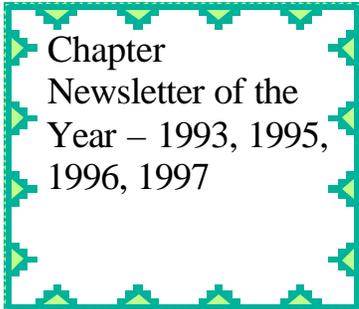


I HEARD IT THROUGH THE STEAMLINE

Volume 10, Issue 1

January 1999



PRESIDENT'S MESSAGE

The Board of Directors and Officers hope that all members and friends of the North Carolina Association for Hospital Central Service Professionals had a wonderful holiday season. We hope that the year 1999 is kind to each of you in health and whatever you are striving to become. I hope that you did not get caught up in the seasonal activities to the point that you could not enjoy this lovely time of year. The year 1998 is behind us, and what a good year it was for the NCAHCSP. The Board and I look forward to seeing you in 1999. The next quarterly meeting

is February 5, 1999 at the Hawthorne Inn in Winston-Salem. We took forward to seeing each of you. Our annual meeting will be held at the Holiday Inn-Woodlawn in Charlotte, May 5 - 7, 1999. We have an excellent program planned. Again, we are expecting to see all of you in Winston-Salem and Charlotte.

It is that time of year to elect Officers and Board Members. We request, and encourage, you to take time and vote. This is your organization and each one of your votes counts!

If there are any questions related to Central Services, or the NCAHCSP, do not hesitate to write or call me or any one of the Board Members. If we cannot help you, we will make every effort to assist you in your questions and concerns.

Again, remember to vote. We will see you on February 5, 1999 at the Hawthorne Inn.

Sincerely,

Ruby Blackwell

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N.C. Baptist Hospital

Frank Sizemore, Co-editor
N.C. Baptist Hospital

Virginia Coffey
Rowan Regional Medical Center

Linda Cook
High point Regional Hospital

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New Hanover Regional Medical Center

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Exciting New Addition to "The Steamline"

Beginning with the next issue of this newsletter, there will be a NICHSPDP approved in-service for 1.0 hours credit.

To qualify for CEU credit, read the in-service and complete the post test. (You

must score 70% or higher to receive credit.) Ask your supervisor to give you a certificate with his or her signature, your name, the date of completion, the title of the in-service, where it was published ('I Heard it through the

Steamline"), and the issue date of the newsletter.

Keep your membership current in the NCAHCSP and you can earn four hours credit per year towards recertification. What a benefit!

To choose the best sterilization technology ... Ask away!

By Virginia Coffey, Neal Danielson and Frank Sizemore

When you're evaluating new sterilization technologies, act like a little kid - ask lots and lots of questions. That's the best way to be sure you make the right purchasing decisions.

Start out by soul-searching: Why are you considering a new technology? Do you have equipment that is technologically out of date or malfunctioning? Or is your motivation purely to reduce cost?

Ethylene oxide was very expensive before the days of HCFC blends, and got more expensive every year. So it was pretty clear that newer technologies could help save money. As new EtO blends become more cost-effective, a careful analysis is needed if saving is the main goal.

Find out exactly how much it costs to use your existing technology. Include the cost of supplies, utilities such as water and electricity, maintenance and labor. Compare the results with similar costs for new technologies. Don't forget to consider facility upgrades and installation, high-tech containers and disposable wraps for hydrogen -peroxide-based technologies, and the cost of educating technicians on new work practices and customers on the changes to expect.

The cost of running biological tests is a factor, too. In Salisbury, N.C., Rowan Regional Medical Center has completely replaced EtO units with Sterrad equipment, and the lab does cultures of the biological indicators. The cost - \$10 per test is much higher than monitoring costs formerly associated with EtO.



Are faster turnaround times your goal? EtO takes quite a bit of time because aeration is required on the back end. Hydrogen-peroxide-based technology and Steris units can rev up your turnaround because aeration isn't necessary.

Or perhaps you're motivated by a change in procedure. This doesn't happen often, but here's an example: Not long ago, most facilities would sterilize a scope for the first case of the day and then high-level disinfect in between cases. But concerns about consistent levels of care led many of us to change that practice and buy Steris systems for reprocessing lumened instruments.

What are your options?

Check out what technologies are available. There may be options on the market that you're not aware of. Do a literature search and use the Internet to get information almost instantaneously.

And make sure you team about the limitations of new technologies. For example, the

plasma-based Sterrad and Abtox units aren't effective for many small-lumened instruments, so you can't rely solely on such equipment. Consider what other equipment you'll need to supplement these technologies, or develop a plan for off-site reprocessing for certain items.

