



Carolinas College of Health Sciences - October 2018

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

IT'S TIME FOR YOUR YEARLY FLU SHOT

It is that time of year again! The 2018 Atrium Health Flu Campaign is offered to emphasize the importance the flu vaccination has in minimizing the spread of the flu virus to teammates, families and patients and will run **October 1 through November 9, 2018**. All students and teammates must comply with the Atrium Health Infectious Diseases Prevention Policy HR-4.05 either by being vaccinated or submitting a medical or religious exemption form by **November 9, 2018**. Non-compliance with the policy may lead to the teammate's end of employment with Atrium Health and forfeiture of the Performance Plus Incentive.

Flu season will begin once cases of the flu appear in our area. Everyone is encouraged to take action to prevent the spread of the flu and lessen the risk of an influenza outbreak in our healthcare setting. When the flu season is declared, anyone who submitted an exemption form will be required to wear a surgical mask within six feet of a patient in designated areas. Please refer to the Seasonal Influenza Mask Policy. If you fail to wear a mask in the presence of patients, you may be asked to go home and may be subject to end of employment with Atrium Health.

Free flu shots will be available at the college on the following dates/times:

1. Friday, **October 5**, 10 to noon, room 154
2. Monday, **October 8** – 9-10; noon to 1, room 154
3. Friday, **October 19** - 10 to noon, room 157
4. Monday, **October 22** – 9-10; noon to 1, room 157



If you have medical or religious reasons which prevent you from receiving the flu shot, see Sharran Penny, room 154, for a declamation form.

Connect with CCHS



WEAR PINK FOR BREAST HEALTH AWARENESS

October is Breast Health Awareness month. In honor of that, Atrium Health is encouraging all students and teammates to wear pink on **October 10**. The College will **Go Pink for Breast Health** on Monday, **October 8**. 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 breast self-exams, have regular clinical breast examinations by a trained medical professional, and schedule mammograms as recommended by their provider. Talk to your doctor about whether a mammogram is appropriate. Participating breast health centers will dedicate special hours, evening and weekends, and convenient locations, including on-site mobile mammography units, for Atrium Health teammates to receive their mammogram. As an added incentive for teammates, your leaders may accommodate up to **two hours of paid time** for your screening. As part of the LiveWELL Health Plan, your mammogram (including 3D mammograms for those with dense breast tissue) and other well-woman screenings including your colonoscopy are covered at 100 percent.

COMPLIANCE UPDATE

Carolinas Medical Center, in conjunction with The Joint Commission, has issued an infection prevention reminder of common infractions and important points:

1. **Hand hygiene** - necessary both before and after gloves are used. When you reach into a glove box and you have not done hand hygiene, you contaminate the gloves in the box!
2. **Glucometers** - disinfected with a purple or orange top wipe after each use. HBV can survive outside the body at least 7 days and still cause infection!
3. **Pre-Klenz** - spray on instruments that are non-disposable and need to be reprocessed. Spray Pre-Klenz on the instrument at the point of use and cover with a moist towel for transport to the soiled utility room. Take off the "Clean" sticker and replace with a "Biohazard" sticker.
4. No boxes with outside shipping labels should be stored in clean utility areas.
5. Artificial nails are not allowed by hospital policy.
6. When using ultrasound gel from a squeeze bottle on a patient do not touch the patient's skin with the nozzle. Use individual packs of gel when available.
7. Contact times with cleansers:
 - Purple top: two "p's" in purple so its contact time is 2 minutes!
 - Orange top: "Contact time for bleach" is 4 words so its contact time is 4 minutes!
 - Grey top: Contact time is 3 minutes.
 - Red top cleansers are the only ones allowed in nourishment areas!



