

I HEARD IT THRU THE STEAMLINE

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September 2009

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



You have just got to love the summer season. Long hot lazy days that lead to picnics with the family, activities in the sun, Vacation to places that we would love to visit. Even I took a real vacation this year. Driving down the road I saw a billboard for the National Museum of the United States Air Force in Dayton. Even better, it had free admission. My wife and I decided that while we were in Ohio visiting old friends and attending our daughters gallery opening in Cincinnati. If you ever find yourself in Dayton, take the time to visit one of the finest displays of military aircraft assembled. There were over 400 aircraft from around the world and from the early 1900's up to the present day. It's indoors and air conditioned so don't let the weather stop you.



If you normally get a flu shot each year, great! Don't miss yours this year. If you normally put off getting your flu shot or for some reason feel that a flu shot is just not for you, THINK AGAIN! This year of all years, please get your shot to protect yourself, your family and co-workers! Everyone that works in healthcare should get their shot this year. Don't forget to WASH YOUR HANDS!



Inside this issue:

President's Message	1
Planning Your Front-Yard Landscape	2
Swine Flu	7
In-service	4
A Brother's Song	9
Recipe	8
Board of Directors	10

Once again we had an excellent educational offering at our summer meeting at the Hawthorne Inn in Winston-Salem. Many thanks to our Program Planning Committee and their efforts to provide us with excellent, timely and affordable educational opportunities.

I would like to remind everyone that your membership is for the calendar year. Regardless of when you became a member, your membership will expire on December 31st. If you have not renewed during this calendar year please visit the Association's web page at <http://ncahcsp.org> and complete your membership application.

The Nominations Committee is in preparation for our upcoming election. We will have a number of vacancies on the Board of Directors. Positions on the BOD are for a period of two years. We have five meetings a year. One meeting the day before each of the quarterly educational sessions and a called board meeting between the winter and spring meeting to assure that preparations are complete for the spring meeting. If you would like to consider serving on the Board of Directors please complete and submit a willingness to serve form and an election bio form both can be found on the Association web page <http://ncahcsp.org>. We will be accepting nomination from the floor for the BOD as well as for the President-elect. Nominations will close at the end of the business meeting on November 6.

I hope to see everyone at our next meeting in Winston-Salem.

Paul A. Hess
NCAHCSP- President 2009-2010



Planning Your Front-yard Landscape

Whether you have a new home or are simply renovating the look of your existing home, your front yard can either invite people into your home or send them away. We all want to be able to look out our front windows and see the wonderful view of our yard with it's trees and shrubs and blooms everywhere. But what about from the street or sidewalk? Is the view just as lovely or are there gaps or areas that are just plain unattractive?

Now list all its virtues and shortcomings. Once you have made a list, start by exploring the architectural features of your home. Do you have a driveway? Is it in good condition? Does it just need some plantings around it to make it match the look you are going for? What about a walkway? Do you plan on having one? Do you want it to curve or just be a straight line between the driveway and the front door? Make your home's entrance clear and inviting. Use plants and lights or other structures to lead people to the entrance you want them to use. Think about the style of your house. Does it speak cottage or colonial or even formal. This will help you make the decision as to how you want your front yard to look. Formal styles tend to make one think of boxwoods, hedges or planting beds that are symmetrical on both sides of the yard. Cottage styles speak more to the free-flowing prolific bloomers that seem to be out of bounds with color.

Larger shrubs and trees are the first components to consider in front-yard design. Because a framed view is considered to be more attractive than a completely revealed view, serious thought should be given to planting larger trees on either side of your house and at least one behind it. Trees here give the yard and house a look of permanence and helps to soften any second story or roofline against the sky. They are also good for texture, color and all the different shapes adds interest to the landscape.



Foundation plantings are the plants we put down where the house meets the ground. These are used to hide less than stellar foundations and first-floor basements. New house have some plantings put in by the builder but generally they are too small and add little to the look of the home. Plantings near the house

are used only to soften the angles and help it blend in with its surroundings. Your plantings here should be simple and dignified. Their job is to enhance rather than hid your home.

