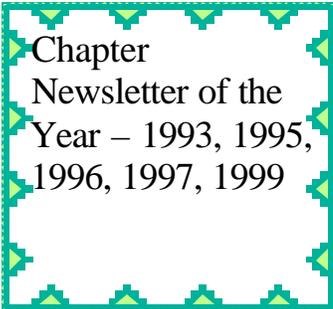


I HEARD IT THROUGH THE STEAMLINE

Volume 11, Issue 1

January 2000



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PRESIDENT'S MESSAGE



The decorations have been put away, the celebrations are over and we all somehow survived the start of the new millennium in spite of what some were predicting.

The last thirty years have been challenging for us all. Technology changed, regulatory guidelines were revised. We have all been compared with one another. We have been asked to do more and more with less, to find better ways of doing things, to work wiser and smarter. Throughout it all our Association has continued to be a leader for Central Service Professionals.

As we start the year 2000, let's all renew our commitment to each other and education for the betterment of our profession. Network with each other. Problem solve. Promote our environment. Explain what services we can offer to other professionals in your hospitals. Get the word out. Demonstrate and insist on excellence in every product that we provide. Accept nothing less than your best effort from yourself and your staff. Market yourself! Take advantage of whatever resources that you have at your disposal. Lets bring Central Service into the 21ST century and make the next thirty years as progressive and as fulfilling as the last.

Sincerely,
Paul Hess



In-service Education Microbiology 101

By Janet Aultman

In the central service profession, we all perform many duties and wear many hats at work each day. Have you ever thought of yourself as a soldier, fighting a battle that you must win, if you are going to provide clean and sterile supplies for patient care. We fight that battle against microorganisms, those smaller-than-the-eye-can-see lifeforms that reside everywhere in our environment. All central service professionals need to have a basic understanding of our enemy - the microorganism.

Mostly, microbiology deals with single-cell microorganisms. All life processes are performed inside this single cell. The cell is the basic unit of life, the building block of all higher forms of life. All cells are basically similar. They are made up of protoplasm surrounded by a cell membrane or cell wall. They all contain a nucleus or some equivalent nuclear material that acts as the command center for the cell.

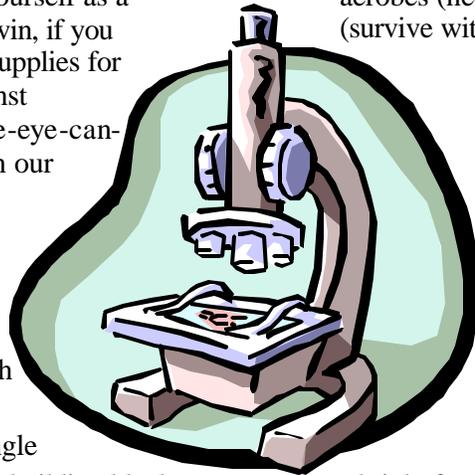
Biological systems have these characteristics in common: 1) the ability to reproduce, 2) the ability to ingest food and metabolize it for energy and growth, 3) the ability to excrete waste products, 4) the ability to react to change in the environment, and 5)

susceptibility to mutation. Microorganisms are classified as bacteria, viruses, rickettsiae, fungi, protozoa, and prions.

Bacteria are organisms that range in size from 1-10 microns long and 0.2 - 1 micron in width. (A micron is 1/25,000 of an inch.) Bacteria do not have a nucleus, but an area of undefined nuclear material. They have a cell membrane and a cell wall. Because they have a cell wall like plants, they are classified as part of the plant kingdom.

Bacteria are classified by their shape (either rods, spheres, or spirals), their staining properties (either gram positive or gram negative as determined in a

microbiology lab), and their pathogenicity (the ability to cause disease). Bacteria are also either aerobes (need oxygen to survive) or anaerobes (survive without oxygen).



An example of an anaerobic bacterium is the organism that causes tetanus. It is found in puncture wounds or deep cuts.

In our profession, we are always concerned with eliminating a form of bacteria called a spore. Spores are formed when bacteria dry

out, shrink, form a tougher cell wall, and become dormant. Spores can remain dormant for thousands of years and are activated when moisture is available.

