



OCTOBER 2015

CAROLINAS COLLEGE OF HEALTH SCIENCES

OCTOBER IS BREAST CANCER AWARENESS MONTH!

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STUDENT GOVERNMENT ASSOCIATION (SGA) IS KICKING OFF PINKTOBER!

PINK DAY!

Thursday October 1st

Breast Cancer Awareness Month

EVERYONE GATHER for a CCHS PINK Picture taken at 12:00 noon at the flag pole!
(Lobby if rain)
Judging of Most Outrageous after the photo shoot!



FREE!
Pink Goodies all day in the lobby!

WEAR YOUR Most OUTRAGEOUS PINK!
"BEST Pinker" gets 2 weeks of LEGAL Parking in the V LOT!

CCHS Hours of Operation
Mon - Fri, 7:30 a.m. - 4:30 p.m.
Student badge access 24/7.

CCHS Computer Lab Staffed Hours
Mon - Thurs, 7:30 a.m. - 7:30 p.m.
Friday, 7:30 a.m. - 4:30 p.m.
(No after-hours staff on Fridays.)
Saturday, 11 a.m. - 4 p.m.
Sunday - No staff support.
24/7 access with CCHS badge.

CCHS Nursing Skills Lab
Staffed M-F 7:30 a.m.— 4 p.m.

AHEC Library
Medical Education Building (MEB)
Staffed Access to Collection & Services, Mon - Fri, 8 a.m. - 5 p.m.
Badge access to 2nd floor study rooms is 24/7.

Finding MEB: Look for the UNC School of Medicine sign; it's across the street from the CMC ED entrance/ambulance bay. Badge readers allow front door & 2nd floor access 24/7.

MOST CONVENIENT MAMMOGRAM EVER!

According to the American College of Radiology and the American Cancer Society, one in eight women are affected by breast cancer in their lifetime. Receiving regular mammography screenings is especially important for women over 40. More than 90% of those diagnosed early survive. Please join your fellow students and CCHS teammates in celebrating Breast Health Month. **October 9** (7:30 a.m. to 3:15 p.m.) and **December 8** (9 a.m. to 5 p.m.), a mobile mammography van will be outside between CCHS and Carolinas Rehab. What could be more convenient? This is covered with no deductible by MedCost and many other insurance companies. Ask your carrier about coverage and then call 704.403.1729 for an appointment. Be sure to bring your insurance card with you to the appointment.



Connect with CCHS



STUDENT OF THE MONTH



Crystal Winans

Congratulations to Crystal Winans, the October Student of the Month. Crystal is a nursing student in her final course and she will be graduating in December. A unique fact about Crystal is that she commutes from Fayetteville, NC, daily for class and clinicals – that’s almost five hours round-trip! Despite this distance, she has been a loyal peer tutor who uses Skype to accomplish the tutoring sessions. Crystal is extremely approachable and works well with other students and this has made her an excellent tutor. She holds a bachelor of science degree in health and exercise science with a concentration in health promotion and a bachelor of arts degree in language, literature and culture with a concentration in Spanish, both from Colorado State University.

Do you know a fellow student who is making an outstanding contribution to the community, including the college and the healthcare system? If so, consider nominating him or her to be the Student of the Month. This award recognizes a student each month who exhibits a dedication to the core values of the college. The College considers equally the student working hard behind the scenes as well as the leader who strives to make a positive impact. The monthly recipient will receive a certificate worthy of framing, a profile in this newsletter, and a parking space in the V lot. Criteria and applications are available on the information portal in the “Student Resources” section or send a nomination via e-mail to Hampton Hopkins, Dean of Student Affairs (hampton.hopkins@Carolinasc.edu).

OPEN FORUM WITH PRESIDENT SHEPPARD

CCHS students have many opportunities for input into college decision-making: service on college committees, end-of-course surveys, the suggestion board (across from classroom 161), SGA opinion polls, etc. One of the most significant is the monthly President’s Forum. Attend, and let your voice be heard! Dr. Sheppard will be available **Oct. 12**, 10 to 10:45 a.m., room 137. Unable to fit this into your schedule, no problem! Stop by her office (room 110) or send her an email: Ellen.Sheppard@Carolinasc.edu.

ANNUAL SCHOLARSHIP RECEPTION

The annual scholarship reception for recipients of CCHS scholarships will be Thursday, **Oct. 29** at Byron’s South End, Design Center of the Carolinas, 101 W Worthington Ave. Heavy hors d’oeuvres served at 6:00 p.m.; program at 6:30 p.m.

NURSING GRADUATE CEREMONY

Fall 202 nursing students, watch for upcoming information regarding an optional new ceremony for graduating nursing seniors. A committee is being formed composed of faculty, staff, students and alumni, to explore and develop a special nursing ceremony dedicated to the art of nursing and honoring student accomplishments.

YOU’RE INVITED!

Carolinas HealthCare System’s Certification Program in Patient Safety (CPPS) is sponsoring the **2015 Patient Safety Education Series**, facilitated by advisees of CHS’s CPPS program. CCHS nursing student, Miles Nelson, was chosen to be part of the first class of advisees in the program and will be facilitating a session on the subject of simulation’s role in patient safety on **November 18** from 7:30 to 8:30 a.m. Students are welcome to attend his session and all others of interest. There is no cost to attend and space is limited. Please RSVP to Cameron Davis at Cameron.Davis@carolinashhealthcare.org. A light breakfast or lunch will be served. Certificates of completion will be awarded to those who attend all four sessions in the series.

