



9-11-2001

I Heard It Through The Steamline

January 2003
Volume 14, Issue 1

Chapter Newsletter
of the Year – 1993,
1995, 1996, 1997,
1999, 2000, 2001,
2002

Special Interest Articles:

- This issues inservice is on Understanding Chemicals
- Eating right – Vegetable Munchies
- Spotlight on Candidates for Election

Individual Highlights:

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Editorial Board 2002 - 2003

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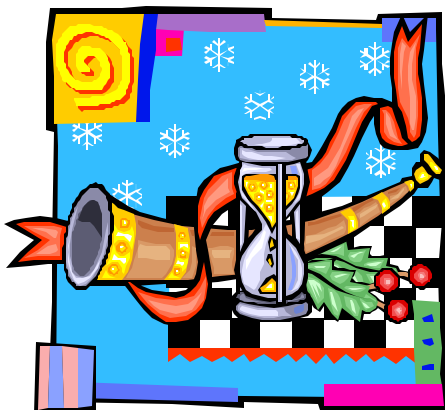
Cheryl Edgar
Carolina Medical Center

President's Message

Can you believe that this year is gone? It seems like only yesterday that I was thinking about putting up my 2001 Christmas decorations and now I'm doing it again. Maybe this year I'll just leave them up since the years are so short now!

As we proceed through the holidays and into the New Year I hope that each of us will take time to spend time with our families and friends. As we look forward to a New Year with its opportunities let's resolve to put our time and our energy into the things that really matter.

2002 has been a good year for the NCAHCSP we have made gains in membership and in attendance at our quarterly meetings. Thanks to the efforts of so many gifted and dedicated people, we won the AHSCSP awards for Education and Newsletter of the year. We can all take pride in our Association and know that we are the best!



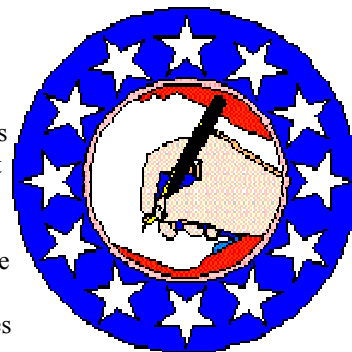
I want to express my thanks to each member of our fine organization for your contributions to the success of this great Association. Without you we could do nothing. It's time to pat yourself on the back for a job well done.

Now as we think about 2003 we have a clean slate to work upon. We can make anything we want to out of this New Year. Let's not waste it. Its time to roll up our sleeves a get to work on a brand new year with all its opportunities and hurdles. Let's commit to continuing to be the best organization in the ASHCSP. As the United States Army so apply puts it, "Be all that you can be."

I wish you and yours a wonderful holiday season and a great 2003!

Patricia M. Allred

Patricia M. Allred, RN, CNOR,
CSPDT
President



THE TWO WOLVES

One evening an old Cherokee told his grandson about a battle that was going on inside himself.

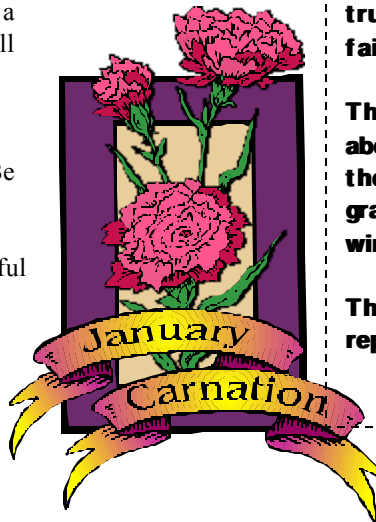
He said, "My son, it is between 2 wolves. One is evil: Anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego..."

The other is good: Joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith..."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf wins?"

The old Cherokee simply replied, "The one I feed."

- Author Unknown





“UNDERSTANDING CHEMICALS” By Sonia Alden, CRCST

Some chemicals are designed to clean and do not have the capability of disinfecting. Others disinfect but do not clean. Still, other chemicals are capable of both cleaning and disinfecting. Failure to understand what each chemical does can lead to improper processing and inadequate decontamination processes.

