



## Carolinan College of Health Sciences - October 2017

### 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

Connect  
with CCHS



## WEAR PINK ON OCTOBER 9

Carolinan HealthCare System celebrates Breast Health Awareness the entire month of October to encourage mammograms and other preventive screenings. The College will celebrate on **October 9**. Breast cancer is the second most common form of cancer in women. The key to beating breast cancer is early detection. Women should perform monthly self-breast exams, have regular clinical breast examinations by a trained medical professional, and schedule mammograms as recommended by their provider. CHS teammates can use "Time Out for Prevention" to schedule all recommended preventive care and screenings, including mammograms. Preventive screenings can find conditions earlier, when they are easier to treat.



## CCHS TEAMMATES RECEIVE HIGHEST HONOR

Drs. Lori Bequette and Susan Patterson have been named finalists for the 2017 CHS Pinnacle Award. Dr. Bequette serves as the provost, or chief academic officer, of the college. Dr. Patterson is a member of the nursing faculty. The Pinnacle Award is the highest recognition of accomplishment a teammate may receive. Carolinan HealthCare System created the Pinnacle Award as a means to recognize, reward and promote the accomplishments of teammates who demonstrate extraordinary attention to our Core Values of Caring, Commitment, Integrity and Teamwork. This award exemplifies individuals who 1) Go above and beyond performing work-related duties; 2) Add value to the System and the community in which they serve; 3) Reinforce the importance of these behaviors to others, and 4) Simply provide the "extra touch" to our students, teammates, patients and their families. Of the hundreds that were nominated across the system this year, 80 were named as finalists. These distinguished colleagues truly represent all that is great about Carolinan College.



Lori Bequette



Susan Patterson

Congratulations on this wonderful recognition!

Publication Editor

Pat Lewis

Pat.Lewis@CarolinanCollege.edu  
704.355.2029



## NEW FACES ON CAMPUS

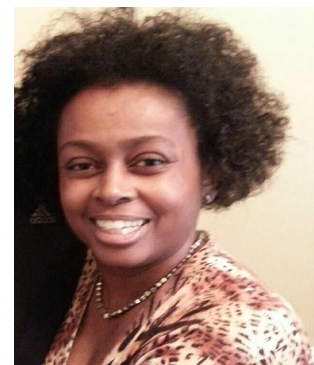


Alex Sellers

**Alex Sellers** is a new part-time clinical instructor with the NUR101 course, effective September 18. Alex also teaches for the College's nurse aide program. She started her career at CHS as a clinical nurse I on 9 T. She received an associates degree from Queens University, her BSN at Appalachian State and is currently enrolled at UNC-Charlotte in their MSN program. Her office will be in room 113. She and husband Hogan enjoy traveling to different places around the world. When she's not traveling, she enjoys DIY projects around her home. They have two dogs, a German Shepherd named Charlotte and a miniature Dachs-hund named Chloe.

**Vivian Stamps** will join the nursing program as a part-time clinical instructor with the NUR151 course effective October 2. Vivian comes to us with eight years of faculty experience and 27 years of nursing experience.

Most recently, she taught at Catawba College, Central Piedmont Community College, Winston-Salem State University, and DeVry University. Clinically, she has worked on a variety of medical-surgical units, in woman's services, and as a medical audit and appeals nurse with Carolinas HealthCare System.



Vivian Stamps



Travis McCall

**Travis McCall** joined the college as a staff assistant/admission's specialist in student affairs in September. A native of Florene, SC, Travis completed his undergraduate studies at Lander University and received a B.S. in Business Administration, concentration in healthcare management with a minor in Leadership: Public Service & Education. He is currently attending North Greenville University in Greenville, SC, completing his MBA and will graduate December 9. He has worked in higher education for 2+ years prior to joining the CHS/CCHS family. Travis is a member of Alpha Phi Alpha Fraternity, Inc. and expresses his favorite hobby as laughing!

