

I HEARD IT THRU THE STEAMLINE

Volume 19, Issue 2

July 2008

Newsletter of the Year Award:
1993, 1995, 1996, 1997, 1999, 2000,
2001, 2002, 2003, 2004, 2005 2006,
2007



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Our prayers are with our
troops wherever they may
be stationed

AND THE WINNERS ARE!!!!

Bill Dennis Award
Goes To;

CHERYL EDGAR

This award is very special as it is considered the most valuable award of the chapter. Cheryl has shown that she is totally dedicated to the chapter as well as the advancement of the service. She is very serious about the service and is almost fanatical in following standards from both AAMI and AORN. She is currently employed at Carolinas Medical Center-Union and here's what her Director, Karen Baker had to say about her. "Cheryl is very dedicated to our profession. She always strives to make sure that we follow APRN and AAMI standards. She has taken it upon herself to make

sure we have manufacturer instructions for all items we process so that we are always in compliance. She is truly an OR-CS liaison to insure that communica-



tion between the two is always open and above-board. She is constantly working with both the OR and L & D to discuss issues with them before these issues can become problematic. She is very supportive of the Director and assists with all

operations of the department." "She truly is an asset to have in our facility.

"YOU GO GIRL"

Joe Stanley Award

Goes To:

DONNA ESTES

Donna is a valued member of her CS department. She has taken on the job of servicing, outdated and restocking those infamous CODE CARTS. There are currently 70 adult carts and 17 pediatric carts. This includes those carts at the sister hospital across town.

(cont. on page 3)

JO PERKINS AWARD GOES TO::: SAM THOMAS

Sam works with Getinge, USA. However, Sam been a friend of the NCAHCSP chapter for more years than we care to count. He continues to work behind the scenes and doesn't toot his own horn. However, we can and will. Sam has donated items for the membership for drawings and door prizes. He has always been there to help us, not just with little things but the big items as well. He along with his company have helped sponsor speakers when we needed them to. In years past they have donated the T-shirts for the annual meetings. He also has a great knowledge base and doesn't fail to teach us when we need for him to. He is also a great cheerleader for us. He truly believes in what we do and will help us gain both the skills and the knowledge base to help us grow. Sam will also give us a push to help us step out there on that limb if we want to continue to grow and need just that little impetus. Sam has always been there for us and without his help, we would not be where we are today. THANKS SAM AND GOD BLESS YOU!!!

President' Message

Our Annual Summer Meeting was a success!!!

Anyone who had the opportunity to make it to our Annual Meeting this year in the HOT Myrtle Beach, South Carolina can tell you that it was great! We" Covered All The Bases"!!!

We covered some great topics & had some fabulous speakers this year, and the weather was AWSEOME!!!!

*The weather has been extremely hot to start this summer off with already! Please be sure to drink lots of fluids and try to stay cool during these **HOT** summer months still to come!*



I just had the Great privilege of going through JCAHO survey!!!! (June 3 – June 6)

Although they did not come into our department @ CMC Pineville, I was involved with the Infection Control questions & answer session. The surveyor was very bright, and interested in each department, as to what role they played in preventing acquired hospital infections. She also asked each person @ the session what role does your department play in Infection Control?

Of course my answer was Infection Control is very important in Sterile Processing because we have to make certain that we follow all manufacture recommendation on cleaning and sterilization for all instruments & medical equipment used throughout our facility to make certain that we are providing each patient with sterile & or clean instrumentation and or equipment & supplies!

We also have to make certain that we are using Universal Precautions on every piece of instruments, equipments, and any other packages that come through our department.

*She also wanted to know if we know our Infection Control Nurse and wanted us to state their name. She also wanted to know how much in-servicing or education had been completed with Infection Control being a part of that education and or training session? Word of advise make sure that you are following the manufacture recommendation, and that you have all policies & protocols in place and that you can actual speak to what your policies and protocols say that you should be doing in reference to patient care / patient safety! Over all we received a final grade of **94.5** for our total score!!!!*

*I would like to take this time to say **Thank You** to each one of you for voting me in as your President this 2008 / 2009 year! I am very excited to be serving as your President. I am truly looking forward to serving in this role, but also giving back to the organization while I am serving as your President! If there is anything that you need from me, please feel free to give me a call or email me! I will respond ASAP!!!*

(Phone # & email address listed on our web page!) www.ncahcsp.org

P.S. If you haven't already, please visit our website! It's really nice, and it's there for your use!!