Bacteria reproduce asexually by a process called binary fission. Some bacteria reproduce very rapidly. Hospital patients who are weakened by disease can get a life-threatening infection from just a small number of bacteria.

Viruses are much smaller in size than bacteria. Some are just made up of a few

molecules of protein. It is a subject of debate whether viruses are living organisms. Viruses cannot reproduce until they infect a host cell. The virus then uses the host cell's genetic material to reproduce itself. In many ways, viruses act like parasites. Viruses cause diseases such as HIV,

hepatitis, smallpox, rabies, measles, and the common cold.

Rickettsiae share characteristics of both bacteria and viruses, but are classified as gram negative bacteria. They can be shaped like spheres or rods and can only reproduce inside a living cell. Diseases such

“All central service
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as Rocky Mountain Spotted Fever, and Lyme disease are caused by rickettsiae.

Fungi are larger in size than bacteria and can be more complex, multi-celled organisms. Yeasts and molds are the most common types of fungi. Fungi grow best in dark, moist environments. Ringworm and athlete's feet are caused by fungi.

Protozoa are single-celled organisms that have a cell wall composed of chitin (a material that makes up the outer coat of insects). Protozoa can live as parasites in the blood or tissue of humans and animals. Diseases caused by Protozoa include African sleeping sickness and malaria.

Prions are the newest classification of microorganisms. It is believed that prions cause Creutzfeld-Jakob disease (CJD) in humans and scrapie in animals. Prions are thought to be made up of only protein and are extremely resistant to the methods of destruction we use for other microorganisms.

Remember that you have an important part to play in the daily war against microorganisms and infection. Understanding basic microbiology and following your department's policies and procedures concerning disinfection and sterilization will ensure that patients will not be casualties in this war to prevent infection.

Source: Training Manual for Central Service Technicians, ASHCSP, 1997
Microbiology by Pelczar, Reid, and Chan, Fourth Edition

Post Test

1. Microorganisms are everywhere in our environment. **T F**
2. Cells are made up of prototypes. **T F**
3. The classifications of microorganisms are bacteria, viruses, rickettsiae, fungi, protozoa, and prions. **T F**
4. Bacteria can be 1-10 millimeters long. **T F**
5. Bacterial spores can remain dormant for thousands of years. **T F**
6. Viruses act like parasites in that they can only

reproduce inside a host cell. **T F**

7. Rickettsiae are classified as gram positive bacteria.

T F

8. Yeasts and molds are common types of viruses.

T F

9. Protozoa have a cell wall composed of chitin. **T F**

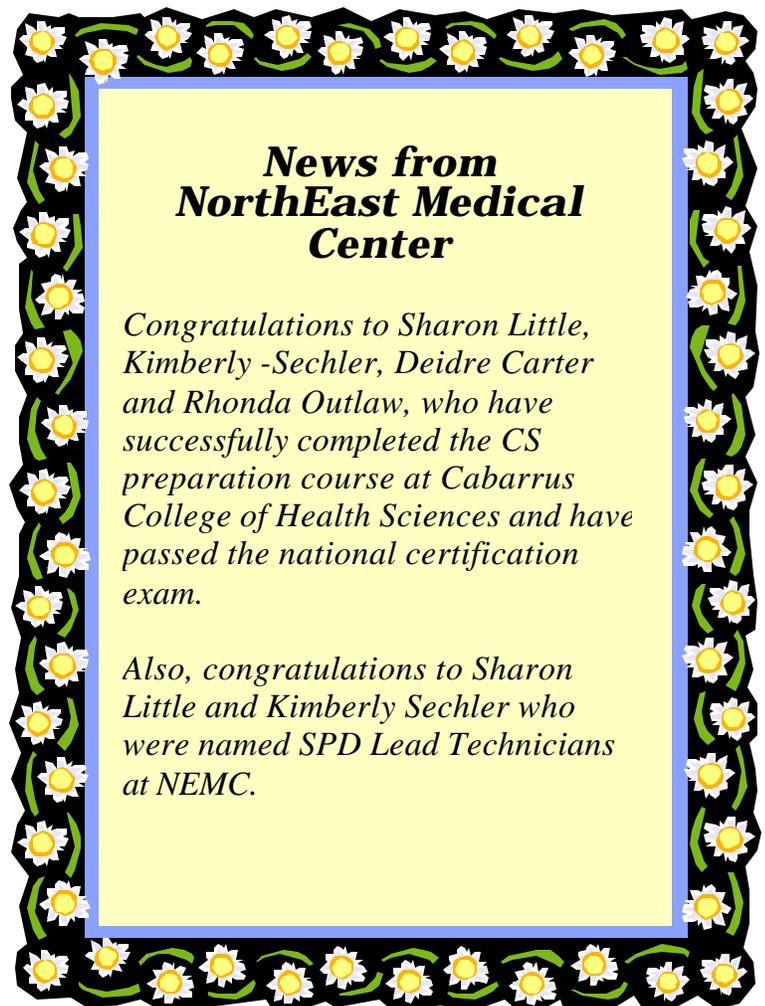
10. Prions are believed to cause Creutzfeld-Jakob disease. **T F**