**Shontea Lawrence** is the new staff assistant in the business office. She has over eight years business office and higher education experience. Her duties include overseeing the day-to-day operations of the business office and assisting with financial aid processes. Originally from Nashville, TN, she moved to Charlotte in July 2008 after visiting the city with some friends and deciding she needed a "change of scenery." She is engaged to Davon Estes and they will be married on September 29th. Said Shontea, "I'm one week away from the start of my new life and I'm very excited. In my spare time I like to read blogs, listen to motivational videos and shop. I LOVE fashion, make-up and shoes! I'm a survivor of a bad automobile accident that happened at the end of April of this year; my car flipped three times and my son broke his arm. I realized after surviving that car accident that I'm here for a reason and I celebrate life!"



Shontea Lawrence

## COME JOIN THE FUN!!!

The Student Affairs department, in conjunction with the Student Programming Board, has scheduled lots of fun events for the month of October.

- ❖ **October 2 to 6:** CCHS School Pride Week. Wear your teal and CCHS t-shirts. The SGA is selling t-shirts in the lobby for \$15.00.
- ❖ **October 5:** CCHS Education Fair (see page 5)
- ❖ **October 6:** Courtyard Social, 11:00 a.m. to 1 p.m. Free food and drink!!
- ❖ **October 9:** CCHS Wear Pink Day!
- ❖ **October 19:** Incoming Students Meet & Greet, 6 to 8 p.m.
- ❖ **October 30:**
  1. Pumpkin Decorating Contest. Staff judges will name the winners at 3 p.m. Prizes for 1st, 2nd and 3rd place!
  2. Fall/Halloween Door Decorating Contest. Teammates - decorate a door for the holiday! Student judges will determine winners. Winners will be announced at 1:00 p.m. Prizes will be awarded to the top three departments. (All doors must be finished by Wednesday, October 25th.)



## COMPLIANCE UPDATE - Intravenous Lines

This month's Compliance Corner deals with a recent Practice Change Alert regarding intravenous lines. Curocaps are port protectors used on any patient with a central line to cover the hubs used for infusion via syringe or via IV tubing. In addition, all un-accessed IV tubing ports, needleless connectors and peripheral IV sites must have Curocaps if not accessed.



The policy was changed to address accessing the hubs for injection or infusion. If the alcohol port protector, or Curocap, has been in place for greater than or equal to a minute, no additional scrubbing of the hub is needed prior to accessing the hub or line. If not, vigorous scrubbing of the hub for at least 15 seconds with the appropriate alcohol or chlorhexidine/alcohol protocol is necessary and must be made to air dry before accessing the line. This change ensures all are following the manufacturer's guidelines for Curocap alcohol port protectors, and coincides with Standards of Practice for Infusion Therapy.



PHI THETA KAPPA  
HONOR SOCIETY

PTK welcomes the seventeen new members inducted on September 21. Thank you to all who participated in the PTK bake swap/sale on September 22; whether you baked goodies, bought goodies, or brought in donations! PTK raised \$293, which will be given to the Men's Shelter of Charlotte (MSC) and your donations filled the barrel to overflowing with toiletry

items, undershorts, undershirts, socks and towels which will also be taken to the MSC Statesville Campus on **October 12**. *Men's Shelter Volunteers:* See the PTK page on the information portal for further details or to sign up. Interested volunteers must sign a confidentiality form which can be found on the portal page as well. Be sure to wear your PTK shirt and closed-toe shoes and bring your signed confidentiality form with you.

### Upcoming Events:

- ❖ **October 4**, 5:30 p.m., social event at Brixx Pizza, East Blvd.
- ❖ **October 12**, 5:30 to 7 p.m., PTK volunteers at the Charlotte Men's Shelter 2
- ❖ **October 18**, 11 a.m., PTK General meeting, location TBA.
- ❖ **October 26**, 11:30 a.m. to 3:30 p.m., Blood drive.

