



Carolinan College of Health Sciences | February 2019

WEAR RED FOR HEART HEALTH

The first Friday of February has been designated as National Wear Red Day® in the United States. On this day, men and women are encouraged to wear red as a symbol of their support of women’s heart health. Atrium Health Wear Red Day is Thursday, **February 14**, and every Friday in February.



2019 AWARD NOMINATIONS

Each spring, the College awards three special awards that are described below. Take this opportunity to recognize a faculty or staff member, student, or alumnus for outstanding contributions in their roles. All nominations are due by Friday, **March 8**.

Outstanding Educator

The prestigious outstanding educator award recognizes a college educator who has demonstrated effective and innovative teaching techniques, academic leadership, motivation and mentorship of students, demonstrable support of the college mission, or other leadership or service roles. Past recipients include Cyndie Hobson, Cathey Miller, Trish Campbell, Karen Miller, Carla Hanbury, Janie McCloskey and Susan Patterson. Take this opportunity to recognize an outstanding educator who has helped make a difference for you. The nomination form is accessible at https://www.surveymonkey.com/r/Educator_of_Yr_2019.

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

Distinguished Alumnus

The distinguished alumnus award recognizes an alumnus who has shown evidence of sustained excellence in patient care, healthcare administration, or laboratory procedures; an alumnus who has provided exceptional service to the community, the state, the nation, or the larger worldwide community; or who has shown outstanding leadership within the healthcare or allied health profession. The nomination form is accessible at https://www.surveymonkey.com/r/Alum_of_Yr_2019.

Provider of the Tree

The provider of the tree award recognizes and teammate and student who demonstrates the integration of spirituality and compassion inherent in the Tree of Life into their daily practice working holistically with patients, families and teammates. Nominations for a student and/or a teammate may come from faculty members, college or program administrators, staff, students, alumni or Atrium Health teammates. The nomination form is accessible at <https://www.surveymonkey.com/r/ProviderofTree2019>.

FROM THE FINANCIAL AID/BUSINESS OFFICE

Spring Refund Check Issue Date: **February 7** beginning 10 AM in Room 212 (Business Office). Students must show student ID.

2019-2020 FAFSA available now. Go to www.fafsa.gov – CCHS Federal School Code: 031042

FINANCIAL AID CONTACTS: Kirstie Clark (Kirstie.clark@carolinascollge.edu)
Cynthia Peace (Cynthia.peace@carolinascollge.edu)

Connect with CCHS



COMPLIANCE by Dr. Jane Binetti

As we all return to clinical rotations it is a good time to review the Care Experience Bundle. The Care Experience Bundle was developed to align with the mission, vision and values of the system and with the patient-centered culture that Atrium employs. A specific communication tool known as "G.R.E.A.T." was developed to ensure that patients are the center of everything we do, and that communication is the same for Every Person, Every Encounter, Every Time.

