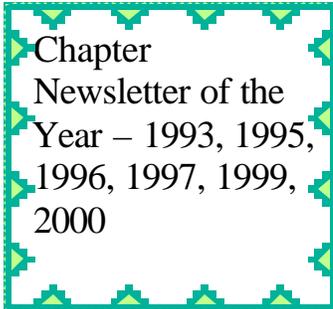


# I HEARD IT THROUGH THE STEAMLINE

Volume 12, Issue 3

June 2001



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# PRESIDENT'S MESSAGE



As I sit at my desk wondering what my first message should be, I remember thinking, as a brand new member of the NCAHCSP what a great bunch of people belonged to this organization. Everyone was so friendly and out-going and seemed to genuinely care about how I was treated. It was like being with family.

As we are all being asked to do more with less, I want each of you to remember that the chapter meetings are where you can go to vent to each other, to find out how others are coping, to learn new ways of doing old things, to learn new things and to know that you are appreciated. I challenge each of you to get one other member of your team interested and involved in the chapter activities. Without your participation and continuing support, there could be no chapter.

We had a wonderful time at the annual meeting in Charlotte. For those of you that didn't get to come, remember next year we will be in Myrtle Beach, so start planning. Also plan to be with us July 20<sup>th</sup> for our quarterly meeting. Dr. Bill Rutala will be speaking to us on CJD so plan to attend what looks like a great meeting.

Please don't forget to use our website at [www.ncahcsp.org](http://www.ncahcsp.org) to find out what's going on and to jump to other web pages that are of interest to you.

Have a great summer, don't get sunburned and I'll see all of you July 20<sup>th</sup>.

Sincerely,  
Pamela Caudell, RN, CNOR, CSPDS  
President



## Inservice Education Emerging Diseases – CJD and vCJD

By Janet Aultman

Creutzfeldt-Jakob disease (CJD) and variant Creutzfeldt-Jakob disease (VCJD) are part of a class of diseases called transmissible spongiform encephalopathies (TSEs). They are degenerative diseases of the central nervous system and derive from the name TSE because upon infection, the brain appears "sponglike".

It is believed that TSEs are caused by an agent called a prion (pronounced pree-on). Prions do not contain any genetic material, and are composed of only protein. The most popular hypothesis is that a normal protein becomes "folded" or conformed and then recruits other normal proteins to the same abnormal conformation. Prions infect the brain and do not demonstrate the normal symptoms of infection, such as fever or elevated white blood cell count.

The incubation period for CJD can be as short as one year or as long as many years before symptoms become apparent. It is difficult to diagnose because the symptoms mimic many other neurological diseases. The symptoms include confusion, anxiety, impaired coordination, behavior changes, and dementia. There is no cure for CJD and the disease progresses to coma and death usually within one year of the onset of symptoms. Research is ongoing to develop a screening test for CJD. The average age of death from CJD in the United States is 67 years. CJD remains a rare disease with an incidence of one case per one million people per year.

There are three categories for classifying the ways that CJD is acquired. The first is sporadic. This means there is no known infectious source and no family history of the disease. The second is inherited, which accounts for 10 to 15



percent of CJD cases. The inherited cause seems to be a mutation in the gene coding for the prion protein. The third is through infection.

Transmission of CJD has been linked to corneal transplants, implantation of reprocessed deep electrodes in the brain, dura mater grafts from cadavers, injection of natural human growth hormone also from cadavers, and contaminated surgical instruments. Casual contact with

CJD patients has not demonstrated any increased risk.

Variant CJD was identified in 1996 in the United Kingdom and attacks its victims at an earlier age than CJD. The average death age from VCJD is 29 years. Infections from VCJD are believed to have originated from the eating of beef contaminated with BSE (bovine serum encephalopathy) or "mad cow disease". Variant CJD patients also have a longer duration of their illness of 14 months as compared with four to twelve months with CJD. No cases of VCJD have been reported in the United States. Also, there are no documented cases of "mad cow disease" in this country.