## NOMINATIONS FOR CYNTHIA FAVORITE SCHOLARSHIP BEING ACCEPTED NOW

Cynthia Favorite was a student in the nursing program in 1996. It was during this time that she was diagnosed with a brain tumor. She had to undergo surgery and other treatments which resulted in her having to take a leave of absence. She eventually returned to school and completed the program but while she was undergoing treatment, the Student Nurses' Association (SNA) decided to hold fundraising events to help her with expenses. This became the annual tradition known as the Cynthia Favorite Scholarship. Unfortunately, Cynthia passed away shortly after graduation but the SNA has continued to raise money in her name to honor a graduating senior each year. Nominees must be a member of the graduating NUR 202 class, and must be nominated by his or her peers. The SNA will review all nominations and select a winner. Nomination forms can be found in Diahanne Holandez' door pocket (room 118) or on the SNA page on the information portal. Email nominations [Diahanne.Holandez@CarolinasCollege.edu](mailto:Diahanne.Holandez@CarolinasCollege.edu) or [Cynthia.Lynch@CarolinasCollege.edu](mailto:Cynthia.Lynch@CarolinasCollege.edu). Nominations must be submitted by **November 6**, no exceptions.

## STUDENT NURSES ASSOCIATION (SNA) UPDATE by Samantha McCurry, SNA Secretary

Last month, SNA held an ice cream fundraiser for the Cynthia Favorite Scholarship. This \$250 scholarship is given to an outstanding senior chosen by their peers (see above). The money awarded can help with NCLEX costs. Thank you to all who participated.

On September 14-15, five SNA board members were selected to attend the North Carolinas Nurses' Association convention in Raleigh, NC. Stephanie Salgado, Samantha McCurry, Jenna Hill, Elise Pettus, and Jessica Harston enjoyed hearing various speakers discuss current nursing topics, legislature by lobbyists working in Washington D.C., and spend time networking with local NC nurses. Next year's conference will be held in Concord, NC. Stay tuned for information regarding the Special Olympics. This event will need several volunteers, specifics to come!

SNA is one of the many great organizations that students can get involved in. Joining is easy wherever you are in your nursing journey. If you're interested in joining SNA see Diahanne Holandez, room 118, for a membership form. Cost is \$10 to join the CCHS Chapter of SNA! We hope to see you at our next meeting.

## CONTINUING EDUCATION OPPORTUNITIES

**CCHS Admissions Information Session October 3**, 3:30 to 5 PM. Have friends who want to know about CCHS? Contact the front desk or 704.355.5051 to sign up for an info session. For information on Medical Laboratory Science or Histotechnology, contact Demetra Castillo, 704.355.4275.

**BCLS for the Healthcare Provider October 11**, 8 AM to noon. Cost \$50. Textbook not 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.

**Heartcode BLS Online Program** 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](http://www.onlineaha.org). Choose HeartCode BLS. The course takes approximately two hours and must be taken before attending the Heartcode BLS Online Skills Check. The test has to be completed in one sitting. Print the Course Completion Certificate to bring to Heartcode BCLS Online Skills Check Part 2.

**Heartcode BLS Online Skills Check October 4, 11, 18 & 25** 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).

**Surviving the Holidays (Multiple Webinar Dates) October 3 (9 to 10 AM); October 11 (Noon to 1 PM); October 19 (1 to 2 PM)**. Goals of the webinar: 1) Define stress and understand your sources of stress; 2) Organize your day to maintain energy through strategic breaks and time-shifting; 3) Separate from work and expand your fun quotient; 4) Use your left brain/right brain dominance more effectively. 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 - October 19**, noon to 1 PM, Suzanne Freeman Auditorium. CHS' Spiritual Care and Education department hosts monthly 1-hour thought-provoking presentations by local, regional or national healthcare professionals. Topics for this series will relate to **Minding the Temple: Alternatives to Opioids**. How we handle pain is no small matter. The belief that we need to be pain free all the time is false and has contributed to the national healthcare crisis of over use of opioids to manage pain. This 9-part series presents an opportunity to identify and explore alternatives to pain management. The first session in this series will be presented by Kristin Daley, PhD, and is titled **The Connection of Stress to Pain**. **FREE** to students and teammates.

