President’s Message

Summer, we thought it would never get here, but it has finally arrived. As the song goes, “summer time and the living is easy.” Well, maybe not easy but we all enjoy those long summer evenings when we actually get home before dark. One of my favorite things is sitting outside in the swing with a glass of lemonade and watching the fireflies dance in the trees.

It is the hope of the NCAHCSP Board of Directors that each one of you will spend time with family and friends, take some time for yourself and just enjoy the summer months.

The Board of Directors is in the process of making big plans for the association and we hope you will want to be involved in every aspect of the organization. It is our hope that you will take advantage of all the opportunities available to you through NCAHCSP and will encourage your colleagues to do the same.

As you look forward to a long lazy summer, I hope you will take time to consider what you could do for the NCAHCSP. We are looking for in-service writers for the newsletter, presenters for quarterly meetings and nominees for the Board of Directors. We are always looking for a “few good people” so give it some consideration.

For the Board of Directors,

Patricia M. Allred, RN, CNOR, CSPDT  
Past-President

Most Important Lesson

During my second month of college our professor gave us a pop quiz.

I was a conscientious student and had breezed through the questions, until I read the last one: “What is the first name of the woman who cleans the school?”

Surely this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark-haired and in her 50's but how would I know her name? I handed in my paper, leaving the last question blank.

Just before class ended, one student asked if the last question would count toward our quiz grade.

“Absolutely,” said the professor. “In your careers, you will meet many people. All are significant. They deserve your attention and care even if all you do is smile and say ‘hello’.”

I’ve never forgotten that lesson. I also learned her name was Dorothy.

Author Unknown
While working in the decontamination room we must protect ourselves from that which we can not see at the same time not doing harm to the items entrusted to our care. What we are up against? The primary variety of soil encountered in C.S.P. is protein, and the most difficult for us to clean is blood. Why? Without thorough cleaning and removal of all protein-type soil the sterilization process itself can be compromised because protein not completely removed can cover and protect bacteria from the sterilizing agent. The end result can be supplies that are NOT safe for patient use. Thus decontamination, the least popular step in the reprocessing cycle, is in fact the most important.

DESIGN - The decontamination area should be structurally separated from the other C.S.P. function areas. Negative air pressure should be maintained to contain the contaminants, thus reducing the chance of cross contamination. All pass-through door and / or windows should remain closed when not in use.

GENERAL SAFETY PRECAUTIONS – Always use common sense! When proper attire is worn and correct procedures are followed, the risk of employee exposure to contaminants is minimal. The specific PPE or personal protective equipment, to be worn is determined by the activity being preformed. Head and shoe coverings, gown, face shield or goggles, mask, apron and proper gloves are provided and may be an OSHA requirement for certain tasks. They must be worn when there is probable exposure to blood or bodily fluids. Examples are when you are cleaning soiled instrument trays and bedside commodes! You wear protective equipment to keep your clothing dry when you are cleaning pumps, isolation carts, supply carts etc. There is no risk of exposure to blood and bodily fluids when cleaning these items unless visibly contaminated.

Face mask, eye protection (full shield or goggles), apron must be worn whenever there is a risk of splashing or other moisture contamination. Remove all PPE before to leaving the decontamination room for any reason. PPE worn in the decontamination room must NEVER be worn in other areas of the department. You want to keep the contaminants in the decontamination room and NOT transport them throughout the facility or to other areas of the department. When collecting soiled supplies from the floors, you need to wear gloves ONLY on the unit when handling the soiled supplies. Leave the soiled gloves in the soiled utility room on the unit! Do Not wear gloves from unit to unit. Your apron does NOT need to be changed on each unit. Clean PPE should be put on each time employees return to the area. Don't touch your face while working in the decontamination room. Use caution when disposing of sharps and trash. Handle instruments with care to avoid injury to employees and damage to delicate instruments. WASH your hands with soap before leaving the department.

THE CLEANING PROCESS - SORTING - By type of cleaning to be accomplished and agent required by the nature of the items. Hand Washing, Mechanical Washing, Soaking, Large vs. Small items, Basins vs. Instruments

SOAKING - Pre-soaking for 5-10 minutes will make cleaning easier. Use an enzymatic detergent to soak for best results on stainless instruments. Use only the type of detergent recommended for the composition of items you are cleaning. Never Use NaCl (09.% saline solutions), tap water alone, bleach solutions, to soak any instruments. Depending on their concentration, they can cause pitting and ruin instruments beyond repair in as little as 10 minutes.

WASHING – Manual - use a soft fiber brush, only below
the surface of the water & brush away from your body. Mechanical - ultrasonic cleaners, washer-sterilizers, washer-disinfectors, bottle washers, cart washers, steam wand. ALWAYS use the correct method, cleaning agent and water temperature for the specific item being cleaned.

**RINSING** - Adequate rinsing will remove the cleansing agents from the surface of the item. Certain items will require rinsing with sterile or distilled water items with lumens, catheters, needles. etc.

**DRYING** - Method depends on the nature of the item. Immediately after rinsing to prevent spotting or staining, prevent the development of rust and corrosion.

**CLEANING AGENTS** - Soaps and Abrasive Cleansers are not appropriate cleaning agents for C.S.P.. The Na (sodium) or K+ (potassium) in soap combines with minerals in water, resulting in the formation of an insoluble substance. Soap is also difficult to rinse off.

**ABRASIVE CLEANERS** - Steel wool, scotch bright pads, scouring powders or wire brushes should **NEVER** be used under **ANY** circumstances. Abrasives scratch the surface of instruments and leave areas that harbor contaminants. This will also speed up the corrosion process and abrasive cleansers are not soluble in water.