Because prions are resistant to most disinfectants and are not destroyed by standard gravity or prevacuum steam sterilization cycles, special precautions must be taken if a patient with suspected CJD or VCJD is scheduled for surgery. All unnecessary equipment should be removed from the operating suite. Disposables must be used whenever possible. Powered instruments must be prohibited because they will produce aerosols. After the procedure, contain, solidify, and

incinerate any liquids. All disposable items must be incinerated.

Surgical instruments require special care. Open all box locks and jaws. wipe instruments with a disposable cloth, and place the instruments in a sterilization container. Sterilize at 135° C for 18 minutes prevacuum or 60 minutes gravity. Verify the sterilization parameters. Wash the instruments in a "heavy soiled cycle" of a washer-decontaminator. then package and sterilize for reuse.

The personal protective equipment used for routine decontamination is appropriate for CJD. As always, avoid splashing and the creation of aerosols. Avoid sharps injuries. Use durable gloves - vinyl gloves will not offer adequate protection. PPE should be disposed of and incinerated after use.

Sources:

What is CJD? <http://members.aol.com/cdakob/brochure.htm>

Creutzfeldt-Jakob Disease: Decontamination Issues, Infection Control & Sterilization Technology September 1996

Creutzfeldt-Jakob Disease, Technical Bulletin #5504 - CALGON VESTAL Division, STERIS

"Preventing Transmission of Creutzfeldt-Jakob Disease", Victoria Steelman. PhD, RN, CNOR and Carolyn Elliott, RN, CNOR

Statement of Richard T. Johnson, M.D., Special Advisor, National Institute of Neurological Disorders and Stroke, National Institutes of Health before the Senate Committee on Commerce, Science, and Transportation, Subcommittee on Consumer Affairs, Foreign Commerce and Tourism, April 4, 2001

## Post Test

1. CJD is a disease of the digestive system? T F
2. CJD is difficult to diagnose because the symptoms mimic many other diseases. T F
3. It is believed that CJD is caused by an infectious agent called a prion. T F
4. Variant CJD originated in the United Kingdom T F
5. The three ways CJD is acquired are sporadic, inherited, and infection. T F
6. Dura mater grafts have been linked as an increased risk of acquiring CJD T F
7. Powered instruments are appropriate for use on suspected CJD patients. T F
8. Special decontamination procedures are needed for instruments used on CJD cases. T F
9. Prions are not destroyed by standard steam sterilization cycles. T F
10. Prions are composed of only nucleic acids. 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.

**NICHSPDP will only allow us to give CEU credit for one year after approval. Please be aware that this inservice will expire in June 2002.**

## Answer Key for the Post Test "Emerging Diseases"

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

## TREASURER'S REPORT

|                    |             |
|--------------------|-------------|
| BALANCE (JAN 2001) | \$4,535.39  |
| DEPOSITS           | 14,310.00   |
| EXPENSES           | 6172.24     |
| MONEY MARKET       | 12,263.12   |
| BALANCE (DEC 2000) | \$24,936.27 |