Upcoming sessions:

- ☞ **October 12**, Noon to 1:00 p.m. *What is Human Factors and What is its Role in Patient Safety?* Presented by Liz Diaz, MD and Caroline Dana, PA-C. Medical Education Building, Conference Room 6A/B.
- ☞ **October 28**, 11:30 a.m. to 12:30 p.m. *How Can We Learn From Errors and Near Misses to Prevent Harm?* Presented by Tyler Atkins, MD and Lisa Foster, MSN, RN-BC. Medical Education Building, 6A/B.
- ☞ **November 18**, 7:30 to 8:30 a.m. *What is the Role of Simulation in Patient Safety?* Presented by Crystal Bencken, MSN, RN, CEN, CPEN and Miles Nelson, CCHS Nursing Student. Medical Education Building, Internal Medicine Conference Room, 5th Floor.

The Certification Program in Patient Safety (CPPS) is designed to build a culture of safety by integrating proven strategies into the education and training of new physicians, nurses, and advanced practitioners during their respective formal education programs. During the 9-month program, participants gain expertise in system-based quality improvement and simulation education as applied to patient safety. The program educates and prepares the next generation of quality improvement innovators and patient safety leaders.

NEW STUDENT ORIENTATION FEEDBACK

One hundred and seventy three new students started Carolinas College this fall and 42% of you shared feedback about new student orientation. Below are some of the highlights and lowlights:

- ☞ 76% indicated they agree or strongly agree that college communications related to orientation were informative and timely but some feedback suggested we could have communicated the start time better.
- ☞ 85% indicated knowing where to park before arriving for orientation but feedback suggested there was some confusion as to what entrance to use.
- ☞ 96% indicated having their student ID badge before arriving for orientation but some indicated their badge did not work.
- ☞ 63% indicated they agree or strongly agree that information provided by the Student Ambassador call was helpful but 24% indicated never receiving a call.
- ☞ 89% indicated completing all or most of the online orientation before the on-site orientation and 76% appreciated the convenience of online orientation but there was some confusion with the ACE modules.
- ☞ 97% indicated they agree or strongly agree that orientation prepared you to be successful in starting your program at CCHS but feedback suggested an increased focus on activities designed to meet other students' needs.

As a result of this feedback, the College has made two changes and more will come as we prepare for new students in January. First, an orientation agenda will be posted on the program pages early enough for new students to see the start times. Second, a revised campus map that is more descriptive has been developed. The Student Ambassador call process is being reviewed to ensure that the information provided is helpful and that every new student will receive a call. Thanks for your feedback!

CULTURAL & RELIGIOUS DIVERSITY: Understanding and Respecting Others' Beliefs.

Charlotte's increasing diversity is reflected in the patients we serve. A culturally competent provider knows that religious beliefs can bring comfort to patients dealing with illness, pain and stress. Listed below are some of the current month's days of cultural and spiritual significance.

October 3. *Worldwide General Conference begins – Church of Jesus Christ of Latter-day Saints.* This is the largest worship service for Latter-day Saints (also known as Mormons) and lasts for two days. Conference proceedings are broadcast live over the Internet and through other electronic media.

October 4. *World Communion Sunday – Christianity. Feast Day of Saint Francis of Assisi – Christianity.* A celebration of the patron saint of animals and ecology and the founder of the Franciscan Roman Catholic religious order, known for its ethic of simplicity and service. Many Christians mark this festival by bringing their animal companions to churches for a blessing. *Shemini Atzeret [Eighth Day of Assembly] – Judaism.* This eighth day of Sukkot [Festival of Tabernacles] features prayers for rain and a good harvest in the coming year. It begins at sundown.

October 5. *Simchat Torah – Judaism.* This festival, also known as "Rejoicing with the Law," marks the end of Sukkot and the completion of the Torah reading cycle with the beginning of reading the first book again. Jews celebrate this day by singing, dancing, and marching around the synagogue or temple with Torah scrolls. This festival begins at sundown. *Bodhidharma Memorial – Buddhism.* This day celebrates the monk (5th – 6th centuries C.E.) who emigrated from India and is credited with transmitting Ch'an [Zen] Buddhism to China.

October 9. *Birth of Gurū Ram Das – Sikhism.* This date in the Nanakshahi tradition celebrates the birth of the 4th Sikh gurū (1534 – 1581 C.E.), who is remembered for organizing the structure of Sikh society and for composing a four-stanza hymn that is the basis of many Sikh wedding ceremonies.

October 13. *Navaratra or Navaratri Dusserha – Hinduism.* The beginning of a nine-day festival of the divine mother, honoring Shiva's wife Durga and seeking her blessings. It is also observed as a celebration recalling the days of Lord Krishna. Fasting and prayer are practiced. *Ra's al-Sanat al-Hijriyah: Islamic New Year. [First of Muharram] – Islam.* Commemorating the migration of the prophet Muhammad and his small band of followers from Mecca to Medina in 622 C.E., in order to escape persecution and to establish the first Muslim community. The Islamic year 1437 begins at sundown. *Nichiren Shonin Memorial – Buddhism.* This day celebrates the monk (1222 – 1282 C.E.) who encouraged his followers to devote themselves to the Lotus Sūtra as the exclusive means to enlightenment.

