! They want you to know they are enrolling students for prerequisite courses for the spring 2018 semester. For more information, email Bridget.LedfordWaters@alamancecc.edu. There is a severe shortage of professionals in our field so we hope they flourish. We would like to see the opportunities broaden even more in NC.

Its NCSH membership renewal time. Without you, there is no us. We have big ideas for the future that we think you are going to love. Please encourage a co-worker, pathologist, any lab personnel or a student in the HT program to join. Join online [here](#), or printable mail-in form is attached below.

The NSH held their 2017 Symposium in Orlando FL this past September. Along with fellow members Teresa Heckman and Renee Fisher, I was seated on the House of Delegates. The HOD determines the policies which govern NSH and can direct the Board of Directors to investigate concerns of the membership. The 2017 HOD Minutes are available [here](#). There was an item for discussion brought to the House that has peaked my interest for us - the length of terms in Office. Should NCSH consider a change in term length? An idea I pose to you for now - this will require further discussions due to by-laws; feedback from you, our supporting members; and the overall effect on NCSH. If you were not able to attend the conference in Florida, but are interested in what you missed, please contact me for more information

My wish for each of you in this holiday season is to be safe and enjoy family and friends. See you in 2018.

Deborah Sawyer, NCSH President



SAVE THE DATE

NCSH Executive Committee Meeting

January 6, 2018, 10am @ Deborah Sawyer's home.
Contact deb_lam@msn.com if you would like to attend.

NCSH Annual Spring Meeting

April 12-14, 2018 @ DoubleTree by Hilton Raleigh-Durham Airport
4810 Page Creek Lane, Research Triangle Park, NC 27709



NCSH ANNOUNCEMENTS

- **Volunteering Opportunities** – If you are interested in volunteer opportunities, we invite you to start by attending an Executive Committee meeting. E.C. meetings are open to all NCSH members. Minutes are kept by the NCSH Secretary and published on the NCSH website. **Next EC meeting: January 6, 2018, 10am at Deborah Sawyers home.** Email Deborah.lam@msn.com for more info.
- **Update your Contact Information** – when your email address changes, please send an update to your NCSH Secretary Aurel Alston (asalston@hotmail.com) to keep you current with all NCSH business. Please put “NCSH” in the subject line.
- **Speaker Recruitment for NCSH 2018** – If you are willing to present or know someone who might be, send an email to Tonia Crook (toniacrook@gmail.com) with this information. Potential speakers will need to complete a short form and be approved by the NCSH Executive Committee for CEU credentialing. **Don't wait - Planning the annual meeting HAS BEGUN!**
- **We value your input** - What kind of content do you want to see in your newsletter? Do you have an article, photo or column inspiration? All creative ideas are welcomed for consideration. 2018 Advertising Rates: Sponsorship \$150, Full page color \$125, Full page B&W \$100, Business card \$50.

EMPLOYMENT BULLETIN

HISTOLOGY EDUCATION COORDINATOR

Alamance Community College, Graham, NC

ACC is seeking a dynamic and innovative instructor and subject matter expert in Histotechnology

Click on the above link for duties, qualifications and application.

HISTOLOGY TECHNICIAN - ANATOMIC & MOLECULAR PATHOLOGY

New Hanover Regional Medical Center, Wilmington, NC

MULTIPLE OPENINGS

Duke Health, Multiple locations

If the above link is broken, click [here](#) and enter the keyword: histology in the search box.

Employers, Recruiters – If you have a vacancy you would like posted in the newsletter, on the website or FB, please contact Laura Miller (laura.shewmon@gmail.com) with a detailed description of your listing and contact information.

CEU Opportunities, some require membership or login

- [Leica Biosystems](#)
- Sigma Aldrich [BRIGHTTALK](#)
- [Sakura](#), see also webinar archive
- [Advance Healthcare Network](#)
- [NSH](#)
- Agilent [eSeminars](#)
- Roche [CDx Insights](#)
- [Microscopy and Analysis](#) Journal
- Beckman Coulter [Training & Education](#)

Send us your CEU tips! Many instrument manufacturers, histology product companies and technical Professional Societies offer free online education. The trick is to find them. Post your findings on our FB [page](#).

Director's Corner: Region III News

It is important for all of us to stand up and support our profession. I would love to hear suggestions on how we can help the states in our Region. Please feel free to contact me suedotmr@gmail.com or 954-562-4862.

Best regards,
Sue Clark
Region III Director

Smoke from a Different Fire by Tracy Walling

One of the most unique features of our profession is the degree to which our basic skill set and body of knowledge is passed on by “tribal knowledge”. Most of our true skills, like getting a good paraffin section or recognizing a quality staining result cannot be self-taught. If you talk with any seasoned histologist they will tell you how different the field was just a few decades ago. In addition to tales of ash trays and coffee cups in the lab, they will tell you about making all of their own stains, or putting a good edge on a steel knife. And they will also tell you, hopefully with a smile, about the mentor who taught them to do all these things.

