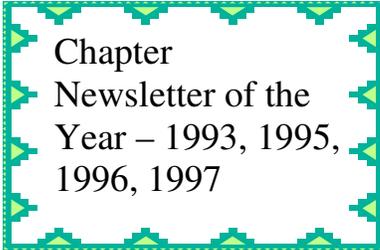


I HEARD IT THROUGH THE STEAMLINE

Volume 10, Issue 3

June 1999



PRESIDENT'S MESSAGE



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The celebration of our 30th year as an association was a resounding success. I want to thank each of the vendors who have supported us over the last thirty years. Their support allows the Association to continue to provide the quality educational offerings we experience each quarter. I also want to thank the membership for their participation in our Association. It is your commitment to our profession and each other that makes us the best Association in the country. Finally, my thanks to the Officers and Board of Directors for a truly enjoyable annual meeting and exhibition. Your hard work and dedication is truly exemplary.

For me, summer brings back many fond memories of the last day of the school year, fishing at the river, vacations with the family, swimming at the

lake and Fourth of July picnics with mom's potato salad. As we enter the summer months and we and our staff depart for well deserved and long overdue vacations, enjoy the time spent away from the workplace. Return with a renewed and refreshed energy. Each of us needs to make a commitment to improving our individual workplace. That improvement begins with ourselves and how we approach our assigned tasks. Make the effort to improve relationships between departments. We are all being challenged to assume more tasks without a proportional increase in staffing. Share your expertise with your peers and co-workers. Each of us brings our own unique work history and experience to the

workplace. Let's make our profession the definition of the word expert.

Sincerely,
Paul Hess



**"What you will do matters. All you need is to do it."
- Judy Grahn**

Inservice Education Decontamination

By Janet Aultman

Picture this. It is a beautiful spring day. You drive to work without any traffic delays. You park in the best parking spot in the whole parking deck. You sing "O What a Beautiful Morning" as you change into scrubs and waltz out into your department. The day is perfect. Then you see it; the schedule reads that you are assigned to decontam. A dark cloud appears over your head and begins to rain. The next time this happens to you doesn't dismay. Stand tall, puff out your chest, and remember that you have the most important job in the department.



risk of infection to employees and to reduce the bioburden on items as they enter the prep and pack area. "All horizontal surfaces and sinks should be cleaned and disinfected with an environmental disinfectant at least once a day, preferably every shift."

As on the clean side, personnel working in decontam should wear scrub attire laundered according to hospital policy. Personal protective equipment (PPE) must be worn in decontam to prevent contamination with blood and body fluids. PPE includes "disposable hair coverings, an impervious barrier (a jumpsuit, apron with sleeves, or gown), shoe covers, heavy duty rubber or plastic gloves, a face mask, and / or safety glasses and face shield.

Decontamination is defined as "the process by which contaminated items are rendered safe for handling by personnel who are not wearing protective attire". It is the most important step in the process we call terminal sterilization. Without decontamination, the sterilization process will not succeed.

Contaminated items come to decontam from every area of the hospital. Whenever possible, contaminated items should be transported through dedicated hallways and dumbwaiters to prevent contact with patients and visitors. Contaminated items must be contained; contaminated equipment must be covered. Covered carts, plastic bins with lids, and plastic bags are used to transport items.

"Without Decontamination
the Sterilization Process
Will Not Succeed"

PPE must be removed when leaving decontam. Reusable PPE, such as face shields, must be cleaned and disinfected. After removing all PPE, **wash your hands!**

Remember, stand tall and smile when it's your turn to work in decontam. You have an extremely important job and you should be proud of it.

Decontam should be directly accessible from outside CS and physically separated from all other hospital and CS areas. Air flow in decontam is under negative pressure, meaning air flows into decontam from other clean areas.