October 22. *Dashara, Vijaya Dashami, or Dussehra – Hinduism.* Celebrates the triumph of Durga, the Divine Mother who manifests fierce compassion, over the forces of evil, as well as commemorating Rama's victory over the demon Ravana.

October 28. *Pavarana – Buddhism.* This day is the end of the three-month Vassa or rains retreat observed by Theravadin Buddhist monks. *Atmasiddhi Rachna Divas (Creation Day) – Jainism.* On this day in 1896, the poet Shrimad Rajchandra-ji (who was a spiritual guide for Mohandas Gandhi) wrote the legendary treatise *Shri Atmasiddhi Shastra*, which explains the quintessence of Jainism.

October 30. *Karwa Chauth – Hinduism.* A day of fasting for married women, in which they dress like new brides and offer prayers for the long lives and safety of their husbands. Husbands offer sweets to their spouses at the end of the fast, once the moon is sighted.

October 31. *Halloween. Reformation Day – Christianity [Protestant churches].* This day commemorates October 31, 1517 C.E., when Martin Luther nailed his Ninety-Five Theses to the door of the church in Wittenberg, Germany, eventually leading to the Protestant Reformation in Europe. Most Protestant Christian churches will mark this on Sunday, October 25th. *Samhain – Wicca.* Celebration of the Celtic New Year. The dying God returns to the womb of the Goddess in preparation for rebirth at Yule. The souls of ancestors and those who have died during the turning of the past year's wheel are remembered. Vegan Wiccans harvest nuts, the kernels of which symbolize wisdom.

Our thanks to the Council of Religious Leaders of Metropolitan Chicago, the Multifaith Action Society of British Columbia (Canada), BBC's Religion Website, Peel Schools District Board (Mississauga, Ontario, Canada), the Arizona State University Provost's Office, the NCCJ of the Piedmont Triad, the Anti-Defamation League, Project Interfaith (Omaha, NE), and www.interfaithcalendar.org

TEAMMATE ANNOUNCEMENTS



Doug Frankenburg

Doug Frankenburg, director of the radiologic technology program, will retire at the end of 2015. Celebrating his fifth year with the college, Doug has successfully led the rad tech program through curriculum revisions, enrollment changes, and exploring expanded career opportunities for graduates all while ensuring the program maintained its stellar outcomes each and every year. His swan song will be leading the program through their site visit next month. Doug has also helped guide the college through enhancements to safety and security, serving as the chair of the Environment of Safety committee during the last several years. The resident lexicomane, Doug always has a thoughtful word, quote, or song lyric applicable to any situation. He is a jack-of-all-trades and can usually be counted on to help fix pipes, reset breakers and even haul out recycling bins. For these reasons, and so many others, Doug will be missed as he moves on to this new chapter in his life.

Jared Smith joins the college as the new director of general studies effective October 5. Jared holds masters degrees in biology, biochemistry and soon in kinesiology. He taught science in both secondary and post-secondary school systems and served as an adjunct instructor at Winthrop University. Most recently he was a full-time faculty member at York Technical College in Rock Hill. During his time at York Tech, he was recognized as the Phi Theta Kappa Teacher of the Year, served as the interim department chair and was a part of the organizational development team. He has also worked with local colleges to develop 2+2 programs for York Tech graduates and has an interest in online instruction. Jared's office will be room 256.



Jared Smith

TEAMMATE SPOTLIGHT - Beverly Martin



Beverly Martin

A native of Massachusetts, Beverly began her career in medical imaging with an associate of science degree from Trident Technical College in N. Charleston, SC, in 2000. After working as a staff radiologic technologist and computed tomographer in various southern states, she relocated to Charlotte and enrolled in the radiation therapy program at Spartanburg Technical College, receiving a diploma upon completion in 2006. After graduation she worked as a radiation therapist for Carolinas Medical Center for three years. In 2013, Beverly received her bachelors of science degree from Adventist University of Health Sciences. In her spare times she enjoys shopping, spending time outdoors, and family time with her husband, David and their three children, McKay, Caroline, and Jonathan.



The 2015 Carolinas HealthCare System Flu Campaign began **September 28**, and lasts through **November 20**. All CCHS students and teammates are required to receive the flu vaccine. Exemptions will be offered to those who submit a medical or religious exemption form or documentation. When the flu season is declared, anyone who submitted an exemption form (by the deadline) will be required to wear a surgical mask within six feet of a patient in designated areas. If you fail to wear a mask in the presence of patients, you may be asked to go home and may be subject to end of employment with Carolinas HealthCare System.

Again this year, CHS is offering a variety of options in the types of flu vaccine protection. Two of these options, Flu Mist and the intradermal preparations, have a delayed shipment date and will be unavailable at the start of the campaign. Teammates who prefer these options should email the Teammate Health Flu Info mailbox (TeammateHealthFluInfo@carolinashealthcare.org) and request notification when the vaccines are available.