Over the past few decades Histotechnology has been impacted by the challenges of a shortage of techs and an overabundance of work. Premade staining reagents were a major breakthrough back in the 80's and 90's. The time saving and consistency of results were a welcome thing in labs struggling with turn-around times. Immunohistochemistry went from a difficult and troublesome assay system to one of our most valuable diagnostic tools thanks almost entirely to the automated platforms we enjoy today.

But in the process of making our lives easier through automation and ready to use reagents we have begun to compromise the base of our skill set. We are losing touch with how we did all these stains and techniques in the first place. Trouble shooting is becoming increasingly more difficult as the base of knowledge shrinks from lack of use. To address the need for new techs in the field there are barely 50 programs across the nation. The majority of new techs still learn at the bench from a practicing professional and the quality of their base of knowledge is dependent on what their mentor can teach them.

Life changes. The contemporary histology lab is filled with the sound of instruments whirling and beeping and microtomes cutting as fast as slides can be produced. Years ago, the lab was filled with the sound of knife sharpeners, stir bars rattling, the gentle clink of slides in Coplin jars and an occasional pathologist storming into the lab.

It's a different point in time but the quality is still there and the need to recognize and maintain the quality of work and preserve the profession is more important than ever.

The fact remains that we have lost our original methods for preserving the quality of the field of Histology. We lost the practical exam many years ago, the members of the profession who remember the most basic of the basics are steadily retiring, many of the certification programs administer the entire didactic portion online with little support, and many clinics are just too busy to take on students to train.

We are a profession in transition moving into a new age of technology and communication. The need for histology in healthcare will never go away. Our methods for developing new histologists will need to evolve in line with the contemporary world. Many things are moving strongly in our favor as a profession. I am an older histology professional and now fortunate to be an educator. The past several years have been fascinating to watch. As I attend national and state meetings I notice the number of younger histologists is slowly growing. Really smart, engaged, vested, enthusiastic young techs are joining our ranks. The basic education level of people choosing histology as a profession is rising.

This generation of people is incredibly open to receiving information in multiple forms. For the most part we older techs are pretty comfortable with basic social media. Social media, while it is fundamentally meant for entertainment, is an excellent conduit for the flow of information from one generation to another. A few examples are the NSH Facebook page (which is very similar to the beloved Histonet) and the HT/HTL Study group. On the NSH page, questions are floated out and answers and advice abound. The exchange of ideas and knowledge is amazing. The page is carefully moderated to keep things civil and positive. The HT/HTL study group is a rich resource for people in the process of becoming certified. Sample questions, quizzes with staining images, advice and feedback on the exam, recommended study resources are all a few keystrokes away. And content can be contributed as easily as a question can be asked.

Log on to social media and ask your questions, the big ones, the small ones and those in between. If you can, kindly and thoughtfully offer an answer or suggestion. Congratulate people achieving the milestone of certification. Contribute content and feedback to study groups. Write a study question and post it. And be amazed at the depth of information passing through such a simple venue.

Thank you to contributing member Tracy Walling (tracy.walling@carolinashhealthcare.org). In her own words, “I have been practicing Histology since I graduated from UConn in 1981. Most of my career was spent in the pharmaceutical industry, but I have spent many years in the clinical and medical research setting as well. Currently I am the Education Coordinator and instructor of the Histotechnology Program at Carolinas College of Health Sciences in Charlotte, NC.”



Histology is Art

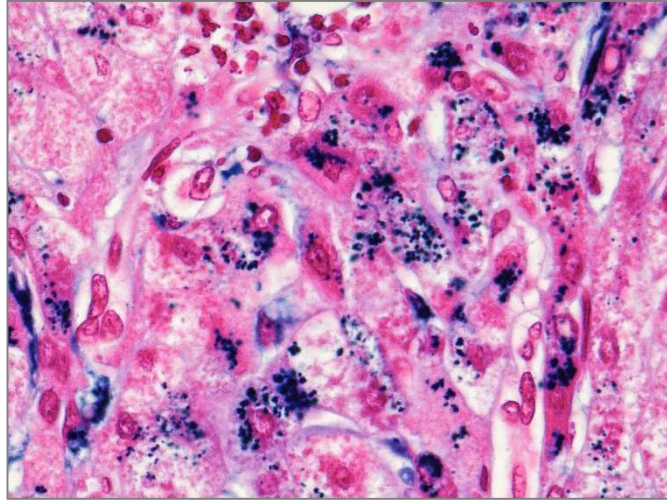
All tissues were processed, cut, and stained by the Histotechnology students of CCHS in Spring 2016. All photos belong to Paige Hornsby. Reference: Carson, F.L., Cappellano, C., (2015), *Histotechnology: A Self Instructional Text*, 4th ed., ASCP Press, Chicago.