Planters can also be used instead of foundation plantings or as an addition to the foundation plantings. Build them deep enough to provide ample soil for root growth and bottomless so the bedding soil mixes with the soil below. Because soil in raised beds dries out more quickly than in the ground (and because few plants can withstand full sun plus the heat reflected from house walls), place beds in spots that receive shad for part of the day. Plants here have star billing. Be sure they are hardy, are of appropriate ultimate size, and have neat, season long appearance. Choose dwarf evergreens, flowering shrubs, fruit trees, perennials or bulbs. For the most profusion and longest season of blooms, rely on annuals. Cascading petunia, vinca, and asparagus fern look lively hanging over a bed's edges. Leave some edges clear for sit down gardening or just plain sitting.

Don't forget the hardscape. The little statues, the birdfeeders, any and all items that help bring attention to the yard and helps to showcase some particular view or planting that you have designed. For instance, an arbor that invites people to walk thru or the gazing ball by a pool that reflects the sunlight bouncing off the pool. It is important to remember that this is your yard. Add those things to it that bring you joy and happiness. Happy gardening .

NCAHCSP Chapter News

Upcoming dates for quarterly meetings are: February 18, 2010, BOD meeting, February 19, 2010 workshop; August 26, 2010, BOD meeting, August 27, 2010, workshop; November 4, 2010, BOD meeting, November 5, 2010, workshop. These meetings will be held in Winston-Salem at the Hawthorne Inn. See website for details and phone numbers. Annual meeting, April 28, 29, 30 in Myrtle Beach at the Ocean/Sands Dunes Resort. Please check web page for further info. Web page address is www.ncahcsp.org.

Don't forget coming up will be the elections for Board of Director positions.. We are an equal opportunity organization.

By that I mean that everyone has the same opportunity to enjoy a good laugh, to help your fellow man, to provide food whenever needed and to enjoy working with the best bunch of people in the world. Think about it, then go the website and download a copy of the willingness to serve form and run for office. After all, what do you have to lose?



Jo Perkins Award Goes To:

DOUG WOODS

Title: Owner and founder of US Medical Systems, LLC

Doug Woods founded US Medical Systems, LLC in 1995. Mr. Woods oversees all aspects of US Medical Systems which now covers thirty five (35) states and employees thirty five (35) full time sales representative and technicians.

Prior to starting US Medical Systems Mr. Woods was an account manager with McKesson Healthcare with primary coverage to the hospital market located in and around Charlotte, North Carolina. While employed with McKesson Healthcare Mr. Woods was repeatedly a top performer for the organization. He's various accomplishments were all directly related to his customers and fellow employees. His most well known accomplishment within the organization was taking a territory from two hundred thousand dollars in sales per year to over thirty million dollars in sales per year within a 6 year period.

Mr. Woods was born in Columbia, SC in 1953 and was raised in Chester, SC. He attended the county school system there and furthered his education at The University of South Carolina.

Mr. Woods is married to Angela Wrenn formerly of Chester, SC. And they are the proud parents of four (4) children and currently reside in Rock Hill, SC.

How Does Steam Sterilization Work?

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

Objectives:

Discuss the advantages and disadvantages of steam sterilization

Describe some of the factors that impact the effectiveness of sterilization

Explain what the most frequent reason for sterilization failure is and what must be done to correct it

Steam sterilization is the most commonly used sterilization system in the world. Steam is easy to produce as well as being a cheap commodity. Does that necessarily make it the best? Not in all cases but for the majority of instrumentation used in ORs today, the answer is yes. There are distinct advantages to using steam.

1. It is the preferred way of method destroying microorganisms.
2. It is non-toxic
3. Kills spores
4. Inexpensive
5. Cycles are fast

What about the disadvantages? Just as there are advantages there are also disadvantages. One very large disadvantage is steam can be hazardous to certain pieces of equipment. This is because of the heat generated and by moisture which is what steam is. Another disadvantage involves the purity of the steam. If the steam is not pure, there may be impurities

that get into the very small lumens and block them. You might also find pitting or metal discoloration on instruments that were exposed to steam that wasn't pure. Care must be taken also when loading the carriages so the steam has the ability to get into every nook and cranny of the package holding the item to be sterilized. It doesn't do any good to have the best steam in the world if it can't get to what needs to be sterilized.

