



Carolinan College of Health Sciences | February 2017

A MESSAGE FROM DEAN KAREN LEWIS

Black History Week was established in 1926 by the African American historian Carter G. Woodson to recognize the accomplishments and contributions of Americans of African descent. The celebration was expanded to Black History Month in 1976 in conjunction with the celebration of America’s bicentennial. The month of February was selected to align the celebration of Black History Month with the birthdays of Frederick Douglass and Abraham Lincoln.

One little known black history fact is that the Association for the Study of African American Life and History (ASALH) in Washington, DC selects a different theme for each year’s celebration. The theme for 2017 is “The Crisis in Black Education.”

Education can be one of the most powerful tools to transform the lives of individuals, families, and communities. However, the inverse is also true. Withholding educational opportunities and access can be a tool of control and oppression. Historically in the United States, disparities in educational experiences and opportunities for African Americans have been a barrier. While progress has been made, challenges remain in 2017 - which is why the theme was chosen for this year.

CCHS Hours of Operation

Monday to Friday

7:30 AM to 4:30 PM

Badge access: 24/7

CCHS Computer Lab

Monday to Thursday

7:30 AM to 7:30 PM

Friday

7:30 AM to 4:30 PM

(No after-hours staff on Fridays.)

Saturday, 11 AM to 4 PM

Sunday - Not staffed

Badge access: 24/7

CCHS Nursing Skills Lab

Monday to Friday

7:30 AM to 4 PM

AHEC Library

Monday to Friday

8 AM to 5 PM

Badge access: 24/7.

This is a multi-faceted challenge that requires K-12 school systems and institutions of higher education to partner with the communities of color to bridge the gaps and level the playing field. The pervasive effects of systemic discrimination and continued sub-optimal practices in the delivery of K-12 education require a bold and innovative response to ensure all students have an equal opportunity to be academically prepared and competitive for higher education and the global workforce. The direct relationship between educational attainment and socio-economic status further illustrates the power of education in the war on poverty.

What can we do at Carolinas College of Health Sciences to be a part of the solution? As individuals, we must first acknowledge that we all have biases that impact our beliefs, responses, and actions towards others. But, we cannot stop at acknowledging our biases. We must be willing to intentionally and actively confront the basis of those biases. We must be willing to engage with others and communities unlike our own and have those difficult conversations as we seek to understand rather than debate and justify our position. These conversations can start with our teammates and neighbors. We can also make ourselves available to mentor youth from backgrounds that may be different than our own.

As an institution, we have a diversity plan that challenges us to create a student body that is reflective of our community – Charlotte/Mecklenburg community. Through our admissions and retention activities, we can still honor the value of the high school and college GPAs and standardized test scores while giving additional voice to other individual characteristics such as maturation of learning, distance travelled educationally, motivation, work, community, and volunteer experiences, military service, and other life experiences. This holistic approach to admissions ensures we can continue to produce highly qualified, competent, and compassionate nurses and allied health practitioners to meet the needs of a rapidly changing and diverse community. It is important that students also see themselves in the faculty that teach them. Carolinas College of Health Sciences has a long-standing reputation of having a highly accessible, caring faculty along with programs and services available to promote student success. As we align with Carolinas HealthCare System’s diversity and inclusion initiatives, build upon our existing foundation of excellence, and expand the vision for more diversity, we position ourselves to be a solution leader in the Charlotte/Mecklenburg community.



“Education is the great engine of personal development. It is through education that the daughter of a peasant can become a doctor, that the son of a mineworker can become the head of the mine, that a child of farm workers can become the president of a great nation. It is what we make out of what we have, not what we are given, that separates one person from another.”

~NELSON MANDELA

Connect with CCHS



WE COULDN'T HAVE DONE IT WITHOUT YOU!

The College would like to acknowledge with great thanks, the following students who served as marshals at the fall commencement exercises on December 16, 2016: Cameron Monie, Chief Marshal; Olivia Denton, Christine Hughes, and Tracy Mulligan. Marshals are selected based on their academic achievements. Congratulations and thank you to all!

SAY THANKS!