It is extremely important that the decontamination area be kept clean to reduce the

Source: Training Manual for Central Service Technicians, American Society for Healthcare Central Service Professionals of the American Hospital Association, ©1997

Post Test

1. Decontamination is the process by which contaminated items are rendered safe to handle.
2. Contaminated items should be transported to CS on open carts through the most populated areas of the hospital
3. The decontamination area should be located in the most central part of the CS department.
4. Air flow in decontam is under negative pressure.
5. Work surfaces in decontam should be cleaned whenever they look dirty.
6. Floors in decontam should be mopped once a week.
7. PPE stands for personal protective equipment.
8. If you have to leave decontam, wear your PPE so you won't misplace it.
9. Face shields, if they are reusable, must be cleaned and disinfected regularly.
10. After removing PPE to leave the decontam area, you must wash your face.

(Answer Key is On Page 4)

To receive 1.0 Contact Hours toward recertification from NICHSPDP, complete the in-service "quiz" after reading the article. Send the completed "quiz" to:

Janet Aultman
Wake Forest University Baptist Medical Center
Medical Center Boulevard
Winston-Salem, NC 27157

Who will issue a certificate. Be sure to include your name and a return address to receive a certificate for contact hours.



The Value of Membership

Membership in the NCAHCSP is a real deal! Members receive a new member packet (if a first time member), a membership plaque in the second year of membership, a quarterly newsletter, registration brochures for each educational meeting, NICHSPDP credits toward re-certification at each educational meeting, and a yearly membership roster if requested.

Add to these benefits the opportunity to receive 4 credit hours for recertification per year via the in-service offering in each quarterly newsletter. And, perhaps the most important benefit – networking with your peers.

Educational meetings allow us to develop not only professional relationships, but long-lasting friendships.

Answer Key for the Post Test
“Decontamination”

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



TREASURER’S



REPORT

BALANCE (February 1999)	\$11,894.81
DEPOSITS	8,070.81
EXPENSES	5,038.90
MONEY MARKET	11,160.86
BALANCE (JANUARY 1999)	\$26,087.58

SPOTLIGHT ON MEMBERS

This month’s spotlight shines on our award winners from the Annual Meeting, May 1999.

Daryl Chisholm, Certified Technician from Forsyth Medical Center in Winston-Salem, received the Ray Manning, Sr. Achievement Award. By working one-on-one with Emergency Room staff, Daryl has improved the relationship between Central Processing and the ER.

The Joe Stanley Memorial Award was presented to **Sonia Alden**, CSP Coordinator from New Hanover Regional Medical Center in Wilmington. Sonia provides in-service education for her department and also was able to attend over 20 educational programs herself this past year.

Ruby Blackwell, Manager of Central Processing at Forsyth Medical Center in Winston-Salem, received the Merit Award. Ruby has served NCAHCSP as a Board Member, President-elect and President. This year, Ruby will serve as the newly created position of Past President on the Board of Directors.

A Charter Member Plaque was awarded to **Louise Rahilly**. Since 1969, Louise has served NCAHCSP as a President-elect for two years and as a constant Board Member since then. After receiving her plaque, Louise told the group how lucky we should all feel to have the resources that we now have available. She reminded us that the NCAHCSP was born in 1969 because there were no resources available to train central service personnel. We are very grateful to Louise for her leadership and service.

Congratulations

Health Watch

In the U.S., half of all new cancers are skin cancers".

Risk factors include. fair skin, blond or red hair-, blue, green or gray eyes; more than 100 moles (or 50 by age 20); excessive exposure, especially during childhood and/or adolescence; a family history of melanoma & significant time spent in sunny regions.

Prevention:

Avoid tanning beds.

Familiarize yourself with the, government's daily UV Index (mentioned on TV and in newspapers); use it when planning outdoor activities.

Use an SPF-15 sunscreen - especially between 10am and 4pm; reapply every two hours, even when cloudy.

When possible, wear tightly woven clothing, a broad-brimmed hat and UV-blocking sunglasses.