## SAVE THE DATE!

**December 13**, 6 p.m. The nursing program invites you to participate in the "Commitment to Caring Ceremony" held to welcome nursing graduates to the profession. The ceremony includes a pinning, lamp lighting, and blessing of the hands. Participating students are encouraged to select a friend, family member, or faculty member to pin them. To honor your special guest, you will be asked to create a **three sentence statement** highlighting how this person encouraged you during your nursing journey (may be edited due to time constraints). Statements are due no later than **December 1**. There will be a light reception with refreshments directly following the ceremony. The number of guests that you will be able to invite will be dependent upon the number of students who participate. Each student will be provided with an equal number of tickets. If tickets outnumber your invited guests, you may share or exchange extra tickets with classmates. If you plan to participate in the pinning ceremony your pin must be ordered by **October 30** from Herff Jones. Please RSVP by **November 20** with your intentions to participate. For any additional questions please contact class representatives Natasha DeMaio or Summer Nunn NUR 202 Representatives or SNA advisors: Diahanne Holandez or Terri Lynch.







**Sam Smith**  
Student Success Coordinator

### MARK YOUR CALENDAR! Continuing Education Fair is here!

**When:** Thursday, **October 5**, 10:30 a.m. to 1:30 p.m.

**Where:** Carolinas College of Health Sciences - LOBBY

**Why:** 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.



### Success Tip of the Month

Success? It depends on you! 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*)

### Success Quote of the Month:

There is only one success - to be able to spend your life in your own way.  
~Christopher Morely

**Recruiting Peer Tutors for Fall 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: Sam Smith, Student Success Center, room 254, 704-355-4025, samuel.smith@carolinashealthcare.org.

**Student Employment Opportunities - Talk with a CHS Human Resources Rep.** If you're interested in part-time/PRN employment with CMC, sign up for a 15-minute appointment with Cliff Chapman in the lobby between 10 a.m. and noon on Monday, **October 2**.

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. An HR representative usually visits the college on the first Monday of each month. Feel free to email or call with your questions: Clifton Chapman, Clifton.Chapman@carolinashealthcare.org, 704.631.0347. Sam Smith is also available here at CCHS to support your job search efforts.

## ANNUAL INFLUENZA CAMPAIGN

To better protect patients, families and the community, Carolinas HealthCare System and Carolinas College of Health Sciences are committed to helping you stay safe and healthy. All students enrolled in a clinical program must receive a flu vaccination, whether through CHS or an outside provider. Students who do not receive the vaccination must submit a proper exemption form. The 2016-2017 campaign runs **October 2 - November 17**.

This year's flu campaign has the same policy as last year:

1. Flu vaccinations are mandatory, but exemptions will be offered to students who submit medical or religious exemption documentation.
2. If you submitted religious documentation last year, you do not have to send in another form. Please let the Sharran Penny, CCHS Flu Campaign Leader (704.355.9142, room 154) know that it is still in effect.
3. Students enrolled in a clinical program will be expected to receive the vaccination or submit an exemption form. Failure to receive the flu vaccine or submit the exemption form by November 17, 2017, will lead to a loss of clinical access at Carolinas HealthCare System and the end of enrollment with CCHS.
4. Students, staff who do not receive the vaccination or submit an exemption form will be considered non-compliant.

### Where to get vaccinated:

To receive the vaccination, you may visit any CHS Teammate Health office during office hours or visit other locations on the CMC campus offering flu vaccinations. To find other CHS locations, dates and times, see the bulletin board outside of the second door of the nursing lab (room 154). The vaccine will also be available at the College on the following dates, times, and rooms:

Monday, **October 2**, 1 to 3 p.m., room 231  
Thursday, **October 5**, 9 to 11 a.m., room 137  
Friday, **October 6**, 11 a.m. to 2 p.m., room 137

Friday, **October 13**, 11 a.m. to 2 p.m., room 137  
Monday, **October 16**, 1 to 3 pm, room 231  
Thursday, **November 2**, 11 a.m. to 2 p.m., room 137

## CCHS CARES!



Pictured: Bottom row from left to right: Delila Elsayed, Brandon Smith, Macy Ruiz, and Kaitlyn Mroz. Top row from left to right: Christopher Chang, Alexander Acevedo, Brian Dunn, Shawna Stetz, Britney Atwell, Sarah Lints, and Martha Elder.

Medical Laboratory Science (MLS) students assisted in hurricane relief efforts at the Second Harvest Food Bank. Students spent two hours creating food and care packages to deliver to shelters in both Texas and Florida for victims of the devastating effects of Hurricanes Harvey and Irma. These students have a rigorous classroom and clinical schedule but value the importance of community service in their professional development and were eager to get involved and help.