Whatever chemical or combination of chemicals is used, the goal should be to ensure that all items that are hand processed through the decontamination area receive cleaning plus a biocidal process in order to render them safe for handling. Cleaning and decontamination chemicals are not magic compounds. They will do no more than what their label claims and will only work when used correctly. Chemicals must be mixed to the recommended strength, must make direct contact with all surfaces of each item and must be allowed sufficient time to work. Failure to use decontamination chemicals as directed will result in failure of the decontamination process. Before a disinfectant is used various classes & characteristics of the disinfectant must be considered.

Disinfectants generally used in healthcare facilities are,

- Alcohols: Ethyl or Isopropyl (60 to 90%)
- Halogens: Chlorine, Iodophors
- Glutaraldehyde
- Hydrogen Peroxide
- Formaldehyde
- Phenolics
- Quaternary Ammonium Compounds

Alcohols, both Ethyl and Isopropyl have good disinfecting properties. Under optimum conditions active alcohols can be relatively fast, especially against vegetative organisms (2 to 10 minutes). Viruses may take minutes to hours because they are always suspended in proteins, which

precipitate in alcohol, giving some protection to the virus.

Alcohol is not sporicidal, so it cannot be considered a sterilizing agent. Alcohol does not penetrate many bacteria encased in blood or pus. The truism that one can clean without disinfecting but cannot disinfect without cleaning is confirmed. Residual proteins interact with and deactivate most disinfectants. For alcohol to achieve any reasonable level of disinfection it must remain in wet contact with the surface of the object to be disinfected for a minimum of five minutes.

Many experts feel that isopropyl alcohol possesses the most effective disinfecting properties, especially when applied to inanimate objects. Uses for alcohol in hospitals would be (assuming the item has first been cleaned) countertops, stethoscopes and thermometers. Isopropyl alcohol is also useful in reducing bacterial flora of the skin.

Halogens, Chlorine and Iodophors. Inorganic chlorine is most valuable for the disinfection of water, sewage, swimming pools, food and drinking utensils, hydrotherapy baths, toilets, lavatories and bath-tubs. The chlorine-containing compounds are germicidal by virtue of the presence of available chlorine. The amount of germicidal property depends principally on the rate of release of the chlorine. The amount of organic matter present and hardness of the water can change the pH of the solution. Chlorine is corrosive to metals so it is not a good idea to use in CS.

Iodophors are basically buffered iodine. They are bactericidal, virucidal and tuberculocidal. Certain fungi require long contact time in order for them to be killed. Corrosive to metals, they may burn tissue, can stain fabrics and other material. However, if the formulation has anticorrosive agents it may be used on metals. Rubber and some plastics can be broken down by iodophors. Careful use in CS is required.

Glutaraldehyde is chemically related to

formaldehyde, both being aldehydes. Two types are commonly used for disinfection, alkaline and acid. Effective against a wide spectrum of bacteria and viruses, are sporicidal when used properly.

Alkaline glutaraldehydes, are aqueous solutions, with a pH of > 7 (7.4 to 8.5). These chemicals are active longer in the presence of organic materials. This aldehyde is only slightly soluble in water, and thus makes it difficult to rinse. Alkaline glutaraldehydes have limited stability after activation. The length of effectiveness should be in relation to proper usage and remaining undiluted. They are toxic and can cause severe chemical burns on skin.

Acid glutaraldehyde, has a pH of < 7. This compound, though weaker, has the same disinfecting properties as the alkaline glutaraldehydes. Twenty hours of exposure at room temperature are required to kill spores. If the solution is heated to 140 F, one hour is needed. Extreme caution when heating is in order due to the reporting of noxious fumes, which produce headaches, nausea, lightheadedness and even fainting among personnel exposed to them. Heated, aldehyde fumes are very toxic to humans. A corrosion inhibitor may be added to bring the pH closer to neutral, which will protect against the known corrosiveness of high-carbon content metals. Acid glutaraldehyde is less toxic to the skin than alkaline and is easier to rinse off.

Hydrogen Peroxide, 3% an antiseptic is a substance that prevents or inhibits the growth of microorganisms without necessarily killing them, typically used on skin. Other uses of stronger percentages of hydrogen peroxide are used but that is for another inservice.

Formaldehyde (Formalin), aqueous solution is known as formalin; 8% formaldehyde is 20% formalin. This is a very strong concentration and is a high-level germicide. When you add alcohol to this solution the activity is further increased. So by adding 70% isopropyl alcohol one can rapidly achieve a bactericidal and even a sporicide. Sterility can be expected within 3 hours of

exposure. Its tuberculocidal action is extremely rapid.