Do you know what some of the things are that can affect the sterilization process? Let's look at cleaning first. What do you know about sterilization as it pertains to cleaning? First rule, if the item is not clean, it can not be properly sterilized. Without this first step, nothing else matters, the item will not be sterile. Conditions lethal to the microorganism living on the item must be present. In other words, are all the parameters for sterilization present? For instance, is the temperature appropriate to the type of sterilizer being used? If it's a gravity air displacement sterilizer, the temp should be 250 F or 121C. If it's a prevac sterilizer, the temp should be 272F or 134 C. How about humidity? Approximately 97% humidity and a water vapor in the steam of no more than 3% is considered the standard. What about

pressure? The psi (pounds per square inch) means that within the chamber of the autoclave the system is building up a head of steam which calculates into pressures. If you are using a prevac autoclave, the psi needs to be at 27 pounds in order to force the steam into the packs to sterilize the items inside the pack. This is considered to be saturated steam. In other words, the steam entering the sterilizer is considered to be a moist steam, ergo the need to have 3% liquid water. More than that and what you get are wet packs. Less than that and what you get is superheated steam which causes a sterilizer failure due to lack of heat transfers to the load contents. You must also be on the alert for any air pockets inside the chamber as steam cannot sterilize through air. That's why your sterilizers have a mechanism so that at the beginning of each cycle, all the air is removed from the chamber before sterilization cycles start. Steam sterilizers date back to the early days of formal health-care. Before the advent of the steam sterilizer, instruments were generally , if you were lucky, dropped in a pan of hot water to be cleaned/sterilized. Charles Chamberland invented the first real steam sterilizer in 1880. This steam sterilizer

looked very much like a pressure cooker and in many ways worked the same way. Now most steam sterilizers are built very much the same. There is



the outer shell or external portion of the sterilizer. There is a chamber or the inside of the autoclave. The area around the chamber but inside the outer shell is called the jacket. Steam comes into the jacket and keeps the chamber at a constant temperature so there aren't air pockets developing from chambers that are too cool and you don't have to wait for the jacket to heat up each time which helps the turnaround time. It also cuts down on the amount of condensation that occurs when the hot steam hits the side of the chamber walls when the cycle starts.

Autoclave load failure. Very frustrating and time consuming. The most common cause is lack of contact between steam and the microbes on the surface of the item being sterilized. Causes of steam contact failure can include:

Item is not clean. Again, you can clean an item without sterilizing it but you can't sterilize an item without cleaning it. Because of proteins, if an item is not thoroughly cleaned and all visual bioburden removed, there is the potential for microbes to be under the proteins and not be killed which could lead to a SSI.

Packages are too tightly wrapped. The package must be able to allow the steam to force the air out either by mechanical means or by steam being pulled into the autoclave. If air is trapped inside a package, it forms a cooler bubble within the package and steam can't get to the items which prevents the temperature from getting high enough to adequately sterilize the items in the package.

Loads that are packed too tightly together. Again, if steam can't get into the packages, the items inside can't be sterilized. If items are too close together, it prevents the air from being adequately removed. There are some manufacturers that allow containers to be stacked two or even three high. Please check with the container manufacturer as well as the autoclave manufacturer to see what the preferred practice is and if there is documentation to support stacking. Peel packs should be placed on their sides, paper to plastic to ensure adequate steam penetration and that the layers of plastic don't stick to-

gether and cause a potential tear or contamination of the sterile item. Basins, for instance, need to be placed on their side in such a way that any moisture that collects inside can be drained out during the cycle. If the load contains bottles, the lids must be removed and the bottles placed on their sides. This will allow air to be displaced and steam will be able to get inside the bottle.

Mechanical malfunction is another way to get a failure. For instance, if the drain strainer, found at the front bottom of the chamber, becomes clogged, the air can't be removed as effectively and will cause a time delay as well as the potential for ineffective air removal to occur and cause some items to not be sterilized.

Occasionally you may run into other types of mechanical failures. For instance, defective steam traps, clogged exhaust lines, ineffective filters in the steam lines and a myriad of other things can cause a steam failure. If the hospital's boiler goes down, another steam failure. These things are beyond a CS tech's ability to fix. Call the repair guy.

This has been just a start to show you how complicated the steam process can be. Later we will be looking at other forms of autoclaving and how it impacts your job.

