

I Heard It Through The Steamline

September 2001

Volume 12, Issue 4

**Chapter Newsletter
of the Year – 1993,
1995, 1996, 1997,
1999, 2000, 2001**

Special Interest Articles:

- This issues inservice is on selecting the right sterilization packaging.
- Eating right – Chicken Kabobs
- Spotlight on Award winning members

Individual Highlights:

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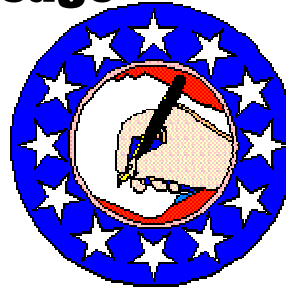
Ruby Blackwell
Novant Health-Forsyth
Medical Center

Susan Avery
Halifax Regional
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Presidents Message

Greetings from Washington, D.C.. I am here attending the 34th annual conference & the 2nd Joint Conference of the ASHCSP. There have been so many new and exciting things happening, I don't know where to begin. The North Carolina Chapter was a real winner. We won the Newsletter of the Year Award. Congratulations to Janet Aultman on a job well done! We also won the Affiliated Chapter Growth Award for having the greatest % of members who were also were members of the ASHCSP. Ruby Blackwell won the Martha Tomlinson Founders Award and Geneva Thomas won the Steris Technician of the Year Award. SO WE ROCKED!!!

There are also new and noteworthy events happening. ASHCSP & NICHSPDP have formed an alliance for certification. This means that the ASHCSP recognizes the NICHSPDP as the



official certification body. We'll talk more at the meeting in October.

Kimberly Clark also started a memorial fund in the name of Bill Dennis with a donation of \$1,000. While we were here there were several more donations to the fund with the largest being \$3,000 from the NICHSPDP.

It's not too early to start thinking about running for the Board or an Office. This chapter could not survive without you, it's members. So think about it. You are a very necessary

part of this organization. You always have & I am sure you always will continue to support this chapter. With your help & support we will become one of the premier chapters to which everyone else strives to become. Congratulations to all of you for helping to make us who we are.

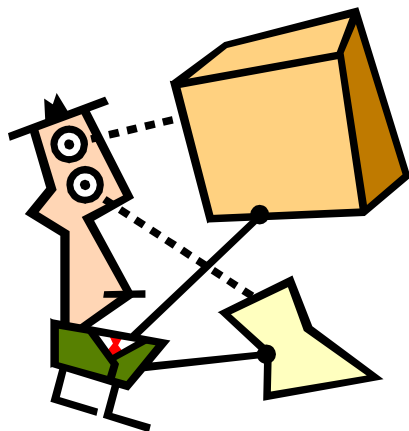
Remember that we are meeting at the Hawthorne on October 5th for our quarterly meeting. Hope to see you there and bring a friend!

*Pam Caudell RN,
CNOR,
President*



Inservice CS101 - "The Basics of Sterilization Packaging."

By Paul A. Hess, RN, BSN, CRCST



"Would you like that in paper or plastic? How often have you been asked that question?"

Your answer depends on what you are carrying home from the store, how you want it to arrive, whether it's breakable and / or perishable or not, and your experience with paper or plastic in the past. That plastic bag for your groceries is super to take your groceries home from the store but I would not use it to mail a package via any public carrier. Big decision! And you thought this was going to be easy. Your decisions regarding how you are going to package your product is no different that the decision that you make while shopping. Additionally you need to consider storage conditions and the amount of handling the package will be subjected to after it leaves your control. The ultimate goal is to provide a quality, sterile package at the point of use.

There are all kinds of packaging materials to choose from. They all have features in common that you want to be sure that you have when you select your product:

1. they are designed to protect from contamination what you package within after sterilization, i.e. provide a proper biologic barrier
2. withstand the rigors of

3. are permeable to the sterilant and release the sterilant at the end of the cycle
4. do not degrade during the sterilization process
5. be free of toxic ingredients and non-fast dyes
6. provide for aseptic and easy presentation at the point of use

Let's start with wrappers. In disposables we have two way crepe paper, non-woven paper, spun bond poly "paper" in single and double thickness. A feature of wrappers is called "memory". Memory is the ability of the wrapper to retain its shape or position after sterilization. In this case, little memory is a good thing. Medical grade paper is better than 140 thread count muslin in providing a barrier to bacteria, but it traditionally has a lot of "memory". Glassine papers may be plain, lacquered or waxed. The lacquered and waxed versions have dubious ability to transmit the sterilant to the item being sterilized I.E. #3 above. Paper wrappers have the ability to wick moisture to the inside of the package rendering the package unsterile. Most papers will dry so fast that you may not see the contamination. Spun bond poly wrappers

are a plastic based product. They have little to no memory, conform easily to packages and may repel moisture. Spun bond poly is the better of the choice in disposable wrappers. Disposable paper wraps MUST NOT be reused. As with all wrappers, inspect disposables prior to use for tears, holes wear and other signs of breakdown.

