

# I HEARD IT THROUGH THE STEAMLINE

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January 2001

Chapter  
Newsletter of the  
Year – 1993, 1995,  
1996, 1997, 1999,  
2000

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# PRESIDENT'S MESSAGE



Happy Holidays to all our membership!

Eligible voting members should have received a ballot in the mail to vote for President-elect and the five open positions on the Board of Directors. We need your input to continue the very important work that the Board is assigned. I promise that there will not be repetitive recounts and that all ballots will be hand counted. There will be no decisions on dimpled or hanging chads. It will not take weeks to know the results.

Also on the ballot is a question of where we will continue to have our Annual Educational Meeting and Vendor Exhibition. We need your input to make this decision. Please remember that only the original ballot will be accepted.

Our January presentation should have something for everyone. It is intended as a review for those certified technicians and managers as well as a preparation for those seeking certification. Come and join with us, and bring a new member.

I look forward to seeing everyone at our January 2001 meeting in Winston-Salem!

Sincerely,

Paul Hess



# In-service Education

## Nosocomial Infections and Cross Contamination

### By Geney Krupel

Patients who acquire an infection while they are in the hospital or shortly after discharge (nosocomial infection) may have an increased length of hospital stay, expense, and greater pain and suffering. It is estimated there are two million nosocomial infections in the U.S. every year with associated extra expense to the patients and/or health care facilities of \$10 billion.

A major cause of nosocomial infections is the transmission of infection-causing microorganisms from person to person, from persons to objects to persons, or from objects to persons. "It is the responsibility of staff to reduce this cross-contamination by:

- Using proper hand washing techniques
- Maintaining good hygiene
- Following good housekeeping practices
- Adhering to required workflow patterns
- Maintaining barriers to contamination
- Following Standard Precautions
- Cleaning and decontaminating items properly
- Ensuring the sterility of processed items

Correctly handling, storing, and transporting clean and sterile items"

#### Hand washing

Hand washing is the single most effective way to prevent nosocomial infections. Hands should be washed thoroughly before going on duty, before and after meals, after using the bathroom, after handling soiled items, before entering clean areas or handling clean items, after blowing nose or sneezing into hand, touching face, after removing protective gloves, and before going off duty.



Good hand washing includes:

1. Remove rings.
2. Expose the forearms.
3. Turn on the water and adjust a comfortable temperature.
4. If paper towel dispenser is lever operated, dispense towel before washing hands.
5. Thoroughly cover hands with an approved hand-washing agent and vigorously rub all surfaces of lathered hands together for at least 10 to 15 seconds.
6. Rinse hands well under running water.
7. Dry hands thoroughly with a paper towel, taking care not to scrape the skin surface and cause irritation.
8. Use paper towel to turn off hand-operated faucets and discard in a designated container.
9. Hand lotion may be used to soften skin and discourage the shedding of skin flakes harboring microorganisms.

Lotions should not contain petroleum or other oil emollients that may affect the integrity of gloves. Hand lotion should not be used when handling sterile supplies or surgical instruments.

#### Post Test

1. A nosocomial infection is hospital-acquired. **T F**
2. Patients who develop nosocomial infections may have an increased length of stay in the hospital. **T F**

3. Nosocomial infections are not expensive to treat. **T F**
4. Cross-contamination is the transmission of infection-causing organisms from person to person, from persons to objects to persons, or from objects to persons. **T F**
5. Cross-contamination is not a cause of nosocomial infections. **T F**
6. Cross-contamination can be reduced by using proper hand washing techniques. **T F**
7. Cross-contamination will never occur if you leave the decontamination area without washing your hands. **T F**
8. Hands only need to be washed when visibly soiled. **T F**
9. Hand washing agents should be approved before use in a healthcare facility. **T F**
10. Hand lotions should not be used when handling sterile supplies or surgical instruments. **T F**

Source: Training Manual for Central Service Technicians, ASHCSP, 1997  
 "Hand washing", Clinical/Administrative Policy, NHTR Infection Control, 1995

*(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 January 2002.**

### NEWS FROM NICHSPDP

**If you change addresses, be sure to inform NICHSPDP so that you will receive their newsletters, and more importantly your re-certification packet when it is your time to re-certify. You can call them at 1-800-555-9765 or change you address on-line by accessing [www.sterileprocessing.org](http://www.sterileprocessing.org).**



### *When to return phone calls...*

Time-management experts recommend setting aside an hour a day to make and return your phone calls. But which hour? The best times of the day are the first two hours of the morning and the last two hours of the afternoon. That's when most people are in the office and accessible by phone.

