



CCHS Faculty and Staff at Discovery Place

Carolinas College of Health Sciences | April 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



COMMITMENT TO CARING & AWARDS CEREMONY

Date:

May 2, 2018 (General Studies, Nursing, Rad Tech, Surg Tech) – tickets required

Location:

Crowne Plaza – Charlotte Executive Park, 5700 Westpark Drive (exit off I-77 at Tyvola), Charlotte, NC

Times:

5:30 to 6:30 p.m. Graduates' Reception (participating graduates receive 2 free tickets for themselves and their pinner; additional tickets available for purchase for \$15.00 + Eventbrite fee).

6:45 to 9:00 p.m. Commitment to Caring & Awards Ceremony (complimentary tickets available through Eventbrite)

COMMENCEMENT

Date:

May 4, 2018 (General Studies, Nursing, Rad Tech, Surg Tech) – tickets NOT required

Location:

Pritchard Memorial Baptist Church, 1117 South Blvd, Charlotte, NC

Times:

1:30 p.m. Rehearsal (all graduates, program chairs, and platform party)
 2:15 p.m. Doors Open
 2:30 p.m. Processional Line-up
 3:00 p.m. Commencement Exercise

FINANCIAL AID SCHOLARSHIPS

- ❖ 2018/19 FAFSA priority deadline is **April 15**. www.fafsa.ed.gov; school code: 031042.
- ❖ 2018/19 Scholarship deadline: April 15. To apply visit: <https://www.surveymonkey.com/r/F89STZH>. You must have a valid 2018/19 FAFSA on file.
- ❖ 2018-2019 FWS application priority deadline: **May 1, 2018**

Questions? Contact Kirstie.clark@carolinacollege.edu

MEDICAL LABORATORY PROFESSIONALS WEEK

Carolinas College, along with the four laboratory programs' students and faculty (Histotechnology, Medical Laboratory Science, Specialist in Blood Banking, and Phlebotomy) celebrate Medical Laboratory Professionals Week, April 22-28. Medical Laboratory Professionals Week is an annual celebration of the laboratory professionals who play a vital role in every aspect of healthcare. Since they often work behind the scenes, few people know about the critical testing they perform every day. Lab week is a time to honor the more than 300,000 medical laboratory professionals around the world who prepare, perform and interpret more than 10 billion laboratory tests in the US every year. Over 70% of medical decisions are based on lab results.



Cynthia Bean



Cyndie Hobson



Kelly Shirley



Susan Thomasson



Tracy Walling



Kimberly Yarborough



Carolinas College is Proud to Celebrate our Laboratory Professionals!

COMPLIANCE UPDATE - Female Catheters

Atrium Health has recently employed the use of PureWick Female External Catheters for women over 18 years of age. This provides an alternative for the adult female patient with incontinence issues, or who requires urinary collection from the standard indwelling Foley catheter. It is expected that use of the PureWick Female External Catheter can reduce the risk of the Catheter Associated Urinary Tract Infection (CAUTI) seen with indwelling Foley catheters. However, this external catheter does not address issues of urinary retention. The wick is placed externally against the patient's perineal skin and applied to wall suction. Skin must be assessed at least every two hours, the wick changed every 8-12 hours, and the suction tubing changed every 24 hours. Contraindications include patients with latex allergies as this product contains natural rubber. The patient care regarding turning and positioning should not be affected by use of the PureWick. Documentation must be done, and can be found under Genitourinary/Reproductive Assessment – Urinary – Urinary elimination – External catheter.

PHI THETA KAPPA (PTK) UPDATE by Cathey Miller, PTK Advisor

New Officers: Charity Cochran: President Elect; Sherece Dove: Vice-President; Ana-Paula Pereira: Outreach Coordinator. Vacant Offices: Secretary and Treasurer

As the result of the recent bake swap/sale in February, we donated \$500, personal toiletry items, diapers, baby wipes and cleaning supplies to Safe Alliance. Thanks to everyone who bought and/or donated!