It's time to nominate your favorite instructor for the prestigious Outstanding Educator Award. Nomination deadline is March 15, 2017. Every year the College awards the Outstanding Educator Award to a faculty member who has:

- * Demonstrated innovation in curriculum development, delivery and assessment methods.
- * Demonstrated academic leadership and skill in motivating and mentoring successful student performance.
- * Demonstrated effective communication with students, colleagues and other academic constituencies.
- * Demonstrated support for the College's mission.
- * Demonstrated leadership or service in academic communities, the local community, or in professional organizations.

Go to www.CarolinasCollege.edu then click on *About Carolinas College*, then *Policies and Procedures*. Scroll down to the *Personnel* policies and click on *Outstanding Educator of the Year Award - Nomination Form*. Cathey Miller is our current Outstanding Educator.



Cathey Miller, MA, RT(R)
Outstanding Educator - 2016

STUDENT PARKING

To manage the large volume of cars on the Carolinas Medical Center (CMC) campus, everyone has a designated parking lot. When everyone uses their assigned lot, things go smoothly. As part of the CHS family, it's important for students to adhere to the plan. All students are assigned to park in the "T" deck (Morehead Medical Plaza), at the corner of Kenilworth and Morehead streets. Students may enter and park in the "STAFF" section 24-hours a day, on both class and clinical days. The deck is ID badge access-controlled. After 3 PM and on weekends, students also have badge access to the V lot (next to the college). Parking along Garden Terrace, Lombardy Circle, and illegal parking in the circle in front of the college may lead to cars being ticketed or booted by Charlotte-Mecklenburg Police. In addition, parking in a lot or parking space other than the "T" Deck may lead to ticketing or booting by CHS Security personnel, and being fined by the College. Continued violation of the parking policy may lead to disciplinary action.

HOW CAN I GET THERE FROM HERE?

For those students who live in CHS housing or who walk to the college from this area, don't walk through private property and don't take the route down the hill. The appropriate route is the sidewalk along Garden Terrace and Loop Road. While that may take a little longer, it is safer and allows the college to continue to maintain good relations with the residents of Dilworth.

2017 PHONE-A-TON: FUN, PRIZES AND A GREAT CCHS TRADITION

This is the College's signature fundraising event, and ultimately benefits YOU - the students of Carolinas College. The funds raised support student scholarships, small classes, superior faculty, and a state-of-the-art simulation lab — things tuition alone cannot cover.

This year's event will take place on **March 27, 28, & 29th**. Your participation is greatly needed and appreciated. Besides, helping the college, participating in a worthy cause, and talking to CCHS alumni, you get free food and a chance to WIN PRIZES! Each night dinner is served at 4:45 pm with a training session starting at 5:15 pm. You will be on the phones from 6 to 8:30 PM; but don't worry, there is a sweet dessert break to swap stories! Sign-up for one, two or all three nights! **Each student that signs-up (and shows up) will be entered into a drawing.** You get one chance for each day you sign-up/show-up (so... if you sign up for three nights, you get three chances to win). There will be one winner chosen.

To volunteer, contact Merritt.Newman@CarolinasCollege.edu OR sign-up sheets are located in the Student Study Lounge, the SGA bulletin board, and on *SignUp Genius* (on Moodle).

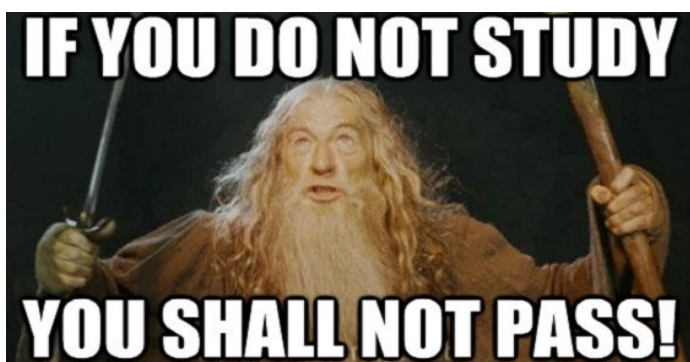


Brittanni Montes, 2016 Phone-a-thon

STUDENT SUCCESS

Success is the sum of small efforts, repeated day in and day out. --Robert Collier