Phenolics, as compounds have many applications as an antimicrobial. These compounds are effective against vegetative bacteria, fungi and lipid-containing viruses. Other advantages are tolerance for organic load and hard water. Phenolics have a residual activity. This disinfectant is considered an Intermediate – to Low - Level application. It does well when used in housekeeping for walls, floors, countertops, and furnishings. Disinfection of non-critical and semi-critical areas benefit from this compound. They are corrosive to rubber and some plastics. Not for use on food – contact surfaces.

Quaternary Ammonium Compounds or “quats” are cationic surface-active compounds, also known as “wetting agents,” with built-in detergent properties. Lower surface tension is achieved for greater penetration of soil. Since these compounds are cationic, they carry positive ionic charges and are incompatible with soap which is anionic (possesses negative charges).

Quats action can be inactivated in the presence of organic materials. Various materials such as cotton, wool, filter paper and charcoal can also absorb Quaternary Ammonium Compounds. This absorption markedly depletes the concentration of the compounds. Calcium or magnesium ions, if present, are very detrimental to the action of quats. They cause serious problems to develop when mixed with hard tap water. Quaternary ammonium compounds are more effective against gram-positive than gram-negative organisms. Serious limitation is found in activity against the pseudomonads, especially *Pseudomonas pyocyanea*. They are not effective against tubercle bacilli nor are they sporicidal. Aqueous solution of this compound will cause rusting of instruments after prolonged soaking. Considering the lack of activity against many organisms it is not the disinfectant of choice for CSPD.

Post Test for "Understanding Chemicals"

1. Chemicals are only capable of cleaning. **T F**
2. When mixing a chemical as stated on the label you should add more to make the mixture works better. **T F**
3. Halogens are the best chemical of choice in CSPD. **T F**
4. Iodophor formulations work well on metals, long term use prolongs the life of plastics and rubber items. **T F**
5. All aqueous solutions, such as alkaline glutaraldehydes, have a neutral Ph. **T F**
6. Make sure not to place cotton in the container to protect instruments when using "quats". **T F**
7. Isopropyl alcohol is one of the most effective sporicides on the market. **T F**
8. Failure to understand what each chemical does can lead to improper processing and inadequate decontamination processes. **T F**
9. Phenolics have a resident activity which works well in housekeeping. **T F**
10. Lower surface tension provides greater penetration of soil. **T F**

References:

1. Central Service Technical Manual, Fourth Edition IAHCSSM
2. Training Manual for Central Service Technicians, American Society for Central Service Professionals, American Hospital Association
3. Principles and Methods of Sterilization in Health Sciences, Second Edition, John J. Perkins
4. Healthcare Products Today Magazine, Jan/Feb/Mar 2002
5. Infection Control & Sterilization Technology, February 1998, Vol 4, No 2

Answers are on page 6

To receive 1.0 Contact Hours toward re-certification from NICHSPDP, complete the inservice "quiz" after reading the article. Send the entire page with the completed "quiz" to:

This in-service has expired and can no longer be submitted for credit.

who will issue a certificate. You must score 70% or better to be issued a certificate. Be sure to include the information in the fields below. If you are **NOT** a member of NCAHCSP please include a \$15 fee, \$20 for out of state, before a certificate will be issued.

NICHSPDP will allow us to give CEU credit for this inservice for one year after publication. Please be aware that this inservice will expire in January 2004.

Print your name CLEARLY, as you want it to appear on the certificate. Enter the address where you want the certificate to be sent.

Name: _____

Street: _____

City _____ State _____ Zip _____

Congratulations!

At the Annual ASHCSP meeting held in San Antonio, TX on October 19-22, 2002 the NCAHCSP received the ASHCSP Chapter Growth Award for Large Chapter, the Chapter Newsletter of the Year Award for Large Chapters and the Steris Chapter Education Achievement Award. Congratulations to the Board of Directors and all our membership!

Program Planning

January 24th, 2003

Plan to attend the next meeting to be held on January 24th at the Hawthorne Inn in Winston-Salem, NC. Our tentative program will include Myrna Kaufman and other representatives from Steris with presentations on: The ABCs of Hepatitis followed by Multiple Resistant Organisms; Are Standard Precautions Enough? in the morning. The afternoon will feature Safe Handling and Decontamination of Reusable Medical Devices followed by Common Mistakes Made in Decontamination and Sterilization.