How Does Steam Work?" Summer 2009

1. The following are advantages of using steam to sterilize instrumentation: Slow cycles, non-toxic, inexpensive, kills spores.

True False

2. Steam can be used on all types of equipment without harm.

True False

3. All items to be sterilized must be cleaned before the sterilization process.

True False

4. In a gravity displacement sterilizer, the temperature must reach 250 F before sterilization can occur.

True False

5. There needs to be 7% water vapor in the steam to get the best steam.

True False

6. Charles Chamberland invented the first steam sterilizer in 1880.

True False

7. The jacket is the area around the chamber but inside the outer shell where the steam comes into.

True False

8. Autoclave load failure can be attributed to packages being too tightly wrapped.

True False

9. Air trapped inside the packaging makes it easier to sterilize the items inside.

True False

10. If the drain strainer becomes clogged, the air inside the chamber can't be removed effectively.

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**

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Lana Hacherel
P.O. Box 568
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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 in-state 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.

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You and Swine Flu

What exactly is swine flu? Also known as the H1N1 Virus, it really is a virus that showed up in pigs. Through changes in its structure, the swine flu now can pass from human to human even those that have had no contact with pigs. Symptoms are exactly like the flu; fever, chills, cough, sore throat, runny nose, body aches, headaches, fatigue, and potentially vomiting and diarrhea. There is a test called the rapid flu test that can tell your physician if you have swine flu but it is not 100% accurate.

Those that are at the highest risk of having bad outcomes from getting the H1N1 virus include:

1. Children under 12 months
2. People with cardiovascular problems
3. People with liver disease
4. People with kidney problems

Residents of a nursing facility, to name just a few

If you fall into one of these groups or have family members that do, they should seek medical care ASAP. The H1N1 virus spreads just like a regular flu. Someone coughing and not covering their mouth or from a sneeze or by touching an item the infected person has recently touched. People that are infected with the virus can be infected up to 24 hours before they show any symptoms. Washing your hands frequently is the best and easiest method to prevent the spread of the virus.

If you think you have the swine flu or even just regular flu, there are antiviral agents such as Tamiflu or Relenza that taken early enough will lessen the symptoms but they must be taken within 48 hours of becoming ill. The priority here is to make sure those who are at high risk of problems from the swine flu be able to get the antivirals.

Are there vaccines available for the H1N1 virus? There are. If you have been listening to the news, the vaccine should be ready for release by the middle of October. Will there be enough available for everyone? No, not at first. There are still some questions that need to be answered before the initial dosing of the vaccine. We don't know right now if there are going to be two shots about 3-4 weeks apart, or if there needs to be an enhancing agent given after the vaccine has been given. Those that will be given the vaccine first are pregnant women, and people with children or caring for children. Health care workers and first responders who have direct contact with patients will go next. Also on the list are; children between 6 months and 4 years and kids between 4 and 10 years with medical conditions that put them in the category of severe flu disease.

REMEMBER—If you have had a flu shot this season, you are NOT protected from swine flu.

Prevention will be key this season, not just for the swine flu but for the annual flu as well. How can you protect yourself and your family and co-workers?

WASH YOUR HANDS REGULARLY WITH SOAP AND WATER. It is the single most important thing you can do. Carrying a small bottle of hand sanitizer is the next best thing. This needs to be alcohol based.

Avoid close contact. Stay at least 6 feet away from people who have flu-like symptoms.

Avoid touching your nose, mouth or eyes, if possible. If you have flu-like symptoms, **STAY HOME.**

Swine flu is considered to be a global emergency. Be prepared for any eventuality by having extra canned supplies, or ready to eat soups, meats, beans, etc. Have the usual household meds; Tylenol, ibuprofen, fluids with electrolytes, plenty of tissues and toilet paper, etc. Try and stay well this flu season.

Recipes From Home
Submitted by: Georgia Gallegher

OREO BALLS

1 pkg Oreos
1 pkg cream cheese (room temp)
1 pkg Candiquick (Food Lion's brand comes with a tray)

In a food processor grind the Oreos and then mix in the cream cheese.

Scoop and place into freezer bag and flatten. Place in refrigerator
Once chilled use a melon scoop or spoon and hand roll into balls.

In a single layer place back into fridge to chill

Melt Candiquick according to pkg instructions.

