I HEARD IT THRU THE STEAMLINE

Volume 21, Issue 2 JUNE 2009

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

Our prayers are with our troops wherever they may be stationed

Inside this issue:

JESSIE JONES WINS TWICE!!!

For the first time ever in the history of the NCAHCSP chapter, one person received two awards. This person has shown exceptional fortitude in her management of Central Sterile in her multiple years of service. Jessie first won the Ray Manning, Sr award for her contributions to improving her work environment. She standardized instrument count sheets, helped implement an instrument tracking system at UNC. One of her larger accomplishments was to develop rounding in the OR to improve relations between CS and the OR as well as to improve physician satisfaction. She developed and presented in-services to the staff based on their needs of the group. She taught in-services on sterilization loaner instrumentation, relationships between the OR and CS and EtO training to name just a few. Her nominator writes: "Jessie is a very knowledgeable person because of her experience both in the OR and in CS. She is always willing to help out in any way she can."

WAY TO GO JESSIE!!

Bill Dennis Merit Award

Jessie also wins the Bill Dennis Merit Award. This award is more about some of the intangibles than the day to day grind. Her heart and passion is exhibited every day when you hear her talking about what she does and the people she works with. Jessie truly is all about doing the best she can every day and helping everyone she comes in contact with to be the best they can be everyday. She truly is a person that can and will teach the younger kids on the block about how to run a tight ship and have fun doing it. She believes in what CS means and the consequences of what happens when things aren't done in the correct fashion. She can make you feel good about yourself even when you're having the worst week of your life. Jessie leads by example and has never been one to say do what I do and not what I say. Her knowledge base about CS is phenomenal and she is not stingy about sharing. Jessie wants everyone to have the same information that she does no matter where you are in your growth. She also believes it is important to nurture all who are interested it the CS arena. After all, they are our future.

YOU ARE GREAT, JESSIE!!!

Story cont. page 3

Organic Gardening

Question: What does it mean to have an organic garden? Does organic gardening mean you have to put up with insects eating your plants or unattractive flower beds?

Answer: The short answer is that organic gardening means not using synthetic products, including pesticides and fertilizers. Ideally, organic gardening replenishes the resources as it makes use of them. Like feeding depleted soil with composted plants, or planting legumes to add nitrogen to an area that had been planted with heavy feeder. The bigger picture involves working in cooperation with nature, viewing your garden as a small part of all the natural system.

Here are some basics to get you started with organic gardening:

What is Meant by Organic Matter?

Organic matter is decaying plant and animal waste. It includes everything from compost, grass clipping, dried leaves and kitchen scraps to manures and fish heads. Organic matter is used as a soil amendment or conditioner. It can be worked into the soil of a new garden or used as a top dressing or mulch in an existing garden.

What's so Important About the Soil?

One of the basic tenant of organic gardening is to "Feed the soil and the soil will feed the plants". It's really common sense. Plants get water, air and nutrients from the soil. Clay soil is higher in nutrients than sand and hold water better. Sometimes it holds water too well and the plants can't get enough air. Sandy soil is well drained, but can use some amending to make it great garden soil. This is where organic matter comes into play. Adding organic matter improves any soil's texture as well as attracting soil organisms that create nutrients in the soil.

How Do You Control Pests and Diseases without Chemicals?

Organic gardening doesn't mean you have to share your apples with the worms, but you will probably have less than pristine looking plants and produce. Since you are trying to garden in cooperation with nature, sometimes you have to accept the occasional pest in the garden. Your first line of defense should be vigilance. Inspect your plants regularly for signs of a problem and take action quickly. Keep in mind that not every insect is a foe and that action doesn't necessarily mean pesticide.

There are many organic pesticides available, but first make certain that there is a problem and that you know what it is. You can live with a little damage. Some insects, like the 4-lined plant bug, do their damage and then move on for the season.

Consider if you are having a pest problem because your plants are stressed and don't have the resources to defend themselves.