Free vaccinations will be offered in the main lobby on the following:

- ☞ **October 5**, 11 a.m. to 2 p.m. (teammates only)
- ☞ **October 22**, 1 to 3 p.m. (student only)
- ☞ **October 23**, 10:30 a.m. to 1:30 p.m. (both)
- ☞ **October 29**, 10:30 a.m. to 1:30 p.m. (both).

Teammates who receive the flu vaccination will be given a sticker to be placed on their ID badge. Anyone with last year's sticker should replace it with the new sticker.



ANOTHER EXCITING OPPORTUNITY FOR STUDENTS



Dr. John Santopietro and nursing student Alison Campbell

In August, Alison Campbell attended a session facilitated by Dr. John Santopietro, chief medical officer and strategist for behavioral health at Carolinas HealthCare System. Educated at Yale, Harvard, and Northwestern, Dr. Santopietro was recruited to join CHS shortly after he led the community grief and trauma counseling effort for residents of Sandy Hook, NJ, following the tragic school shootings there. Though she gave up her Saturday morning to attend, afterward she enthusiastically commented, "It was a very stimulating discussion that gave me a sense of what working in the CHS community is like!"

STUDENT NURSES ASSOCIATION (SNA) UPDATE



NUR 101 student Brittani Montes enjoys outside activities sponsored by SNA

Happy fall from the SNA! Looking for a way to beef up your nursing resume? The SNA is looking for up-beat students to join its Board in January. Multiple positions will be open: President, Vice President, Secretary, Treasurer, Fundraising Chair, Marketing Chair, Membership Chair, and 101 Representative. Board members meet monthly and help with various SNA activities. Please email April Davis (SNA Advisor) at april.davis@carolinashealthcare.org if you're interested in this opportunity to serve CCHS and your fellow nursing students.

SNA members have been asked to assist with screening Special Olympics athletes for Med-fest at the Charlotte Rehabilitation Hospital. This event will take place from 9 a.m. to 1 p.m., Friday, **October 16**. SNA members will help with registration and vital signs, height/weight, vision and hearing screenings. Please consider volunteering for this worthy cause.

Thanks to all who participated in the recent SNA bake sale; whether you assisted with baking, setup, booth management, or buying, everything was appreciated. The proceeds of the bake sales go toward refreshments for speaker engagements, NUR 101 orientation lunches, and the Cynthia Favorite Scholarship.

Speaking of the Cynthia Favorite Scholarship...nominations are being accepted now. Any student can nominate a deserving NUR 202 student who demonstrates exceptional leadership and commitment to the school and the community. The winner will receive a \$250 scholarship. Nomination forms are located on the door of April Davis' office (room 101) but remember to return them by **November 6**.

Finally, mark your calendars for **October 29** when Amy Hicks, RN, will speak on the topic of "Magnet Status" in room 161 from 8 a.m. to 8:50. Free bagels and coffee provided.

COMPLIANCE CORNER - Sharps Containers

Sharps containers, used to store discarded sharp procedural objects to reduce the risk of workers being stuck with contaminated items, have changed. The new collection box called "Sharpsmart" is slightly different in that it is broader and deeper to accommodate more items but will still be mounted to the wall. Other changes include a large lid with a safety slide lock that should be moved to an open position for use. When unlocked with the top open, syringes and other items should be placed horizontally onto a tray and when the tray is tipped upward, it empties to the box beneath. When the container is full, if the lid is lifted, a barrier with the word "FULL" is locked into position prohibiting any other deposits. When not in use, the slide lock on the outside of the Sharpsmart container should be moved to a locked position.

Tips to remember:

- 🌀 Place items on the drop tray, do not toss or throw them in.
- 🌀 Never place your hands in a Sharpsmart container to retrieve anything.
- 🌀 Do not use the Sharpsmart container for other waste, only sharps.



The SNA bake sale was a great success!

PHI THETA KAPPA (PTK) UPDATE

Welcome to the 21 new PTK members inducted on September 17!

Many thanks to Jason Mitchell, Cathey Miller and Cathy Borysewicz who served dinner at the Men's Shelter on September 3.

Upcoming Events:

- ☞ **October 1:** Men's Shelter of Charlotte, 3410 Statesville Avenue, Charlotte, NC 28206, 5:30 to 7 p.m. Volunteers needed to help serve dinner to the men. No set up or clean up required! Come help and fellowship. What a great time to get involved!
- ☞ **October 8:** PTK Meeting, 8:00 a.m., room 161
- ☞ **October 22:** CBCC Blood Drive

Save the Date:

- ☞ **November 5:** Men's Shelter of Charlotte

PTK t-shirts are available to members for purchase. See Cathey Miller in room 252 to get yours today! Sizes available: S, M, L and XL. Cost = \$9.90 each.

PTK recognizes and encourages the academic achievement of 2-year college students and provides opportunities for individual growth and development through participation in honors, leadership, fellowship, and service programming. For questions please contact President Kathryn Gorham. Members are reminded to regularly visit the PTK site on Moodle for the latest information, updates, and upcoming events! Faculty advisors are Cathey Miller and Cathy Borysewicz.