With reusable we have cotton, canvas, jean cloth, duck, muslin, linen, and second-generation fabrics of cotton poly blends in an assortment of percentages of each. Woven fabrics must have a thread count of at least 140 threads per inch. That means there must be at least 70 vertical and 70 horizontal threads woven together in each square inch of fabric. Canvas and duck are not a good wrapper, as they do not allow ease of sterilant penetration and removal to the packaged goods. Second generation fabrics are of cotton-poly blends of differing percentages. These fabrics demonstrate improved adaptability, barrier protection, strength and repellency over their muslin predecessors. Fabrics must be relaundered and delinted after each use to rehydrate and prevent breakdown of the fabric fibers due to superheating the material. Reusable products must provide the same properties of ease of use and protection each time it is reused. Each trip through the laundry will cause additional breakdown of the fibers and over time will render the wrap unusable. Same thing you see in the lint trap of your clothes dryer at home happens to reusable wrap. Always inspect for tears, holes wear and other signs of breakdown before each use. Never sew a patch in place. Textiles must have a heat seal or iron on type of patch to repair holes. A light table is necessary for this inspection. Cloth wrappers are generally not used for dry heat sterilization. They deteriorate too rapidly. Instrument trays should weigh no more than 16 to 17 pounds when wrapped or not to exceed the maximum weight allowed by the container manufacturer. Remember what we are sterilizing here is total metal mass. It takes longer to heat up a set that is twenty-five pounds than it does to heat up seventeen pounds.

Wrappers often are used to establish a sterile field to perform a procedure. If so, be sure that the material chosen to package your products is suitable for this purpose.

Rigid container systems, are made of anodized aluminum, stainless steel or heat-tolerant plastic and can be perforated or not, have replaceable filters or reusable type. Container systems also have an interior basket or rack to hold the instrument set. Keep in mind that a metal container, although providing a superior receptacle for storage, adds to the overall metal mass that must be sterilized. Contact the container manufacturer regarding increased sterilization and drying times. Containers are ideal for large instrument sets.

Next we have pouches of tyvek, plastic film, paper & glycine peel pouches. Tyvek is a superb packaging material but it can NOT be used with steam sterilization. It will MELT in the steam sterilization process and is TOUGH to remove from instruments when melted (speaking from experience). Paper and glycine peel down pouches are excellent for steam or ETO sterilization. Evaluate the products being used to see if the edges peel straight down the edge without tearing into the middle of the package. The exposed edges also should not produce any lint or fibers while being opened. Peel pouches are manufactured in both heat seal and self-seal designs. Use care when sealing so as not to leave gaps along the heat seal line. When you use a peel pack, you must leave about 1 inch from the end to seal. This will not place a strain on the seal. Peel pouches are excellent to allow the user to view the contents without opening the package. Peel pouches are not suitable for large quantities of instruments or many loose items. It's hard to present then in a sterile manner when opened.

Some packaging materials that are not suitable for sterilization use include nylon, cellophane because they retain moisture in steam sterilizers and do not allow outgassing with ETO. In ETO sterilizers, polyesters, aluminum foil, polyvinylchloride, polyamide and polyvinylidene do not allow ease of gas penetration or extraction.

There is much more to present regarding packaging such as use tip protectors, dust covers, labeling, single vs. double, sacred cows, sterilization method - ETO, H₂O₂ plasma, steam, dry heat, handling of sterile packages, presentation, but that will have to wait until another inservice.