Pigment Stains

1: Prussian Blue, Liver @ 400x

This is section of control liver tissue known to contain excessive deposits of ferric iron, or *hemosiderin*. Large stored amounts of this form of iron are termed *idiopathic hemochromatosis* and can harm organ systems.

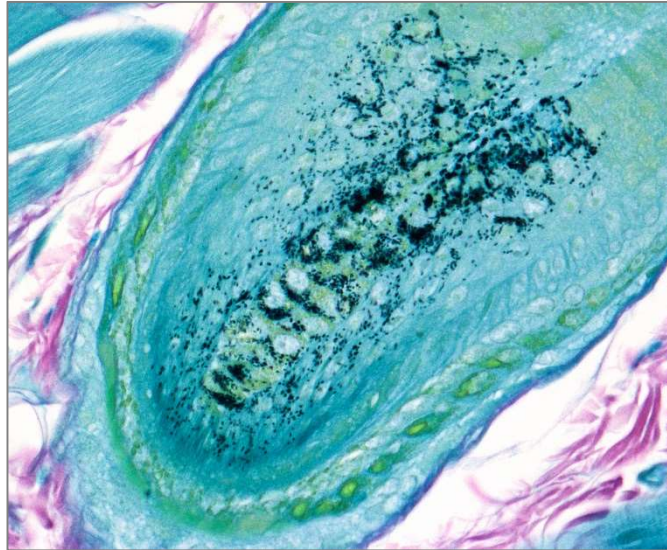
- ferric iron deposits = dark blue
- nuclei = red
- cytoplasm = light pink



2: Schmorl, Hair Follicle @ 400x

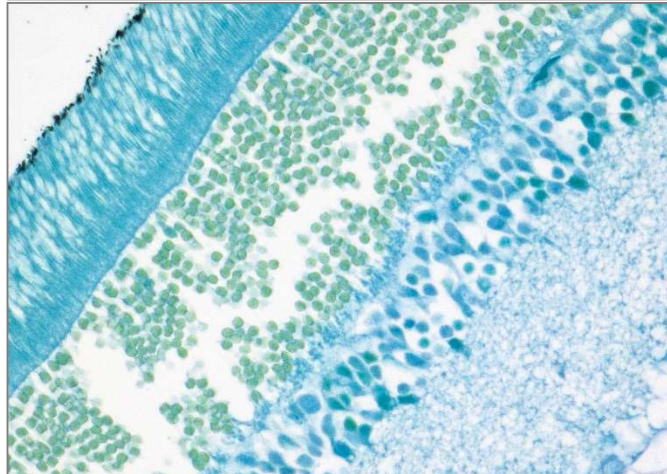
This stain tests for reducing substances such as melanin, argentaffin granules, or formalin pigment. This technique can be used to diagnose metastatic melanoma. Here we see abundant melanin pigment in a longitudinal section of a hair root.

- melanin = black
- nuclei = green
- muscle & cytoplasm = blue-green
- connective = purple



3: Schmorl, Eye @ 400x

Another Schmorl stain, this time showing the beauty of the layers of the retina. From top left: pigment epithelium (blue-black), rods and cones (blue), horizontal and bipolar cells (green), amacrine and ganglion cells (blue), and the nerve fiber layer (light blue).



Thank you to Contributor: Paige Hornsby is originally from Asheville, NC. She is a UNC-G Biology graduate and CCHS Histotechnology graduate (August 2016). Paige currently works in a histology lab in Research Triangle Park. Photos were taken using the Olympus BX53 microscope and Lumenera Infinity2 camera in the CCHS student lab in Charlotte, NC.



NORTH CAROLINA SOCIETY OF HISTOTECHNOLOGY

2018 Membership Fee \$20

Save paper! This form can be completed (and payment submitted via PayPal) online:

<http://www.ncsh.info/become-a-member.html>

Name (First and Last): _____ Date: _____

Email Address: _____

****This email will be used for all NCSH related communications & included in the membership directory****

Employer (School):	
Employer Address:	
City, State, Zip:	
Phone:	

Optional

Home Address:	
City, State, Zip:	
Phone:	

Please check all that apply:

Field:

Certifications:

Years in the Field:

- | | | | |
|---|--------------------------------------|----------------------------------|----------------------------------|
| <input type="checkbox"/> Clinical | <input type="checkbox"/> HT | <input type="checkbox"/> 0 – 5 | <input type="checkbox"/> 16 – 20 |
| <input type="checkbox"/> Research | <input type="checkbox"/> HTL | <input type="checkbox"/> 6 – 10 | <input type="checkbox"/> 21 – 24 |
| <input type="checkbox"/> Supervisor/Manager | <input type="checkbox"/> Other _____ | <input type="checkbox"/> 11 – 15 | <input type="checkbox"/> 25+ |

- I am interested in volunteering for NCSH
- I am a current NSH member
- I am a student

Make checks payable to: NCSH
Mail completed form and payment to:
Teresa Heckman, NCSH Membership Coordinator
103 Lilliana Ct, New Bern, NC 28562