

# MICROTIME

**The Georgia Society for Histotechnology**

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*The Best of the  
New Year  
To All!*

## *President Letter....*



Dear GSH Members,

It's hard to believe that its 2011 already, since it seems like only yesterday I was beginning the year 2010. I had actually started thinking about retiring in the next year or two, and wondering what it would be like to not be at the hospital every day. I wondered what I would do with myself if I didn't have to go to work. There's an old saying that "I don't know how I had time to work with all I have to do" and I can assure you that is the case.

March 25-27 will be here soon and we will be at our 2011 meeting at Callaway Gardens and I hope you started making plans to attend. Make your reservations soon and remember to tell them you are with GSH to ensure you only pay the \$99 rate. The rooms have been renovated and are very attractive. A room also gets you admission to the garden attractions and continental breakfast. This is going to be a great meeting with great speakers and lots of vendors. Hopefully we have all the bad weather out of the way and we can enjoy the beauty of springtime in the gardens.

I encourage each and every one of you to make plans to attend and to encourage and invite everyone that you know. Our profession and our Society are only as strong as each and every one of you. This is not only a good opportunity to get CEU's, but a wonderful time to renew friendship and make new friends as well as see the latest in technology. If you cannot come both days, at least try to come one day, either Saturday or Sunday. The HT/HTL Review on Friday always proves helpful to students as well.

It is also membership renewal time and I would remind you that membership is free but we do ask that you update your information with us each year so that we can continue to keep you informed of what is happening not only in the Georgia Society but the National Society as well. You can use the membership form enclosed or join online at [www.histosearch.com/gsh/membership.html](http://www.histosearch.com/gsh/membership.html)

March 10<sup>th</sup> is National Histotechnologist Day and I encourage each of you to make it known to your Pathologist and co workers. They might even treat you to lunch on them. There should be some news going out soon about this opportunity for us to let folks know what we do and who we are. Call your local newspaper or TV station and inform them of our profession and our day, spread the good news. Last year Governor Perdue signed a proclamation and we are hoping to get one from Governor Deal.

See you at Callaway's in March!

*Mike Ayers*

President  
Georgia Society for Histotechnology

## On Line....

### INTERNET HISTOLOGY RE-SOURCES.....Histo Search

- National Society of Histotechnology
- College of American Pathologists
- Armed Forces Institute of Pathology
- Protocol Online Histology Protocols
- Biological Stain Commission
- Bryan Llewellyn's Stains File
- Rutgers Histology Review (students)
- SUNY Downstate Histology Lab Manual
- Tufts University Histology
- Deltabase Histology Atlas
- Dr. Beresford's Histology Text (whole textbook)
- Dr. Bergman's Anatomy Atlas
- Uni. Of Florida Histology Tutorial
- Uni. Of Iowa Virtual Slidebox of Histology
- CAP Today
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## **Frozen Section (FS) Productivity**

**by René J. Buesa B.Sc., HTL (ASCP) (Ret.)**

The fundamental objective of the histology technique is to infiltrate the tissues with substances solid at room temperature allowing them to be sectioned with a minimum of distortion in a way that the harder the tissue becomes, the thinner the section that can be obtained. Nowadays we give for granted receiving a fresh tissue sample and in a few hours having a perfectly paraffin embedded specimen ready to be sectioned, stained, and handed to the pathologist, but that was not the situation 200 years ago. Back then the options were limited to immersing the tissues in chromic acid for about six weeks until they hardened enough, or by placing them between split cylinders of potato, carrot, cork, or balsa wood hoping to diminish the tissue distortion and flattening caused by the scalpel or the knife while being cut free hand.

As it has happened in many an occasion in the history of histology, an accident in 1842 changed everything when a piece of spinal cord left overnight in a windowsill froze completely and was cut with minimal distortion the next morning, hence tissue freezing became the preferred sectioning technique until paraffin embedding began to be used in 1869 <sup>(1)</sup>.