References & Additional Reading

Section Four: Assembly and Packaging; Recommended Practice for Central Service; American Society for Healthcare Central Service Professionals; 1999 American Hospital Association; Chicago, IL 60606
 Chapter 6. Preparation and Packaging for Sterilization; Training Manual for Central Service Technicians, 1997 American Hospital Association; Chicago, IL 60606

Chapter 9. Preparation and Sterilization of Dressings, Dry Goods, and Rubber Products; Principals and Methods of Sterilization in Health Sciences, Second Edition, 1983; John J. Perkins, MS, LL.D, FRSH; Charles C. Thomas, Springfield, IL

Post Test:

1. Packaging material is dependent upon the type of

- sterilization method that will be used. T F
- 2. Packaging material must provide a biological barrier. T F
- 3. A thread count is the number of total threads in a square inch. T F
- 4. Memory is the ability of the wrapper to retain its color. T F
- 5. It is OK to reuse paper wrappers once. T F
- 6. Tyvek is acceptable for low temperature sterilization methods such as ETO and plasma. T F
- 7. Linens are inspected for tears, pinholes, deterioration and wear once per week. T F
- 8. Peel pouches are suitable for large instrument sets. T F
- 9. Disposable wraps do not need to be inspected prior to use. T F
- 10. Patching of cloth wrappers can be done with cloth patches of the same material as long as they are double-stitched along the edges. T F

Answers are on page 6

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

Margie Morgan
Assistant Director, Sterile Processing
Moore Regional Hospital
P. O. Box 3000
Pinehurst, NC 28374-3000

who will issue a certificate. Be sure to include the information in the required (*) fields below.

NICHSPDP will allow us to give CEU credit for this inservice for five years after publication. Please be aware that this inservice will expire in September 2006.

***Name:** _____

Department / Facility: _____

***Street:** _____

***City** _____ ***State** _____ ***Zip** _____

Signs from along life's highway

If you look like your passport photo, it's time to take that vacation!

Membership Report

Please join us in welcoming the following new members to our association.

Debbie Allred
Joyce Bailey
Willette Barnes
Gwen Marco-Baxter
Vernetta Bowden
Blondell Bowman
Polly Cherry
Alisha Cook
Whitney Davis
Doreen Davis
Linda Huffman
Marion Lassiter
Judith Luftin
Joanne Lutz
Lisa Mammy

Kia Matthews
Hazel McCraw
Alice Powell
Janice Pruitt
Teresa Rhodes
Latonjya Shaw
Carolyn Sheets
Patricia Smith
Janet Spivey
Deanna Stalnaker
Teresa Stevenson
Mamie Sutton

We currently have 220, hardworking, dedicated members as of July 31st 2001.

"Quality is not luxury. Quality is meeting and exceeding your customers expectations."
Janet Crutchfield, Director of Quality Control, Ritz Carleton Hotel, Washington, DC at the ASHCSP meeting 8/18/2001

Letter to Membership

Hello New Friends;

In the last part of Summer 2000 some of us at Piedmont Medical Center in Rock Hill, South Carolina became aware of the national certification exam for sterile processing. We all became very excited and a few of us decided we were up for the challenge of taking the examination. We became committed to studying and passing the test. Study Guides were ordered and the study sessions began. None of us were at all sure that we could pass the test but we worked on it together as a team. When the time came, we drove to Concord, North Carolina. We quizzed each other along the way on the things we were the weakest in. Our manager was the only one taking the Managers test, so she felt very concerned.

After the test, we finished the day shopping. A few weeks later we received notification that we had all passed, including our

manager! The national pass rate is 70% so we were really flying high. Our manager was only one of three to pass nationally! Our hospital found out what we had done and honored us with a big pizza party. Since October 2000 everyone in our department who did not take the test is planning to do so in October 2001.

Our motto is "We work Together", and as our friends study, we will be helping them every step of the way.

A few weeks ago, as we mingled with all of you at the conference in Charlotte, we were all sure we had done the right thing. Everyone there had the same concerns and problems we had. All of you made us feel very welcome and we sincerely hope that in the future we can all benefit from each other. Let's go together into the twenty first century.

Sincerely,

Margaret "Meg" Boyd CSPDT/
CST

Congratulations!

The following persons have passed their respective certification examinations:

Supervisor:
Eva King

Technician:
Carolyn Batts
Mary Carter
Bonnie Carter
Barbara Collette
Donald Dunlap
Ronald Gidrey
Bobby Goode
Brenda Hedden

Tammy Kittles
Debra Lawrence
Kimberly Lindsay
Gwen Baxter
R. McMillan
Richard Mikol
Joanne Parcell
Steve Potter
Maureen Ross
Constance Rosser
Michael Rowe
Christy Seaver

Re-certified:

Manager - Linda Cook

Technician:

Shirley Greenly
Heidi Hicks
Mary Lewis
Frances Marshburn
Linda McGee
Joyce Moore
Barbara Murray
Susan Williams
Debbie Davis
Barbar Mott
Sylvia Soles



Program Planning



October 5th, 2001

Plan to attend the next quarterly meeting to be held on October 5th in Winston-Salem at the Hawthorne Inn. We will have a Marcia Frieze, CEO of Case Medical, Inc. titled "Risky Business: Sterilization for the New Millennium" and "Creating a Mindset for Service Excellence". Also we will have a presentation by Ann Burke from Steris that has not

been finalized as this issue goes to press.