# MEMBERSHIP REPORT

### *Welcome new members!*

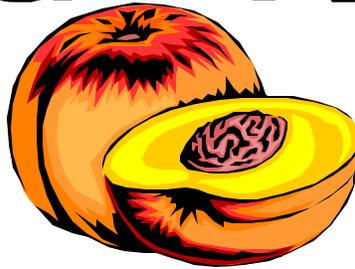
Karen Baker, Union Regional Medical Center; Joan Bass, Lake Norman Medical Center; Eva Bodie, Wake Medical Center; Margaret Boyd, Piedmont Medical Center; Susanne Cherry, Moses Cone Health System; Lou Ann Clark, Wayne Memorial Hospital; David Cogan, Mercy Hospital South; Stafford Daye, John Umstead Hospital; Inez Dent, Craven Regional Medical Center; Cindy Eller, Ashe Memorial Hospital; Mary Fagan, UHS/Pitt County Memorial Hospital; Delaine Famum, RN, Mission St. Joseph's Health System; Ed Ford, Moses Cone Health System; Willi Mae Gibbs, VA Hospital; Jimmy Hampton, North East Medical Center; Pat Hinson, Union Regional Medical Center; Cynthia Holland, Highlands-Cashier Hospital; Elouise Jernigan, Roanoke Chowan Hospital; Sharon Koonce, Western Wake Medical Center; Jeffrey Lawning, RN, Lenoir Memorial Hospital; Twila Marie Lye, Carteret General Hospital; Daphne Lynch, N.C. Baptist Hospitals, Inc.; Quirinthea McCollough, Mercy Hospital; Marilyn Nobie, Mercy Hospital; Heath Northrup, Watauga Medical Center; Ronald Phillips, Wake Forest University Baptist Medical Center; Brian Pierce, W. G. Hefner VA Medical Center; Myra Ratterree, Piedmont Health Care System; Gloria Robinson, Mercy Hospital; Constance Rosser, Carteret General Hospital; Jamesetta Royal, Charlotte; Nancy Sides, Carteret General Hospital; Rodney Smith, Cleveland Regional Medical Center; Katyra Stewart, Mercy Hospital South; Geretha Thomas, Carolina's Medical Center; Beverly Tumey, Carolina Surgical Center; Anna Waller, W. G. Hefner VA Hospital; Andrew Watson, UNC Hospitals; Daniel Weber, Integrated Medical Systems, Inc.; Marvin Whitney, Carteret General Hospital; Glennie Worrell, Wayne Memorial Hospital

**To date, we have 174 members. Those who have not renewed their membership by July 1, 2001 will be dropped from the mailing list.**

# Health watch

## Don't get mad, get funny.

One of the best ways to protect yourself against a heart attack is to laugh often and exuberantly. Laughing may protect the heart by releasing protective chemicals in the body that counteract the impairment caused by stress and anger. *American Heart Association*



**These healthful snacks** can satisfy your sweet tooth: gelatine with fresh sliced peaches, unseweetened applesauce with ginger snaps, fresh or dried figs with goat cheese and mixed dried fruit (apricots, prunes, rasins, apples).

*Shape, 2110 Erwin St., Woodland Hills, CA 91367, monthly, \$20/year*

**Fruit "ades", "beverages", "cocktails", and "drinks"** aren't as healthful as they sound. They're high in sugar because they're essentially noncarbonated soda. Seltzer and orange juice are more healthful choices. *Center for Science in the Public Interest, Washington, DC*



## Oven-Baked French Toast With Peaches

1½ lb. fresh peach wedges, peeled  
1 tsp. vanilla extract  
¼ cup orange juice  
6 oz. day-old bakery bread, sliced  
1 whole egg  
2 egg whites  
2 to 3 tbs. peach or apricot sugar-free preserves  
1 cup skim milk  
2 tbs. skim-milk powder

Preheat the oven to 350° F. Mix the peaches with the vanilla and orange juice and set aside. Arrange the bread slices on the bottom of a tart dish, cutting them into halves or quarters as necessary.

Pour the peaches and their juice evenly over the bread. Set aside for a few minutes

to allow the juices to soak into the bread.

Beat the whole egg and egg whites with the preserves. Beat the milk and milk powder together and then beat into the egg mixture to make a custard. pour it evenly over the bread and fruit, using a spatula to press the bread into the custard. Put the tart dish in a larger dish and fill the larger one with enough boiling water to come halfway up the sides. Bake for 37 to 45 minutes until puffed and set. Serve warm.

*Serves six.*

Per serving: 173 calories, 2 g fat, 33 mg Cholesterol, 218 mg Sodium.

**Want to hull and core a strawberry?** Push a plastic drinking straw through the berry, bottom to top. It really works!

### Some People Think...

... that money will come to you if there are bubbles in your first cup of coffee of the day. If the bubbles are on the side of the cup from which you drink, the money will come soon; if the bubbles are on the far side, it will be a while before you can quit your day job.

... if an apple bursts while it's baking in the oven, the cook can expect good news soon.