It's not too early to begin making plans to attend the Annual Meeting and Vendor Exhibition to be held on April 30th, May 1-2,

2003 at the Ocean Dunes Resort in Myrtle Beach, SC.

Membership Report

At the beginning of our meeting on September 27th, we had a total of 272 renewing members.

Public Relations

There are a small quantity of Lanyards, Badge Pulls and travel mugs for sale. Also introduced at the annual meeting in Myrtle Beach this year was a very nice warm-up jacket. These are in purple, mauve and navy for \$15. We also have a limited number of Association Membership Plaques available at \$8.00 each.

Have you submitted your recipe(s) to Pam Caudell for inclusion in the Association Cookbook? Time is running out!

Have a suggestion for a newsletter inservice?

Please send your idea to Paul Hess at the address on the last page. Better yet, write one for submission in an upcoming issue.

Certification Information

The next NICHSPDP certification exam will be held in April 26, 2003. The application deadline for this exam is March 7th 2003. Visit the NICHSPDP website at <http://www.sterileprocessing.org> for more information. NICHSPDP is the ONLY sterile processing certification program accredited by the National Commission for Certifying Agencies. North Carolina test sites include Asheville, N. Wilkesboro, Winston-Salem, Concord, Raleigh, Greenville and Jacksonville.

The NCAHCSP Website has been "hit" a total of 378,498 times since we went online in November 1996. The most recent new visitors are from Belize, China, Ivory Coast, Seychelles, and Virgin Islands. If you have not seen the Association Web Page you can go to <http://www.ncahcsp.org>.

The Association web page will have the most up to date information, often before the mailings can be sent. If you do not have internet access, you can go online at your local library.

Recipe for your health: Vegetable Munchies – submitted by Diane Fink**In a large bowl mix**

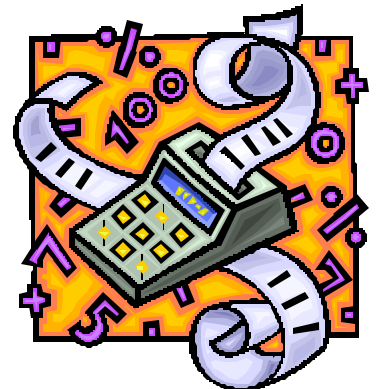
2 bunches chopped broccoli
1 large head cauliflower, chopped
6 carrots sliced thin or shredded
6 celery stalks sliced thin or chopped
1 bunch of spring onion or 1 medium onion chopped
4 cucumbers, peeled, sliced or diced

Mix together well

1/3 cup white vinegar
1 tbsp sugar
1 tbsp dill weed
1 tsp salt
1 tsp pepper
1 tsp garlic salt.

Pour mixture over vegetables and mix well. Cover bowl and refrigerate until cold. Serve

Yield: 8 servings; Nutrient Analysis Per Serving: Calories: 66.2 Total Fat: 0.5gm Calories from fat: 5.6% Cholesterol: 0.0mg Sodium: 391mg

Treasurer's Report

Roadside Wisdom – Signs seen along life's highway.

"Don't major in minor things."



Region Three Report

Meeting report from October San Antonio Conference

Things accomplished this past year:

- 1) partnered with NICHSPDP
- 2) Established with CDC guidelines for CJD
- 3) SUDS guidelines and posture
- 4) Successful DC conference
- 5) Publications Committee produced micro ETO, 4th ed tech manual, RP sterilization; CJD position paper
- 6) stand alone conference, financial health improved & increased tech
- 7) web site improved
- 8) electronic blast and newsletter
- 9) financial growth due to publication and vender growth; member growth 1%; positive bottom line
- 10) tech manual top seller in AHA
- 11) highest attendance since 1994
- 12) restructured board to meet the needs of ASHCSP; regions restructuring to cut down on the cost and reapportion the members

Road Blocks To Success:

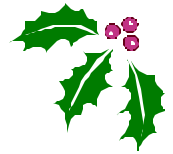
- 1) recognition awards not being used
- 2) response on board positions of Region Director and President-elect poor only one for each position. Board voted in the two to cut down on the costs

The Future:

- ◆ NICHSPDP --certification add for instrument tech.
 - ◆ Name changed to the certification board for SPD.
 - ◆ Grandfathering of VA and any other Nov 02-6/03 for transferring certification
- 1) add Spanish to the testing
 - 2) instrument tech testing
 - 3) increasing board

ASHCSP News

- ◆ Revised the by-laws for unopposed elections to meet the needs of the lack of response to the election.
- ◆ Frank Sizemore was voted in as President-elect and Bonnie Ohlrogge as Region 8 Board member
- ◆ Installation of Rose Seavey as President was the last item before closing.