EMERGENCY NOTIFICATION TESTING

CCHS has contracted with a new vendor to provide emergency notifications to students and teammates. As is standard protocol, the College will conduct a test of this communication system on **November 12** at 3 p.m. At this time a blast voicemail message will be sent to the primary and secondary phone numbers of all students and teammates. This test is conducted twice each academic year to ensure that the emergency response system is functioning properly. Once tested, this system is only activated in accordance with the College's Emergency Response Plan and at the discretion of select members of the campus' Emergency Response Team.

When you receive the call, please answer and respond to the appropriate prompts. The system is designed to call several times if it does not receive an answer. For more information regarding the emergency response communication system and other safety information at Carolinas College, please contact Dean Hampton Hopkins in student services.

WOW - THESE FOLKS ARE AMAZING!

Part of a culture of excellence is recognizing others. CCHS does that is with WOW cards and Values In Action recognition. Read the posted WOW cards on the WOW board to see what your classmates and CCHS teammates are being recognized for! The following CCHS Stars were recognized recently with WOW cards or Values in Action teammate recognition.

Students: Emily Escher

Teammates: Business office staff, Lori Bequette, Jane Binetti, Alisha Borchardt, Kisha Choice, Denise Ferguson, Joy Godwin, Jodie Huffstetler, Cathey Miller, Kathie Park, Cheryl Pulliam, Chrisanne Rancati, Rhoda Rillorta, Larry Turner, Nancy Watkins

PHOTOS FOR ALL STUDENTS GRADUATING IN 2016

Each year as a gift to graduating students, the College has a large composite photo made of their class. Each graduate receives an 11 X 14 souvenir copy as well as two small individual pictures ideal for your certification exam application. A large framed composite hangs in the lobby for the next 12 months, and a smaller framed version hangs in the portrait hall forever. Pictures will be taken in late January 2016. Watch for more details in coming newsletters.



L to R: April Davis, Chris Yen, Erin Lance, Erin Freeze, Kylie Crawford, Sheila Wallace and Emiley Peterson. Not Pictured: Kelsii Beverly, Abby Byrnes, Rachel Cheema, Nicole Clifton, Ashton Jenkins, Jihye Kim, Jessica McGuirt, Mary McManus, Megan Mullis, Melissa Rushing, Suzanne Sellers, Julie Whitmore, Abby Willis and Bryan Wise.



CONTINUING EDUCATION OPPORTUNITIES

CCHS Admissions Information Session - October 6, 3:30 to 5 p.m. The schedule is 3:30 to 4 = tour; 4 to 5 = info session. Have friends who want to know about CCHS? Contact Joy Godwin at the front desk or 704.355.5051 to sign up for an info session. For information on Medical Laboratory Science or Histotechnology, contact Kelly Shirley, 704.355.4275.

CPR: BCLS Online - Part 1. Cost \$22.00 (Online payment required - cannot register via brochure.) Access the American Heart Association website by typing in the web address (<https://www.onlineaha.org/index.cfm?fuseaction=main.registration&login=redirect>); choose BLS Online - Part 1. The course takes approximately 1 hour. The test has to be completed in one sitting. Print the Course Completion Certificate to bring to BCLS Online Skills Check Part 2.

CPR: BCLS Online Skills Check - Part 2. October 7, 14, 21 & 28. 1 to 3 p.m. Cost \$25.00. You must bring the Part 1 Course Completion Certificate (Passing) to Part 2. Be ready to check off on all BLS Skills. Complete skills check (Part 2) within 60 days of completion of online BLS (Part 1).

Introduction to IV Therapy Workshop - October 9, 8 to 11:30 a.m. Cost: \$79.00. CE Credits: 3.5 hours (0.35 CEUS). A great refresher for all nurses, including student nurses! Come and learn/review the basics of vascular access. To register, contact Lakisha Bennett, at Lakisha.Bennett@carolinas.org or 704-355-2663.

Chaplain's Grand Rounds - Mental Illness: Mind, Body and Spirit - October 15, Noon to 1 p.m. Monthly, the Spiritual Care Division invites all CHS learners and teammates to a 1-hour, thought-provoking presentation by a local, regional, or national thought leader. Held in the Suzanne Freeman Auditorium (at top of Loop Road turn right toward loading dock then left into Cannon Research Building), this month's speaker is Amanda Goodwin, LCSW, topic is *Be Ye Not Anxious: Anxiety Disorder*. Feel free to bring your lunch!

CPR: BCLS for the HealthCare Provider - October 28, 8 a.m. - 1 p.m. Cost \$60. Textbook included. This course is designed for professional rescuers or students required to have professional rescuer certification for their healthcare program of study. The course provides information on adult and pediatric CPR, two-rescuer scenarios, use of the bag-valve mask, foreign-body airway obstruction (conscious and unconscious), AED, special resuscitation situations, and other cardiopulmonary emergencies. Questions about course information or requirements should be directed to Christy Dull at 704-355-5699 or Christy.Dull@carolinashealthcare.org.

Violence in the Workplace (Webinar) - October 28, Noon to 1 p.m. Objectives of the webinar include: Learn about normalizing caregiver burnout, hear tips for setting boundaries and how to take care of the caregiver, and learn about community agencies that can offer support. Sponsored by CHS Employee Assistance Program (EAP), 720 East Blvd. **FREE** for CCHS students! Advanced registration is required and space is limited so please call 704.355.5021 to register.

