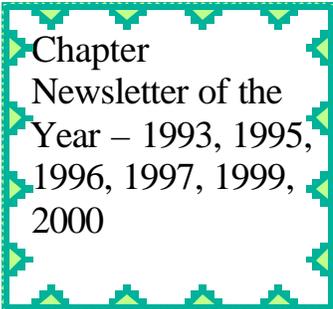


I HEARD IT THROUGH THE STEAMLINE

Volume 11, Issue 4

August 2000



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PRESIDENT'S MESSAGE



Congratulations to the North Carolina Association on our representation at the annual ASHCSP meeting in Denver. The NCAHCSP had quite a presence at the meeting and this demonstrates our commitment to the ASHCSP and to our Profession. Please encourage your coworkers to join our Association and to become active in the ASHCSP as well.

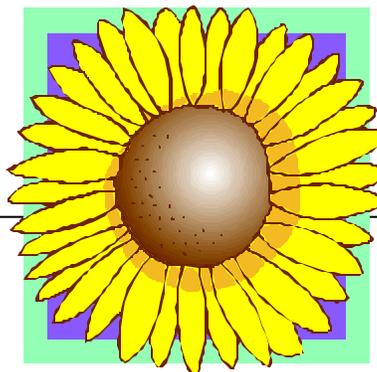
Again, we were the recipient of the Second Place Award in the Education Achievement category. I appreciate all the effort that the Education Committee puts into the quarterly meetings to make them such a success. Again, we were awarded the Chapter Newsletter of the Year Award. Congratulations to our Editor, Janet Aultman, and everyone else that makes our Newsletter such a success. We lead the way and have set a standard that others need to achieve. Your input and contributions are appreciated. The North Carolina Association also had a member achieve Advanced Status. I would like to recognize former board member Linda Cook for her accomplishments. Frank Sizemore has encouraged each and every member or our organization to pursue Advanced Status.

It is with regret that I have accepted the resignation of Richard Blackburn as President-elect. For those who were not at the July Business Meeting in Winston-Salem, I have appointed Pamela Caudell as President-elect to finish Richard's term. Please help me congratulate Pam on her acceptance of these responsibilities. Please keep in mind that the nominations for the Board of Directors and President-elect will be mailed before our next newsletter. I encourage each and every one of our members to take an active role in our Association.

On a lighter note, let's not forget to celebrate Hospital Central Service Week, October 9- 15, 2000. Do something special for each other and for our customers. Let them know who you are!

I look forward to seeing everyone at our September meeting in Winston-Salem!

Sincerely,
Paul Hess



In-service Education Central Service 101

By Janet Aultman

Central Service, Central Supply, Sterile Processing, Sterile Processing and Distribution, Central Sterile ... No matter what our department title is, we all perform the same basic functions. "The central service department is the department within a healthcare facility in which medical/surgical supplies and equipment, both sterile and nonsterile, are cleaned, prepared, processed, stored, and issued for patient care."

Before the 1940's, supplies and equipment were cleaned, processed, and maintained in the areas where the items were used.

Obviously, there was a lot of duplication of effort and no consistency in processing. It was recognized that centralized processing would be more efficient, economical, and safer for patients. "The work of scientists W. B. Underwood and John J. Perkins was instrumental in encouraging health care facilities to establish a separate and distinct department, the central service department, with specialized expertise and direct responsibility for providing clean and sterile medical/surgical supplies and equipment to patient care areas.

The central service department is divided into five major areas: decontamination, processing (inspecting, assembly, and packaging), sterilization, sterile storage, and distribution.

"Decontamination is the area where reusable patient care equipment and supplies are cleaned and rendered safe to handle." Cleaning is done both manually and by mechanical equipment, such as washer/sterilizers and cart washers. In the processing area, items are inspected, assembled, and wrapped. If your facility has

reusable linen, there may be a linen room where surgical linen packs are produced.

In the sterilizing area, items prepared in the processing area are subjected to the sterilization process. Methods of sterilization include steam, ethylene oxide, peracetic acid, plasma, liquid chemical, and dry heat.

In the sterile storage area, sterile goods are stored until distributed to ser departments. This area must be kept as clean and dust-free as possible. Proper temperature and humidity must be maintained. Proper stock rotation of sterile supplies is also essential.

Distribution can include the preparation and delivery of exchange carts, case carts, orders, patient care equipment, and linens. Replenishing sterile supplies to pre-determined par levels in user departments is also part of the distribution function.

As you all know, we are not just the bedpan department anymore. We manage large inventories of supplies and process complex devices and equipment for direct patient care. At our association's quarterly meetings as you talk to your peers, it seems that each department in each hospital has so many different responsibilities. However, we are all alike in that we all perform the basic functions of a central service department.