Interplanting and diversity will protect you from losing an entire crop to an infestation. Large swaths of a single plant are pretty, but are also a landing strip for interested insects. Many insects and larger animals are considered beneficial, preying on the insect pests. Reaching for the spray can every time you see a pest, you will be killing the beneficial insects too. Lady bugs and parasitic wasps enjoy an aphid banquet. Birds will munch on grubs. Frogs, lizards and even snakes all contribute to the balance in your garden and prevent a pest population from becoming a problem.

Barriers prevent problems. Floating row covers prevent moths from landing and laying eggs. Yellow sticky traps can easily catch dozens of flying pests. Foil collars around the base of plants will foil cut worms and many borers.

There will probably come a time when you will need to apply a pesticide or lose your plants. Organic or natural pesticides can be very effective and are usually less toxic to wildlife, pets and humans than synthetic pesticides. Many organic controls can target specific problems, such as using Bacillus thuringiensis (Bt), a type of bacteria, that kills caterpillars, but not much else. Just be sure that you know what the problem is before you treat it and that you always follow the label instructions.

Select plants that are suited to your site conditions. Plants that are happy with their growing conditions will be healthier than plants that are stressed.

Mulch your garden beds. Mulch suppresses weeds, conserves water, moderates soil conditions, feeds the soil, prevents erosion and is attractive as well.

Create diversity in your garden. A mix of plants will attract more beneficial insects and prevent a problem from spreading throughout your garden.

Most importantly, get to know your plants so that you will notice if a problem is occurring. Nature is cyclical and learning the seasonal changes your plant will undergo can help you anticipate problems. Organic gardening is a constantly evolving dance that allows you to to be a full participant in your garden.

Taken from web site: gardening.about.com

NCAHCSP Chapter News

CONGRATULATIONS

Joe Stanley Award Winner

Vinnie Jones

Vinnie is an Instrument Technician 4 Education Specialist @ Carolinas Medical Center. Vinnie developed the continuing education plan for CS @ CMC. She conducts weekly in-service sessions as well as monthly morale building sessions called "Fire Side Chats". Vinnie also designed a certification prep class for anyone working for the Carolinas Healthcare System in any of their facilities at no charge. She was instrumental in getting KC's educational bus to CMC for CEUs.

Not only does she give the classes for certification, she also celebrates their certification and ensures they receive recognition for their efforts.

According to her nominator, "Vinnie has dedicated 42 years of her life to this profession. She has spent the entire time in the CS arena. Vinnie is a strong supporter of certification and of NCAHCSP. Education is her passion and she believes, leads to better patient care." Vinnie is also a mentor to both seasoned and new staff and encourages team work each and every day.

WHAT A WONDERFUL PERSON !!!!

Meet Our Newest Board Member
Karen Furr

Karen Furr currently works for MRH as a Sterile Processing Supervisor. She works with Margie Morgan and they have a great time together. She has been at MRH for three years in her current position. Before coming to MRH, she worked at UNC as a scrub tech for two years. During the last few months, the departmental decontamination room has undergone a complete renovation. All the old washers were removed and are being replaced by totally new ones. They are also having their ages old cart washer replaced with something new and updated. She is sooo excited about that. During this period of time, Karen has worked exceptionally hard to coordinate the work flow in order to get the sterile instrument trays returned to the OR in a timely manner, to the point the OR doesn't even know there's been issues with decontam.

Karen has recently completed the IAHCSMM Certification Course and has passed the Certification Exam. **WAY TO GO, KAREN!!!**

She is married to Kenny Furr and has two daughters; Kim and Kelly. Currently, not only is she busy with work, she is planning her daughter, Kim's, wedding. Karen also has a spoiled rotten pup dog named "Willow"

Welcome aboard, Karen.

Decontamination—A Never-ending Saga?

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

Objectives:
Discuss procedures to clean different types of instruments.

Describe the differences between manual and mechanical cleaning.

Describe factors that affect chemical action of cleaning agents.