"Don't be afraid of new options, but investigate them carefully."

Get information from manufacturers, and make sure it's in writing. Require that sales people back up their claims with documentation. Perhaps the most important questions are those you ask other users. Get firsthand information

(Continued from page 2)

from people who are using the technology. Find out about their real-life experiences with the equipment, its advantages and disadvantages, and any procedural changes they had to make so the system would work.

For example, North Carolina Baptist Hospitals in Winston-Salem has never used disposable wraps. After studying the cost of moving to disposables, it was clear that a change wouldn't benefit the organization. That heavily influenced decisions about which type of sterilization technology to use.

Inventory the types of items your facility uses, and study the effects of different technologies on those devices. Some hospitals find they need to keep using EtO, and choose new technologies to complement that. Study whether instruments you're currently processing with low-temperature technologies could be steam sterilized. At Rowan Regional, it became clear that many items going into EtO could in fact be steam-sterilized at much lower

cost.

Always assess new sterilization technologies. Don't be afraid of new options, but investigate them carefully. No matter what type of system you buy, make sure it's the right one for your organization.

This article is based on a panel discussion at the ASHCSP annual meeting in October. It is reprinted with permission from Materials Management in Health Care, December 1998.



Spotlight on Members By Janet Aultman

This month's spotlight shines on three members who received honors at the Annual Meeting of the American Society for Healthcare Central Service Professionals in October 1998.

Randy Hurder, Technician III - Central Processing at Rowan Regional Medical Center, received the Steris Technician of the Year Award. Randy began working at Rowan Regional as a high school student in the Dietary Department in 1980, transferring to Materials Management where he worked in Distribution Service. He transferred to Central Processing almost four years ago. Since then, Randy has achieved the status of "Certified Sterile Processing and Distribution Technician" and was promoted to Technician 111.

In August 1997, Randy was recognized as a Customer 1st Award Winner at Rowan Regional. In May 1998, he was the recipient of the Ray Manning, Sr. Achievement Award from NCAHCSP.



Louise Rabilly, Materials Service Project Coordinator in Materials Management at Cape Fear Valley Medical Center, received the 1998 Martha Tomlinson Founders Award. Louise began her membership in NCAHCSP in 1969 as one of six charter members of the organization. She also served as President-elect for two years beginning in 1969. In 1986 when the annual merit and achievement awards were established, Louise was the first recipient of the Merit Award.

Louise began her medical career as a staff nurse at Bay State Medical in Springfield, Massachusetts. In 1966, she transferred to Central Service as supervisor. In 1969, she relocated to Fayetteville, N.C. and became Director of Central Service at Cape Fear Valley Medical Center. In 1997, she assumed her present position as Materials Service Project Coordinator.

Frank Sizemore, Manager of Central Service at Wake Forest University Baptist Medical Center, was elected President-elect of the American *(Continued on - page 4)*

Society for Healthcare Central Service Professionals. Frank has been a member of the NCAHCSP for eight years, serving as a board member in 1991-92, President-elect in 1993-94, President in 1995-96, and board member in 1997-98. In 1996, he received the Merit Award from NCAHCSP. Frank served as a Region 3 representative with ASHCSP in 1996-97 and also achieved Advanced Membership status with the American Society in 1997.

He began his medical career at Baptist Hospital in 1979 in the Physical Therapy department. The last 15 years, Frank has worked in Central Service holding the positions of Equipment Control Technician, CS Coordinator, Assistant Director, and Manager.

Congratulations to Randy, Louise, and Frank! The NCAHCSP is very proud of your accomplishments!

TREASURER'S

R E P O R T



BALANCE (JULY 1998)	\$17,056.39
DEPOSITS	1,858.00
EXPENSES	3,772.22
MONEY MARKET	10,853.81
BALANCE	\$25,995.98

WELCOME NEW MEMBERS

Tommy J. Keith
 Central Processing Department
 UNC Hospitals
 Chapel Hill, NC

Shelby M. Luper, RN
 Operating Room
 Twin County Regional Hospital
 Galax, VA

Kevin M. Wagers
 Central Sterile Supply
 Annie Penn Hospital
 Reidsville, NC

Membership Report 1998 ends with a total of 258 members. Thank you for your support and I hope you will continue by renewing your membership. Look for your 1999 membership application in this newsletter packet.

Linda C Messick, CSPDT
 Secretary

People Want Understanding

People can tell when you care, and they know when they've been understood. We can all learn to care about others by looking inside our own hearts, by remembering when we were in a similar situation, or by imagining how we might feel if we were in the patient's or visitor's place.

Understanding - it's more important than having all the right answers.