*(Robert Moskowitz, How to Organize Your Work and Your Life, Doubleday, Garden City, NY)*

## Answer Key for the Post Test "Nosocomial Infections"

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

## TREASURER'S REPORT

BALANCE (JULY 2000)	\$10,336.65
DEPOSITS	2,641.43
EXPENSES	5,120.99
MONEY MARKET	11,932.87
BALANCE (DEC 2000)	\$19,789.94

## How did you celebrate CS Week?

At Northeast Medical Center in Concord, meals and refreshments were provided by management and vendors the entire week.

The SPD held a contest for its employees and certificates were presented to the following:

- Most Valuable Player - Deidre Carter
- Most Helpful - Jimmy Hampton
- Most Courteous - Brian Miller
- Wittiest - Rhonda Outlaw
- Most Conscientious - Valerie Luke
- Best All Around - Kim Sechler
- Best Telephone Manners - Sherri Little
- Most Neat - Gladys Eury
- Most Professional - Greg Collins
- Most Dependable - Annie Brock

Staff members also had the opportunity to write notes of appreciation to co-workers and these were distributed to SPD employees at a reception on Friday afternoon, October 13, 2000. Diane Fink, SPD Manager, and Gaile Anthony, Executive Director of Surgical Services thanked the employees for all they do and recognized them for services provided. Door prizes were also presented to the lucky winners.

## MEMBERSHIP NEWS

Membership information was not available at the time of printing. We will have a full report in the next newsletter.

# Health watch

**People who use electric toothbrushes** do a good job of keeping their teeth well brushed. Mainly because they spend more time brushing than most people who use regular brushes.

*Richard Price, clinical instructor, Boston University Dental School, MA*



**Keep these items out of your grocery cart:** Alfredo sauce, which has 10 gm. Of fat in ¼ cup. Frozen pepperoni pizza, which can have as much as 35 gm. of fat per serving. Any red meat without “loin” or “round” in it’s name – it’s likely to be high in fat.

*Georgia Kostas, R.D. nutrition director, The Cooper Clinic, Dallas TX*

**Add calcium to our diet** by finding creative ways to add nonfat or lowfat yogurt to the foods you eat. *For example:* Make a creamy dressing by adding two or three teaspoons of yogurt to one cup of bottled vinaigrette. Or mix yogurt and spicy mustard for a shrimp dip or a topping for roasted chicken.

*University of Texas Lifetime Health Letter, 1100 Holcombe Blvd. Houston, TX 77030, monthly, \$24/yr.*

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## Chicken Parmesan

*Serves four*

*Preparation time: 20 minutes*

*Cooking time: 30 minutes*

1/3 cup fresh bread crumbs  
2 tbsl grated Parmesan cheese  
¾ tsp dried rosemary  
½ tsp paprika  
3 egg whites  
4 skinless, boneless chicken breast halves (4 oz each)  
**For the sauce**  
¾ cup low-sodium tomato sauce  
1 clove garlic, minced  
1 tsp dried basil  
¼ cup chopped fresh parsley

Preheat oven to 400° F.  
Line a baking sheet with foil; spray with vegetable cooking spray.

On waxed paper, combine bread crumbs, parmesan, rosemary and paprika. Mix well.

In a shallow bowl, lightly beat egg whites, dredge chicken in egg whites draining off excess. Dredge in bread crumb mixture, turning to coat.

Place chicken on prepared baking sheet. Bake for 20 minutes. Turn chicken and bake until crisp and golden, about 10 minutes.