As many of us know, all instrumentation is not created equal. What exactly does that mean and how does it affect the cleaning processes we use in our facilities? As most of you are aware, there are basically three grades of instruments: surgical grade, floor grade and disposable. Surgical grade refers to the instrumentation used in an OR and is generally made of surgical grade stainless steel. Floor grade instruments are also made of stainless steel but of a less pure grade. These instruments can be found in ER packs and some physician offices. Finally disposable instruments are exactly that, instruments put in disposable packs and are to used once and then sent back to the manufacturer for handling. The difficulty lies in that when instruments come to you, they may have all three grades within the contaminated set of instruments and it's up to you to pick them out. It does take practice but with help from your instrument manufacturer, you will learn how to spot each one of the differences in the types. Exposing floor grade and disposable instruments to the cleaning processes necessary to get them ready for reprocessing can sometimes make your job more difficult because if you don't spot the difference between a disposable and a surgical grade, the disposable can cause the surgical grade to rust and stain as well as destroy the passivation layer necessary to prevent pitting. So this is a long way to say that sorting of all instrumentation coming into the decontam area is imperative to get the right instrumentation together in order to prevent problems. Instrumentation also needing sorting are delicate instruments to prevent damage from careless handling, i.e., cataract scissors in with orthopedic instruments. Those instruments also needing manual cleaning, like suction cannulas need to be separated from those going thru the mechanical cleaning process.

An effective process that will assist in the prevention of damage to the instruments is to put the instrumentation in an enzymatic cleaner to keep the bioburdon moist. Enzymatic cleaners are used to facilitate rather than to clean the instruments. Enzymes break down complex organic molecules into simpler compounds that are usually water-soluble and more easily rinsed away with water. Enzymatic treatments will break apart proteins (proteases), fats (lipases) or starches (amylases). While enzymes are great, they must be rinsed from the instruments. Enzymes are considered to be proteinaceous solutions. (AAMI, 1996) Rinsing should not be done under running water as splashing and aerosolization will occur and create the possibility of contamination to the staff member. Instrumentation that needs to be rinsed should be done in a sink of water by immersion. Saline should never be used to rinse instruments as they can cause instrument deterioration. Any instrument that has the potential for holding large amounts of bioburden must be opened manually and inspected with the bioburden being removed with either brushes, pipe cleaners or forced air and water.

Once the bioburden has been removed, instruments that need to be manually cleaned must be done so by totally immersing the instrumentation in a sink of water to the point that the instruments are totally covered. The instruments needing to be cleaned must be done under the level of the water in order to keep microbes from being spread thru aerosolization. Don't forget that all lumens must also be cleaned under water with a low sudsing detergent and preferably a brush designed to go into the lumen. The cleaning detergent must be low sudsing or low foaming so that the staff member can see into the sink and prevent any punctures or cuts from sharp implements under the water level. These instruments can then be rinsed in another sink of water to remove the detergent residue. Those instruments that can be washed mechanically are generally opened, rinsed and put into a washer/decontaminator, washer/sterilizer or a washer/sanitizer. These pieces of equipment employ hot water temperatures of 60 degrees C to 95 degrees C (140 degrees-203 degrees F).

Trays should not be overfilled as it makes cleaning more difficult.

Washers work on the principle of impingement. Impingement is the spray force action of pressurized water against instruments being processed to physically remove bioburden. This means that washers are a lot like dishwashers in that they rely on a combination of water temperature, low sudsing detergents and a spray force action to remove the soil from devices being processed. Again, in order to be cleaned effectively, all items must be properly readied and placed in a manner that helps the mechanical washer to clean the instrumentation effectively.

With a mechanical washer, there are several cycles that the items go thru. There is usually a prewash, then an enzymatic cycle followed by a wash cycle. After the wash cycle comes the rinse cycle then there is a thermal cycle of around 180 to 200 degrees. A heated pure water rinse can be added to best remove cleaning chemicals from surgical instruments and finally some machines have the ability to do a lubrication cycle as well as a drying cycle.

Ultrasonic cleaners are also another method of mechanical cleaners. This type of cleaning is enhanced by the use of sound waves which in a sense, causes the water/solution to vibrate very fast, approximately 20,000 to 30,000 times per second. Ultrasonic vibrations create tiny air bubbles that grow larger and larger until they implode (collapse). That implosion dislodges soil from instrument's surface, as well as crevices, hinges, and other hard to reach areas within the instrument. One thing about ultrasonics that staff sometimes forget, water must be degassed every time it is changed in the sonic cleaner. When the water is changed, excess gas bubbles are formed. These gas bubbles can fill the cavitation bubbles and reduce the energy released during the implosion. In order to break the formed bubbles, once the machine is filled, turn the machine on and allow it to run for 5-10 minutes. Unless you want to damage the equipment, don't turn the ultrasonic machine on until the tank is filled.