SCHOLARSHIP INFORMATION

The ANSWER Scholarship is a unique scholarship opportunity for non-traditional female students age 25 or older. To date, ANSWER scholarship has supported 115 scholarships to 65 women since 2006. Scholarships range from \$2,200 to \$6,000 per year. The application process and program is supported through the Foundation for the Carolinas. The application opens online on **December 1, 2018**. Women 25 or older who have at least one school age child (grades Pre-K through 12), are US citizens and residents of Mecklenburg and surrounding counties are encouraged to apply. Applicants must be enrolled (or accepted) as a full-time degree seeking student seeking a first-time bachelor's degree in any subject or a two-year nursing degree, a two-year degree in CPCC's Health Careers Program or Information Technology. In addition to the scholarship, recipients participate in a very successful mentoring program "Mentors For Mom." For more information contact Esther Chipps, PhD, RN, NEA-BC, ANSWER Scholarship Selection Committee, Volunteer, estherchipps@yahoo.com

TEAMMATE UPDATES



Lee Braswell

Lee Braswell, radiation therapy program chair, was identified as one of the most inspiring and supportive faculty members of the 80-year Armstrong State College/Armstrong Atlantic State University era. Alumni from this era selected the honorees. Lee's name, along with approximately 200 other faculty and staff, is listed on a Wall of Honor plaque that will remain in the alumni center for historical purposes.

Jodie Huffstetler, radiologic technology program chair, was invited to join the National Society of Leadership and Success through Walden University, where she is completing her doctoral studies.



Jodie Huffstetler



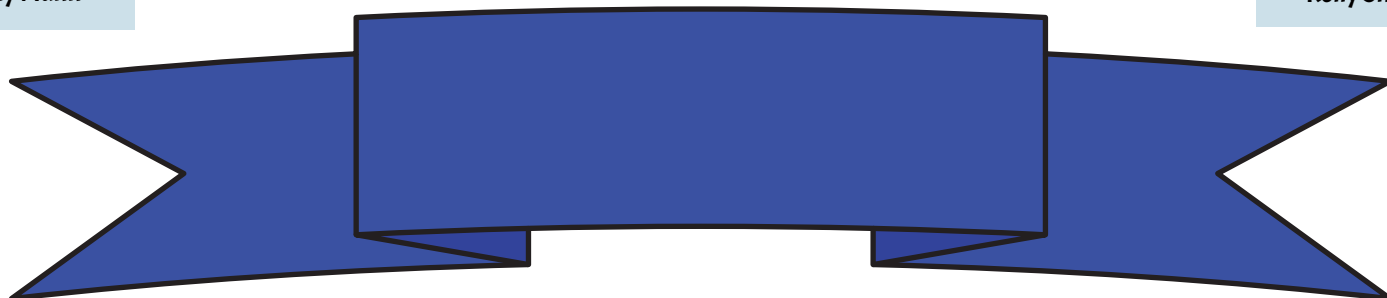
Lindsay Munn

Dr. Lindsay Munn, nursing faculty member, had an abstract based on her dissertation research accepted to the Sigma Theta Tau: Creating Health Work Environments 2019 Conference. The title of the presentation will be *"Work Environment and Error Reporting by Nurses."*

Kelly Shirley, medical laboratory science faculty and specialist in blood bank technology education coordinator, has been elected president of the North Carolina Associate of Blood Bankers (NCABB) for 2018-19.



Kelly Shirley



CCHS TEAMMATES RECEIVE HIGHEST HONOR

Atrium Health 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. Congratulations to Cyndie Hobson (medical laboratory science faculty member and Pinnacle nominee), Shannon Sloan (radiologic technology faculty member and Pinnacle nominee) and Dr. Lori Bequette (provost and Pinnacle finalist). These distinguished colleagues truly represent all that is great about Carolinas College. Congratulations on this wonderful recognition!



Lori Bequette
Pinnacle Finalist



Cyndie Hobson
Pinnacle Nominee



Shannon Sloan
Pinnacle Nominee

STUDENT SUCCESS CENTER , Samuel L. Smith Jr., MBA, CPRW

By now you should have received an email to your college account asking you to complete the Title IX – Consent & Respect required course. All students are required to complete this course no later than Friday, **October 19**. If you did not receive an email with the subject line "Required-Online Course" please let me know ASAP.

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 **October 1**.