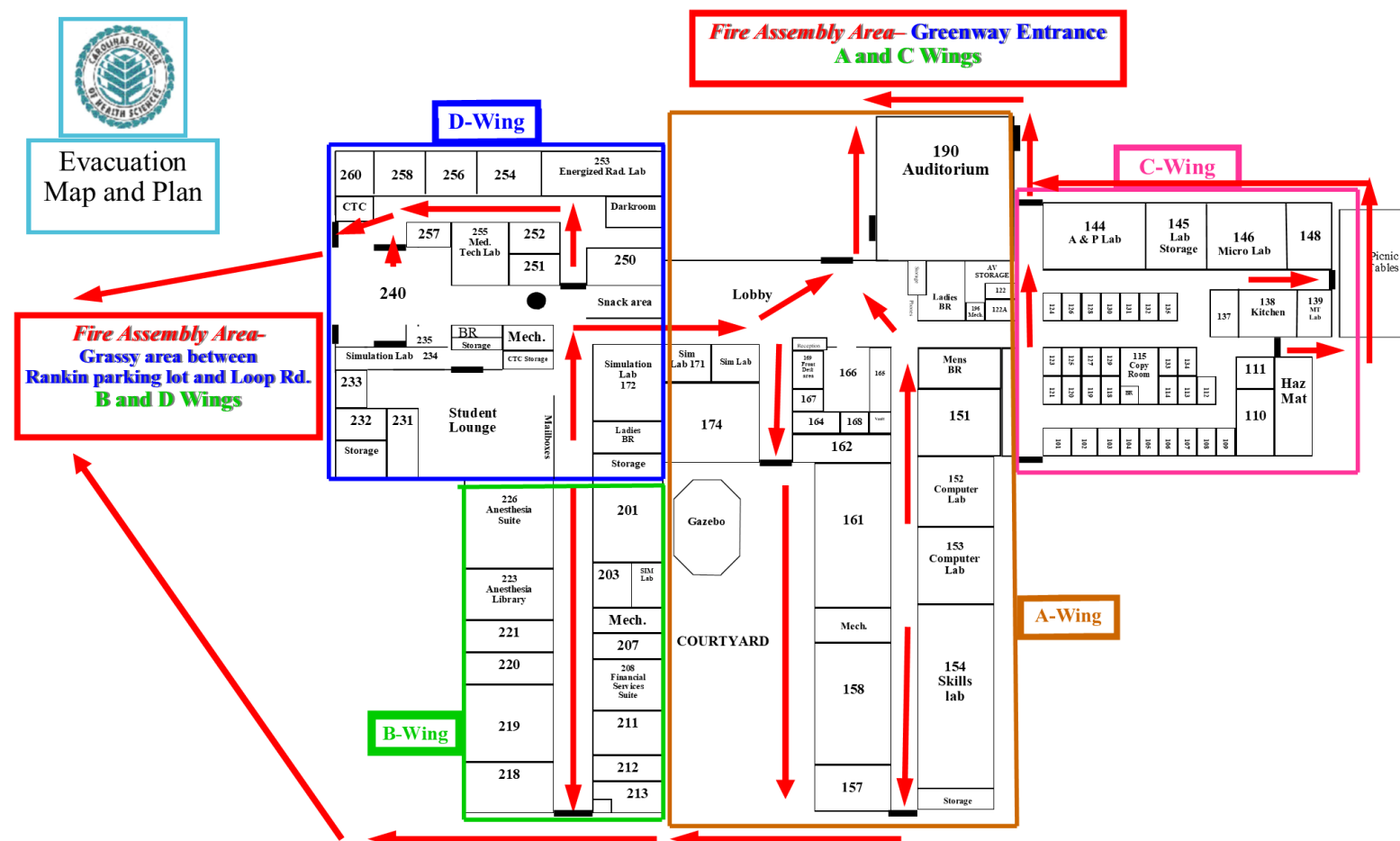
1. **Greet** – Knock on the door, introduce yourself, make a connection with everyone in the room.
2. **Relate** – Relate to your patient with empathy, connecting on a personal level, asking how they prefer to be addressed.
3. **Explain** – Explain, using plain language, what your role is and what you are there to do, how long it will take and what the patient can expect.
4. **Ask** - Ask open ended questions about their concerns, expectations and their understanding about anything you have said.
5. **Thank** - Thank them for speaking with you and reassure them you are there to partner in their care.

Using this communication tool helps ensure confidence in patients that their care is safe and coordinated, that we live our mission and values as a system.

SAFETY UPDATE by Carla Hanbury, Safety Committee Chair

CCHS held a fire drill on December 5, 2018 and we are pleased to announce that we scored a 100% on the Atrium Health Fire Drill Critique Sheet! HOWEVER, it was noted on the form that upon exiting the building some students did not move away from the building but instead stood near the building. Remember, that if the fire alarm goes off for any reason you are to evacuate as quickly as possible by the exits shown on the evacuation map below and completely walk away from the building to the designated assembly areas.

1. When exiting from the side nearest rehabilitation please go all the way to the grassy area on the other side of the parking lot (if it is raining then the assembly place is the lobby of Carolinas Rehabilitation).
2. When exiting from the front please go to the grassy area in front of the greenway on the other side of the street. Do not stop to chat! If it's raining, go to the lobby of Florence Crittendon.



STUDENT SUCCESS by Sam Smith, MBA

Are you looking to overcome testing anxiety? Here's a few tips:

1. Engage in deep breathing for 2-5 minutes. Close your eyes and concentrate on the air going in and out of your lungs. Take long, deep breaths, fill your lungs and abdomen, hold your breath, and then exhale.
2. Tense and relax different muscle groups. For example, if your shoulders are tense pull them back and hold them for a few seconds, then relax. This will help you to be aware of the relaxation of muscles and help you to relax more.
3. Engage in guided imagery for a few minutes. Pick a scene that you find peaceful, beautiful, and natural. Think about what you see, what you hear, what you feel and what you smell while in this scene.
4. Try to describe the anxiety. Focus your attention on your anxiety and think about the feelings it causes: How large is it? Where is it located in your body? What is its color, its shape, and its texture? If you can completely experience a physical sensation it will often disappear.
5. Aerobic exercise will help you to release anxiety and excess energy and, as a result, reduce body tension.
6. Engage in positive self-talk. This involves: (a) thinking about rational responses to counter negative thoughts (e.g., instead of saying "I'm going to fail this test" say "I have the ability to do this, I just need to get some help."); (b) thoughts that help you to cope with stress (e.g., "a little, anxiety is helpful will just try my best:"); and (c) thoughts that keep you on task (e.g., "I can write this paper if I break it into smaller steps.")