I would also like to encourage each one of you to get involved with your / our organization! It is truly a great organization to be a part of!

Enjoy your summer, and I look forward to seeing each one of you @ our summer meeting on July 25, in Winston Salem!!!

Patricia A Washington

Patricia A. Washington
2008 / 2009 NCAHCSP President

NCAHCSP Chapter News

REMEMBER we have a quarterly meeting in Winston-Salem on July 25. As usual we will be having good speakers and an opportunity to mix with others



that do the same things you do.

Just a reminder, If you haven't rejoined for 2008, your membership lapsed in May. Being a member gives you access to so much that perhaps you haven't realized. Not only do you have access to a great newsletter, you have access to CEUs to help you keep

your certification. If you are a nurse in the state of North Carolina, you now have to be able to prove you are keeping up your abilities with continuing education credits for the job you are performing. Besides, where else can you meet so many interesting people who share such a wealth of

"And The Winners Are" cont. from page 1)

There currently is NO computerized system in place to track these carts. Donna created, along with another employee in the department, a spreadsheet to be manually completed, that identifies when and what will be outdating or expiring in each code cart. This meant a cost savings, improving staff satisfaction and improved satisfaction to customers. She is currently preparing to take the certification exam. A lot of her private time is taken up with caring for her mother and assists with the care of an aunt. Donna loves her dog "Honey". She is a great team player as well as a leader.

"GREAT JOB, DONNA"

Ray Manning Award

Goes To:

KAREN FURR

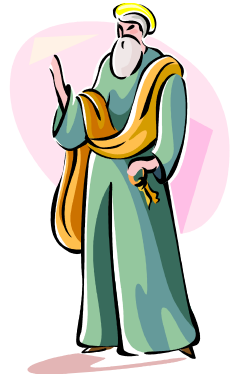
Karen currently is the Sterile Processing Supervisor for Moore Regional Hospital in Pinehurst. She reports to Margie Morgan who has lots of nice things to say about Karen. She has re-structured staffing work hours to

better meet the needs of the department, she recommended and got a Charge person for the evening shift and educates the staff on the OR and their needs. Karen is a Certified Surgical Tech and as such, has a wealth of background experience that she has chosen to share with the staff. As a result of her continuing to educate the staff regarding OR needs, the staff now has a much better understanding of why things need to be done in a certain way by all staff members. This has helped to ease tensions between OR and CS. She has received positive feedback from the OR on numerous occasions. Karen does all the in-services for the department as well as the staff meetings and all interim meetings. Her supervisor writes "Karen is a supervisor any manager would love to have. She is responsible, runs a tight ship, holds staff accountable and has great customer service traits." I'd like to have one like her.

"WAY TO GO, KAREN"

JOKE OF THE DAY

Three people die, a Doctor, a school teacher and the head of a large HMO. When met at the pearly gates by St. Peter, he asks the Doctor "what did you do on earth?"



The Doctor replied, "I healed the sick and if they could not pay, I would do it for free. St. Peter told the Doctor" you may go in." St. Peter then asked the teacher what she did and she replied, "I taught educationally challenged children. St. Peter told her" you may go in." St. Peter asked the third man, "what did you do?" The man hung his head and replied, "I ran a large HMO." To which St. Peter replied, you may go in but you can only stay 3 days."

Infection Control Practices for Creutzfeldt-Jakob Disease

By: Pamela H Caudell, RN, CNOR, CSPDS, ACSP

Objectives:

At the conclusion of this article the reader will be able to:

Describe what Creutzfeldt-Jakob Disease is

Discuss the process of handling of instruments used on CJD patients

Describe the handling of heat sensitive instruments that have been exposed to CJD.

Creutzfeldt-Jakob Disease (CJD) is a rapidly progressive, inevitably fatal neurodegenerative disorder believed to be caused by an abnormal isoform of a cellular glycoprotein known as the prion protein. In simpler terms, what happens is that the prion protein eat away at the brain and create tiny sponge-like or Swiss cheese like holes in some parts of the brain. These holes cause the brain to slowly deteriorate and eventually this causes symptoms that affect the whole body. Eventually death occurs. Reportedly the occurrence of this disease world wide is about 1 in one million.