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@Atrium health.org, or call 704.631.0347, with any questions.

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*.)

Recruiting Peer Tutors for Fall 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@Carolinacollege.edu.

PHI THETA KAPPA (PTK) UPDATE, Cathey Miller, Co-Advisor

Blood Drive: On August 30, PTK sponsored a blood drive that collected 12 pints which will benefit 36 people. Thank you to all who tried/gave blood. Next blood drive: **October 25**.

Men's Shelter of Charlotte: On September 6, six people served dinner to 67 men. Next date: **October 11**, 5:30 to 7 PM. Sign up on PTK Moodle page if attending.

Induction: On September 20, PTK welcomed 16 new members. Six new members and their families and friends attended the ceremony/reception.

PTK will hold a bake swap/sale on **October 12**, 8 AM to 1 PM in the lobby to benefit the Humane Society of Charlotte. Need Volunteers are needed to man the table, bake/bring items. Sign up on the PTK Moodle page.

Next general member meeting: **October 26**, 11 to noon. *T-shirts:* blue and gold or green and blue. \$10. See Cathey Miller.

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: Charity.cochran@cchsmail.org or PTK Co-advisor: cathey.miller@atriumhealth.org.

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 Diahane Holandez' door pocket (room 118) or on the SNA page on the information portal. Email nominations to Diahane.Holandez@Carolinacollege.edu or Cynthia.Lynch@Carolinacollege.edu. Nominations must be submitted by **November 16**, no exceptions.

CONTINUING EDUCATION OPPORTUNITIES

CCHS Admissions Information Session October 2, 4 to 6 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 BLS Online Skills Check Part 2.

BCLS for the Healthcare Provider October 31, 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.

BLS Online Skills Check October 3, 10, 24 & 31, 1 to 3 p.m. **October 17**, 2 to 4 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 - Civility in the Workplace October 2 (1 to 2 p.m.); October 10 (noon to 1 p.m.); October 19 (1 to 2 p.m.). Goals of the webinar: 1) Understand what civility in the workplace is; 2) Learn about your power to control your actions and reaction; 3) Understand how differences can create friction at work; 4) Develop strategies to create civility and respect at work. 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.

2019 Chaplain's Grand Rounds - Ethical Decisions in Complex Times October 18, 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 **Medical Futility** and will be presented by Gratton Brown, STD.

SAVE THE DATE!

COMMITMENT TO CARING AND AWARDS CEREMONY

Date: December 12, 2018

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

Times: 5 to 6 PM - Graduates' Reception
6 to 8:30 PM. Commitment to Caring & Awards Ceremony

COMMENCEMENT CEREMONY

Date: December 14, 2018

Location: CPCC's Halton Theatre at Overcash Auditorium, 1206 Elizabeth Avenue, Charlotte, NC

Times:

8:45 AM	Rehearsal (all graduates, program chairs, and program participants only)
9:30 AM	Faculty Arrive
9:45 AM	Doors Open
10:10 AM	Processional Line-up
10:30 AM	Commencement Exercise

Look for information on tickets and costs in upcoming newsletters and emails.

Activities & Deadlines For October

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Flu Campaign Opens HR Rep on Campus	2 CCHS Admissions Infor- mation Session EAP Webinar	3 BLS Online Skills Check	4	5 FREE Flu Shots on Campus Fall I Classes End
8 FREE Flu Shots on Campus CCHS Goes Pink 	9	10 BLS Online Skills Check Atrium Health Goes PINK!	11 PTK volunteers at the Men's Shelter of Charlotte	12 PTK Bake Sale/Swap
Fall I Final Exams				
15 	16	17 BLS Online Skills Check Full Fall Midterm Fall II Classes Begin	18 Chaplain's Grand Rounds	19 FREE Flu Shots on Campus Deadline to take Title IX Course
22 FREE Flu Shots on Campus	23	24 BLS Online Skills Check	25 PTK Blood Drive	26 PTK General Member Meeting
29	30	31 BCLS for the Healthcare Provider BLS Online Skills Check Halloween		