I have seen people, in fact, I'm one of them, that used to use the wire brush as well as scouring powder for cleaning instruments. That is not the best process to use in cleaning instruments in that they are very abrasive and will scratch instrumentation which can cause staining, pitting and eventual rusting. Instruments, likewise, should never be exposed to alcohol as a cleaning or soaking agent. Alcohol will bind protein, making it all but impossible to remove. You'd think you needed a stick of dynamite to get the proteins off. Also, be very careful in using a bleach solution to soak instruments in. A one (1) in ten (10) solution is effective in killing HIV virus or any MRSA bacteria. Therefore it is not necessary, nor is it good for the instruments to soak any surgical instrument in bleach only, as it will completely ruin the instrument. The bleach breaks down the passivation layer and allows the bleach to start working on the metal underneath. It doesn't take long before the instrument is deeply pitted and if the instrument is not completely stainless steel, it will completely ruin the instrument to the point of having to buy a replacement.

When choosing a cleaner, there are several things to keep in mind. First, check with the manufacturer of both the washer and the instrument manufacturer to see what their recommendations are in regards to the use of detergents. Most recommend the use of a low sudsing detergent that can be rinsed off completely so we don't leave any debris or detergent on which can cause spotting or staining or even prevent that particular site on the instrument from being sterilized. Cleaning solutions that contain surfactants are more difficult to rinse off which can cause the instrument to not open cleanly or it gets that gummy feeling when being used in the OR.

Detergents should also be low in alkalinity. An alkaline product can assist in the cleaning process by increasing the solubility of the soils present. Available alkalinity simply means that there is s percentage of alkaline that is not tied up in the formulary of the product and is therefore considered free to work. The pH of an alkaline product can also be lower which is less aggressive on stainless steel. Remember that all instrumentation, whether being cleaned manually or mechanically, should be broken down into it's most basic parts in order to facilitate cleaning. Please check with the instrument manufacturer to obtain details for disassembly and reassembly because after all, if it can be taken apart, it must go back together.

The process of learning about decontamination and all its' attributes continues to be a life long practice. There is always something new or some new instrument that needs to be handled differently. It is up to us to

Decontamination: A Never Ending Saga?

1. The three grades of instrumentation are; floor, surgical and disposable.
   TRUE FALSE

2. Disposable instruments can cause surgical instruments to stain.
   TRUE FALSE

3. Delicate instruments include Orthopedic equipment.
   TRUE FALSE

4. Enzymatic cleaners keep bioburden moist.
   TRUE FALSE

5. Enzymatic treatments break apart proteins, fats and starches.
   TRUE FALSE

6. Saline should always be used to rinse instrumentation.
   TRUE FALSE

7 Instruments that need to be manually cleaned can be done at the counter.
   TRUE FALSE

8. It is OK to overfill trays when using the washer/decontaminator..
   TRUE FALSE

9. Water must be degassed every time it is changed in the sonic cleaner
   TRUE FALSE

10. Pure bleach is safe to use on all instrumentation.
    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**

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 $20.00 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: _____

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Allergy Basics

What Is an Allergy?

Allergies are an abnormal response of the immune system. People who have allergies have an immune system that reacts to a usually harmless substance in the environment. This substance (pollen, mold, animal dander, etc.) is called an allergen.

Allergies are a very common problem, affecting at least 2 out of every 10 Americans.

What Happens During an Allergic Reaction?

When a person is exposed to an allergen and starts to have an allergic reaction, a series of events takes place:

1. The body starts to produce a specific type of antibody, called IgE, to bind the allergen.
2. The antibodies attach to a form of blood cell called a mast cell. Mast cells can be found in the airways, in the GI tract, and elsewhere. The presence of mast cells in the airways and GI tract makes these areas more susceptible to allergen exposure.
3. The allergens bind to the IgE, which is attached to the mast cell. This triggers a reaction that allows the mast cells to release a variety of chemicals including histamine, which causes most of the symptoms of an allergy, including itchiness or runny nose.