At the beginning the tissues were frozen inside a small container with water placed in an ice and salt solution similar to those used to churn homemade ice-cream, and Rutherford in 1871 reported having tissues ready to section in only 16 minutes <sup>(1)</sup>. Later tissues were frozen by the effect of the latent heat of evaporation of ether jets, but in 1901 the tissues started to be placed over a metal holder directly screwed on the nozzle of a CO<sub>2</sub> cylinder giving rise to this freezing technique still used in some Hispano-American and Russian histolabs.

In 1941 a version of the modern cryostat (from Greek “*cryo*” = cold, and “*stat*” from Latin “*statim*” = immediately) appeared with the rotary microtome housed in a stationary upright freezer with temperatures of around -20°C where the tissue is frozen in about 1 minute by heat transfer from it to a large hyper cooled metal mass placed over it, accompanied with bursts of aerosol refrigerant.

The fact that finished sections can be ready in less than 20 minutes makes the FS essential for making intraoperative diagnosis during surgery of lesions suspected of being malignant. It is also the method of choice for many histochemical, and immunohistochemical procedures, and for tissues fat and direct immunofluorescence studies.

Intraoperative FS is the only task with a CAP productivity standard set at 20 minutes after receiving the specimen, requiring documentation for those cases not meeting the standard. The average general productivity of 16 minutes includes selection of the tissue fragment to be frozen, freeze, section, stain, and diagnoses communicated to the waiting surgeon. As it happens in all histology tasks, FS productivity is limited by human dexterity which is quite similar in the 18 surveyed countries and types of histolabs ranging from 2 minutes to have the section ready, to 40 for the whole procedure (Table) <sup>(2)</sup>. The FS workload varies between 1 per week to 30 per day in US histolabs, and between 1 per month and 20 per day in other countries. Because of the source of their specimens, most large reference histolabs do not do FS.

Given the “fresh” (unfixed) nature of the specimens, the histotech has to consider each piece of tissue as highly contagious and use adequate safety precautions avoiding excessive use of aerosol refrigerant that can airborne pathogens. Cleaning, disinfecting, and maintaining the cryostat will add an average of 30 minutes daily and sometimes more after known Aids or TB cases. FS should never be done on known Creutzfeld-Jacob cases or any other prion disease.

**Frozen Sectioning (FS) productivity (minutes per FS) <sup>(2)</sup>**

Type of Histology Laboratory (Histo Lab) and (Number of each)	Minutes per FS		
	Range	Average	Median
TOTAL human pathology Histolabs (251)	2-40	16	15
US Histolabs (71)	3-40	16	15
( a ) Commonwealth of Nations (14)	2-30	15	15
( b ) Other Nations (13)	3-30	21	20
Russian Histolabs (9)	5-30	18	15
Spain (Histolabs) (113)	10-20	15	15
( c ) Hispano-American Histolabs (31)	10-20	13	10
( d ) Veterinary Histolabs (4)	10-13	12	12

a) Australia (3); Canada (6); New Zealand (1); South Africa (3); UK (1)

(b) Austria (2); China (6); Dubai (2); Philippines (2); Saudi Arabia (1)

(c) Argentina (4); Colombia (5); Ecuador (3); Mexico (13); Venezuela (6)

(d) Australia (1); UK (1); US (2)

References:

1 - Bracegirdle, B: A History of Microtechnique. Cornell Univ. Press, Ithaca NY; 1978; pp: 134 - 153

2 - BUESA, RJ: Productivity standards for histology laboratories. *Ann. Diag. Pathol.*, 2010; 14(2):107-124



# Great Fun in Seattle!

Links to NSH reports for our members ....the website to see for yourself what is happening. It is a GREAT time to join NSH too!