Have you checked out the new Student Success Moodle page? If not check it out now! If you're looking to be successful as a college student here are a few things to keep in mind... You must be responsible and active. This is accomplished by never missing class, and not allowing yourself to fall behind on your studies. Successful students have educational goals. They tend to ask plenty of questions. They are organized, and are experts in time management. For more success/study tips, check out the Student Success Center page on the information portal. (Click on Student Success Center under study skills and self-help)



TAKE CARE OF YOUR BODY, MIND AND SPIRIT

Group tutoring is now being offered for the following classes. If you're interested, sign up on the Student Success Moodle page as seats to these sessions are limited.

Course#	Every	Time	Room
BIO 101	Monday	7 to 8 AM	233
	Wednesday	10 to 11 AM	233
	Thursday	1 to 2 PM	233
BIO 102	Friday	10 to 11 AM	157
		1 to 2 PM	161
NUR 101	Monday	1 to 2 PM	232
	Tuesday	2 to 3 PM	233
	Thursday	1 to 2 PM	233



March 2: Annual CCHS Continuing Educations & Job Fair, 10:30 AM to 1 PM

Recruiting Peer Tutors for SPRING 2017 courses!!!

Do you enjoy helping other students learn? Do you want to keep past course material fresh in your mind? Are you looking for a flexible service opportunity you can arrange around your schedule and priorities? Consider becoming a Carolinas College Peer Tutor! If you've earned an "A" or a "B" in a course and feel you could help another student with some academic coaching, please contact: Samuel.Smith@CarolinasCollege.edu, Student Success Coordinator, room 254, 704.355.4025,

Student Employment Opportunities. Interested in part-time/prn employment with CMC? Sign up for a 15-minute appointment with CHS Recruitment Specialist Clifton Chapman in the lobby between 10 AM and noon on **February 6.**

To make an appointment:

1. Log onto the *Information Portal* and click on *Student Success Center* under *CCHS Quick Links* on the home page.
2. Select the *Employment Resources* tab. When you open that section, the interview sign-up sheet will be under *Current Part-time and PRN Job Opportunities*. You may sign up for any open 15-minute timeslot.

You can still talk with the recruiter on a drop-by basis without making an appointment as long as he is not busy with another student. A Human Resources representative usually visits the college on the first Monday of each month. Feel free to email or call with your questions: Clifton.Chapman@carolinashealthcare.org; 704.631.0347

I am available here at CCHS to support your job search efforts. I would also be interested to hear suggestions from you as to what you'd like to see changed or improved within the Student Success department. Send your suggestions, concerns, questions to student-success@cchsmail.org.

Sam Smith, MBA
Student Success Coordinator



PHI THETA KAPPA (PTK) UPDATE

Nine members and faculty advisor Cathey Miller met at BRIXX on East Blvd. on Jan. 17 for a fellowship/get to know each other dinner. A great time was had by all!

Upcoming events:

- ☞ **Feb. 2:** CBCC Blood Mobile. 11:30 a.m. to 3:30 p.m. Sign-up sheet in the lobby.
- ☞ **Feb. 2:** Serve dinner at the Men's Shelter of Charlotte, Statesville Ave. Campus. Sign-up sheet on the PTK information portal page.
- ☞ **Feb. 9:** Spring induction ceremony, auditorium, 5:30 to 7 p.m. If you would like to help set-up and/or participate in the ceremony, please arrive no later than 5 p.m.
- ☞ **Feb. 10:** Bake sale, 9 a.m. to 1 p.m. Volunteers needed to work the table and bring goodies. Sign-up sheet on the PTK information portal page.
- ☞ **Feb. 17:** Monthly meeting, 11 a.m. to noon, room 158. Election will be held to fill the treasurer and out-reach coordinator positions which are vacant. Descriptions and sign-up sheet are on the PTK information portal page.

PTK is a national honor society, which 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 PTK President Shelia.Wallace@cchsmail.org or PTK faculty advisor cathey.miller@carolinashealthcare.org.