## WHAT IS PULSE WEEKEND AND WHY SHOULD YOU CARE?

Interprofessional education is the latest big thing in healthcare education. It's based on the premise that care is best delivered by a high functioning team of professionals - professionals who understand one another's roles and the strengths and skills they bring to the team. Providers have done a pretty bad job of that in the past. Both in school and in practice, they know their own role, but beyond that, a lot is left up to trust and assumptions.

Carolinas College is part of a move to change that, and the PULSE Weekend is one initiative. PULSE weekend pairs a nursing or allied health student with a UNC medical student who's part of the Charlotte cohort. They start in the emergency department on Friday evening, where they select a patient to follow for the weekend. Up until hospital admission Friday night, they observe the care the patient receives from all providers, the tests run and lab values determined. They watch the hand offs and the way the family and patient are treated and educated. They do not provide care. They



Nursing student Amber Murray and medical student Yingao Zhang.

return on Saturday and Sunday mornings to observe physician/care team rounds. They then attend a debrief the following week to process and share with administrators and faculty what they saw and learned. Process improvements often occur as a result, but always the students emerge from the weekend with a new understanding of the roles of the various providers.

Carolinas College had two program students complete a PULSE weekend recently. Amber Murray (NUR101) and Maryam Zoabi (HTL). Said Maryam, "My PULSE experience was humbling in that I was continuously reminded how selfless and caring a healthcare professional should be, and that success is defined by the quality of care. I gathered many valuable moments that I will carry with me throughout my career and I will always appreciate the various roles of professionals

that make healthcare such a rewarding career path."



Histotechnology student Maryam Zoabi and medical student Katie Davis.

## 2018/19 FAFSA AVAILABLE OCTOBER 1

Students who will be enrolled and using financial aid for the 2018-2019 school year (Fall 2018, Spring 2019, Summer 2019) can begin completing the 2018-2019 FAFSA beginning **October 1**. You will need your and/or your parents 2016 tax return information to complete it. [www.fafsa.gov](http://www.fafsa.gov) school code: 031042. Please contact the Kirstie Clark, financial aid director, if you have any questions (704) 355-8894.

# Activities & Deadlines For October

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>Free Flu Shot Clinic On -Site</b>  <b>HR Rep On Campus</b>	<b>3</b> <b>Admissions Information Session</b>  <b>EAP Webinar</b>	<b>4</b> <b>Heartcode BLS Online Skills Check</b> <b>PTK Social at Brixx Pizza</b>	<b>5</b> <b>Continuing Education/ Job Fair</b>  <b>Free Flu Shot Clinic On - Site</b>	<b>6</b> <b>Fall I Classes End</b>  <b>Free Flu Shot Clinic On -Site</b>  <b>Courtyard Social</b>
School Pride Week				
<b>9</b> <b>CCHS Wear PINK Day</b>  	<b>10</b>	<b>11</b> <b>CHS Wear PINK Day</b>  <b>BCLS for the HealthCare Provider</b>  <b>Heartcode BLS Online Skills Check</b>  <b>EAP Webinar</b>	<b>12</b> <b>PTK Volunteers at the Men's Shelter II</b>	<b>13</b>  <b>Free Flu Shot Clinic On -Site</b>
Fall I Final Exams				
<b>16</b> <b>Free Flu Shot Clinic On -Site</b>  <div>Fall Break - No Classes</div>	<b>17</b>	<b>18</b> <b>Heartcode BLS Online Skills Check</b>  <b>Full Fall Midterm</b>  <b>Fall II Classes Begin</b>  <b>PTK General Meeting</b>	<b>19</b> <b>EAP Webinar</b>  <b>Chaplain's Grand Rounds</b>  <b>Incoming Student Meet &amp; Greet</b>	<b>20</b>
<b>23</b>	<b>24</b>	<b>25</b> <b>Heartcode BLS Online Skills Check</b>  <b>Deadline - Door Decorating Contest</b>	<b>26</b> <b>PTK Blood Drive</b>	<b>27</b>
<b>30</b> <b>Pumpkin Decorating Contest</b>  	<b>31</b> 			