Our PTK chapter, Beta Zeta Sigma, was given the Carolinas Region Honors in Action Project Award, Myth and Reality of Hunger and Poverty, for our work with the Men's Shelter of Charlotte, Urban Ministries and Safe Alliance. In addition, we were also recognized with the PTK One Star Level for student and community involvement.

Next Meeting/Social Event: April 27, 11 a.m. to noon. **Social Event:** Following the meeting at Bad Daddy's on East Blvd. Please plan to attend to celebrate the end of the semester and graduating members.

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@carolinashealthcare.org.

CCHS HELPS THE COMMUNITY

Fifteen Level 1 rad tech students volunteered at the Matthews Help Center unloading donations, taking inventory in the food pantry and painting flower pots for volunteers in April as it is National Volunteer Month.



Kneeling: April Marshall, Anna Smith, Raycia Rivera, Hannah Holbrook, Luly Grullon. Standing: Kamryn Wagner, Amber Page, Dima Kailani, Turquoise White, Amanda Clark, Charity Cochran, Stacy Grogg, Rebecca Martin, Huynh Nguyen, Colby Crisp.

FACULTY SPOTLIGHT

Dr. Jane Binetti was a speaker recently at the 20th Global Nursing Education Conference in New York City. Nursing representatives from around the globe met for three days to discuss cultural competence, ways to advance nursing education, and innovations in nursing education and practice. Global speakers were from Australia, United Kingdom, Saudi Arabia, Norway, New Zealand, Switzerland, Uganda, Sweden, Iran and South Africa. Representatives from colleges and universities in the United States, in addition to Dr. Binetti, came from New Jersey, California, Pennsylvania, Tennessee, Kentucky, Delaware and Washington. Participants shared insight on collaborative partnerships as well as cultural competence, and practice issues like ethics, malpractice and medication errors. Innovative ways to enhance education and impact practice were also key topics. Each participant shared their research, and while each country was very different, the research provided common threads and initiatives that connected nursing practice and nursing education on a global level.



Dr. Jane Binetti

CONTINUING EDUCATION OPPORTUNITIES

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 **April 4, 11, 18 & 25**, 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).

Webinar - Sustaining Resilience in Work and Life **April 3 (1 to 2 p.m.); April 11 (noon to 1 p.m.); April 19 (1 to 2 p.m.)**. Goals of the webinar: 1) Understand the difference between resilience and balance; 2) Identify the factors of resilience; 3) Learn strategies to cultivate resilience and optimism; 4) Recognize how stress disrupts balance. 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 **April 19**, 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 Stephanie Newby, MD and is titled **Glimpses of Hope in Meditation**. **FREE** to students and teammates.

Basic Phlebotomy Skills Workshops **April 19 and 26**, 8:30 a.m. to 4:30 p.m. Cost \$169. CE Credits: 0.65 CEUs (6.5 class hours). This one day workshop is a refresher/orientation to the standard adult venipuncture. You will review the test tubes and additives, order of draw, basic techniques using the evacuated tube system (straight needle) and winged infusion system (butterfly needle), and much more! To sign up: [Basic Phlebotomy Skills for Health Care Professionals](#)

HISTOTECHNOLOGY STUDENTS AT DISCOVERY PLACE

The Histotechnology program at Carolinas College of Health Sciences represented Atrium Health at Discovery Place on March 17th. CCHS students helped bring awareness to the field of histotechnology to visitors of all ages. This is part of the continued partnership between Atrium Health and Discovery Place. The monthly events highlight different healthcare careers. If you would like to be a part of these monthly events please contact Mr. Jared Smith at Robert.smith3@carolinashealthcare.org.

Pictured L to R: Kelly Shirley (Faculty, Specialist in Blood Bank Technology), Tara Dunn, Tracy Walling (Education Coordinator, Histotechnology), Ivy Gregg, Zoe Poeta and Nikki Thomas.



