

# Making Your Career More Fulfilling: Five Tips Pave the Way

Colleen Diez

Maybe your workdays are long, your paycheck isn't what you'd like it to be, and you don't seem to get the respect you deserve. Yet, you still find your job rewarding. But what can you do to maintain your motivation to have a long and fulfilling career?

Here are 5 tips offered by medical technology professionals in the field:

## 1 Set Goals

"Make small, reachable goals and go after them one at a time," says Anthony Roland, Lead Clinical Engineer at Deaconess Hospital in Cincinnati, OH. "Always be open to learning new things or learning old things in a new way or from a new perspective."

Rich Ogg, a CBET at Muskogee Regional Medical Center, agrees. "People without goals have nothing to strive toward," he says. "A pond without fresh water will stagnate and become unproductive. A job without fresh ideas and new challenges will become unproductive."

Ogg urges others to set goals for themselves independent of any structured goals set by their employer. "If goals and incentives are not provided, set your own," he says. By setting small goals that are easily accomplished, you can gain the confidence and motivation to tackle larger, long-term goals.

## 2 Absorb New Ideas

Education may be one of the simplest goals to set to motivate yourself. "I stay motivated by continually learning new things and volunteering for new projects," says Greg Swigart, BMET at St. Luke's Hospital in Bethlehem, PA.

"Always try to learn something even if you don't think it's pertinent to your job," says Steve Persad, BMET III

*"I still get a real kick out of helping less experienced technicians fix things."*

at the University of Alabama-University Hospital. "Read articles about what others in your profession have done or are doing."

Lex Sensenbrenner, CBET at the USC School of Medicine in Los Angeles, says foregoing education isn't an option, since technology is always changing. "At any stage [of technology], there's always room for improvement," he says. "If folks allow themselves to stagnate, then they are only using a fraction of the resources available to them."

## PRESCOTT'S, INC.

### RECONDITIONED MICROSCOPES

**SAVE SAVE SAVE**

**Used Parts (OEM)**  
and

**New Replacement Systems**  
for

**ZEISS ♦ LEICA ♦ WECK**  
and others

♦ ♦ ♦ ♦ ♦ ♦

**Call 800-438-3937**

## PRESCOTT'S, INC.

**(800) 438-3937**

**(719) 481-3353 • Fax (719) 488-2268**

P.O. Box 609 • Monument, Colorado USA 80132

e-mail: [prescott@surgicalmicroscopes.com](mailto:prescott@surgicalmicroscopes.com)

website: [www.surgicalmicroscopes.com](http://www.surgicalmicroscopes.com)

Colleen Diez is a writer for AAMI.

Ogg agrees, noting that, “there are training opportunities offered by manufacturers, there are self-tutorial programs, and there are good opportunities just by studying the repair manuals that are usually supplied with new equipment purchases.” With all these options, Ogg says, “if you want to learn there are no good excuses not to do so.”

### **3 Teach Others**

Teaching allows you to put your education into action, and serves as a form of self-motivation. Mentoring younger, less experienced professionals can be motivational.

Dustin Telford, a veteran CBET at VAMC in Salt Lake City, explains that the reason he decided to seek certification was due to his workstudy. “Actually, one guy I was mentoring was interested in expanding his career possibilities,” he explains. When he asked Telford for help, the experienced BMET volunteered his time. Inspired and motivated by his mentee’s enthusiasm,

Telford decided to seek his own certification.

Greg Swigart also believes in mentoring. “I feel it is my responsibility, as a veteran technician, to help train people who are interested in our field,” says Swigart. “I still get a real kick out of helping less experienced technicians fix things.”

### **4 Network and Challenge**

Motivation from teaching transforms into networking with others. Being aware of what others in the field are doing will not only help motivate career choices, but also stimulate competition, according to Steve May, Biomedical Supervisor at Mayo Medical School in Rochester, MN.

“Competition is good if recognized and controlled,” says May. “The more individual involvement and dedication from each member creates motivation within a department and can stimulate a great ‘team’ atmosphere.” Sometimes knowing that others are driven to excellence encourages or motivates one’s own performance on the job. May encourages his employees to seek career challenges. “I promote each individual to challenge the system themselves, and whatever assignment they’re given, and to do better than what’s expected and be creative.”

In fact, finding ways to make your job more creative and diverse can make your job even more rewarding. As Lex Sensenbrenner notes, “the diversity of ideas keeps me going.”

### **5 Form Positive Personal Mantras**

Perhaps the greatest self-motivational tool is a positive demeanor.


“Laugh at yourself daily,” says Persad, “and laugh with your coworkers, with your customers. Enjoy your job.”

Also, take pride in the important role you play in health care. As Ogg notes, “take a look at someone whose life has been saved or whose medical care has been improved by the equipment that is your responsibility and you know that you are an important part of the health care industry.”


Telford agrees: “I live for the ‘thanks for taking care of this’ from a nurse manager, department head, etc. I think about how I can positively impact people’s lives—the potential is there, and that’s what keeps me going.”

**Meet the Author...**  
**at the “Best of BI&T” session during  
 AAMI’s Annual Conference & Expo**

Join popular BI&T columnist and IT pundit, Jeff Kabachinski, for an informative discussion about the flood of IT developments in health care. Jeff will provide tips on how to stay on top of these changes, and perspectives on IT issues that range from network routing techniques to simply understanding the latest acronym. Bring your questions and share best practices!



**Sunday, June 15, 4:15 pm — 5:15 p.m.**



**Long Beach, CA  
 June 14 - 17**