Visit the Student Success Center (room 254) to discuss study strategies and peer tutoring options. Other resources available in the Student Success Center:

- Study and time management handouts and ideas.
- Job placement information.
- Student PT/PRN employment assistance.
- A listening ear and friendly support!

Recruiting Peer Tutors for SPRING/SUMMER 2019 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@carolinashhealthcare.org

Student Employment Opportunities: We have a new HR Representative; his name is Joe Sullivan. If you're interested in part-time/PRN employment with CMC, sign up for a 15-minute appointment with Joe in the lobby between 10 AM and noon on **February 4**.

To make an appointment:

- ☞ Log onto the information portal and click on *Student Success Center* under *CCHS Quick Links* on the home page.
- ☞ 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 talk with Joe Sullivan on a drop-by basis 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. E-mail Joe.Sullivan@AtriumHealth.org, or call 704.631.0347, with any questions or contact me, Sam Smith, at CCHS to support your job search efforts. For more study tips, as well as current opportunities for part-time and PRN employment, check out the Student Support page on the information portal. (Click on *Student Resources*, then on *Student Success Center*.)

Would you like a cool "swag bag"? How about a discounted meal at Chick-Fil-A (CMC, main hospital location ONLY)? Or, maybe a few dollars in Canteen Bucks? Stop by the Student Success Center for more information.



PROGRAM ACCOLADES

The RN-BSN program has received membership approval to the American Association of Colleges of Nursing. In addition, Dr. Carolyn Harmon, BSN program chair, is the 2019 president of the American Nursing Informatics Association. Congratulations!



Dr. Carolyn Harmon

PHI THETA KAPPA (PTK) UPDATE by Cathey Miller, Rad Tech Faculty and PTK Advisor

Thank you to all who tried/were able to donate at the latest blood drive on January 30. Fourteen units of blood were collected which will impact 42 local patient's lives!! The next blood drive is **March 28**. The next induction ceremony is **February 21**, 5:30 PM in the Sheppard Auditorium. The next general member meeting is **February 22** at 12:15 PM.

STUDENT NURSES ASSOCIATION (SNA) UPDATE by Charley Threet, SNA Secretary

Congratulations Tony Schoening, winner of the SNA NUR101 Survival Backpack (pictured at left with NUR 101 Rep, Aimee Solomon and secretary Charley Threet). SNA will have a Valentine's Day Bake Sale on **February 11** from 9 AM to 2 PM.



CONTINUING EDUCATION OPPORTUNITIES

CCHS Admissions Information Session February 5, 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 Susan Thomasson, 704.355.3921.

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. 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.

BCLS for the Healthcare Provider February 13, 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.

BLS Online Skills Check February 6, 13, 20, and 27, 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).

2019 Chaplain's Grand Rounds - Ethical Decisions in Complex Times - February 21. This **FREE**, nine-part lecture series will be conducted in the Suzanne Hill Freeman Auditorium on the campus of Carolinas Medical Center every 3rd Thursday of the month from noon to 1 PM. Feel free to bring your lunch. The theme of the series acknowledges that medical decision making is getting ever more complicated. Best medical practice too often collides with the wishes of patients and family members. Nuances of care can challenge existing policies and procedures in the gray arena of seeking to do what is right. Join us in person, through teleconference, Skype, or let us send you a recording. Please direct any questions to Renee Howard (Renee.howard@atriumhealth.org). This month's session is entitled **Current Debate on Euthanasia** and will be presented by Bea Skudlarska, MD.

EAP Webinar - Enhancing Communication Skills - February 5 (9 to 10 a.m.); **February 13** (noon to 1 p.m.); **February 21** (1 to 2 p.m.). Goals of the webinar: 1) Understanding the communication process; 2) Identifying communication styles that promote a professional image; 3) Recognizing barriers to effective communication. Sponsored by Atrium Health's 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.

Activities & Deadlines For February

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 HR Rep On Campus	5 Admissions Information Session EAP Webinar	6 BLS Online Skills Check	7 Spring Refund Check Issue Date	8 Last Day to Withdraw - Spring I
11 SNA Bake Sale	12	13 BCLS for the Healthcare Provider BLS Online Skills Check EAP Webinar	14 Atrium Health Wear RED Day 	15
18	19	20 BLS Online Skills Check	21 Chaplain's Grand Rounds EAP Webinar PTK Induction Ceremony	22 Spring I Classes End PTK General Member Meeting
25	26	27 BLS Online Skills Check	28	
Spring I Final Exams				