Here are the key reports and listings

HOD 2010: <http://www.nsh.org/content/leadership-house-delegates>

Board of Directors: <http://www.nsh.org/board>

Resource Committees: <http://www.nsh.org/committees>

Region III Director Report: <http://www.nsh.org/region-detail/Region%20III>

Awards, Scholarships: <http://www.nsh.org/awards>

<http://www.nsh.org/content/2010-nsh-leadership-education-and-advocacy-award-recipients>

Strategic Planning: <http://www.nsh.org/content/society-business-meetings>

Annual report: <http://www.nsh.org/content/governance-annual-report>



**LEARNING AND HAVING  
FUN AT NSH!!**





GEORGIA SOCIETY FOR HISTOTECHNOLOGY

MEMBERSHIP OR RENEWAL FORM

Please fill out all blanks COMPLETELY - PLEASE PRINT and Mail to:

Wanda Simons, GSH Membership Chair

459 Bishopton Street

Grayson, GA, 30017

Name \_\_\_\_\_

Home City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Fax \_\_\_\_\_

Home Email \_\_\_\_\_

Employer \_\_\_\_\_

Work Address \_\_\_\_\_

Work City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Work Phone \_\_\_\_\_ Fax \_\_\_\_\_

Work Email \_\_\_\_\_

NSH MEMBER \_\_\_\_\_ YES \_\_\_\_\_ NO \_\_\_\_\_

GSH recommends that you also consider joining NSH in order to be eligible to serve as a representative of GSH in the House of Delegates at the annual Symposium and actively participate in your society. Only NSH members who are GSH members can serve in the HOD.

\*\*\*\*\*Date: \_\_\_\_\_ for year 2011 \*\*\*\*\* REQUIRED

Membership is free to anyone working in histology in Georgia but you must fill out a form each year to be a member. If you do not live in but work in Georgia, you qualify. If you do not work in Georgia you may still be a non-voting member with other member privileges such as discount rates at meetings.

MEMBERSHIP YEAR IS FROM JANUARY TO DECEMBER

Are you interested in serving on a committee? \_\_\_\_\_ Do you prefer mail sent to: Home? \_\_\_\_\_ Work? \_\_\_\_\_

It is very important to notify us of changes in your information as soon as possible so we can keep you informed.

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s2516	Decalcifying EDTA pH 7.2 - 7.6

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# **METAMORPHOSIS: Transforming Histotechs**

The Georgia Society for Histotechnology  
Presents its 38th Annual Meeting, Callaway  
Gardens, GA, March 25-27, 2011



**Georgia Society for Histotechnology 2011**  
**Mountain Creek Inn, Callaway Gardens, Pine Mountain, Georgia**  
**Call for hotel reservations at 1-800-225-5292**  
**Rooms \$99 which includes Continental Breakfast and Admission to the Park**

**March 25, 2011 - Friday**

**1 to 5 p.m.: HT/HTL Review Session for Students – Taiquanda Winbush, AS, HT(ASCP)**

Are you preparing to take the HT/HTL exam and you are nervous about it? In this review class you will learn how to study and what to study. The class will consist of 3-4 hours of Q&A along with presented slides. A handout will be included as part of the program.

Topics included in this workshop will include discussion on fixation, microtomy, staining, laboratory operations, safety and processing/embedding. Also included will be general discussion of histology at the microscopic level including images of representative tissues. Students taking this course should have a general knowledge of histological technique and will be taking the National Registry exam in the next few months.

**5 to 7 p.m.: Meeting Registration**

**7 to 9 p.m.: Vendor Reception in Vendor Area**

**March 26, 2011 – Saturday**

**Seminars on Saturday will be held in Room A**

**7:00–8:00 a.m.: Meeting Registration**

**8:00-9 a.m.: Lamar Jones – Histo Tats & Toos**

This lecture will teach the participate the history, origin, application, identification of tattoos. The use of the dyes utilized, histological application and the removal of tattoos will also be discussed

**9:00-10 a.m.: Dr. Katja Lehmann - "What is the Buzz about Lean?" Part I**

This talk will educate the audience about the definitions of Lean, Six Sigma and Lean Six Sigma as well as teach standard LEAN concepts that can be applied in a laboratory environment in order to improve the goals important to that specific laboratory (e.g. decrease Turn Around Time, decrease defect rates, etc.) The last part will have an outlook into the laboratory of the "future". The audience will then have the opportunity to use the skills learned and practice leaning a "mock laboratory" in an hands-on exercise, improve the current processes in the laboratory to make it LEAN. Part II after break.