I use fondue sticks to then roll the balls in the candiquick and place on wax paper.

Double the recipe will yield roughly 80 Oreo Balls



HONEY CHICKEN

Taken from Brantwood Nursing Center Cookbook

2 1/2 to 3 lbs. chicken, cut up

1/4 c. Honey

1/4 c. Sherry

2 T. Ketchup

2T. Soy Sauce

1/2 tsp. Ground Ginger

1/4 tsp. Garlic Powder

Arrange chicken pieces in a baking dish. Combine honey, sherry, ketchup, soy sauce, ground ginger, and garlic powder in a small pan and heat on low heat until bubbling. Pour over chicken and bake at 375 degrees for 45 minutes or until chicken next to bone is no longer pink.

DID YOU KNOW UPDATES?

JCAHO is taking sterilization to heart. In their survey process, they will be watching as instruments leave one OR and they will follow the process until the instruments are used in the next case. They will be watching for manufacturer's instructions for sterilization. You will also need to describe and demonstrate how instruments are being cleaned and decontaminated. They will also be observing for proper PPE. The surveyors can ask for the manufacturer's instructions for the following items, sterilizer, wrapping or packaging, and the instruments. They will review sterilization logs and can ask about parametric, chemical and biological indicators. They may also be in the OR watching for how instruments are introduced onto the field and checking for signs of contamination.

Singing to His Sister

Like any good mother, when Karen found out that another baby was on the way, she did what she could to help her 3-year old son, Michael, prepare for a new sibling. They found out that the new baby was going to be a girl, and day after day, night after night, Michael sang to his sister in Mommy's tummy.

He was building a bond of love with his sister before he even met her. The pregnancy progressed normally for Karen, an active member of the Panther Creek United Methodist Church in Morristown, Tennessee.

In time, the labor pains came. Soon it was every five minutes, every three, every minute. But serious complications arose during delivery and Karen found herself in hours of labor. Would a C-section be required? Finally after a long struggle, Michael's little sister was born. But she was in very serious condition.

With sirens howling in the night, the ambulance rushed the infant to the neonatal intensive care unit at St. Mary's Hospital, Knoxville, Tennessee. The days inched by. The little girl got worse. The pediatrician had to tell the parents there is very little hope and be prepared for the worst.

Karen and her husband contacted a local cemetery about a burial plot. They had fixed up a special room in their house for their new baby but now they found themselves having to plan for a funeral. Michael, however, kept begging his parents to let him see his sister. I want to sing to her, he kept saying. Week two in intensive care looked as if a funeral would come before the week was over. Michael kept nagging about singing to his sister, but kids are never allowed in Intensive Care. Karen decided to take Michael whether they liked it or not. If he didn't see his sister right then, he may never see her alive. She dressed him in an oversized scrub suit and marched him into ICU. He looked like a walking laundry basket.

The head nurse recognized him as a child and bellowed "Get that kid out of here now. No children are allowed." The mother rose up strong in Karen and the usually mild-mannered lady steel-eyed right into the head nurse's face, her lips a firm line. "He is not leaving until he sings to his sister" she stated. Then Karen towed Michael to his sister's bedside. He gazed at the tiny infant losing the battle to live. After a moment, he began to sing.

In the pure-hearted voice of a 3 year old, Michael sang: "You are my sunshine, my only sunshine, you make me happy when skies are gray." Instantly the baby girl seemed to respond. The pulse rate began to go down and became steady. "Keep on singing, Michael." encouraged Karen with tears in her eyes. "You'll never know, dear, how much I love you, please don't take my sunshine away." As Michael sang to his sister, the baby's ragged strained breathing became as smooth as a kitten's purr. "Keep on singing, sweetheart."

Tears had now conquered the face of the bossy head nurse. Karen glowed. "You are my sunshine, my only sunshine. Please don't take my sunshine away..." Within the week, the little girl was well enough to go home. Woman's Day Magazine called it the Miracle of a Brother's Song. The medical staff just called it a miracle. Karen called it a miracle of God's love.

NEVER GIVE UP ON THE PEOPLE YOU LOVE

**LOVE IS INCREDIBLY POWERFUL
THE EVIDENCE OF GOD'S PRESENCE
FAR OUTWEIGHS THE PROOF OF HIS
ABSENCE.**





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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