If the allergen is in the air, the allergic reaction will likely occur in the eyes, nose, and lungs. If the allergen is ingested, the allergic reaction often occurs in the mouth, stomach, and intestines. Sometimes enough chemicals are released from the mast cells to cause a reaction throughout the body, such as hives, decreased blood pressure, shock, or loss of consciousness.

What Are the Symptoms of Allergies?

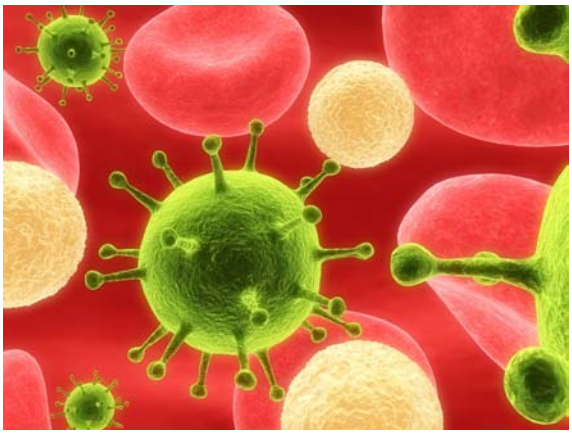
Symptoms of allergies can be categorized as mild, moderate, or severe (anaphylactic).

- Mild allergic reactions include those symptoms that affect a specific area of the body such as a rash, itchy, watery eyes, and some congestion. Mild reactions do not spread to other parts of the body.
- Moderate reactions include symptoms that spread to other parts of the body. These may include itchiness or difficulty breathing.

A severe reaction, called anaphylaxis, is a rare, life-threatening emergency in which the response to the allergen is intense and affects the whole body. It may begin with the sudden onset of itching of the eyes or face and progress within minutes to more serious symptoms, including abdominal pain, cramps, vomiting, and diarrhea, as well as varying degrees of swellings that can make breathing and swallowing difficult. Mental confusion or dizziness may also be symptoms, since anaphylaxis causes a quick drop in blood pressure.

Does Everyone Have Allergies?

No, not everyone has allergies. People inherit a tendency to be allergic, although not to any specific allergen. When one parent is allergic, their child has a 50% chance of having allergies. That risk jumps to 75% if both parents have allergies.



Taken from WebMd.com

Roasted Pepper, Onion and Mozerella Pizzas

Makes 4 servings

Description

Buying tomato sauce and roasted peppers at the supermarket makes easy work of these crispy pizzas. Make sure you slice the onion very thin, which allows it to impart its flavor without overwhelming the other toppings. If you like, add a sprinkling of any fresh herbs you have on hand just before serving, and be sure to break out the red pepper flakes for those who prefer some heat.

Prep time: 10 minutes
Cook time: 5 minutes

Ingredients

4 (8-inch) whole-wheat tortillas
1/4 cup canned tomato sauce
4 ounces shredded part-skim mozzarella cheese (1 cup)
1/2 cup roasted red pepper (from a jar), cut into 1/4-inch-wide strips
1/2 small red onion, very thinly sliced
1/8 teaspoon salt
Freshly ground black pepper

Instructions

Lightly coat a grill or grill pan with cooking spray and heat to medium-high. Grill tortillas until lightly puffed and browned on the bottom, about 1 minute. Transfer to a cutting board, grilled side up. Spread tortillas evenly with tomato sauce and top with equal portions of cheese, red pepper, and onion.

Return pizzas to the grill, topping side up. Cover and cook until cheese is melted, about 1 minute. Transfer pizzas to 4 plates, sprinkle with salt, and season with black pepper to taste. Serve hot.

Nutritional Information:

210 calories
8 g total fat (3.5 g sat)
22 g carbohydrate
10 g protein
4 g fiber

DID YOU KNOW?

Washing your hands often and with intensity for at least 15 seconds is the greatest prevention for getting sick there is?