**10:00-10:30 a.m.: Break in Vendor Area**

**10:30-11:30: Dr. Katja Lehmann - "What is the Buzz about Lean?" Part II**

The last part will have an outlook into the laboratory of the "future". The audience will then have the opportunity to use the skills learned and practice leaning a "mock laboratory" in an hands-on exercise, improve the current processes in the laboratory to make it LEAN. Part II after break.

**11:30-1:00 - GSH AWARDS LUNCHEON – Tickets required**

1:00-3:00 p.m.: Wanda Jones – Dermatopathology – Skins from Beginning to End

**3:00-3:30 p.m.: Break in Vendor area**

This mini workshop will take the attendee through the dermatology process from the beginning to the end.

**3:30-4:30 p.m.: John Stock – Basic Troubleshooting for Histology Laboratory Equipment**

*This module will go over general maintenance covering most equipment found in a histology Laboratory. The participant will; Identify common maintenance issues found in a Laboratory environment and encourage the User to think about his or her actions of maintenance. Suggest methods and procedures of maintenance that will prevent downtime of the units and meet regulatory certification. Review what tools are helpful and necessary to perform daily maintenance, and their possible uses.*

**4:30-5:00 p.m.: GSH General Membership Meeting with GSH Board Meeting to Immediately Follow**

**Workshops on Saturday will be held in Room B**

**Workshop # 1: Room B**

**SATURDAY, 8-12 noon, Room B**

**#1: Microanatomy and Tissue Identification – Diana Fry, BS, HT/HTL(ASCP), Duke University**

The workshop will begin with overview of five tissue types: epithelial, connective, muscular, nerve, and blood. Special focus will be given to classification of epithelium and its use in identifying tissues. Organ systems covered will be gastrointestinal, respiratory, cardiovascular, integumentary, endocrine, skeletomuscular, excretory, reproductive, nervous, and lymphatic. The organs involved will be located and briefly described grossly, then microscopically. Function or physiology will be covered only where it may help the technician to understand the microanatomy.

**Workshop #2: Room B**

**SATURDAY, 1-4, Room B**

**#2: - CSI – Case Study Immunos – Mike Reichenbach, HT(ASCP) QIHC, Ventana Medical Systems & Debra Flynn, HT(ASCP) QIHC, Biocare Medical**

Through IHC panels, attendees will have a better understanding of how complex or “unsolvable” cases can be diagnosed, leading to a better course of treatment for patients. It is our intention to motivate attendees to understand how important they are to the overall outcome of patient care. Join our team of investigators as we assist our pathologists in determining correct diagnoses through the use of Undifferentiated Tumor Panels and Secondary Tumor Panels in IHC. Actual patient cases will be presented, which may have been relegated to the “unsolved mysteries” file, were it not for the technology of IHC. Basic IHC theory, covering topics of antibody validation, control tissues, explanation of tumor panels and general IHC antibodies, and actual patient cases will be covered during this lecture. Review of latest FDA-cleared therapies will also be covered.

**March 27, 2011 – Sunday Workshops**

**7:00-8:00 a.m.: Meeting Registration**

**Workshop #3: Room A**

**SUNDAY, 8-12**

**#3: When Paraffin Won't Cut It – A Hands On Approach to Working with Resin in Hard Tissue Applications - Jack Ratliff, BA**

If paraffin won't cut it, what do you do? Believe it or not, this is a common question that has haunted many histotechnologists from both a clinical and research perspective. It seems all too many times a specimen is received into the lab only to find out later that it is either difficult or impossible to obtain usable sections when embedded in paraffin. In fact, if the specimen doesn't catch on the blade and pop out of the wax, one will surely experience an immediate dulling of the blade that creates an unacceptable knife artifact in the tissue if a section is obtainable or some type of shredding with a complete loss of usable tissue. This is a common experience when working with bone and even when decalcification techniques are employed because the bone is just too dense.