No matter what our department title is, we all perform the same basic functions

Post Test

1. Central Service departments often have many different titles, but still perform the same basic functions. **T F**
2. Before the 1940's, all supplies and equipment were cleaned and processed in the housekeeping department. **T F**
3. Centralized processing is more efficient, economical, and safer for patients. **T F**
4. The two scientists who were instrumental in establishing the central service department were B.C. Underdown and J. Paul Getty. **T F**
5. The central service department is divided into three areas. **T F**
6. Decontamination is the area where reusable items are cleaned and rendered safe to handle. **T F**
7. In the processing areas items are inspected, pressed, and folded. **T F**
8. Items go from the processing area to the sterilization area to be subjected to the sterilization process. **T F**
9. It doesn't matter if the sterile storage area is clean and dust-free; the items have already been sterilized. **T F**
10. Distribution in some hospitals includes the preparation and delivery of exchange carts and case carts. **T F**

Source: Training Manual for Central Service Technicians, ASHCSP, 1997

(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.

NICHSPDP will only allow us to give CEU credit for one year after approval. Please be aware that this in-service will expire in September 2001.

NEWS FROM NICHSPDP

The (NICHSPDP) National Institute for the Certification of Healthcare Sterile Processing & Distribution Personnel's website continues to evolve. Click on the "LINKS" frame and you *will* find a new link called Pre-Approved Test Page. Click on this and it will take you to the Continuing Education articles in *Medical Product Sales* magazine. These articles can be printed to share with your fellow certified technicians to get 1.0 CEU toward re-certification. Just follow the directions on the NICHSPDP Test Links page. This is just another way to get those important re-certification points!

Smile and the World Smiles With You

Are you happy with your job? Are you aware that how you feel about your job comes through to the people you deal with day in and day out?

The public can spot an "I just work here" attitude. If you feel your job is worth doing well, people respond to you with respect.

If you like your job and respect its value, the public will respond to your positive style.

Answer Key for the Post Test "Central Service 101"

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

TREASURER'S REPORT

| | |
|----------------------|-------------|
| BALANCE (APRIL 2000) | \$18,993.34 |
| DEPOSITS | 6,831.83 |
| EXPENSES | 15,488.54 |
| MONEY MARKET | 11,837.66 |
| BALANCE (JUNE 2000) | \$22,174.29 |

Education News

Cabarrus College of Health Sciences will again offer the Central Service Technician Training Program to prepare participants for the certification exam in the spring. Class will be on Tuesday evenings from 6 - 8 pm, January 18 - March 14, 2001.

The college is a regionally accredited institution of higher learning and all programs offered at the college are in keeping with the standards established by accrediting agencies. This course utilizes the training guidelines from ASHCSP. Materials and registration forms for the certification exam will be provided during the class.

Since these classes began at the college in 1998, all participants who have sat for the exam, after completing the program, have been successful. The tuition for the review course is \$120.00. Text and workbooks are optional but highly recommended (available at the college). Current price of the textbook is \$74.20 and the workbook is \$42.40 (prices are subject to change by the publisher).

For additional information, please contact Donna Cline at (704) 783-1314. The college is located in Concord, NC with easy access from I-85, exit 60. The college is an approved site for the certification exam.

MEMBERSHIP NEWS

I hope that everyone had a great summer! I know that for me it has been an incredibly busy summer. I want to encourage everyone to attend our next educational meeting in Winston-Salem on September 29, 2000. I look forward to seeing you there!

Sincerely,

Lois Click - Secretary

Health watch

Drinking ice-cold water helps you burn extra calories because your body must expend energy to heat the liquid to body temperature. For more flavor, add a few drops of raspberry, lemon, or lime extract to the water.

Men's Fitness, 2110 Erwin St., Woodland Hills, CA 91367



Weight training is as good for your heart as it is for your waistline. One study found such workouts can reduce several risk factors for heart disease, including cholesterol levels, blood pressure, body-fat levels and glucose metabolism.

American Heart Association, Dallas, TX

Portion sizes are crucial when you're trying to eat healthfully. *Use these visual comparisons to keep your portions healthful:* Three ounces of meat, poultry, or fish are about the size of a deck of cards or the palm of a woman's hand. One-half cup of cut fruit, vegetables, pasta or rice is about the size of a small fist. One ounce of cheese is about the size of an adult's thumb.

American Dietetic Association, Chicago, IL

Broccoli in Garlic Butter

Serves six

Preparation time: 10 minutes

Cooking time: 10 minutes

- 1 bunch broccoli cut into flowerets (about 4 cups)
- 2 Tlbs. unsalted butter
- 1 Tlbs. olive oil
- 2 cloves garlic, minced
- ½ tsp. dried rosemary
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper
- ¼ c. grated Parmesan cheese (optional)

In a large saucepan, bring a small amount of water to a boil over high heat.