Health Watch

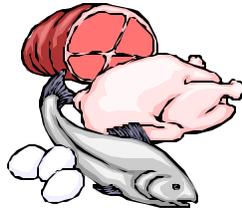
Food Safety Rules

Rule 1: Keep COLD

foods COLD - Temperature is a very important factor in preventing illness because bacteria multiply very quickly between 40 degrees F and 140 degrees F. Your goal is to keep foods out of this danger zone. Always keep cold foods below 40 degrees F.

Rule 2: Keep HOT foods

HOT - The best and safest way to take the guesswork out of heating foods is to use a meat thermometer. Always keep hot foods above 140 degrees F.



Rule 3: Keep EVERYTHING that Touches Food CLEAN - Antibacterial cleaning products should be used to sanitize your

kitchen frequently. Scrub cutting boards and other kitchen surfaces with hot soapy water after they come in contact with raw meat, poultry or fish.

Rule 4: Always WASH HANDS - It takes 20 seconds of continuous hand washing to kill bacteria. Parents should set a good example and teach children at the earliest age possible.

Sassy Meat Loaf

- 1 pound lean ground beef (10% or less fat)
- 1 1/4 cups low-sodium salsa
- 3/4 cup quick-cooking oatmeal
- 1 carrot, shredded
- 2 plum tomatoes, diced

1/2 cup coarsely chopped

mushrooms

1. Preheat oven to 350° F. Spray loaf pan with nonstick cooking spray.

2. In large bowl, combine beef with all ingredients. Shape mix-

ture into loaf.

3. Place loaf in pan. Bake until browned and knife, inserted in center, comes out clean and hot, about 1 hour, 5 minutes.

Let stand about 10 minutes before slicing.

IN THE NEWS...

Pointed words on needle safety. Congress has instructed the federal government to act on needle safety. In language by Sen. Barbara Boxer (D-Calif), adopted in the Labor/ HHS Ap-



ropriations Committee report at the end of the last congressional session, and following OSHA suggestions, Congress asks health care employers to "record all injuries from potentially contaminated

needles and other sharps." Further directives to CDC and NIOSH also entered the law-books after the passage of the budget bill. *Materials Management in Health Care, Vol 7 No. 12, December 1998*

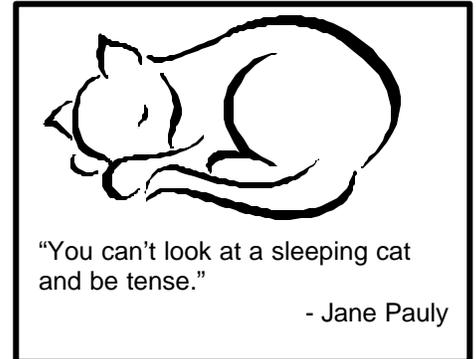
Upcoming Programs



Please join us Friday, February 5, 1999 at the Hawthorne Inn in Winston-Salem for an excellent program. The morning program will be "Chemicals, Disinfectants and their Role in the Decontamination Process", sponsored by Steris Corporation. The afternoon program will be "Outsourcing - Pro's and Con's", presented by Ruby Blackwell and Frank Sizemore.

Mark your calendars for the 1999 Annual Meeting and Exhibition, "Nuggets of Gold, Pearls of Wisdom, Celebrating 30 Years of Excellence", to be held on May 5 - 7 at the Holiday Inn - Woodlawn in Charlotte. Topics include: "Continuous Quality Improvement / Total Quality Management by Edwin S. Ross, "Basics of Sterilization / Decontamination" by Rose Marie Proietti, and "Laugh and Learn" with Ann White.

Other meeting dates are July 23, 1999 and November 6, 1999.



SUPERVISOR'S CORNER

Before you promote an employee...

Promoting a staff member prematurely can cause no end of problems - for you, for your organization, and especially for the employee. Ask yourself these questions before making a decision.

Is the employee:

Performing present duties well enough to justify a promotion?

Experienced and qualified to do at least part of the

new job?

Willing to hand over current responsibilities to a new person?

Enthusiastic about taking on a new role?

Familiar with the new position's responsibilities and priorities?

Proficient in the interpersonal skills necessary to work with others in a new role?

Adequately trained, or willing to be?

Prepared to bow out gracefully if the promotion doesn't work out as planned?

The more questions you can answer Yes to, the better the chances for the promotion to succeed. Thoroughly investigate and resolve any No answers, however, before making any changes.



NCAHCSP MISSION STATEMENT

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

Perhaps the most valuable result of all education is the ability to make yourself to do the thing you have to do when it ought to be done whether you like it or not. It is the first lesson that ought to be learned and however early a person's training begins, it is probably the last lesson a person learns thoroughly.

- Thomas Huxley
British Biologist

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