



TechieRN Podcast Session #1

Introduction/What to Expect/Who is the TechieRN?

Show notes: techiern.com/techiern-podcast-session-001

This is the Techie RN Podcast with Michael Srock, session number 1.

Intro: Welcome to the Techie RN Podcast. And now your host, Michael Srock.

Michael: Hi, guys, this is really monumental for me. This is my first podcast, and I've been wanting to do this for, probably since around 2010. So first off, thanks so much for listening to this. Obviously, this is your first time listening to me. This is my first time doing it, so I appreciate you taking the time to check me out and to see what this podcast is all about. And I don't take it lightly, you know, that you're listening. So I just wanted to say, you know, I really appreciate it and I hope, you know, I will make it worth your while.

So a big shout out, since this is my first podcast, goes out to my beautiful wife, Jennifer, for supporting me in this, my mentor and coach, Dr. Dale Burrows, some awesome longtime friends, David and Anne Waite. They've even helped me out as far as encouragement throughout the years and I'm appreciative to them. And of course, I'm going to give a big shout out to some online friends as well that...they're not really even that aware of me yet, although I've received a few emails. And that is from Pat Flynn at smartpassiveincome.com, Cliff Ravenscraft, he is the Podcast Answer Man. He's awesome. He's at podcastanswerman.com And finally, my new friend and online connection, Keith Carlson, RN, nursekeith.com. Kudos to you, buddy. He encouraged me about my online business and podcast. And if I'm forgetting to mention your name, I really apologize.

So I'm going to go through what to expect on my podcast. And realistically, I would like to do a podcast about once every two weeks. If I can do it every week, I would love to do that. But realistically, you know, two weeks or more, I'm going to get a podcast out, so you can expect that from me. And for the most part, it's going to be truly yours, meaning me...it's yours truly, excuse me, doing the podcast. But I'm going to incorporate some guests, and I do have some future episode plans already in the mix and guests waiting to come on this podcast. And it doesn't really matter if you're in the healthcare field or not, there's something for everyone on this podcast. I know that you'll find it very interesting. You'll see that, obviously, I go by Techie RN or I guess you could say The Techie RN. And that doesn't mean that there won't be something on this show that you wouldn't get into and really enjoy as well.



I've got a little bit of a cold right now, so I'm going to sound a little bit different than I normally do, just because I'm trying to get over a really bad cold. And I didn't want to wait any longer. I originally was trying to get this out in January of 2016 at the start of the new year, and here it is almost...well, at the point I'm recording this, it's just on the cusp of being April. So it's been a little while since I've been able to really get this out.

So the normal format is I'm going to, you know, do my intro, of course, and do a show overview, and my main subject matter, and then I'm going to have a healthcare tech spotlight and then my ending thoughts and such and so on.

So what am I going to talk about today? I'm going to talk about who is the Techie RN? How did I become the Techie RN? And then I am going to have a healthcare tech spotlight today. So without any further ado, I'm going to go ahead and go into who I am and who is the Techie RN. And before I start, too, I just want to say that I know that I'm going to get better at this. And so I'm doing this with minimal notes. I'm not going to rerecord or do a live editing. I'm just going to record this and you can judge by the time I hopefully reach my 500th podcast, that I'll have gotten a lot better at doing this. So I really thank you for your patience as well as that while I'm still in the process of learning and such.

So I really like tech and that's obviously why I'm doing this. And at the same time, I understand that not everybody is into tech like me. And so as a healthcare person or as just, you know, your normal, everyday person, if I can help you do some of the heavy lifting, so to speak, when it comes to tech, then that's where I'm going to be most useful. So that's what I'm hoping to do with these podcasts and to make them entertaining as well.

So just a little bit more about me. And I don't...this really is going to be an unusual one because this podcast is going to be for you. And it's not all about me. It's going to be to help you in your daily life and some things that you may be facing or ways I might be able to help you more. But I do want to give some background, being that this is my first podcast.

So I just want to start off with how did I become the Techie RN. And a little bit of background is that I've been in healthcare for about 23 years, and some of that time I was in regular nursing. I'm a nurse, by the way. And some of that time I was actually...you know, I started off and did some pediatric work at a pediatric hospital, which was great, but it wasn't a really super fit for me. So I ended up resigning from that position, and I ended up doing some outpatient dialysis. And that was a really good fit for me because the technology and nursing go hand in hand. So I really enjoyed that.



And so I springboarded my outpatient dialysis into going back into the hospital because I really, most of my career I've worked in the hospital for, you know, like I said, you know, like 23 years. So I have 23 years of experience. So once I graduated nursing school, then I, you know, at PEDs [SP], then dialysis and then inpatient dialysis ICU area. And I'm going to back up a little bit because I'm going to get more into that.