Seek shade.

Minimize children's sun exposure.

Regularly self examine your skin for moles that have changed in size, shape or color. Report changes to your doctor.

Source: American Medical News, Vol. 40, No. 25



Poached Peaches with Raspberries

2 c. white grape juice
2 c. water
½ c. honey
1 cinnamon stick, broken in half
¼ t ground allspice
1/8 t ground cloves
4 large ripe peaches
1c. fresh raspberries

In a Large saucepan combine the grape juice, water, honey, cinnamon stick, allspice and cloves. Cover and bring to a boil over high heat. Reduce heat to medium and simmer for 5

minutes. Add the whole peaches, increase the heat to medium-high and bring to a boil. Reduce the heat to medium, cover and simmer for 20 minutes or until the peaches are tender. Remove the pan from the heat and let the peaches cool uncovered, for 10 minutes.

Remove the peaches; reserve the syrup. Peel off the peach skins, then halve the peaches and remove the stones. Spoon 1 cup of the syrup into a

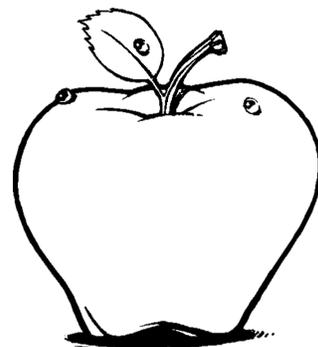
medium bowl and place the peach halves in the syrup. Cover with vented plastic wrap and chill for 1 hour or until ready to serve.

To serve place two peach halves in each of four desert dishes. Pour 1/4c. of syrup over each portion and top each with 1/4c. of raspberries. Serves four.

Per serving 152 calories, 0.3gm. fat; 30% calories from fat, 0mg. cholesterol, 2 mg. sodium

Apples soften 10 times faster at room temperature than they do at refrigerator temperature. For this reasons apple growers recommend that you refrigerate your apples as soon as you unpack your groceries. they also suggest you put apples in a plastic bag to protct them from strongly odored foods such as onions.

Source: Washington Apple Commission



UPCOMING PROGRAMS



Beat the heat by planning to attend our next educational meeting, Friday

July 23, 1999 at the Hawthorne Inn in Winston-Salem. Topics include Instrument Tracking and Inventory Management and Distribution. The next quarterly meeting will be held on November 5, 1999

DID YOU KNOW?

The average cost of a one-day NCAHCSP meeting was \$1900 last year. The annual meeting can run anywhere from \$6000 - \$10,000. The money that we receive from the annual Vendor Show helps to sustain our Association throughout the year. We are dedicated to keeping registration fees for the educational meetings affordable for our membership.

Attention Certified Technicians:

You will need 100 contact hours to recertify five years from your certification date. NICHSPDP awards 10 hours per year up to 5 years for working in central service. Therefore, you will be responsible for earning 50 points from continuing education. Attending our quarterly educational meetings can help you to make that goal of 50 points! Remember, you are responsible for keeping up with your certificates! Keep them together in a safe place until time to recertify!

SUPERVISOR'S CORNER

6 Ways to Build a Top Staff

To build a staff into a team that does the best possible job for the organization:

Be friendly to staff members but don't treat them like close personal friends. They want you to be the boss, and they want to be employees. It works better that way.

Tell them everything. And expect them to tell you the same. Shared knowledge builds loyalty and trust.

Practice Pulitzer Prize plagiarism: Steal only from

the best. If you need help, reach out to your professional community. Someone, somewhere, somehow will know how to help you.

Invest heavily in loyalty. If staff members know the you're always loyal to them, they'll give you the same in return.

Realize that fairness - not cleanliness - is next to godliness.

Never be too busy to laugh. Nothing gets people through a crisis like a good laugh -

and a manager who's willing to enjoy it with them.

