

celebrate



Month!

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Carolinas College of Health Sciences | February 2018



CCHS Hours of Operation
Monday to Friday
7:30 AM to 4:30 PM
Badge access: 24/7

CCHS Computer Lab
M to Th, 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
M to F, 7:30 AM to 4 PM

AHEC Library
Monday to Friday
8 AM to 5 PM
Badge access: 24/7.

Connect with CCHS



NURSE AIDE PROGRAM CLOSING

Carolinas College of Health Sciences has long been a provider of quality non-credit/continuing education programs and workshops. However, effective **April 1, 2018**, Carolinas College will no longer offer Nurse Aide 1 or Nurse Aide 2 classes. Central Piedmont Community College (CPC) has Nurse Aide offerings. For more information, go to their webpage at www.cpc.edu and search "Health Careers" or contact Marcus L. Caldwell, Program Assistant for Nurse Aide and Corporate & Continuing Education Healthcare at Marcus.Caldwell@cpc.edu.

The 10-week NAACLS-approved Phlebotomy program will remain at CCHS and will be offered three times a year with starts in January, May, and September. *Phlebotomy Program: Information Sessions for 2018 Courses*. In addition, the Introduction to IV Therapy (February 28, May 11, August 8, October 17) and Basic Phlebotomy Skills Workshops (Next one March 15) will also be offered several times a year. For information, contact Susan.Thomasson@carolinashealthcare.org.

The Integrative Therapies workshops including Clinical Aromatherapy, Healing Touch, and Introduction to Integrative Practices are now being offered through Charlotte AHEC's division of Allied Health. If you want more information about these workshops, contact Kelly Blasky at Kelly.Blasky@Carolinashealthcare.org.

CHS ADOPTS SECURITY CHANGES

In the past, students were told not to wear their system ID badge when walking through the hospital in street clothes. CHS Corporate Security, Central Division has now implemented stricter rules, to ensure everyone's safety, for all teammates regarding ID badges. You are now required to wear your badge **AT ALL TIMES** while on any CHS property, even if wearing street clothes. CHS Security Safety Officers will stop anyone who doesn't have a system ID badge clearly visible.

Please be mindful of the dress code when entering system facilities. Students are expected to dress modestly and in good taste, including but not limited to:

1. No tank tops
2. No shorts above mid-thigh
3. No exposure of midriff
4. No low-cut shirts or blouses
5. Undergarments should be worn but not be visible
6. No profanity, slanderous or disrespectful images of language, or promotion of inflammatory causes
7. No pajamas

The full dress code policy can be found on Moodle. Thank you for your expected compliance with this policy and for helping to make CCHS a safe and secure environment.

CCHS/CHS HEART HEALTH MONTH

February is Heart Health Month. In conjunction with **National Wear Red Day**, CCHS students and teammates are encouraged to wear **RED** on Friday, **February 2**. Heart disease is the leading cause of death in the United States. Some of the factors that put you at risk for heart disease can't be controlled, but other factors are easily controllable. Practice these heart-healthy behaviors to reduce your risk of heart disease:

- Make healthy food choices
- Exercise for 30 minutes per day, most days of the week
- Reduce stress
- Limit fat, sodium, sugar, and caffeine
- Maintain healthy weight, cholesterol and blood pressure levels
- If you smoke - QUIT!
- Visit your primary care physician for regular check-ups



TEAMMATE ACCOLADES

Alisha Borchardt, clinical coordinator for the radiologic technology program, received her Master of Science in Instructional Technology from Fort Hays State University in December 2017. Congratulations on this wonderful accomplishment!



Alisha Borchardt

Megan Brazelton, clinical faculty for the nursing program, received her Master of Science in Nursing in the Nurse Educator track from Chamberlain University in December 2017. Congratulations on this wonderful accomplishment!



Megan Brazelton

FINANCIAL AID UPDATE

Spring 2018 refund checks will be available for pickup **February 8** after 10 a.m. 2018-2019 FAFSA is now available to complete if you will be enrolled fall 2018, www.fafsa.ed.gov, school code: 031042. Financial Aid contact: Kirstie Clark, Director of Financial Aid, Kirstie.clark@carolinashealthcare.org

NURSING STUDENTS NEEDED TO HELP WITH ACCREDITATION VISIT

The nursing program is hosting a site visit for their accrediting body, the ACEN this year. As part of that visit, they need to meet with a group of students. They will ask questions about the nursing program from the students' perspective. Interested students should contact catherine.borysewicz@carolinascollege.edu by **February 5**. Please attend if you can. The meeting is planned for Monday, **February 12** from noon to 1 p.m. in room 219. Lunch will be served. Hope to see you there!

STUDENT NURSES ASSOCIATION NEWS

by Heidi Curette, SNA Secretary

The CCHS Student Nurses Association (SNA), is pleased to announce that Christine Owens is the winner of the Survival Kit gift basket. This gift basket was raffled off during new student orientation in early January.

The first SNA meeting of 2018 will be held on **February 8** at noon. SNA will be hosting a speaker. Snacks will be served! Please keep an eye out for flyers and announcements on the TV screen in the main lobby for the room location and speaker information. Existing and new potential members are welcome! You can sign up to become an SNA member at the meeting! The SNA looks forward to seeing you at the first meeting! SNA will host a bake sale on Thursday, **March 15** in the main lobby. Donations will be taken for the yummy baked goodies. SNA will send out notifications to members to sign up to work shifts at the table. Please be sure to stop by and pick up some yummy goodies! Money collected from the bake sale goes towards the Cynthia Favorite Scholarship. Awarded to a nursing 202 student each year who was nominated by their classmates, it generally covers that student's NCLEX costs.