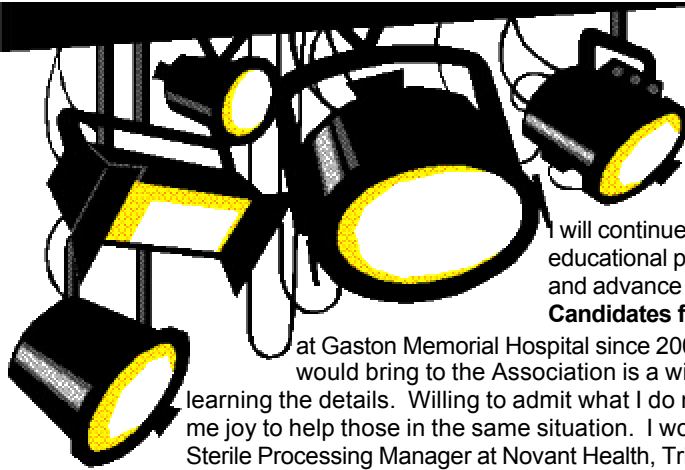


October 2002 Board Report

- Publications are very strong this year the 4th Edition of the Tech manual is currently on back order and is the top seller of the AHA. There was a recommendation of the book being put into different binding due to the present breaking during repeated opening and closures.
- Annual Conference historical data showed that the 2002 conference beat out the highest exhibitors and members. Remember 2003 in Grand Rapid.
- 2002 Board Elections where a problem due to no candidates but one in each open position. The Board requested a change in the By-laws to reflect a change if no candidates where presented then the Board could accept the only candidates.
- Keep encouraging members for local chapters and nation membership.
- Portal problems are rapidly being corrected and improved. I had trouble myself getting on and right before the conference I got on and it said "Welcome Back Dottie Conroy". I talked to the computer that I wasn't the problem the Portal was and my staff here thought I was nuts talking to the computer.
- We are looking into forming a partnership with colleges setting up associate degrees or technical programs for Central Service technology to endorse our manual and tech workbook.
- 3M has agreed to shepherd the translation of the Tech Manual into Spanish.
- The ASHCSP position on opened but Unused was established by the Board as being this" if an item is opened it is used".
- Patti Costello has resigned her position as Executive Director effective 1/1/03. A committee of the Executive committee and some Board members where asked to interview the final candidates.
- Virginia Sylvestri has been selected as our new Director effective 1/1/03. She is working with Patti to be brought up to date as to where we are at this time.

Submitted by Dottie Conroy, RN, BS
ASHCSP Region 3 Director





Spotlight on: Candidates for the 2003 Election

(for complete bio information go to www.ncahcsp.org)

Candidate for President-elect – Margie Morgan, obtained her CRCST in 1986 and has been the Assistant Director of Sterile Processing at Moore Regional Hospital since 1983. Margie received the Joe Stanley Memorial Award in 1996. Statement: “As a candidate for President-elect, I will continue to work closely with the Board of Directors to promote the best in educational programs for our members. I desire to see our association continue to grow and advance professionally, and be a resource to our members.”