(Answer Key is On Page 4)

To receive 1.0 Contact Hours toward re- certification from NICHSPDP, complete the in- service "quiz" after reading the article. Send the completed "quiz" to:

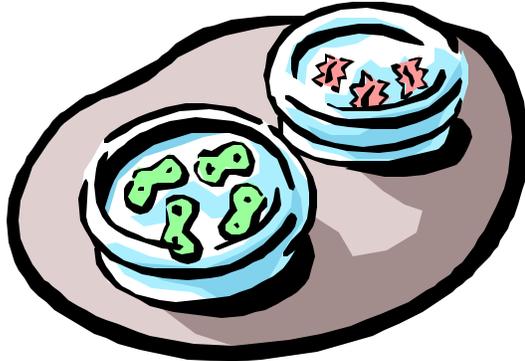
This in-service has expired and can no longer be submitted for credit.

who will issue a certificate. Be sure and include your name and a return address to receive a certificate for contact hours.

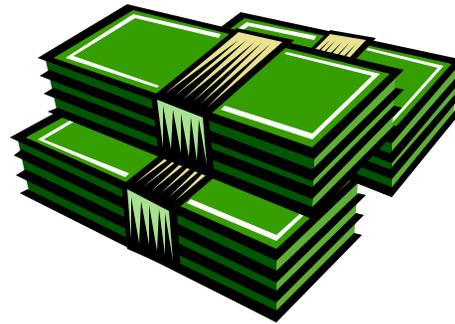


Answer Key for the Post Test
“Microbiology 101”

1. T
2. F
3. T
4. F
5. T
6. T
7. F
8. F
9. T
10. T



TREASURER’S R E P O R T



BALANCE (JULY 1999)	\$13,652.65
DEPOSITS	1,260.45
EXPENSES	2,684.54
MONEY MARKET	11,426.98
BALANCE (JANUARY 2000)	\$23,655.54

Membership Report

We ended the year with 285 members.

WELCOME NEW MEMBERS!

Denise L. Baker, Catawba Memorial Hospital; Loisteen Boyd, Moses Cone Memorial; Teresa Conseft, Wayne Memorial Hospital; Joshua Dagenhart, Catawba Memorial Hospital; Pat Fudger, Carolinas Medical Center; Lana Haecherl, Carolinas Medical Center; Carolyn Jones, High Point Regional; Jeanne Jones, High Point Regional; Elizabeth Laffan, RN, Moses Cone Memorial; Diane Little, Carolina Medical Center, Sharon Little, NorthEast Medical Center; Betty Anne Morris, Catawba Memorial; Joanne Parcell, N.C. Baptist Hospitals, Inc.; Linda Padgett, Catawba Memorial; Patricia Peoples, Wake Medical; Cynthia Pinnix, Moses Cone Memorial; Harriet Pratt, Mercy Hospital; Brian Price, Medical Park Hospital; Norma Robinson, Moses Cone Memorial; Michael W. Rowe, Medical Park Hospital; David Vroon, Cornerstone Medical; Mary Courtney Wells, N.C. Baptist Hospitals, Inc.; Mack Williams, N.C. Baptist Hospitals, Inc.