Source: Gene H. Cheatham, writing in *Association Source*, Florida Society of Association Executives, 1211 Semoran Blvd., Caselbery, FL 32707



Region 3 Report

It's been a very busy year and it's only June! You should soon get the program notice in the mail for the upcoming education meeting in Orlando, Florida. This meeting will be held October 23 - 26 at the Radison Twin Resorts. Of course, it doesn't hurt that it's right across the street from the new Universal Studios. If you haven't made plans to attend, it's not too late to get on board.

We've also been working very hard to present the ASHCSP position on reuse of disposables. I had the honor of presenting our position at the recent AAMI/FDA Conference on Disposables in Washington in May. This meeting was very well represented from manufacturers, reproducers, and other professional organizations such as AORN and APIC to name only a couple. From what we understood from representatives from the FDA, a ruling will be forthcoming but not overnight. This is a very complex topic, and will require a great deal of input from all involved. We'll keep you posted on any

news that comes down the pike.

Many of you have probably received surveys from ASHCSP recently. These surveys have enabled us to collect information regarding the future of our society. Representatives from the ASHCSP Board of Directors and society staff meet in Chicago in June to develop our operating budget for the upcoming year. Your input enabled us to concentrate on what is important to the membership. My compliments to Kathy Svedman, the society's Executive Director, and her staff for compiling all the information and presenting it to us in a very useful fashion. This enabled us to take an arduous task and make it seem easy.

By now, many of you have heard about the National Institute merging with the International Association of Healthcare Central Service Materiel Management. Details are still sketchy at the moment, but I understand those of you who are certified need not fear. Your certification

is not in jeopardy. Details will be forthcoming throughout the year, with the projected date of January 2, 2000, to have everything finalized. W&H try to help keep you posted as new information is available. ASHCSP supports the single certification program, and believes it will help promote the profession of Central Service.

Sincerely,
Frank Sizemore
 President-elect ASHCSP

*Always think of
 what you have to do
 as easy and it will
 become so.*

-Emile Coue

Membership Report by Linda Messick

WE HAVE 211 MEMBERS YEAR-TO-DATE!

WELCOME NEW MEMBERS! Douglas C. Allen, Presbyterian Hospital; Donna D. Billings, Alleghany Memorial Hospital; Gwyn M. Bowles, Haywood Regional Medical Center; Lisa L. Brooks, Pitt County Memorial Hospital; Vickie H. Caudill, Hugh Chatham Memorial Hospital; Maebell H. Core, Wayne Memorial Hospital; Irene K. Fiama, Presbyterian Hospital; Pamela Gordon, Presbyterian Hospital; Genise Ingram, UNC Hospital; James Jones, Pitt County Memorial Hospital; Rhonda L. Outlaw, NorthEast Medical Center; Anita Lyvonne Roper, Catawba Memorial Hospital; Kim Sechler, NorthEast Medical Center; Ella Sharpless, Rex Hospital; Sharon Shaw-Simpson, Presbyterian Hospital; Brenda Faye Smith; UNC Hospital; Rodney Eric Smith, Cleveland Regional Medical; Cheryl Speights, Aventech, Inc.; Thomas A. Stiles, Mission /St. Joseph's Hospital Healthcare System; L.E. "Smokey" Twine, Moses H. Cone Hospital; Darrell K. Wise, Mission /St. Joseph's Hospital Healthcare System

Member To-do List!

- Renew your membership for 1999. Need an application - download off our web page, [Application for Membership](#).
- Send any changes in your address to Linda Messick (fax 336-716-5269 or e-mail mlmessick@wfubmc.edu)
 - we don't want you to miss anything.
- Change in job, promotions, awards? Please share your good fortune. Fax information to 336-716-5269 or E-mail jaultman@wfubmc.edu

NCAHCSP MISSION STATEMENT

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

"Three things in life are important. The first is to be kind. The second is to be kind. And the third is to be kind."

- Henry James

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