## PROGRAMS

Please join us on July 20, 2001 at the Hawthorne Inn for an exciting program! We have Dr. William Rutala from the UNC School of Medicine speaking on Creutzfeldt-Jakob disease; Jane Briggs from Durham Regional Hospital speaking on MRSA; and Karen Hoffmann from UNC School of Medicine speaking on Emerging Pathogens. Please don't miss it!

Other upcoming meeting dates are: October 5, 2001; January 25, 2002; and May 1-3, 2002. Please mark your calendars now!

### **Do you want to take the certification exam in October? GOOD NEWS!**

There will be a certification course starting in September. This course will run for five weeks every Tuesday and Thursday starting Sept. 4. Hours will be from 6 pm - 9 pm. This course will be taught at Durham Tech. For information regarding fees and books call Sharon Becker at 919-686-363 1. For additional questions, call Pam Caudell at 919-470-4156.

\* \* \* \*There must be a minimum of ten signed up in order to have class. Less than ten and the class will be cancelled. \* \* \* \*

Books may be purchased from NICHSPDP at cost of \$72.00. The mailing address is: NICHSPDP, P.O. Box 558, Annandale, N.J. 08801. Phone number: 1-800-555- 9765.

### **Region 3 Report**

We have a new web site! Please visit it. There is a lot of information and more areas of communication than on the old site. The way to access is *still* [www.ashcsp.org](http://www.ashcsp.org). The credit for the web site goes to Sara Oaks, Marketing for ASHCSP, and Bryant Broder, President-Elect.

Don't forget the 2nd joint Annual Conference & Technical Exhibition, August 15 - 18 in Washington, D.C. I hope to see you there. Let's get together as Region 3. I would like to get to know you personally and professionally.

As a reminder, we have the "Bill Me Option" for new memberships. Encourage your friends and co-workers to join!

Bryant Broder, President-elect, has been working on performance indicators. He tells me that with the help of college students it will be finished this summer. These indicators will be helpful for those of us who use benchmarking for staffing.

Sincerely,  
Dottie Conroy, Region 3 Director

# Spotlight on Members



In this issue, the spotlight is on our award winners from the Annual Meeting in Charlotte.

The Ray Manning Sr. Achievement Award was presented to **John Newman** of Presbyterian Hospital in Charlotte. John's supervisor said that he exhibits at work all the characteristics of a true roll model. He has a great attitude. He is a team player. He give 120% every day. He enjoys teaching. He has exemplary attendance. John's supervisor also stated that John is a very hard worker, dependable, responsible, looks after his co-workers, and is well respected by all. To conclude, John's supervisor said, "I wish I had ten more 'John Newmans'. We all need a "John Newman attitude."

The Joe Stanley Memorial Award was presented to **Arritta Holloway** of Carolinas Medical Center in Charlotte. Arritta promotes certification and education in the field of Central Service. She has worked in her CS department for 27 years and is always looking for ways to improve quality and efficiency. She is always willing to share her knowledge through teaching and demonstration of the work to be done. Arritta was nominated by her supervisor for her pride in the CS department, her honesty, and her willingness to take responsibility.

The Merit Award was presented to **Paul Hess** of New Hanover Regional Medical Center in Wilmington. As President of NCAHCSP, Paul has given his all. Paul is one of our "computer whizzes". He created and maintains our web site. Like many others in the past, Paul has given his talents and time to insure that the NCAHCSP remains strong now and in the future.

*Congratulations to all our award winners!*

## **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, respect it's value, the public will respond to your positive style.



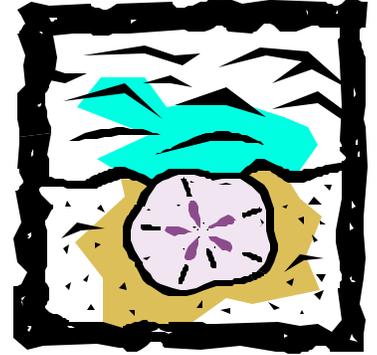


## NCAHCSP MISSION STATEMENT

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

What you will do matters. All you need is to do it.

Judy Grahm



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