MemberTo Do List

- ◆ Make arrangements to attend the February 4,2000 meeting at The Hawthorne Inn in Winston-Saiem,NC.
- ◆ Begin the new year by renewing your membership for 2000.
- ◆ Welcome and support our new secretary LoisClick from Davis Medica[Center, P.O. Box 1823, Statesville,NC 28687.

Linda Messick
 Membership Chairperson

Health Watch

Health Strategies for the New Millennium

Richard Corlin, M.D., speaker of the American Medical Association house of delegates says, "To improve your health, follow common-sense rules. They're timeless and don't cost a lot of money to abide by."

The following are Corlin's recommended New Year's health resolutions for 2000 and beyond: Quit smoking. It's the underlying cause of many diseases, including heart disease and many types of

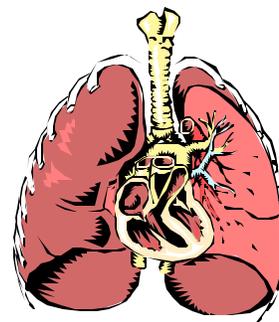
cancer, and the number-one cause of preventable death in the United States.

Don't drink to excess. If you drink, do so in moderation - no more than one alcoholic drink per day for women and no more than two drinks per day for men.

Maintain a healthful weight. If you need to lose weight, avoid any sort of crash diet. Try to lose no more than one pound per week by burning off 500 calories a day. Eating healthful foods and exercising are essential.

Get screened regularly According to

the American Cancer Society, an annual mammogram is recommended for women ages 40 and older. Beginning at age 50, men should have an annual DRF and PSA. Beginning at age 50, men and women should be screened for colon cancer by undergoing a fecal occult blood test or colonoscopy.



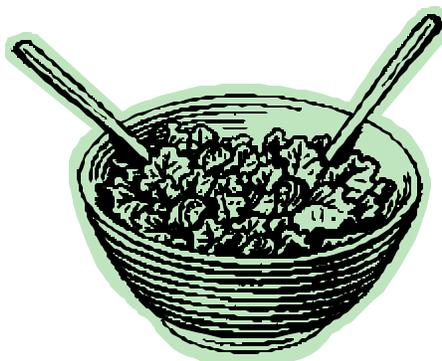
Low Fat Thousand Island Dressing

1/3 cup low-fat mayonnaise
2 Tbsp. ketchup
2 Tbsp. fresh lemon juice
2 Tbsp. minced red bell pepper
1 Tbsp. minced onion
1 Tbsp. minced fresh parsley leaves
1 Tbsp. sweet pickle relish
a pinch of cayenne
¼ c water

In a blender or food processor blend all ingredients and salt to taste until smooth, adding up to 2 tablespoons additional water if necessary to thin to desired consistency.

Dressing keeps, covered and chilled, 1 week. Serve dressing with crisp lettuce, sliced tomatoes, or seafood salad. Makes about 1 cup.

Each tablespoon about 12 calories and 0.3 grams fat (22% of calories from fat)



Marinade Reminders

Always marinate meat in the refrigerator - never at room temperature. Room-temperature marinating and defrosting allow runaway bacterial growth.

Before using a marinade that has been in contact with raw meat, bring it to a full rolling boil to avoid E. coli or salmonella poisoning.

Never save and reuse marinade.

Source: National Cattlemen's Beef Association

UPCOMING PROGRAMS

Please join us on February 4, 2000 at the Hawthorne Inn in Winston-Salem for a most informative program. During the morning session, Rick Schultz, President & CEO of Spectrum Surgical Instruments Corporation will present "Quality Assurance and Testing of Surgical Instruments" and "The Dark Hole Known as Surgical Instrument Repair". The afternoon's topic will be "Crafty Case Solutions: Ways to Solve Procedure Tray Clutter", presented by Marcia Frieze, CEO of Case Medical and Kerrye Allen, CSPD Nurse Manager at University of Texas Bowld Hospital. Pre-register now so you won't miss this exciting program!