Place broccoli in a steamer basket and place basket in the pan. Cover and steam just until crisp-tender, about 5 minutes. Drain well and set aside.

In a large non-stick skillet, heat butter and oil over medium-high heat. Add garlic and rosemary; sauté for one minute.

Add broccoli to skillet; stir to coat with the butter mixture. Cook until heated through, about one to two minutes. Season with salt and pepper.

Per serving: Calories 72, Carbohydrates 4gm, Protein 2g, Fat 6gm



PROGRAMS

Please join us on September 29, 2000 at the Hawthorne Inn in Winston-Salem for an exciting program. Tom Knowles from Posey will present a program on restraints. J.T. Moser from N.C. Baptist Hospital will speak to us about "High Risk Terminations". In the afternoon session, we will welcome back Linda Braswell from Cape Fear Valley Medical Center, whose topic will be "Diversity: Food for Thought".

The next meeting will be on January 26, 2001 in Winston-Salem at the Hawthorne Inn.

HOPE TO SEE YOU THERE!

Attention Certified Technicians:

You will need 100 contact hours to re-certify 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

The American Society for Healthcare Central Service Professionals had a great year for award applications. We received a total of six applications for Advanced Membership, Bryant Broder, Carole Barksdale, Linda Cook, Michael Murphy, Rose Seavey, and Carolyn Thompson. We also had one Fellow application from Jean Hodge, who also received the Thomas M. Samuels Memorial Scholarship award. This year's Educator of the Year Award went to Betty Andersen. Our Steris Technician Achievement Award winner was Susan Mussara from the New Jersey Chapter, and Patricia Guzofski received the Martha Tomilson Founders Award. A great representation of the outstanding achievements of our membership! If you haven't taken the time to complete an Advanced Membership application, it's not too early to start the process. You only need 100 points, which can be done very easily, and I have plenty of applications. Give me a call and I'll send you one.

This year's elections results have been tabulated and the winner's notified. I'm very pleased to announce our very own Mr. Bill Dennis, of Duke University Hospital, has been elected to the position of President-elect. By winning this election, Bill has done another first for our society. He is the first Past-President who has been re-elected for another term. This year we also elected a Region 3 representative. I'm pleased to announce Dottie Conroy, CS Coordinator, of Methodist Hospital in Henderson, Kentucky. Both Bill and Dottie begin their terms January 1, 2001. Join me in congratulating them for a successful campaign.

I'm very pleased to announce our first Joint Annual Conference was a success. I received numerous comments from the attendees about the wonderful program and the opportunity to network with peers from other areas with the hospital. I noticed a level of excitement in the air that hadn't been there for a few years. Next year's meeting will be in Washington, DC, from August 15 - 19. Start making plans to attend and watch the website for additional information.

Sincerely,
Frank Sizemore
 President ASHCSP



Spotlight on Members

In this issue of the Steamline, the spotlight shines on one of our members at Northeast Medical Center in Concord, N.C.

Greg Collins, SPD Tech 11, has recently returned from a two-week mission trip to Africa, where he and other First Assembly church members built 2 churches on the island of Zanzibar. Greg worked alongside the natives, building personal relationships with them, as well as, building churches. The land on which the churches were built had been given to Albert Switzer by the natives for their appreciation for all he did for them. Upon his death, the land went to his family and could only be used to promote Christian work.

Greg has been employed at NorthEast for about 13 years, working in Sterile Processing for the past five years. He completed the CS Preparatory Course at the Cabarrus College of Health Sciences, taking and passing the national certification exam in April 2000.

Greg is married and the father of three children, ages 7,4,2. Greg's wife Cindi is also employed part time with NorthEast Medical. Greg is very active in his church and he spends as much time as possible renovating a 70 year old home where he and his family plan to move one day.



The following items will be on sale at the January Meeting:

| | |
|---------------------------------|---------|
| NC STATE PINS | \$1.00 |
| TRAVEL MUGS | \$5.00 |
| BADGE HOLDERS | \$1.50 |
| LANYARDS | \$2.00 |
| PADFOLIOS | \$10.00 |
| T-SHIRTS (ANNUAL 2000 THEME) | \$5.00 |

Whatever affects one directly, affects all indirectly. I can never be what I ought to be until you are what you ought to be. This is the interrelated structure of reality.

Dr. Martin Luther King Jr.



NCAHCSP MISSION STATEMENT

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

Congratulations to Jimmy Hampton, Greg Collins, Leah Cheek, and Linda Menius from NorthEast Medical Center who passed the certification exam in April 2000!

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