But I just want to say that I did not have a great deal of encouragement when I was growing up and was a byproduct of divorced parents. I didn't have a great...you know, my mother, she had a nervous breakdown, had to be institutionalized. I was like five years old. And so it was a major ordeal for our family. Unfortunately, my parents were only together until I was about six years old. This divorce deeply affected my life. And don't let anybody deceive you, because when one man and one woman decide to stay married until death do us part, it makes a positive influence on our society and our family unit stays intact, which I'm all for.

So if you struggle with your marriage, get help. It's really not worth it for the kids or for you. It's better to stay together and learn how to be compatible with each other. But I'm kind of going on a soapbox here. So which, in the same way, my wife and I've begun a new legacy for our family, and I'm happy to report at the time of this podcast that we've been happily married for over 15 years now, which is fantastic.

As I stated previously, I've not had a great deal of encouragement growing up and some of my upbringing affected me in many ways. For instance, you know, I had no really, you know, grand dreams of what I wanted to be when I grew up. And my first job, I was bagging groceries, stocking shelves. I quit school, you know, I was a high school dropout. And then later I figured out that it would be better to enroll in a...you know, I enrolled in a correspondence school, where...this is before the Internet, people. So this is well before the Internet, and I was able to go ahead and enroll in a correspondence class with real books. And they sent me real books and I finished my high school education that way. And then I did go to college, and I'll get to that.

But my second real job was building boat parts for Wellcraft Company. And then that lasted for maybe a year. My third job was working for a residential and cleaning business, and I stuck in there for about six years. Plus I learned a great deal about home business and entrepreneurial things and how encouragement and working with successful people really pays off. And I had mentioned this couple in the beginning of my podcast, David and Anne, they've been a really great influential part of my life.



And just again, I want to say that when you surround yourself with quality people, you want to surround yourself with people that you want to be like. So if you surround yourself with negative people, that's what you're going to get. You're going to learn how to be a negative person. But if you surround yourself with successful people, people that love others and put other needs above their own, then that's how you're going to live. And that's the way that I would recommend, is surrounding yourself with successful people, people that love life and people that really indeed want to help you and pour their life into you.

And that's part of why I'm doing this podcast as well is that I want to give back from how I've been helped. And David and Anne were a real big help to me in that regard. And in fact, they would always tell me that I could be anything that I wanted to be. I can do whatever I wanted to be and even at the risk of losing me as their employee, very selfless people. But they told me, you know, I could be whatever I wanted to be, and I'd never heard that from anyone and never really been encouraged like that. And it really meant a lot to me. And it's why I'm even doing this podcast. I mean I never thought I could, you know, be where I am or do what I'm doing now, except if it weren't for people like this to come up alongside of me and encourage me.

So I began attending college at my local community college in the direction of a nursing degree. And it wouldn't be long after attending college that I took a big pay cut, working at a local hospital to get some experience. And I actually, you know, I started working in the dietary department and working my way up. And then I became a tech, you know, taking patients back to their room from the recovery area. And then I, you know, I worked my way to becoming a nursing assistant, and then eventually, you know, got my nursing license. So that's been a really big thing in my life to be able to say, "Look, if you don't feel like you can do what you want to do, I'm here to tell you that you can. You can also be whatever you want to be." And that's my encouragement to you is be whatever you want to be.

So I went through...and it took me six years. You're saying, "Well, why did it take you so long to get a two-year degree to become a nurse?" Well, that's because I did it the good old American way. I never really had my parents to pay my way. I worked my way through college. I took classes part-time. So that's why it took me six years to be able to get through regular school and then, in turn, to get into nursing school. So I'm thankful and I wouldn't take any of that back, because it was a lot of hard work and a lot of learning that I was able to do in the process of that.



So there's some twists and turns to my story, though, that I wanted to share with you. And one of the stories is that after working in the ICU and doing inpatient dialysis for a while, I was really starting to get down and wondering, you know, it was just really hard every day, at least for me. And wondering, you know, do I really want to do this the rest of my life? You know, I had worked hard to get where I am and to do nursing, but at the same time, I was starting to get a little depressed, a little bit down, seeing death and seeing different things day in and day out in the stress of the job.

So I have a good friend, Dr. Dale Burroughs, and she is, as I had mentioned in the beginning, she's a coach/mentor to me. And so she also does career coaching and she also tested me, you know, personality-wise and occupational wise. And I would recommend that. If you've never done any type of personality profile testing or anything at all like that, I would highly recommend that you take some kind of personality test, you know, and find out where your strengths are as, not only as a person, but also you can do a lot of career placement tests. And I can put some links to that in my show notes of where you can take some of these tests.

But it was really helpful to me because when I took some of these career placement tests, I found out that nursing really wasn't what I was strong at. So you're saying, "Well, why did you go into it?" Well, I wish I would have known that way ahead of time. But where I tested really strong was technology and doing computer stuff. So when I tested, I started immediately looking at my hospital for other jobs where I could use my nursing degree and be able to use technology. And I actually did find a position that they were hiring for at the time in what's called a clinical information systems analyst. So, you know, I filled out the application, went in for the interview, and I got hired the same day that they interviewed me. They really liked me. And I was just so thankful for that.