Prions can be found in the brain, spinal cord, eye (retinal portion) and other tissues of the nervous system of affected animals or humans. They are highly resistant to heat, ultraviolet light, radiation and disinfectants that normally kill viruses and bacteria. Prions can also infect humans who eat meat from infected cattle. Even thorough cooking of the infected meat does not kill the prion or eliminate the risk of getting the disease. The incubation period can be anywhere from one year to as many as 13 years. When there are fi-

nally enough prions in the brain, the symptoms are such that it can be difficult to impossible to diagnose without a biopsy. Some of these symptoms include; depression, anxiety, trouble sleeping, difficulty in walking and dementia and can progress very rapidly.

There are three categories or classifications for how CJD is acquired. The first is sporadic. This means that there is no known infectious source and no family history of the disease. This includes about 85% of the known infective population. The second is inherited, which accounts for 10 to 15 percent of all CJD cases. The inherited cause appears to be a mutation in the gene coding for the prion protein. The third is through infection.

For the Central Sterile professional, the difficulty is two fold. How do we clean without spreading and how can we sufficiently sterilize in order to make it safe to use? The World Health Organization (WHO) has put out guidelines and protocols to insure the safe handling of instruments and other possible infectious items within all areas that may come in contact with CJD prions. It is suggested that any known or suspected case of CJD or vCJD (variant CJD) that is being biopsied for definitive diagnosis, be done only with sterile single use equipment so they can be disposed of after being soaked in Clorox (sodium hypochlorite).

Power equipment should not be used as the splatter from the potentially infective material can be slung from the point of use to con-

taminate all things in the immediate vicinity including staff. Also, power equipment is difficult to clean and the cleaning and sterilization methods necessary to render the equipment sterile are well known to damage the equipment. Another type of equipment that should not be used for these procedures are flexible endoscopes. Like the power equipment, the flexible endoscopes are damaged by the cleaning and sterilization processes that are necessary to deactivate prions effectively.

If implants have to be used, then the physician needs to tell the OR crew before hand what implants he is going to need so that those are removed from the set before the procedure starts. This action is necessary in order to prevent contamination of implants that are used on other patients. Any implants not used during the case should be discarded and not re-sterilized as this could potentiate the spread of CJD to other patients.

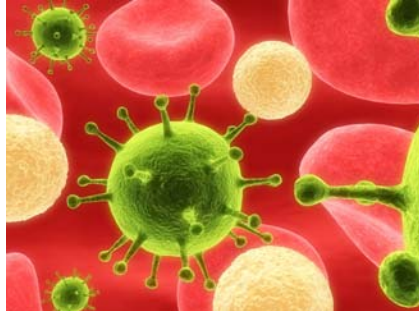
When potentially contaminated instruments are used, it is imperative that all personnel involved wear personal protective equipment (PPE). These precautions should be taken by everyone (OR or CSD) potentially coming in contact with a possible CJD patient or contaminated equipment. This includes and is not limited to the following: repellent gown, gloves, mask, visor or goggles and shoe covers. All protective clothing, covers or liquid should be considered contaminated and should be incinerated. All instrumentation should be kept moist until cleaned

or decontaminated. This is to insure that the prions do not dry on the instruments which may cause ineffective cleaning processes.

As a Central Sterile professional, what are our responsibilities both to ourselves, our co-workers and to the patient? There currently is no consensus on the best method of managing instrumentation that has been contaminated with prions. It is documented that paracetic acid is not effective and hydrogen peroxide gas plasma is, at best, only partially effective. So just where does that leave the CS team that is trying to decontaminate and sterilize instruments that are reusable for other cases? There is a protocol that has been developed thru extensive research that now at least gives us an opportunity to keep ourselves safe and decontaminates instrumentation for reuse. After use in the OR, an instrument cleaner should be sprayed on or dipped onto the used instruments in order to reduce the amount of contamination. This can be done first in the OR. Again, if the prion contaminated material is allowed to dry on the surface, any methodology used to sterilize the instruments will be ineffective. Alcohol, formalin or glutaraldehyde should not be used as they are drying agents and as such will cause the prions to be dried on the equipment rendering them as fixed. Therefore, the instruments must be cleaned. In order to process these instruments, they must be cleaned using an instrument cleaner.