This workshop is intended to provide an application usage of methyl methacrylate (MMA) resin as a suitable embedding media for working with “hard tissue”, specifically bone, while focusing on specific methods for cutting 5 micron sections using a rotary microtome. The first half of this workshop will identify specimen preparation, dehydration, infiltration and embedding requirements for working with resin (MMA) and bone. The second half will focus on a live demonstration of thin section microtomy utilizing a specially configured rotary microtome used to cut bone specimens embedded in resin (MMA) and willing participants will have a chance to participate and produce thin sections of their own. Participants are encouraged to bring their own polymerized specimens, although not necessary, and will also have the option to retain their cut slides upon completion of the workshop so that they may be able to return back to their labs and complete any desired staining techniques. Individuals with a current or future intent to process and cut undemineralized tissue or tissue containing foreign implant materials are strongly encouraged to attend.

**Workshop #4: Room B**

**SUNDAY, 8-12**

**#4: Standardization of Antigen Retrieval Techniques - Lamar Jones, BS, HT(ASCP)**

This workshop will discuss the history and application of antigen retrieval techniques for immunohistochemistry. This workshop can have a "wet" portion utilizing some of the instruments available for different types of antigen retrieval. Handout, "wet" Kodachrome slides.

**10:00 – 10:30 a.m. Break**

**GSH REGISTRATION FORM FOR 2011 MEETING**

**March 25-27, 2011**

**Mountain Creek Inn, Callaway Gardens, Pine Mountain, Georgia**

**Call for hotel reservations at 1-800-225-5292**

**Rooms \$99 which includes Continental Breakfast and Admission to the Park**

**Please fill out a separate form for each attendee *completely* and send with payment or an indication of payment through PayPal**

NAME: \_\_\_\_\_

HOME STREET ADDRESS: \_\_\_\_\_

HOME CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ HOME EMAIL: \_\_\_\_\_

EMPLOYER: \_\_\_\_\_

WORK STREET ADDRESS: \_\_\_\_\_

WORK CITY: \_\_\_\_\_ WORK STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

WORK PHONE: \_\_\_\_\_ FAX: \_\_\_\_\_

WORK EMAIL: \_\_\_\_\_

**NONREFUNDABLE REGISTRATION FEE: \$35 (includes the Awards Luncheon on Saturday and applies to HT/HTL review and attending vendor reception only)**

**FEES: Friday HT/HTL Review - \$25 plus \$35 registration fee = \$60**

**Saturday only - \$60 plus \$35 registration fee = \$95**

**Sunday only - \$50 plus \$35 registration fee = \$85**

**Both Saturday and Sunday - \$100 plus \$35 registration fee = \$135**

**Students Both days - \$60 plus \$35 registration fee = \$95**

**STUDENTS: Your Instructor must sign here to be eligible for student rates:**

Name: \_\_\_\_\_ School Name: \_\_\_\_\_

**PLEASE CHECK WORKSHOPS DESIRED: You can only attend a total of 3 for both days.**

Saturday a.m.: Workshop #1 \_\_\_\_\_

Saturday p.m.: Workshop #2 \_\_\_\_\_

Sunday a.m.: Workshop #3 \_\_\_\_\_

Sunday a.m.: Workshop #4 \_\_\_\_\_

PLEASE TOTAL: Registration fee for all attendees \$ 35.00

# of Extra Luncheon tickets: \_\_\_\_\_ \$ \_\_\_\_\_

HTL Review Session - \$25.00 \$ \_\_\_\_\_

Saturday only - \$60.00 \$ \_\_\_\_\_

Sunday only - \$50.00 \$ \_\_\_\_\_

Both days - \$100.00 \$ \_\_\_\_\_

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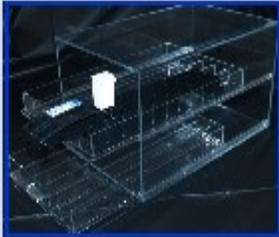
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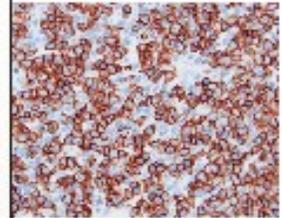
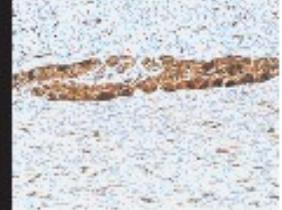
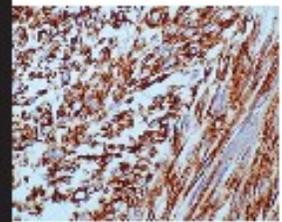