HOPE TO SEE YOU THERE!

Attention Certified Technicians:

You will need 100 contact hours to recertify five years from your certification date. NICHSPDP awards 10 hours per year up to 5 years for working in central service. Therefore, you will be responsible for earning 50 points from continuing education.

Attending our quarterly educational meetings can help you to make that goal of 50 points! Remember, you are responsible for keeping up with your certificates! Keep them together in a safe place until time to recertify!

ASHCSP Report

Happy New Year! I hope everyone has had a very enjoyable holiday season! If you are reading this I trust the Y2K bug didn't get you, or your facility. Personally, I've been hoping that everything concerning Year 2000 would be a big let down. Meaning, of course, confusion and chaos did not reign supreme.

Each year everyone looks forward to making New Year's Resolutions, and I trust the membership of the American Society for Healthcare Central Service Professionals is no exception. I would challenge you to take a somewhat different twist this year and along with the usual resolutions to exercise more, loose a few pounds, and possibly make changes in your lifestyle, to consider becoming involved in your local chapter. That is, if you're not already. If you are, then there is no better time to expand your horizons and become involved in activities for ASHCSP. We are constantly looking for people who are interested in serving on committees, sub-committees, and/or running for office. The opportunities are boundless and very rewarding. Contact us at the Chicago office (312-422-3750) and let us know what your interests are.

Sincerely,
Frank Sizemore
President ASHCSP

NCAHCSP MISSION STATEMENT

NCAHCSP WILL ESTABLISH ITSELF STATEWIDE AS THE LEADING EDUCATIONAL ORGANIZATION THROUGH INNOVATIVE PROGRAMS THAT ENHANCE THE DEVELOPMENT OF CENTRAL SERVICE PROFESSIONALS

“If you tell the truth, you don’t have to remember anything.”

- Mark Twain

Board of Directors 1999- 2000

PRESIDENT

Paul Hess, RN, BSN, CRCST
New Hanover Regional Medical Center
2131 S. 17th Street
Wilmington, NC 28402-9000
910.343.2142
phwilmnc@wilmington.net

PRESIDENT-ELECT

VACANT

PAST PRESIDENT

Ruby Blackwell, RN
Forsyth Medical Center
3333 Silas Creek Parkway
Winston-Salem, NC 27103
336.718.5074
rblackw@cmihealth.org

TREASURER

Mary Jo Perkins
4325 Riverside Drive
Clemmons, NC 27012
336.766.3265

SECRETARY

Linda Messick
N.C. Baptist Hospital
Medical Center Boulevard
Winston-Salem, NC 27157
336.716.4891
lmessick@wfubmc.edu

Patricia Allred, RN, CNOR
Mercy Hospital, Inc.
2001 Vail Avenue
Charlotte, N.C. 28207
704.379.5991

Janet Aultman
N.C. Baptist Hospital
Medical Center Boulevard
Winston-Salem, NC 27157
336.716.6271
jaultman@wfubmc.edu

Susan Avery
Halifax Regional Medical Center
250 Smith Church Road
Roanoke Rapids, NC 27870
252.535.8255
savery@halifaxrmc.org

Richard Blackburn
Gaston Memorial Hospital
2525 Court Drive
Gastonia, NC 28054
704.834.2233

Pamela Caudell, RN, CNOR
Durham Regional Hospital
3643 N. Roxboro Street
Durham, NC 27704
919.470.4156

Linda Cook
High point Regional Hospital
601 N. Elm Street
High Point, NC 27262
336.884.6047
lcook@hprhs.com

Diane Fink, RN
Northeast Medical Center
920 Church Street North
Concord, NC 28025
704.783.1441

Louise Rahilly
Cape Fear Valley Medical Center
Box 2000
Fayetteville, NC 28301
910.609.6199

Frank Sizemore
N.C. Baptist Hospital
Medical Center Boulevard
Winston-Salem, NC 27157
336.716.6270
fsizemor@wfubmc.edu