In the event there is unfamiliarity with the decontamination method for certain instrumentation, the

manufacturer must always be contacted as a final authority. Even if the instrument has been sterilized and used since being used on a contaminated patient, these cleaning procedures should be used to attempt to breakdown the prions and clean and sterilize this instrument according to current methodologies.



Once the equipment is thoroughly cleaned, the instruments can be steam sterilized in a prevac cycle of eighteen (18) minutes at a cycle temperature of 272 degrees F or 134 degrees C. If you don't have a prevac sterilizer, sixty minutes in a gravity displaced sterilizer with a cycle temperature of 132 degrees C or 272 degrees F. The other alternative is to immerse the instruments in 1 N sodium hydroxide (NaOH) for one hour, followed by a water rinse followed by steam sterilization as listed above. An N of sodium hydroxide is 40 grams of Soda Lye in 1 liter of water for those of you that were curious. This is considered the most effective way of cleaning the reusable instrumentation.

After the instruments are cleaned via this process, they are then considered safe enough to reprocess using the current set up of running the instruments thru the washer/decontaminator before handling them to prepare for sterilization. Liquids used for cleaning should be decontaminated in situ by adding NaOH (soda lye) or hydrochlorite

(bleach) or even autoclaving at 134 degrees C (272 F) for 18 minutes. In as much as is possible, the cleaning equipment such as brushes, scouring pads and toweling should be considered disposable.

It is well documented that prions can survive for years. Instruments that are found after surgery to have been in contact with prions must be pulled from service and handled as suggested above and then put back into service.

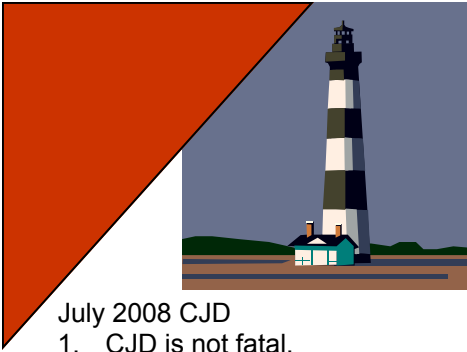
Professionals, whether it is in the OR and/or the CS department must always be aware for the potential of contamination to the patients in order to prevent the spread of CJD by the use of contaminated instrumentation.

References:

WHO Infection Control Guidelines for Transmissible Spongiform Encephalopathies
WHO/CDS/CSR/APH/ 2000

Perioperative Standards and Recommended Practices AORN 2008 Edition





July 2008 CJD

1. CJD is not fatal.
True False
2. Thorough cooking of contaminated meat will kill the prion that causes CJD.
True False
3. Powered equipment should never be used on CJD patients because of the inability to clean and sterilize the equipment properly.
True False
4. The symptoms of CJD are such that it can be very difficult to diagnose without a brain biopsy.
True False
5. Alcohol can be used on instruments suspected of being contaminated with CJD.
True False
6. Instruments that have been contaminated with CJD do not have to be kept moist before being cleaned.
True False
7. All disposable items, table covers, gowns and any fluids that have come in contact with CJD must be incinerated and not thrown in the trash.
True False
8. In order to decontaminate instruments that have come in contact with prions, they must first undergo cleaning and then sterilization at 272 degrees F for 18 minutes.
True False
9. Paracetic acid is just as effective for decontaminating instrumentation as steam sterilization is.
True False
10. If the patient has to have implants, it is OK to have the entire tray of implants on your back table.
True False

EVALUATION--Please evaluate this in-service by selecting a rating between 0 and 4.

0=Not Applicable, 1=Poor, 4=Excellent

Author's Knowledge of the Subject **0 1 2 3 4**

Author's Presentation, Organization, Content **0 1 2 3 4**

Author's Methodology, Interesting/Creativity **0 1 2 3 4**

Program Met Objectives **0 1 2 3 4**

Please Note--Answer key will be in the next issue of the "Steamline"

To receive 1.0 contact hours toward certification from CBSDP, complete the in-service "quiz" after reading the article. Send the entire page with the completed "quiz" to:

Lana Haecherl
P.O. Box 568
Pineville, NC 28134

Lana will issue a certificate if your score is greater than 70%. Please be sure to fill in the information requested below.