Pictured L to R, sitting: Emiley Peterson, Erin Freeze, Shelia Wallace, Elyse Bridgewater. Standing L to R: Delaney Patterson, Anneliese Crockett, PTK Advisor Cathey Miller, Natasha DeMaio, Summer Nunn, Chrissie Hughes

STUDENT NURSES ASSOCIATION (SNA) UPDATE by Nicole Denniston, SNA Secretary

Happy New Year from SNA! We hope you are getting off to a great start in your courses. SNA was honored to host a luncheon for incoming NUR101 students on January 5th. Congratulations to Justin Phillips, the winner of the coveted nursing survival basket, and to Jordan Sullivan, who won a V-lot parking pass. In coming months, SNA will host nurse speakers on a variety of specialties; dates and times will be posted as the days get closer. Considering joining SNA? Membership is just a one time fee of \$10. Contact Becca Shaw (rebecca.shaw@cchsmail.org) for more information.

IT'S A MATTER OF SAFETY...

It's one month into the new year, with all the joys and anticipation this brings, the CCHS Safety Committee wants to remind everyone about ID badge compliance. It is of the utmost importance that you wear your photo ID badge at all times while at the college or in any CHS facility during class and clinical rotations. The badge must be displayed at chest level or above with the photograph facing outward so it is visible and readable at CCHS or to patients, families, physicians and other teammates if you are within CHS facilities and grounds. If you forget your ID badge at home, you must pick up a temporary badge from the front desk at CCHS. However, **IF** you are in "street clothes" and walking through any CHS facility please remove your badge. You represent the system when you display your badge and "street clothes" are not dress code! If you have questions about the ID badge policy contact any CCHS leader for assistance.

COMPLIANCE CORNER - Dedicated Medical Equipment



Efforts to reduce the spread of infection among hospitalized patients is an ongoing concern at Carolinas Medical Center and has led to the use of dedicated medical equipment such as thermometers, stethoscopes, and blood pressure cuffs for patients on infection control precautions. Compliance with this practice is important so that infection is not spread from one room to another. Studies have shown using disposable equipment helps decrease the spread of infection, however, it is important to remember that even when caring for patients who are not on precautions, according to CMC policy, you are required to clean your stethoscope daily, prn when visibly soiled, or if it is used on someone with infection. Disinfectant wipes (either purple or red tops) or SaniMaster IV are both appropriate agents to use. Disinfection of stethoscopes is still

required even if you use a disposable bell cover. Everyone must do their part. Compliance is important to reduce the risk of infection among hospitalized patients.

CONTINUING EDUCATION OPPORTUNITIES

CCHS Admissions Information Session. February 7, 3:30 to 5 PM. 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 for the HealthCare Provider. February 22, 8 AM to noon. Cost \$50. 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.

CPR: BCLS Online - Part 1. Cost \$28.50 (Online payment required - cannot register via brochure.) Access the American Heart Association website by typing in the web address: 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. February 1, 8, 15, & 22. 1 to 3 PM. 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).

Budgeting 102 (Multiple Webinar Dates). Feb. 7 (9 to 10 AM); Feb. 15 (Noon to 1 PM); Feb. 21 (1 to 2 PM). Goals of the webinar include: 1) Different investment vehicles; 2) How to create a savings plan; 3) Strategies for planning for emergencies. 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.

Chaplain's Grand Rounds - Compassion and Medicine. February 16, Noon to 1 p.m. Held in the Suzanne Freeman Auditorium (at top of Loop Road turn right toward loading dock then left into Cannon Research Building). The theme of this series calls for the exploration of how compassion is healing for those who receive it as well as for those who offer it. Compassion is an antidote to burnout when caregivers offer it to others, receive it from others, and practice self-compassion in their own lives. This series aims to affirm that while modern day medicine continues to demonstrate breakthroughs in healthcare, the place of love and compassion in the healing spaces cannot be underestimated. This month's speaker is Ify Osunkwo, MD; topic is *Learning to be Compassionate*. Bring your lunch!