The interior channel through a needle, trocar, suction or surgical instrument is called a *lumen*?

Power sources for surgical instruments are of three types: electric, pneumatic (air) and battery?

Wicking material is an approved absorbent material that allows for air removal, steam penetration and helps to facilitate drying?

A measure of ambient air pressure; the pressure that a gas would exert on the walls of a one-cubic foot centimeter is called pounds per square inch gauge (psig). This is used to measure chamber and jacket pressure on a sterilizer.

PRESIDENT'S MESSAGE

I hope that everyone is having a safe and relaxing summer vacation this year. If not, you need to take one. They are therapeutic. Even I have taken some time off this year to spend with family and friends. This year I found myself in Dayton, Ohio as part of a trip and looking for something to pass the time on the weekend. My wife and I decided to visit the National Museum of the United States Air Force. There were three hangers with every conceivable military aircraft on display. Not mock-ups, actual aircraft. It traces the aviation history of military aircraft from the Wright Brothers 1909 flyer to the present day Northrop B-2 Spirit Stealth Bomber. I only have one word for the exhibits, AWSOME! If you ever find yourself in Dayton, Ohio, do not pass up then opportunity to visit Wright-Patterson Air Force Base and the USAF Museum. Plan on spending the day, there is a lot of history and exhibits to see. Even better, there is no admission fee. You can get a preview at http://www.nationalmuseum.af.mil

The NCAHCSP has an exciting agenda planned for our summer educational program to be held in Winston-Salem at the Hawthorne Inn on August 28. We will start the day with Jack Hamilton, Sr. V.P. of Quality Control and Sterile Processing, SRI. Jack will be followed by Lon Brusco with Steritec / Cardinal Sterility Assurance. The afternoon session is a return visit by Sandra Benfield from CMC - NorthEast in Concord, NC.

Congratulations to everyone that has had a Joint Commission Survey this year. Although the reports from those that have been surveyed have been excellent, be aware that the JCAHO is looking more and more closely at sterilization records, process flow and biological monitoring. Be particularly aware of their interest in "flash" sterilization records. This interest is all tied into their National Patient Safety Goals.

Once again, at our Fall Meeting in Winston-Salem, we will be accepting nominations from the membership to serve on the Board of Directors and for the role of President-elect. As usual the voting will be conducted in December with the results announced at the Winter Meeting. If you would like to nominate someone or even yourself, the Willingness to serve form and Bio forms are on the Association website. Nominations will close at the end of the business meeting at the Fall Meeting.

If you have any suggestions for the Board of Directors, please feel free to contact us. Our contact information is listed on the final page of this newsletter as well as on the webpage, http://ncahcsp.org.

Hope to see you in Winston-Salem.

Paul Hess,

Paul Hess, BSN, RN, CRCST, ACSP
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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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Committed to the Needs of Healthcare Providers

General Surgical Instruments: Repair and sharpening of all instruments, needle holder insert replacement, repair or replace broken parts.

Eye/ENT/Micro Instruments: Repair and sharpening of all instruments.

Laparoscopic Instruments: Sharpening, repair, parts replacement, hinge pin repair, subassembly replacement, shaft re-insulation and re-coating.

Re-application of Diamond Coating: Diamond welding on micro needle holders and tissue forceps, cardiovascular forceps.

Welding/Soldering: Repairs on instruments needing welding or soldering.

Repotting: Bipolar and monopolar forceps with or without irrigation tubes.

Kleppinger Forceps: Repair, rebuild and re-insulate.

Biopsy Forceps/Ronguers: Repair of all types of biopsy punches, forceps and ronguers. Parts replacement and sharpening.

Ortho Instruments: Repair and sharpening of all types of curettes, chisels, osteotomes, gouges and elevators.

Neuro Instruments: Repair of all delicate types of pituitary ronguers, micro forceps and specialty items.

Color Dipping: Application of standard or custom colors to almost any instrument.

Etching: Electro etching on your instruments.

Demagnetizing: Demagnetize instruments in delicate eye and cardiovascular trays.

Personalized Tray Maintenance Reports: Reports to track the progress of your tray maintenance program.

COMMITMENT

Reliable Instrument Repair

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