If you are **NOT** a member of NCAHCSP, please include a fee of \$15.00 for instate membership and \$20.00 for out of state membership. Your fee will provide you a 1-year membership in the Association and will also entitle you to submit the next in-service offerings for the cost of a postage stamp. That is potentially six in-service programs for your registration fee. Remember you will not be issued a certificate unless you are a member of NCAHCSP.

CEU credits pending from CBSDP.

CLEARLY print your name as you wish it to appear on the certificate. Enter the address where you want the certificate sent.

NAME: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail address: _____



DON'T FORGET THAT THE DOG DAYS OF SUMMER ARE HERE

There are certain criteria which we have to maintain in order to be able to provide you, the membership with CEUs. First off, we have to send the certification board a copy of the article with the question list. We also have to maintain a roster of the membership that have completed the article. And finally we have to have an evaluation of the article writer. If the certification board asks for our records and none or only partial information is available, they can refuse to grant CEUs to our educational articles as well as our meetings. What I'm trying to say is please remember to fill out your evaluation tool as completely as you can. Thanks for your assistance.

Fun in the Sun Can Lead to OUCH!!!

Summer is such a wonderful time to be out of doors. There is such fun, what with the ocean or pool, playing ball, working in the garden with your flowers, etc. It is also a time to be cautious particularly when in the sun. You could get a sunburn, which over time could turn into a skin cancer.

Skin cancers are the most common forms of cancer in the United States. Exposure to the sun's ultraviolet (UV) rays appears to be the most important environmental factor involved with developing skin cancer. During the summer months, UV radiation tends to be greater. Also remember that certain medications, such as antibiotics, antidiuretics and diuretics can make you extremely sun sensitive.

In order to protect yourself from future problems with skin cancers, practicing safe sun regularly will help prevent the formation of skin cancers.

Do such things as:

Seek shade, especially during those hours (10:00 am—4:00 pm) when UV rays are the strongest and can do the most damage.

Cover up with clothing to protect exposed skin.

Make sure you have a hat with a wide brim to keep the ears, nose, neck, face and head from being sunburned.

Make sure the sunglasses you are wearing wrap around and block as close to 100% of both the UVA and UVB rays as possible.

Rub on sunscreen with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection.

Remember, if you are going to be in the sun, it always best to double up by putting sunscreen on as well as a big hat and t-shirt. Combos like these will give you a better benefit in the long run.



UV rays can reach you on cloudy and/or hazy days as well as sunny days. UV rays will also reflect off any surface such as water, cement, sand and yes, even snow. Also, UV rays from artificial sources of light such as tanning beds can cause skin cancer as well.

Remember, as a parent, every serious sunburn your child gets can increase your child's risk of skin cancer later in life. Also, they need to be protected every time they are outdoors. This also includes the time they spend at school, on the playground, playing ball or just riding their bikes.

Most forms of skin cancer can be cured. However, the best way to avoid skin cancer is to protect your skin from the sun.



The Most Beautiful Rainbow

As we grow up, we learn that even the one person that wasn't supposed to ever let you down probably will. You will have your heart broken probably more than once and it's harder every time. You'll break hearts too, so remember how it felt when yours was broken. You'll fight with your best friend. You'll blame a new love for things an old one did. You'll cry because time is passing too fast, and you'll eventually lose someone you love. So take too many pictures, laugh too much, and love like you've never been hurt because every sixty seconds you spend upset is a minute of happiness you will never get back. Don't be afraid your life will end, be afraid that it will never begin.

Live simply. Love generously. Care Deeply. Speak kindly.
LEAVE THE REST TO GOD.

ANSWERS TO WINTER 2008 CEU ARTICLE

1. In the United States, liquid chemical germicides (disinfectants) are regulated by the EPA and the FDA. **TRUE**
2. The EPA requires all manufacturers to test their formulas by using 1950s methods for defining microbial activity. **FALSE**
3. The FIFRA of 1947 regulates the use of healthcare disinfectants. **TRUE**
4. If there is an EPA registration number on the liquid chemical germicide, you as the user have no responsibility for its use. **FALSE**
5. Spaulding Classifications are divided into small, medium and large. **FALSE**
6. Critical means that the item or equipment needs to be sterile before being used. **TRUE**
7. The FDA regulates chemical germicides if they are advertised and marketed for specific medical devices. **TRUE**
8. Non-critical items are items that only come in contact with intact skin. **TRUE**
9. MSDS include information about liquid chemical germicides such as its toxicity. **TRUE**
10. Any disposal of chemical germicides should follow hospital policies. **FALSE**

THINK A GALLON OF GAS IS EXPENSIVE??