STUDENT SUCCESS CENTER by Sam Smith, MBA

Four Steps to Overcoming Anxiety - A while ago, I read an article on Huffpost about overcoming anxiety. What was very interesting to me was the article spoke about how as humans, there's no way we can control everything. But every day when things slightly reach the "out of our control" stage, it feels like it's the end of the world. Anxiety is an unrelenting immense feeling of fear and worry that has the capacity to debilitate your mind and body. Here are the four steps the author shared:

1. **Figure Out Your Triggers** – Sometimes we get so deep into the experience that we cannot pinpoint the cause of our anxiety. Anxiety can be triggered by anything. In order to figure out your trigger, there needs to be some conscious effort. Documenting the cause every time your anxiety is triggered may be a great start.
2. **Change Your Perspective** – A change in perspective can go a long way. Have you ever shared a fearful thought with someone and the first thing they say to you is "change your perspective and it will be ok." Well, while this is true, it is often times easier said than done. But remember, the mind is more powerful than we usually give it credit for. The way we view things in the world begins in our mind.
3. **Talk It Out** - I've been told this is the most difficult thing to do. There's a stigma attached to sharing that you are having an anxiety episode. Often, people are afraid of being judged. Just talking through your feelings can help you to calm down and clear away some of the rubble in your mind.
4. **Self Care is the Best Care** – Out of the four steps shared, step four is by far my favorite. I am a firm believer in self-care. We get so consumed with life, and forget about ourselves. Persistent stressing, incessant sweating, headaches and elevated heart rates will affect your body. I believe everyone need to find one day out of the week to take care of themselves.

So, are you ready to take on anxiety? How do you manage your anxiety? Do you have an anxiety success story you would like to share? Send it to the Student Success Center at studentsuccess@cchsmail.org.

I would like to hear from you on things you would like to see changed or improved within the student success department. Send me your suggestions, concerns, or questions to studentsuccess@cchsmail.org.

Success Quote of the Month: "When I say I can't take on even one more thing, I really need you to understand I really just can't." – *Christine L. Hauck*

For more success/study tips, and quotes, check out the Student Success Center page on the Information Portal. (Click on *Student Success Center* under *Study skills and Self-help*)

Interested in receiving cool prizes? How about a discounted meal at Chick-Fil-A (CMC hospital location ONLY)? Or, maybe a few dollars in Canteen Bucks? Stop by the Student Success Center for more information.

Recruiting Peer Tutors for Summer 2018 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: If you're 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 **April 2.**

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 the Cliff Chapman 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 Clifton.Chapman@CarolinasHealthcare.org, or call 704.631.0347, with any questions.

Activities & Deadlines For April

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2 <i>HR Rep On Campus</i> <i>Last Day to Withdraw - Full Spring</i>	3 <i>EAP Webinar - Sustaining Resilience In Work and Life</i>	4 <i>Heartcode BLS Online Kills Check</i> <i>Spring II Midterm</i>	5	6
7	9	10	11 <i>Heartcode BLS Online Kills Check</i> <i>EAP Webinar - Sustaining Resilience In Work and Life</i>	12	13
15 <i>FAFSA Priority Deadline</i>	16 <i>Last Day to Withdraw - Spring II</i>	17	18 <i>Heartcode BLS Online Kills Check</i>	19 <i>EAP Webinar - Sustaining Resilience In Work and Life</i> <i>Chaplain's Grand Rounds - Glimpses of Hope in Meditation</i> <i>Basic Phlebotomy Skills Workshop</i>	20
22	23	24	25 <i>Heartcode BLS Online Kills Check</i>	26 <i>Basic Phlebotomy Skills Workshop</i>	27 <i>PTK General Meeting/Social Event</i> <i>Full Spring & Spring II Classes End</i>
MEDICAL LABORATORY PROFESSIONALS WEEK					
29	30	<i>May 1 FWS Application Priority Deadline</i>	<i>May 2 Commitment to Caring & Awards Ceremony</i>	<i>May 3</i>	<i>May 4 Spring Commencement</i>
Full Spring & Spring II Final Exams					