Basic Phlebotomy Skills, IV Therapy, Healing Touch, Aromatherapy Studies show that treating the "whole patient" improves patient outcomes tremendously. CCHS offers continuing education for those wishing to explore additional skill sets. New online registration is available for the following workshops (click on link):

1. Basic Phlebotomy Skills for HealthCare Professionals- [Basic Phlebotomy Skills Workshop for Health Care Professionals](#).
2. Phlebotomy Information Sessions- [Phlebotomy Program Information Sessions 2017](#)
3. Radiation Therapy Seminar 2017- [Radiation Therapy Seminar- 2017](#)
4. Introduction to IV Therapy – [Introduction to IV Therapy Workshop](#)
5. Wound Treatment Associate Program- [Wound Treatment Associate Program](#)
6. Healing Touch Level 1 - [Healing Touch Level 1](#)
7. Healing Touch Level 2 - [Healing Touch Level 2](#)
8. Healing Touch Level 3 - [Healing Touch Level 3- 2017](#)
9. Inhaled Clinical Aromatherapy for Champions – [Inhaled Clinical Aromatherapy for Champions](#)
10. Introduction to Integrative Practices- [Introduction to Integrative Practices](#)

Questions? Email CE.Workshops@CCHSmail.org

FACULTY TRANSITIONS

Tina Lamberta, MSN, RN, has accepted the position of NUR 155 Behavioral Health instructor. Tina received her BSN from Adelphi University in 1986, and an MSN with a concentration in nursing education from Queens College in 2014. During her career she has had a variety of nursing experiences from med-surg to cardiology. Tina originally joined the college as an adjunct faculty member in 2007. She then transitioned to full-time teaching at Mercy School of Nursing in 2009 and rejoined CCHS when Mercy closed down in 2015. She has taught NUR 101, NUR 152, and NUR 151. Tina's hobbies include traveling, mountain/road biking, hiking, camping, and kayaking. Tina's office is in room 123.



Tina Lamberta

FEBRUARY DATES/TIMES FOR COMPUTER LAB/ANNEX CLOSURES

To ensure the integrity of online exams, most will be offered in a proctored environment in the computer lab and/or annex. The size of the class will periodically necessitate the temporary closure of the computer lab and/or annex. During those periods, students will have access to a temporary computer lab set up in room 151 as well as continued access to computer resources in the AHEC Library. For planning purposes the lab closure days for February are listed below:

Date	Duration in Hours	Client	Time	What is closed?	Where will an alternative lab be accessible?
February 2	1	SUR 201	8:30 to 9:30 AM	Lab	Annex and AHEC library computer lab
February 3	1	RAD 203	7:30 to 8:30 AM	Lab	Room 151 and AHEC library computer lab
	4	NUR 202	8 AM to Noon	Annex	Room 151 and AHEC library computer lab
	3	NUR 202	9 AM to Noon	Lab & Room 161	Room 151 and AHEC library computer lab
	1	RAD 111	11:30 AM to 12:30 PM	Room 157	Room 151 and AHEC library computer lab
	1.5	RTT 221	2 to 3:30 PM	Annex	Lab and Room 151
February 6	2	NUR 154	9 to 11 AM	Lab & Annex	AHEC library computer lab
February 7	1	RAD 112	Noon to 1 PM	Lab	Annex and AHEC
	1	NUR 202	2 to 3 PM	Lab & Annex	AHEC library computer lab
February 9	1	SUR 201	8:30 to 9:30 AM	Lab	Annex and AHEC library computer lab
	1.5	RTT 250	10 to 11:30 AM	Room 211	AHEC library computer lab
	.5	NUR 154	10:45 to 11:15 AM	Lab & Annex	AHEC library computer lab
February 10	1	RAD 203	7:30 to 8:30 AM	Lab	Room 151 and AHEC library computer lab
	.75	NUR 153	8 to 8:45 AM	Annex	Room 151 and AHEC library computer lab
	2.25	NUR 153	8:45 to 11 AM	Lab & Annex	Room 151 and AHEC library computer lab
	1	RAD 111	11:30 AM to 12:30 PM	Lab	Annex and Room 151
February 13	1	NUR 153	11 AM to Noon	Lab & Annex	AHEC library computer lab
February 14	1	RAD 112	Noon to 1 PM	Lab	Annex and AHEC library computer lab
February 16	1	SUR 201	8:30 to 9:30 AM	Lab	Annex and AHEC library computer lab
February 17	1	RAD 203	7:30 to 8:30 AM	Lab	AHEC library computer lab
	4	NUR 202	8 AM to Noon	Annex	AHEC library computer lab
	3	NUR 202	9 AM to Noon	Lab & Room 161	AHEC library computer lab
	1.5	RTT 221	2 to 3:30 PM	Annex	Lab and AHEC library computer lab
February 20	2	NUR 154	9 to 11 AM	Lab & Annex	AHEC library computer lab
February 21	1	NUR 202	2 to 3 PM	Lab & Annex	AHEC library computer lab
February 22	3	RAD 213	12:30 to 3:30 PM	Lab	Annex and AHEC library computer lab
February 23	4	Phlebotomy	8 AM to Noon	Lab Rm 146	AHEC library computer lab
	1	SUR 201	8:30 to 9:30 AM	Lab	Annex and AHEC library computer lab
	.75	NUR 154	10:45 to 11:30 AM	Lab & Annex	AHEC library computer lab
February 24	1	RAD 203	7:30 to 8:30 AM	Lab	Room 151 and AHEC library computer lab
	.75	NUR 153	8 to 8:45 AM	Annex	Room 151 and AHEC library computer lab
	2.5	NUR 153	8:45 to 11:15 AM	Lab & Annex	Room 151 and AHEC library computer lab
	1.5	RTT 250	10 to 11:30 AM	Room 211	Room 151 and AHEC library computer lab
	1	RAD 111	11:30 AM to 12:30 PM	Lab	Annex and Room 151
February 27	1 hr, 50 min	NUR 153	9 to 10:50 AM	Lab & Annex	AHEC library computer lab
February 28	8.5	CAP Testing	7 AM to 3:30 PM	Lab & Annex	Room 151 and AHEC library computer lab
	1	RAD 112	Noon to 1 PM	Room 157	Room 151 and AHEC library computer lab