I felt like it was going to be a really good fit for me, and it was. And I actually did analytical work, customer support, analytical, teaching, you name it, type of behind-the-scenes technology, electronic medical record help, you know, in the background. I did that for 14 years.

And now I've just decided to branch off and I'm starting my own business of doing some coaching and career stuff for you guys. But that was a really helpful time in my life when I did 14 years as a information systems analyst at a local hospital. It was really...and I'm going to have some upcoming podcasts about that, about if you're interested in doing something like that, you know, I'm in the process of creating some coursework, you know, to help you excel if you wanted to change...say if you wanted to move from the bedside to doing more technical-type stuff.



Or just if you're just burnt out at the bedside and you want to do something different, then this podcast is definitely for you. If you're just not knowing what you want to do, this podcast is for you as well. And I hope to, you know, give you some encouragement and some hope of changing careers or doing something different, because that's what it's all about, and that's what I'm here for.

So what are the things that I want to give to you as far as, you know, at the end of this podcast today? Is I want to give some coaching services if you should need my help, technical help with your website, learning how to put together educational tutorials for your business or nursing healthcare staff, or creating a new career path, preparing for an interview, changing specialties or jobs, or starting your own business. Maybe you want to start your own business online or start a business of...maybe it's not even online. But you want to start your own business. I hope that I could help you to do that as well.

So I'm going to have a lot of...you know, just some information I've talked about today in my show notes, as well as this, my first podcast. I hope that you'll stay tuned for my next podcast. Here's the Techie RN Healthcare Tech Spotlight. So if you look at my website and get to know me, you're going to know that I'm really into Star Trek, and I really appreciate Gene Roddenberry and his forward thinking. There are so many gadgets that have come from just Star Trek in general. You know, one is the simple, which not even a lot of people use anymore, but the flip phone. Remember the Star Trek Communicator on the original series? Well, think about it. You know, we had the flip phone for years. In fact, my father still owns one and uses it every day.

But what I'm going to talk about today for our **Tech Spotlight** is called the Scanadu Scout. and this is a real-life tricorder that is coming out. In fact, I'm looking at "PC World." However, the company, Scanadu, has had an online presence for quite some time now. They have had a Kickstarter-like project for a couple of years now and they do have enough, and for their main supporters, they have actually sent this gadget to the supporters. However, it looks as though from reading that they're waiting on FDA approval to be able to sell them through, I would guess, like Amazon or, you know, any of the other retailers.

So what in the world does this thing do? Well, they claim, and they've shown it, it does hook up via Bluetooth with a smartphone, whether it be Android or iPhone. But this tricorder takes your blood pressure, takes your temperature, takes your pulse rate, it takes your EKG readings and some other readings as well.



It's really fantastic and I'm going to place this spotlight in the show notes as well. So I'm going to read just a little excerpt here. It says, "The Scanadu Scout is a handheld device that measures your blood pressure, temperature, blood oxygen level and heart rate in 30 seconds and sends the results to your smartphone." So this is a fantastic device. And it's taken a long time to...and I'm sure they'll even make it better and better as time goes along, but this is a really, really cool device, and you can check it out. Just go and look up the Scanadu Scout. That's Scanadu Scout.

Once again, I really thank you for listening, for taking the time to listen and check this podcast out. I would really like it if you would give me some input. And if you like this podcast and you have some ideas of your own, I'm also open to those ideas for future podcasts. Like I said, it's not all about me, and I appreciate you listening to a little bit of my story and, you know, how I've gotten where I am. But I also want some input from you. So you can email me at Michael, michael@techiern.com. That's Michael, michael@techiern.com. You can email me or you can just go to the website, techiern.com, which I'll have that address again at the end of the podcast.

But I'm really interested, you know, when you listen to this, you know, please like it or tell others, and I just really want to make this podcast for you and better. So any ideas, anything, I would be appreciative. And once again, I really, you know, thank you for listening. And please go and check out my website. And I have a survey on there right now that I'm trying to collect some information about as well, you know, to try to help you better. And if you fill out that survey, I'd really appreciate it because it will help me to help you.

So once again, hey, thanks again, guys, so much, for listening and I will talk to you next time on the Techie RN Podcast. Thanks again. Take care, okay?

Outro: Thanks for listening to the Techie RN Podcast at www.techiern.com. That's www.techiern.com.

Links and Resources Mentioned in This Episode:

Dr. Dale Burroughs @ BHI
Pat Flynn @ SmartPassiveIncome.com
Cliff Ravenscraft @ <http://podcastanswerman.com>
Keith Carlson, RN @ NurseKeith.com
COPSystem web-based (a career guidance program)
Scanadu Scout (A real life Tricorder)