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*Happy New Year to All!*



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## Living up to Life



**Georgia Rep.....**

**Sandy Schmitz**

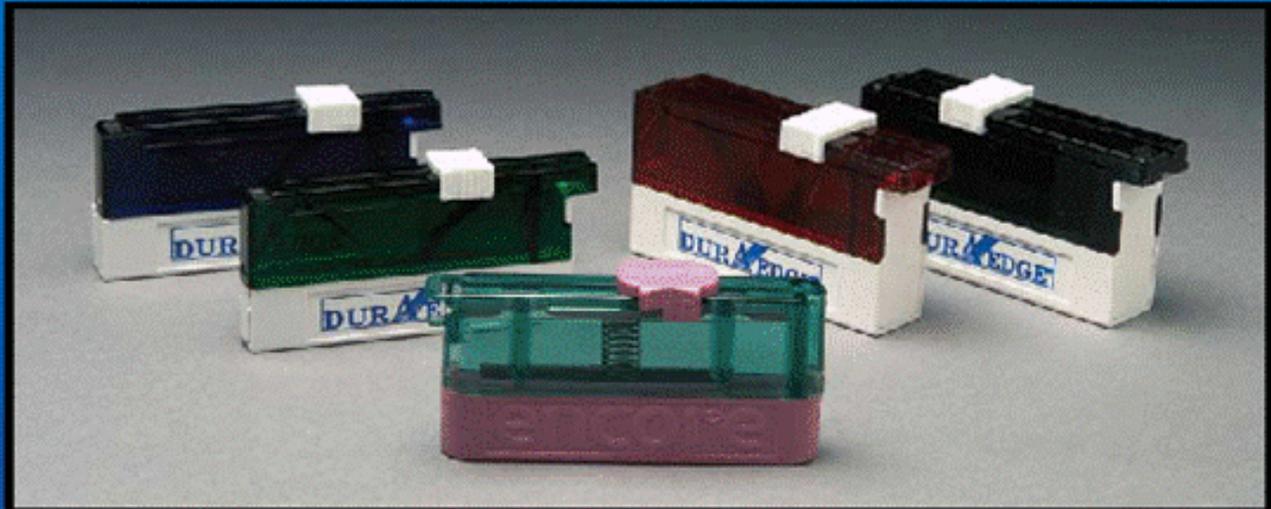
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**MICROSYSTEMS**



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# 2011 MEMBERSHIP APPLICATION

January 1 – December 31

NATIONAL SOCIETY FOR HISTOTECHNOLOGY  
10320 Little Patuxent Parkway, Suite 804, Columbia, MD 21044  
PHONE: 443-535-4060 FAX: 443-535-4055 EMAIL: [Histo@nsh.org](mailto:Histo@nsh.org)  
WEBSITE: [www.nsh.org](http://www.nsh.org)

**SOURCE: ONLINE**

TYPE OF MEMBERSHIP:

PROFESSIONAL      STUDENT      RETIRED

ARE YOU:

RENEWING YOUR MEMBERSHIP  
NEW MEMBER

\* Student Members must provide School & Program Director/Supervisor Name

HISTOLOGY SCHOOL/PROGRAM: \_\_\_\_\_ PROGRAM DIRECTOR/SUPERVISOR: \_\_\_\_\_

EMAIL OR PHONE #: \_\_\_\_\_

MEMBER NAME: \_\_\_\_\_ NICKNAME: \_\_\_\_\_

**WORK ADDRESS:**

TITLE: \_\_\_\_\_

COMPANY: \_\_\_\_\_

DEPARTMENT/SUITE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_

ZIP/POSTAL CODE: \_\_\_\_\_ COUNTRY: \_\_\_\_\_

WORK PHONE: \_\_\_\_\_ FAX: \_\_\_\_\_

WORK EMAIL: \_\_\_\_\_

**HOME ADDRESS:**

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_

ZIP/POSTAL CODE: \_\_\_\_\_ COUNTRY: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_

PERSONAL EMAIL: \_\_\_\_\_

**MAIL PREFERENCE:** (Please select primary address)

WORK ADDRESS      HOME ADDRESS

WORK EMAIL      PERSONAL EMAIL

**Please Note:** All NSH correspondence will be sent to address selected. In addition this address is published in our on-line membership directory.