OUR PINNACLE AWARD NOMINEES

At Carolinas HealthCare System the penultimate teammate recognition is the Pinnacle Award. Of the 66,000 teammates in the system, hundreds are nominated, and just a dozen are selected for Pinnacle recognition each year. Like the Oscars, even to be nominated is a great honor! Three CCHS teammates were nominated in 2015, each accompanied by a lengthy explanation of how the individual demonstrates our core values of Teamwork, Commitment, Integrity, and Caring. In coming months, their nominations will be shared on posters in the lobby. Join CCHS in celebrating our three 2015 Pinnacle Nominees!



Kim Bradshaw
Dean of Administrative and
Financial Services



Carla Cozen
Faculty, General Studies



Cyndie Hobson
Faculty, Medical
Laboratory Sciences

SOMETHING NEW FOR CCHS STUDENTS!

To deepen teamwork, inter-professionalism, and patient-centered care, 10 lucky CCHS students a year will be selected for a "PULSE Weekend." Paired with a 3rd year medical student for the weekend, the CCHS student follows a single ED patient for three days, from arrival at the emergency department on Friday evening through triage, emergency procedure, consults, hospital admission, and rounding by the care team on Saturday and Sunday mornings. The CCHS student sees healthcare through the lens of a single patient, meeting the family and every member of the care team. It's real, it's big, and it's making healthcare better! Here's our very first participant - Steven Cuzmenco, 1st semester NUR student and his medical student pairing. Said Steven at the debrief: "I'm amazed at how much I saw and learned about healthcare delivery. I'm motivated to study even harder now!"



Nursing student Steven Cuzmenco and the medical student he was partnered with for PULSE Weekend.

STUDENT SUCCESS CENTER: TIPS FOR YOUR SUCCESS

Success Tip of the Month - Can't Remember What You Read? Try the SQ3R Reading System! These 5 steps will help you glean and retain more of what you read. Your study time will become more productive.

Survey

- Read title, headings and subheadings and turn these into questions. Example:
 - Subheading: "Vertebral Column"
 - Question: What are the main parts of the vertebral column?
- Read introduction, summary, captions and study questions.

Question (as you survey)

Create questions based on your survey; create flash cards or study guide.

Read

- Read actively, looking for answers to your questions.
- Annotate!

Recite

Recite and quiz yourself immediately after reading.

Review

- Review daily, weekly and before tests.
- Create practice questions.

For more details about the SQ3R Reading System and other study tips, as well as current opportunities for part-time and PRN employment, check out the Student Success page on the information portal. (Click on *Student Resources*, then on *Student Success Center*.)

Student Employment Opportunities - Interested in part-time/PRN employment? CHS Recruitment Specialist Cliff Chapman will be in the main lobby on **October 5**, 10 a.m. to noon.

To make an appointment with Cliff:

- ☞ Log into the information portal and click on *Student Success Center* under *Student Resources* at the top of the page.
- ☞ Select the *Job Search Resources* tab. When you open that section, the interview sign-up sheet will be your first choice. You may sign for any open 15-minute timeslot.

Contact Cliff at 704.631.0347 or Clifton.Chapman@carolinashealthcare.org. Nancy Watkins is also available here at CCHS to support your job search efforts.

Guess Who's Coming to Our Continuing Education and Job Fair? October 7, 2:00 to 4:00 p.m. NEW VENUE - Tower Dining Room, Carolinas Medical Center.

As you plan for life beyond Carolinas College, don't miss this opportunity to talk with representatives from colleges and universities about their programs. Human resources personnel from CHS Regional healthcare facilities are also invited to attend.

Come explore your options with the following institutions:

- Cabarrus College of Health Sciences
- Chamberlain University
- Gardner-Webb University
- Grand Canyon University
- Lenoir-Rhyne University
- NC A&T State University
- CMC/UNCC Nurse Anesthesia Program
- CHS/UNCC Acute Care Nurse Practitioner Program
- Queens University of Charlotte
- Scotland Health Care System
- The College Network
- UNC Charlotte
- UNC Greensboro
- UNC Wilmington
- Western Carolina University
- Winston-Salem State University

CHS AMBASSADOR OPPORTUNITIES AVAILABLE

Carolinas HealthCare System (CHS) participates in tons of local activities – sometimes to provide assistance, sometimes for visibility. Either way, energetic, outgoing CCHS students can help as ambassadors. Below is a list of events coming up. To participate in any of them, email Devon.Smith@CarolinasHealthCare.org or call 704-667-6509. The only rule: If you sign up, show up; you are representing both CCHS and CHS! (This is different from being a CCHS Student Ambassador. See Rhoda Rillorta in student services for more information about becoming a Student Ambassador.)

SUNDAYS in OCTOBER • 1 PM. Fall Frolic and Corn Maze: Located at Anne Springs Close Greenway, Haigler Lake. This festival features family-friendly activities including archery, horse rides, a corn maze, wagon rides, kayaking, canoeing and other fall festivities. Ambassadors are needed to staff the information table and encourage attendees to live Healthy Together.