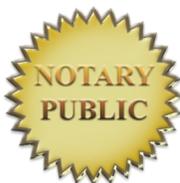


L to R: Alex Hill, Kathryn Nudi, Christine Owens, Katryna Smith

COMPLIANCE UPDATE – Joint Commission

Several years ago, Carolinas HealthCare System (CHS) began a collaborative effort with CCHS to enhance students' knowledge about the Joint Commission accreditation process. The Joint Commission (TJC) accredits and certifies about 20,000 healthcare organizations in the United States to acknowledge a high standard of quality care. The group does periodic visits to survey accredited healthcare institutions across the country to be sure the standard is being maintained. The rationale for the collaboration between CHS and CCHS is to educate nurses about the need and requirements of certification prior to entering practice with the hope that they begin their employment with accreditation in focus.

Senior nursing students in NUR 202 are required to attend a presentation by Carrie Fortier, an accreditation coordinator, and are presented with the information and forms required to do a mock survey. Since mock surveys are a good way for the hospital to "spot check" their compliance, they provide a good opportunity for both the hospital and our student nurses. The class is divided into groups and each group assigned to a unit. When the survey is complete, the students compile the data they collected and place it on a poster board. Strong and weak areas are identified. The presentation board is brought to the unit and posted for the staff to review. The staff can then make adjustments as needed to be best prepared for the next TJC survey.



NOTARY SERVICE AVAILABLE ON CAMPUS

Chrisanne Rancati has become a Notary Public. To make an appointment, email her at Chrisanne.Rancati@CarolinasCollege.edu).

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

New Officer: Shelbi Exum, former Vice President has taken on the role of President.

Induction: January 25: Twenty-two new members were inducted into PTK. Summer Nunn, RN, CCHS alum was our guest speaker.

Blood Drive: Thanks to all who participated in today's (1/31/18) blood drive. CBCC collected 21 pints of blood which will produce potentially life-saving blood products for 63 people!

Men's Shelter: February 8, 5:00-7:00. Please sign up on the PTK Moodle page if you are going. Carpooling from college, leaving at 4:45. If you have never volunteered at MSC, please print the confidentiality form available on the PTK Moodle page and bring it with you.

Bake Swap/Sale: February 9, 8 a.m. to 1 p.m. in the lobby to benefit Safe Alliance of Charlotte. Please sign up on the PTK Moodle page to bring goodies and/or man the table. Cash or checks made out to PTK, cards and/or donated items will be accepted. Fliers have been posted in the college with more information regarding the items Safe Alliance needs.

Next Meeting: February 23, 11 a.m. to noon, room 218. Please try to attend as there are a lot of items to discuss including filling the vacant Vice President position. The responsibilities of that position can be found on the PTK Moodle page. If you are interested in the position, please come to the meeting to introduce yourself.

Social Event: February 23, noon to 2 p.m. (following the meeting) at Bad Daddy's on East Blvd. Please plan to attend to get to know other members, enjoy some fellowship, fun, and good food.

T-shirts: blue and gold and/or green and blue. \$10. See Cathey Miller, Room 252.

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 Shelbi.Exum@cchsmail.org or PTK faculty advisor Cathey.Miller@carolinashhealthcare.org.

2018 OUTSTANDING EDUCATOR AND DISTINGUISHED ALUMNUS NOMINATIONS

Each spring, students have an opportunity to nominate individuals for the prestigious Outstanding Educator Award. Now's your chance! Go to <https://www.surveymonkey.com/r/HS9TKRX>. Past recipients include Cathey Miller, Trish Campbell, Karen Miller, Carla Hanbury, Suzanna Thornton, Millie Alexander, Janie McCloskey and Susan Patterson. Nomination deadline is **March 9**. Nominate someone who's made a difference for you!

Likewise, if you know a CCHS graduate who is doing great things for his/her profession, nominate him/her for the Distinguished Alumnus Award. Nomination form is accessible at <https://www.surveymonkey.com/r/QJK7D8G>.

CONTINUING EDUCATION OPPORTUNITIES

RN to BSN Information Session February 21, 4 p.m., room 190. To register go to <https://cchsbsn.eventbrite.com/>. Any questions prior to the information session, please stop by the Office of Admissions in Student Affairs.

BCLS for the Healthcare Provider February 14, 8 a.m. 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. 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 BLS Online Skills Check Part 2.

Heartcode BLS Online Skills Check February 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).

Organization, Time Management and Goal Setting (Multiple Webinar Dates) February 6 (9 to 10 a.m.); February 14 (Noon to 1 p.m.); February 22 (1 to 2 p.m.). Goals of the webinar: 1) Hear tips for organizing your home and office; 2) Understand the goal setting process and how to set different types of goals; 3) Learn ways to enhance your time management skills. 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 - February 15, noon to 1 p.m., 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 Elizabeth Morse, BCC and is titled *Imagery to Improve Outcomes*. **FREE** to students and teammates.

Activities & Deadlines For February

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2 Wear RED Day
5	6 EAP Webinar	7 Heartcode BLS Online Skills Check	8 SNA General Meeting Spring 2018 Refund Checks Available for Pickup PTK Volunteers at the Mens' Shelter	9 Last Day to Withdraw - Spring I PTK Bake Swap
12 Nursing Program Accreditation Meeting	13	14 BCLS for the Healthcare Provider Heartcode BLS Online Skills Check EAP Webinar 	15 Chaplain's Grand Rounds	16
19	20	21 Heartcode BLS Online Skills Check RN to BSN Information Session	22 EAP Webinar	23 Spring I Classes End PTK General Meeting & Social Event
26	27	28 Heartcode BLS Online Skills Check	March 1	March 2
Spring I Final Exams				