Candidates for Board of Directors – Judith Carey, RN is the Processing Coordinator at Gaston Memorial Hospital since 2001. She has 27 years experience as an OR Nurse. Statement “What I would bring to the Association is a willingness to work with pride in all we do and the outlook of someone still learning the details. Willing to admit what I do not know. Eager to seek the answer from those who do. It would bring me joy to help those in the same situation. I would be honored to serve.” **Geney Krupel, RN** is the Surgical Services Sterile Processing Manager at Novant Health, Triad Region Winston since 1996. Geney has written an inservice for this newsletter in January 2001. She has been working in the OR/ CS environment since 1966. Statement ““As a board member, I will help the association plan educational offerings to meet the needs of our membership. All CS Professionals need continuing education to remain current in our field, to better communicate the importance of our role in patient care, and to aid in employee retention. I want to help promote our successes to increase the awareness of our profession. Working as a team, the certified technicians and I were successful in our efforts to bring the complexity of our roles to the attention of our compensation analyst. This resulted in a move of the Tech II position upward by three grades and the Tech III position upward by five grades. I believe in life-long learning and want to work with the NCAHCSP Board of Directors to provide education that will stimulate the growth of our membership and encourage all of our peers to be life-long learners.” **Cheryl Edgar, LPN**– is the Supervisor of Sterile Processing at Carolinas Medical Center – Pineville where she has been since 1993. Cheryl currently serves on the BOD. Statement “I believe that Sterile Processing is the most important phase of the surgical process. Because I have this strong belief, one of my primary goals is education. We must keep up with the changes in technology and skills to achieve the best results for our patients and customers. I feel my experience and knowledge could assist the association in bringing these skills and technologies to our members.” **Susan Avery, LPN** has been the Central Sterile Supply Supervisor at Halifax Regional Medical Center since 1990 and has worked in the CS environment since 1985. Susan currently serves on the BOD. Statement “Central Service is a critical department to the success of hospital healthcare. The primary goal of Central Service is to provide a quality product that will prevent the spread of infection to our patients, physicians and staff. We as an organization must always be alert to bringing quality education, advanced technology, new ideas and change when necessary. I will strive to see that quality educational programs are available and accessible to the members we serve.” **Diane Fink, RN** is the Manager of Sterile Processing at NorthEast Medical Center since 1997. She has also been the Assistant Manager from 1990 to 1996. Diane is currently on the BOD and has presented “Care & Handling of Surgical Instruments” at the 2002 Annual Meeting NCAHCSP in Myrtle Beach. Statement: “If re-elected to the Board of Directors I will continue to network with others to bring about the recognition so rightly deserved by all our departments. The Central Service Department is an integral part of all our organizations and in my opinion does not receive the recognition or pay for the services provided. I will strive to continue to bring recognition to this organization by providing exceptional educational programs, encouraging staff to be members and to share my knowledge and work experience through networking. Sterile Processing (or whatever your area is called) plays a significant role in patient care and good patient outcomes. That is why it is so important that we take pride in what we do, accept responsibility for our actions, and provide our customers with quality service and products. We are professionals and should be proud of what we do.” **Pamela Caudell, RN** is the Manager of CSR at Durham Regional Hospital since 1995. Pamela is the current Past President of the NCAHCSP. Pamela has presented at many quarterly meetings and was the recipient of the 2001 Bill Dennis Merit Award. Statement: “Being the new person on the block, I believe in looking at the perspective membership and showing them that there is something in a membership with this chapter. Each of us is unique, and it is that uniqueness that makes a chapter more rounded. I would work toward the goal of increasing membership. I would also work toward getting out the word to all other hospital areas about what we do and how we help them take care of patients.” **Ruby Blackwell, RN** is the Director of Sterile Processing, at Novant Health, Forsyth Medical Center since 1970 where she has served as ICU Inservice Director, Clinical Specialist, Director of Sterile Processing. Ruby is a Past President of the NCAHCSP and a current member of the BOD. Ruby has made numerous presentations at the quarterly educational meetings. Ruby received the Merit Award from the NCAHCSP in 1999 and the Martha Tomlinson Founders Award from the ASHCSP in 2001. Statement: “During my membership, and serving as officer, the challenges have been welcomed, and the rewards great. It has been one of the highlights in my career. It is such a pleasure to be part of a group of people, part of an organization that has such appreciative, thoughtful, and knowledgeable participants. It is always a pleasure to attend the meetings, and to share knowledge, and exchange ideas with the members. Because I have enjoyed my leadership roles with you, I am requesting two more years to broaden my knowledge, share ideas, network, and participate in an organization like no other. Thanks for your votes in the past, and I look forward to serving along side you again.”

Remember to vote for your candidate for President-elect and representative on the Board of Directors before December 13th

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Hospital Central
Service
Professionals**

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We're on the Web!
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**Post Test
Answer Key**

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

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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