OPEN FORUM WITH PRESIDENT HOPKINS

February 13, 2 to 2:30 PM, room 137. This is one of the opportunities CCHS students have for input into college decision-making - what's working well? What isn't? Have a question about college policies? Come share your thoughts or concerns.

SAVE THE DATE!

Commitment to Caring Ceremony, **May 3**, 6 pm. A celebration of the nursing graduates' entrance into the profession. Ceremony includes a pinning, lamp lighting, and "Blessing of the Hands." More information to come in future newsletters.

Activities & Deadlines For February

Complete information, with times, is elsewhere in the newsletter.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 BIO 101 Tutoring BCLS Skills Check - Pt. 2	2 BIO 101 Tutoring NUR 101 Tutoring PTK Blood Drive PTK at the Men's Shelter	3 BIO 102 Tutoring	4
5	6 HR Recruitment Specialist on Campus BIO 101 Tutoring NUR 101 Tutoring	7 NUR 101 Tutoring Admissions Information Session EAP Webinar - Budgeting 102	8 BIO 101 Tutoring BCLS Skills Check - Pt. 2	9 BIO 101 Tutoring NUR 101 Tutoring PTK Spring Induction Ceremony	10 BIO 102 Tutoring PTK Bake Sale	11
12	13 Open Forum BIO 101 Tutoring NUR 101 Tutoring	14 NUR 101 Tutoring <i>Happy Valentine's Day</i>	15 BIO 101 Tutoring BCLS Skills Check - Pt. 2 EAP Webinar - Budgeting 102	16 BIO 101 Tutoring NUR 101 Tutoring Chaplain's Grand Rounds - Learning to be Compassionate	17 BIO 102 Tutoring PTK Monthly Meeting	18
19	20 BIO 101 Tutoring NUR 101 Tutoring	21 NUR 101 Tutoring EAP Webinar - Budgeting 102	22 BIO 101 Tutoring BCLS for the HealthCare Provider BCLS Skills Check - Pt. 2	23 BIO 101 Tutoring NUR 101 Tutoring	24 BIO 102 Tutoring	25
26	27 BIO 101 Tutoring NUR 101 Tutoring	28 NUR 101 Tutoring				