



MEMBER/VOLUNTEER PROFILE: *Helping to position the profession within the healthcare sector*

Cathy Babiak, CRGS



Hailing from Scarborough, Ontario, Cathy Babiak obtained her first diploma in radiography in 1976, followed by a diploma in ultrasound in 1980, a Bachelor of Health Administration in 2002, and an Intercontinental Masters in Education in 2005.

She began her career as a practitioner and, after about a decade, started to assume leadership roles as an Ultrasound Clinical Coordinator, Charge Technologist, and Supervisor/Clinical Coordinator overseeing the operations of the program or department. In 1991, her focus shifted to education and she became a faculty member of The Michener Institute for Applied Health Sciences where she continues to share her knowledge, expertise and experience to this day. She developed and delivered curriculums, served as a Program Coordinator and more recently as a Program and Clinical Liaison Officer both here in Canada and for international programs in ultrasound and echocardiography.

She currently serves as the Stakeholder Relations Advisor for Sonography Canada's Board of Directors, following her term as Chair of the Board from 2017-2019. She is also the only Canadian to ever have served as Chair of the American Registry for Diagnostic Medical Sonography (ARDMS). In addition, she has been a member of the Board of Directors for the American Institute of Ultrasound in Medicine (AIUM) and the Society of Diagnostic Medical Sonography (SDMS).

When asked about the importance of relationship building to advance sonography within the broader healthcare sector and why it is important for sonographers to volunteer with Sonography Canada, she had this to say:

"Simon Mainwarin stated that "Effectively, change is almost impossible without industry wide collaboration, cooperation and consensus". Sonography continues to face ongoing change whether it is discussion of regulation, how to scan more patients in less time, or the absence of funding for Continuous Professional Development. Working with partners such as the provincial and national sonography organizations enable Sonography Canada to problem solve some of these issues. Working with the broader healthcare sector provides us with greater opportunities to influence and contribute to policy and program development.

Volunteering with Sonography Canada gives you the opportunity to be front and center in some of these discussions. It allows you to network with fellow sonographers, Board members, committee members, other medical professions and/or employers. It is great to share common experiences in our profession, to be able to take some new ideas back to your respective workplace, or to be exposed to potential new job opportunities. I have developed some personal lifelong friendships and professional relationships both nationally and internationally. Through volunteering, you have the opportunity to practice, share and develop clinical and social skills. It can keep you mentally stimulated and also provides a sense of purpose.

I embrace this quote: "When you volunteer to help others, you benefit just as much."

FAVOURITE EXPRESSION

Don't count the things you do. Do the things that count.

Zig Ziglar