- Diet Snapple 16 oz 1.29=\$10.32/gallon
- Lipton Ice Tea 16 oz 1.19=\$9.52/gallon
- Gatorade 20 oz 1.59=\$10.17/gallon
- Ocean Spray 16 oz 1.25=\$10.00/gallon
- Brake Fluid 12 oz 3.15=\$33.60/gallon
- Vick's Nyquil 6 oz 8.35=\$178.13/gallon
- Pepto Bismol 4 oz 3.85=\$123.20/gallon
- Whiteout 7 oz 1.39=\$25.42/gallon
- Scope 1.5 oz 0.99=\$84.48/gallon
- Evian water 9 oz 1.49=\$21.19/gallon

And the buyers don't even know the source

Evian spelled backward is Naïve.



Did you ever wonder why computer printers are so cheap? So they have you hooked for the ink.

The cost of a gallon of ink for computer printers is..... \$5,200/gallon

SO. the next time you're at the pump and the cost of gas has you bummed, be glad you're car doesn't run on Scope, Nyquil, Pepto Bismol or God forbid, printer ink!!!



Adding Ornamental Grasses to Your Landscape

OK, so you have a few areas in your garden plan that you just don't know what to fill in with. Well, how about some ornamental grasses. These lovely plants haven't been so popular since the Victorian Age. There are so many choices that it can be difficult to choose. We are becoming a more environmentally



aware population and as such are leaning more toward plants that are self sustaining or very low maintenance. Grasses catch the wind which adds a sense of motion to the landscape. Tall grasses also add a sound which can become another dimension to the landscape. Shorter grasses can be used as a border around rocks or even as edging for the planting bed. Taller specimens can be used as accent plants or as a grouping to provide a background for other plants or even be used as screening material to separate you from the rest of the world. If you dabble in floral design, these grasses can also be dried and used in floral arrangements.

Ornamental grasses can be anywhere from six (6) inches tall or rise to a height of 14+ feet. They can range in color from shades of green, yellow, blue, red brown or variegated (green and white mixed). In the fall and winter months, some of these plants can even change color to show out as orange, red, purple or even straw yellow.

Most of these plants require full sun and like their feet to be moist not wet. One thing about planting these grasses is that they like to be able to stretch their roots. This means that when they are planted, organic matter needs to be added to the planting hole. The hole must be big enough for the roots to spread out and so that water can be taken in by the roots. When planting, try not to plant them too close together in order to allow them to be able to get a good air flow to prevent disease formation. Also, they need a goodly amount of light so plant them where they can get sunlight for several hours during the day.

A couple of things to be cautious of include the planting of grasses whose dried foliage is to remain for the winter near combustibles such as a house or garage. If the grasses were to catch fire, it could spread via the grasses to the buildings so be cautious about how close to these items you plant them. If they are a potential fire hazard, they can be cut down in the fall. Dependant upon the type of grass, most of them will be cut down in the fall or early spring before the new growth gets to tall. This is to allow the new growth to have the ability to get adequate light and nutrients. When cutting the foliage, it is a common practice to provide some fertilizer. 10-10-10 fertilizer at a rate of 1 pound per 100 square feet is the standard, but it also never hurts to do a soil test periodically. All in all, grasses are good for the garden and create quite a visual that is truly pleasing to the eye and is something every gardener can grow.



The Many Faces of Pam Caudell

I am taking this opportunity to give you a little background on what makes me tick. You already know where I work and what I do there so I'm going to tell you some personal things. I love to grow things. Anything from vegetables to flowers to trees fits me. Playing in dirt for me is very cathartic. It helps me get rid of the frustration from a bad day. I like to read, although right now there is not much time. I have several bookcases of books that are going to be read when I retire. I like

to read almost anything but suspense and mysteries are my favorites. I like the beach but I like the mountains also. If I could have a house at both places, I would be a happy camper.

This picture is of my granddaughter playing soccer. She is the light of my life and at 5 years old she thinks MeMa is pretty special also.





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.

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