Please remember that we will do whatever we can to see that you are comfortable, but the temperature of meeting rooms varies with the environmental conditions and is out of our control. Please dress accordingly.

Board of Directors Meeting July

MEMBERSHIP DISC AND YEAR PLAQUES

At the Board of Directors meeting in July, the discussion of the yearly plaques was brought for discussion. We are about to run out and would need to reorder soon to continue the practice of dispensing a plaque during the second year of membership. The price of the individual plaques has risen from \$8.50 to about \$25 each plus the cost of mailing to the membership.

In an effort to contain our expenses, keep our membership fees low and not raise the fees our quarterly meetings, it was decided to no longer send a membership plaque and year disc with yearly renewal beginning with the 2002 renewal year.

QUARTERLY MEETING FEES

As of the January 2002 meeting the **Non-member** rate for the quarterly meetings will be increased to \$38.00 per meeting. This is to bring the Non-member fee in line with the member fee. **ONLY** the non-member rate will be increased.

NCAHCSP SECRETARY

Harriet Pratt of Mercy Hospital, Inc. Central Processing in Charlotte has been selected to fill the vacancy in the secretary role. Harriet will begin her duties with the October meeting. Please welcome her in her new role

Recipe for your health: Chicken Kabobs

- 8 Boneless skinless chicken breasts
- 8 fresh mushrooms
- to taste black pepper
- 8 parboiled, small, whole white onions
- 2 oranges, quartered
- 8 canned pineapple chunks
- 8 cherry tomatoes
- 1 can (6oz) frozen, concentrated apple juice thawed
- 1 cup dry white wine
- 2 tablespoons soy sauce

Sprinkle chicken breasts with pepper. Cut into 1-inch squares.

Thread 8 skewers as follows: chicken, mushroom, chicken, onion, chicken, orange quarter, chicken, pineapple chunk, cherry tomato.

Place kabobs in shallow pan.

Combine remaining ingredients and save 1/2 cup in another bowl; spoon the rest over the kabobs.

Marinate in refrigerator at least 1 hour.

Drain. Broil 6 inches from heat, 15 minutes each side, brushing with reserved

marinade every 5 minutes. Discard any left over marinade.

Yield: 8 servings

Serving size: 1 chicken breast kabob

Each serving provides:

Calories: 359

Total Fat: 11g

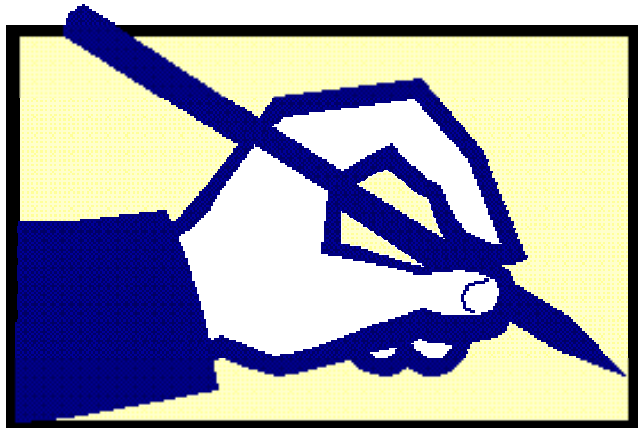
Saturated Fat: 2g

Cholesterol: 66mg

Sodium: 226mg

Source: National Heart, Lung, and Blood Institute; National Institutes of Health

REGION 3 REPORT



1) We had a time of silent reflection on the loss of Bill Dennis, who was an important help to ASHCSP and is a great loss to us as a leader.

2) The following achievement and growth features were discussed and the challenges were reviewed. The roadblocks were presented as the means for growth in the next year.