While chicken is baking, prepare the sauce. In a small saucepan, cook tomato sauce, garlic and basil over medium heat for 5 minutes.

Remove from heat; stir in parsley. Place some sauce on serving plates; top with chicken.

Drizzle with remaining sauce.

Per serving: Calories 260 (15% from fat), Carbohydrates 10g, Protein 32g, Sodium 243mg, Fat 3g, Cholesterol 69mg.



## PROGRAMS

Please join us on January 26, 2001 at the Hawthorne Inn in Winston-Salem for an exciting program titled, "Back to Basics". This program will be presented by our own Board of Directors. This will be a great refresher course for experienced CS professionals and a great introductory course for those new to the field.

The Annual Meeting (titled "2001 A Sterilization Odyssey") will be held on May 2-4, 2001 at the Holiday Inn Woodlawn in Charlotte, NC. Please mark your calendars now!

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

It's hard to believe the year is almost over! It seems like only yesterday we were planning for the anticipated problems associated with January 1, 2000. Luckily, those of who spent last New Year's Eve at work just in case the world came to an end (as if we could do anything about it) will have the opportunity to spend this year's with family and friends. With the ending of the year, it gives us the opportunity to reflect on the accomplishments of the year. The society has been extremely busy this year with it's accomplishments such as - new educational materials, our first annual joint conference and exhibition, updating of recommended practices, establishment of a new liaison with NICHSPDP, continuing to collaborate with the AHA and the FDA regarding reuse of disposables, and the AAMI Sterilization Standard Committee.

This impressive list of accomplishments would never happen if we didn't have such a talented group of people volunteering their time. The board of directors certainly carried through on their commitment to the advancement of the profession and the society. As an organization, we are very fortunate to have such dedicated people who give so freely of their time and talents. For their support, I would like to personally thank each board member and officer. It has been a pleasure to represent each of you as society president this year. Having such a great group, it really makes the task of representing the society an easy one. I would also like to thank Kathy Svedman, Executive Director, and her very talented staff. Each has spent many tireless hours promoting, and contribution, to our organization. Without them, we could not have experience the accomplishments we've enjoyed this year.

As my year as society president comes to an end, I would like to thank Steve Huebner, Janet Aultman, and Wake Forest University Baptist Medical Center. Your support and encouragement has given me the opportunity to represent the society this year. I will always be appreciative.

In closing, I would like to thank each of you for your continued support and wish each of you a very joyous and safe holiday season.

Sincerely,  
 Frank Sizemore  
 President ASHCSP



# Spotlight on Members



NorthEast SPD honored Deidre Carter with a surprise party on Friday, July 28, 2000, honoring her for the 15 years that she has served as preceptor to new employees. Deidre has been employed at the hospital for 28 years, working in Sterile Processing for 26 years.

Deidre took the CS Preparatory Course at the Cabarrus College of Health Sciences and achieved national certification in April 1999.

Deidre is a very vital member of SPD and has the respect of all her co-workers. Deidre is very knowledgeable in SPD procedures and can present her knowledge and skills to new employees in a manner that they can understand. Ms. Carter insists that procedures be followed and she will make the employee repeat whatever task they are doing until she is satisfied the employee understands and does it right.

Deidre has three children and three grandchildren. When not working, Deidre enjoys reading and cross stitching. She has one grandson living with her and she enjoys spending time playing soccer with him.



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

## Eight Ways to Make Better Use of Your Time

**S**pend more time on tasks that matter, less on those that don't.

**K**eep up with technological advances.

**D**elegate as much as you can to qualified people.

**L**earn to speed read.

**U**se e-mail instead of the phone.

**S**teamline routine tasks.

**A**t the top of every hour, ask yourself, "Is this the best use of my time?"

**S**tay energized by eating right, getting enough sleep and exercising regularly.



## 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 Betty Morgan and Geneva Thomas, Novant Health in Winston-Salem, who passed the certification exam this fall.



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## Board of Directors 2000- 2001

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