NSH MEMBER REFERRED BY: \_\_\_\_\_

STATE HISTOLOGY LICENSE #: \_\_\_\_\_

MEMBER DEMOGRAPHICS:      DATE OF BIRTH: \_\_\_\_/\_\_\_\_/\_\_\_\_      GENDER:      MALE      FEMALE

DESIGNATION (Check all applicable Boxes):

HT (ASCP)    HTL (ASCP)    MT (ASCP)    CT (ASCP)    SLS (ASCP)    QIHC (ASCP)    RT    ART    MLT  
MD    PhD    OTHER \_\_\_\_\_    NOT CERTIFIED

I WOULD LIKE TO RECEIVE INFORMATION FROM THE FOLLOWING COMMITTEES:

IHC    HARD TISSUE    VIR    HEALTH & SAFETY    QUALITY CONTROL    OTHER \_\_\_\_\_

**MEMBERSHIP DUES:      \$80 (2011 PROFESSIONAL)      \$40 (2011 STUDENT/RETIRED)**

WOULD LIKE TO PURCHASE MEMBERSHIP PIN (\$10.00)?      YES      NO THANKS

WOULD LIKE TO CONTRIBUTE TO EDUCATIONAL FUND?      NO THANKS      YES \$ \_\_\_\_\_

WOULD LIKE TO CONTRIBUTE TO ADA FUND?      NO THANKS      YES \$ \_\_\_\_\_

*(Your donation to the Educational Fund helps provide Awards & Scholarships such as Lee Luna Award, etc & ADA will aid in furthering the education of the physically challenged)*

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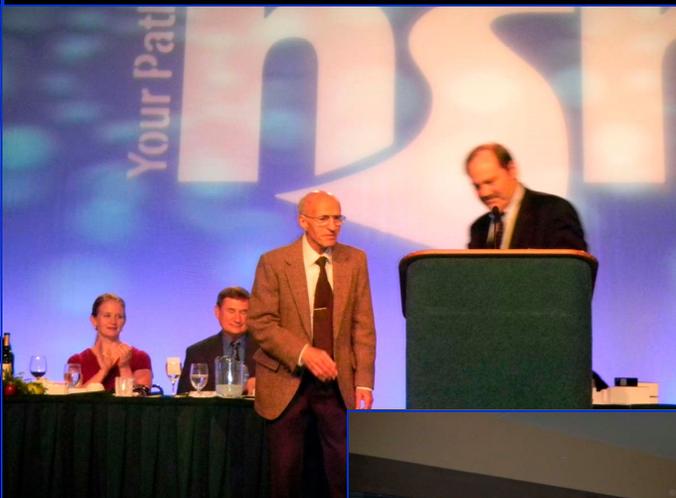
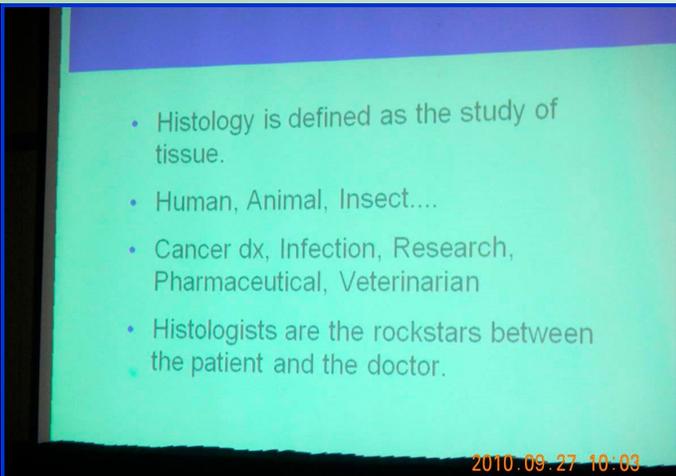
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*Carole Fields, HT (ASCP)*

*962 Hickory Leaf Ct.*

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