SATURDAY, OCTOBER 10 • 7:00AM. NAMI Walk: In partnership with Carolinas HealthCare System the National Alliance on Mental Illness (NAMI) is hosting a fundraiser walk/run that raises awareness of the mental health disparities in America. Ambassadors are needed to staff the information table and greet participants.

TUESDAY, OCTOBER 13 • 5:30 PM. Sun City Carolina Lakes Health Talk: Sun City Active Living Community hosts this series of monthly health talks featuring Carolinas HealthCare System clinicians. Ambassadors are needed to staff the information table and greet residents.

THURSDAY, OCTOBER 15 • 7:30 AM. Healthy Together School Assembly: This school assembly will encourage all students of Sugar Creek Elementary School to live a healthy lifestyle by following the 5-2-1-0 program. Ambassadors are needed to staff the information table and greet students and staff.

FRIDAY, OCTOBER 16 • 6 PM. Friday Night Football Game: Ardrey Kell High School vs. Providence High School Varsity football game. This Friday night game includes two of the area's best football teams squaring off at Ardrey Kell High School. Ambassadors are needed to staff the information table and provide giveaways.

SATURDAY, OCTOBER 17 • 7 AM. Big South 5K Run/Walk: Carolinas HealthCare System sponsors this event at Blakeney Shopping Center. The race is followed by the 8th annual Ballantyne Boo Bash featuring family-friendly activities. Ambassadors are needed to greet race participants and provide giveaways.

SATURDAY, OCTOBER 17 • 11 AM.

Pineville Fall Fest: Carolinas HealthCare System sponsors the 18th Annual Pineville Fall Fest. This is a two day festival featuring continuous live music, carnival, rides, games, food, crafts, children's art show, demonstrators and performers set against the beautiful backdrop of Pineville Lake Park. Ambassadors are needed to greet race participants and provide giveaways.

SATURDAY, OCTOBER 17 • 4PM. Oktoberfest in Old Town: This annual event in downtown Rock Hill, is a Bavarian style street festival that highlights German culture. There is live music, arts & crafts, and a Kids Zone. Ambassadors are needed to staff the informational table and interact with community.

TUESDAY, OCTOBER 20 • 8:30AM. Sun City Carolina Lakes Vendor Fair: Sun City Active Living Community hosts this bi-annual opportunity for community organizations to display their services and products. Ambassadors are needed to staff the information table and greet residents.

THURSDAY, OCTOBER 22 • 6 PM. CHS Pineville Health Talk: "Cancer Fighting Foods." Join Monica Gallant and Melissa Pratt of Carolinas Healthcare System and Levine Cancer Institute as they discuss tips on maintaining a healthy diet and how to identify "super foods" that could have a powerful effect on your health. A healthy meal will be provided to all participants as well as a food demonstration. Ambassadors are needed to welcome attendees and help with set-up.

SATURDAY, OCTOBER 24 • 11AM. Not-So-Spooky Halloween: This child friendly event is great for families to come and enjoy the Halloween and fall festivities. This event takes place at Stumptown Park in Matthews. Ambassadors are needed to staff the information table and provide giveaways.

FRIDAY, OCTOBER 30 • 6 PM. Friday Night Football Game: Nation Ford High School vs. Clover High School Varsity football game. This Friday night game includes two of the area's best football teams. This game will take place at Nation Ford High School. Ambassadors are needed to staff the information table and provide giveaways.

FREE EXERCISE CLASSES FOR CCHS STUDENTS/TEAMMATES AT CHS LIVE WELL!

LOCATION	Day of the Week (all month)	DAY/TIME	FEE	CONTACT
<p>Your CCHS enrollment qualifies you for FREE participation in LiveWell Fitness Classes!</p> <p>All Classes held at CHS LiveWELL Building: 801 East Boulevard</p> <p>From Shomars on East Blvd., head toward South Blvd. Half way there, you'll see the CHS Live Well building on the right just before you get to the Greek Orthodox Church (on the left).</p> <p>CCHS ID badge required.</p> <p>Park at the back of the building and enter the card-coded door with your badge, using your student ID badge. Multipurpose workout areas are visible as soon as you enter. No shower facilities are available.</p>	<p>Mondays Kick Boxing Zumba</p>	<p>5 to 6 p.m. 6 to 7 p.m.</p>	<p>Free to CCHS students and CHS teammates with badge ID.</p> <p>All classes led by highly qualified, experienced instructors. Exercise flooring is safe, cushioned material. Bring your own water, towels, and yoga mat. Other materials specific to the class are provided (weights, hoops, etc.)</p>	<p>Livewellevents@carolinashealthcare.org or 704.446.1645.</p> <p>Even more motivation: Employment offers at some CHS units require "fitness testing" to assure applicants can bend and lift weights consistent with job expectations. Not sure you can easily lift 50 pounds? Start bending & lifting now to get in shape, at Live Well!</p>
	<p>Tuesdays Total Workout Body Party Fitness (Maxie)</p>	<p>5 to 6 p.m. 6 to 7 p.m.</p>		
	<p>Wednesdays Body Sculpt Yoga</p>	<p>5 to 6 p.m. 6 to 7 p.m.</p>		
	<p>Thursdays Pilates Socacise</p>	<p>5 to 6 p.m. 6 to 7 p.m.</p>		
	<p>Mon & Wed Quick Fit Small group training with Jeremy Sinclair</p>	<p>4:30 to 5:10 p.m. 5:20 to 6 p.m.</p>	<p>For Quick Fit: Only \$50.00 for 4 weeks (8 sessions)</p>	<p>Questions? Email Carol.Tyndall@carolinashealthcare.org or call 704.446.1645</p>

NORWEGIAN SCABIES OUTBREAK

You may have recently seen a report on the news about scabies at Carolinas Medical Center. As teammate, student and patient safety are the College's top priorities, steps that have been taken to keep you informed, address this issue, and prepare you for any questions you may receive.