GROWTH FACTURES:

- ASHCSP had a leadership role on SUD's and FDA guidance on the SUD's
- Revision of several Recommended Practices
- Successful joint conference
- Continuing education series
- Partnering with NICHSPDP for certification of tech's, supervisors, and managers.
- Headhunter.net for promoting positions in your hospital and for staff to use for change of positions
- We lost the Executive Director, the Director of Marketing and the Director of Education and Program Development moved into the Executive Director's position. What a transition of staff we had!
- Frank Sizemore went to Malaysia for the Fraternity of International Central Service group. He has a seat on their Board. They included us as a group of their organization and may have a meeting here in the states in 2004. They meet every three years. Two guests from that group were there Dr Droop and Gillian Sills, who is the Chair of that organization.
- NICHSPDP --Partnership for the Millenium was presented. They are the only one that is certified by NCAA. The NCAA is an organization that checks certification and testing to meet their standards. NICHSPDP will offer to have exams at the next annual meeting in 2002.
- We have shown growth through change

- A joint paper with ASHES on CJD will be published 2 weeks
- Launch of the new web site

3) CHALLENGES

- To find staff that are qualified; to attract qualified tech's to the field of C.S.
- Lack of education resources for for staff and managers to keep current with a growing healthcare need for information
- Staff retention
- Recognition of professional efforts to help with recruitment and retention
- Resources are declining such as dues; educational conference/trade show; publications; sponsorship; vision and mission statements
- Strategic plan-- membership; certification; website; publications; enhanced customer service; e-news; headhunter.net; advocate in healthcare through AHA; enhancing CS role in Healthcare; membership; recognition tool box; education increase within chapters; competence base certification; electronic communication by 2002; posting of chapter news on website; enhanced communication with directors; and insertion of publications in website.

4) ROAD BLOCKS

- Financial constraints;
- Education budget cuts;
- Lack of membership feedback;
- Lack of visionary attitude to change;
- Internet not connected to some members

5) Installation of next president, Bryant Broder, was preformed by "Skee Japp, present President and Frank Sizemore, Past-President.

6) Gillian Sills, the chair of the Fraternity of International Central Service, talked on the acceptance of ASHCSP into their group and the possibility of having their next meeting in the USA in Washington DC.

7) Nancy Chobin from NICHSPD announced with Skee Japp the partnership of certification for the ASHCSP group. She also announced that at the next Conference they will provide the certification tests at the conference.

8) It was announced an agreement with the Veterans Administration for membership and certification.

Submitted by Dottie Conroy, RN, BS; ASHCSP Region 3 Director

Spotlight on Members

This issue we would like to spotlight our award winners from the ASHCSP meeting in Washington.

The Steris Technician of the Year award was presented to **Geneva Thomas** of Novant Health, Forsyth Medical Center, Main OR.

Geneva developed of a form that is now used on a daily basis. Now, to record frequently used trays, they only need to check off on the form and rarely used items or extras are written in. Time is saved by not having to write in every tray. Categorizing the trays by specialty and then alphabetizing make for ease of locating them on the form. The staff need only check off the tray on the list, write in the date and time the load was started, sterilizer number and initials of the technician. It is more legible than handwritten forms and allows for ease in reading when conducting a recall. The form was crated using an Excel spreadsheet so changes are easily made and customized for each facility. Geneva has also been the recipient of the Ray Manning, Sr. Award from the NCAHCSP in 1999 and she obtained her technician certification in 2000.

Ruby P. Blackwell is the recipient of the ASHCSP Martha Tomlinson Founders Award for her longstanding career in the field of healthcare and in Central Service. Ruby began her nursing career in 1961, obtaining her Nursing license in 1963. Since 1986, Ruby has been in Central Service where she received, in 1994, the Nurse Excellence Award for Support Services by Forsyth Memorial Hospital. Since 1986, Ruby has been a member of the NCAHCSP. She has served continuously on our Board of Directors since 1988 as a Board Member, President-elect, President and Past President. During her tenure on the Board, Ruby has chaired every committee with the exception of the Newsletter Committee. Ruby has made numerous presentations at our quarterly meetings and is the 1998 recipient of the Merit Award from the NCAHCSP. She also received the Central Supply Person of the Year Award presented by the Vendor Association at the NCAHCSP annual meeting in 1995. Ruby has been a member of the ASHCSP since 1988 and served on the 2000 Recognition and 2001 Nomination Committees. Ruby has consistently encourages her employees to strive for excellence and to encourage their certification.



Sandra Lee – Steris Corp.; Geneva Thomas & Tammy Holdren at the ASHCSP Meeting, Washington, DC



“Skee” Japp – President ASHCSP; Ruby Blackwell at the ASHCSP Meeting, Washington, DC

Mission Statement

North Carolina Association for Hospital Central Service Professionals will establish itself statewide as the leading educational organization through innovative programs that enhance the development of the Central Service Professionals.

North Carolina Association for Hospital Central Service Professionals

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We're on the Web! See us at: www.ncahcsp.org

Post Test Answer Key

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

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