Recently, a patient at CMC was hospitalized for an underlying medical condition and during the hospitalization, was identified as having Norwegian (crusted) scabies. Red bumps and intense itching are the most common symptoms of this type of scabies, which is more easily transmitted than other types. It is typically spread by direct skin-to-skin contact with a person with scabies. A common treatment is the topical cream, Permethrin.

The patient is no longer in care but had exposed some team members, who developed rashes consistent with scabies. Those teammates who were exposed have been identified, evaluated and offered treatment, however the System is continuing to monitor for any new cases. No additional patients were identified as having scabies.

Please direct any questions or concerns to your instructor, your manager, or to Dr. Hampton Hopkins, dean of student affairs.

Q&As for Students and Teammates

Q: How do I know if I was exposed to scabies?

A: If you were identified as being in direct contact with the source patient, or potentially exposed to scabies through indirect contact with healthcare workers who developed a rash consistent with scabies, you most likely were contacted by Teammate Health. If you believe you are at risk and have not been contacted, please notify your instructor or manager who can facilitate a Teammate Health evaluation as needed. Teammate Health is offering treatment to any student/teammate who was impacted.

Q: What do I do if I develop a rash consistent with scabies?

A: To prevent further exposure among teammates, students and patients, it is essential that you are evaluated by Teammate Health and treated prior to working to prevent any further exposures. Please contact your instructor or manager as soon as possible.

Q&As for Patients

Q: Am I at risk of contracting scabies? Could I potentially have been exposed to scabies already?

A: No. All patients cared for by known healthcare workers with a rash have been notified. Risk of transmission from healthcare worker to patient is very low. Among all patients, including those contacted, there have been no confirmed cases of scabies.

Q: If I have a scheduled procedure at CMC, should I cancel it?

A: No. Carolinas Medical Center has taken appropriate action to contain the scabies exposure and is continuing to put patient safety first and prioritize the health of patients.



October Happenings

Details of each are found elsewhere in this newsletter. Red indicates special opportunities to engage and connect!

- Oct. 1 **CCHS Goes PINK!**
PTK Volunteers at the Men's Shelter
- Oct. 5 Free Flu Vaccinations On Campus
HR Rep on Campus
- Oct. 6 Admissions Office Information Session
- Oct. 7 CPR: BCLS Online Skills Check - Pt. 2
Continuing Education and Job Fair
- Oct. 8 PTK General Meeting
- Oct. 9 Mobile Mammogram van will be on site
CCHS Spirit Day - Wear CCHS spirit wear and be entered for prizes. The most creative attire will win the grand prize.
- Oct. 9 to 11 **CCHS Homecoming Weekend**
- Oct. 12 Open Forum with President Sheppard
2015 Patient Safety Education Series - *What is Human Factors and What is it's Role in Patient Safety?*
- Oct. 14 CPR: BCLS Online Skills Check - Pt. 2
- Oct. 15 Chaplain's Grand Rounds - *Be Ye Not Anxious: Anxiety Disorder*
- Oct. 16 **SNA Assists with Special Olympics Screenings**
- Oct. 19 to 23 **Make a Difference Week - The Great Place to Work Committee will announce the events being hosted by Carolinas HealthCare System - 75 events are planned in honor of CHS's 75th anniversary.**
- Oct. 21 CPR: BCLS Online Skills Check - Pt. 2
- Oct. 22 **PTK Sponsored Blood Drive**
Free Flu Vaccinations On Campus
- Oct. 23 Free Flu Vaccinations On Campus
- Oct. 28 2015 Patient Safety Education Series - *How Can We Learn From Errors and Near Misses to Prevent Harm?*
CPR: BCLS Online Skills Check - Pt. 2
CPR: BCLS for the HealthCare Provider
- Oct. 28 Employee Assistance Program Webinar - *Violence in the Workplace*
- Oct. 29 **Pumpkin Carving/Decorating Contest - Pumpkins will be available in the lobby for decorating and carving. Prizes for the most creative pumpkin.**
Annual Scholarship Reception
Free Flu Vaccinations On Campus
SNA Speaker Series - *Magnet Status*

On Deck for November (Native American Heritage Month)

- Nov. 2 **Carolina Panther Spirit Day**
- Nov. 6 **SGA Presents: Minute to Win It!**
Excellence in Nursing Education Day
- Nov. 9 to 13 **National Radiologic Technology Week (includes RTT)**
- Nov. 23 **Thanksgiving Luncheon**

Watch your email for specific details about each RED activity and event.