Detergents are the cleaning agent of choice but use care to select the proper detergent. Do not interchange manual detergents with mechanical detergents. Detergents designed for one purpose must not be used for another. They may result in injury to employee, damage to equipment and instruments or just poor results.

**DETERGENTS** - **Mechanical** cleaning detergents are designed to be used in water temperatures of 106°F or higher. Usually they include anti-corrosive agents and are too harsh for skin contact. **Manual** detergents are ideally used in temperatures near 140° F and compensate for the friction created in hand washing. When using any cleaning agent, follow manufacturers instructions and measure accurately. If mixed improperly can harm both employee and the item being cleaned. If it is too concentrated, they will do an inferior job., if too dilute. The pH of the detergent combined with water should be between 7 and 8 when manually cleaning items.

**EVALUATING CLEANING AGENTS** – Check the effectiveness of the removal of protein type soil, check the pH when the product is mixed as directed. What is the intended use, per mfgr. instructions. Is the product's ability to be rinsed from the item being cleaned. What are the formulation's non-reactive and non-corrosive properties.

**GUIDELINES** for CLEANING - Always check manufacturers recommendations and warnings. A careful reading of the instruction could save you from making a costly mistake or providing a compromised instrument to the staff and ultimately the patient.

**CLEANING ALUMINUM** - Use a neutral to slightly alkaline detergent and clean along the "grain" of the metal.

**CLEANING CHROME** - Do **NOT** wash in an ultrasonic cleaner, Do **NOT** mix chrome plated instruments with stainless in a washer sterilizer, electrolysis will result between the two metals

**CLEANING GLASS** - Use a mild detergent and rinse thoroughly.

**CLEANING RUBBER** - Difficult to clean due to the rough texture of the surface. Use a slightly alkaline, low sudsing detergent with a brush. Phenolic compounds and halogens will cause deterioration of the rubber.

**CLEANING STAINLESS STEEL** - Use a mild detergent. Wash as soon as possible after use Do not use any cleaning agent, abrasive or implement that will scratch the surface.

**CLEANING SPECIALTY INSTRUMENTS & DRILLS** - Some may not be immersed, or some may not be mechanically washed. Always follow manufacturers directions. Delicate instruments may need to be washed by hand.

**CLEANING EQUIPMENT** - Must first be cleaned of soil before they can be disinfected. Proper disinfection can not occur if a layer of protein soil remains on the equipment. It begins by disassembling, then manually clean all exterior surfaces. When completely dry - reassemble.

**Post Test** for “Decontamination - Understanding your role”
To Marie Carver, Sterile Reprocessing Tech from Forsyth Medical Center, Winston-Salem. Marie submitted the most recipes for the Association Cookbook and will receive a free registration to a quarterly meeting for her effort. Thanks to Marie and to all who submitted their favorite recipes to this effort! Also to Paul Hess, Manager of Central Sterile Processing at New Hanover Regional Medical Center in Wilmington, for submitting the winning title selection of **270°, 4 Minutes**. The cookbook has been sent to the publishers and should be ready for sale in the fall. Plan to obtain your copy.

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1. The primary soil that we encounter in C.S.P is blood.  **T**  **F**

2. The five steps in the cleaning process are sort, save, wash, rinse, and dry.  **T**  **F**

3. Proper work attire when exposure to blood and bodily fluids is *probable* is a face mask, eye protection, apron and gloves.  **T**  **F**

4. Three general safety requirements are use common sense, wear proper attire, follow correct procedures.  **T**  **F**

5. You must change your outer protective garment prior to leaving the decontamination room so you do not transport the contaminants that are on your protective clothing outside of the decontamination room.  **T**  **F**

6. That best method for cleaning glass is to use an acid based detergent & rinse thoroughly. **T**  **F**

7. The best method for cleaning chrome is to use no ultrasonic cleaner and not mix plated with stainless instruments.  **T**  **F**

8. The best method for cleaning aluminum is to use a neutral to slightly alkaline detergent, clean in a circular motion.  **T**  **F**

9. The best method for cleaning rubber is to use a slightly alkaline low sudsing detergent, and no halogens or phenolic compounds.  **T**  **F**

10. The best method for cleaning stainless steel is to use a mild detergent, ASAP after use, and never use abrasives or implements that will scratch the surface.  **T**  **F**
August 1st, 2003
Plan to attend the next meeting to be held on August 1st at the Hawthorne Inn in Winston-Salem. Our tentative program will include topics such as “Care and Cleaning of Instruments”, “Are your Instrument Repairs on Track?” with Peter Foley and sponsored by Cardinal Health, and “HIPPA, Implications for the Healthcare Professional” with Beverly Essick.

Membership Report
Have you renewed your membership? Members not having renewed by July 1st will be dropped from the mailing list. We had 373 members (245 renewals) at the beginning of our meeting in May. Membership fees for 2003 are now due. To see if we have received your dues for 2003, take a look at your mailing label. If you see 2003 not having renewed by July 1st, your membership is paid through December 31, 2003. Applications and payment information can be found on our website at www.ncahcsp.org. 

Harriet Pratt

Recipe for your busy lifestyle: Turkey Shepherd’s Pie—submitted by Frank Sizemore

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurements</th>
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<tr>
<td>3/4 lb. lean ground turkey meat</td>
<td>1 (10 3/4 oz.) can condensed 98%-fat-free cream of chicken soup</td>
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<tr>
<td>1/2 to 1 teaspoon poultry seasoning</td>
<td>1 cup skim milk</td>
</tr>
<tr>
<td>1 tablespoon cornstarch</td>
<td>1 (9-oz.) pkg. Green Giant® Frozen Sweet Peas and Pearl Onions</td>
</tr>
<tr>
<td>2 cups stiff mashed potatoes</td>
<td>(prepared without margarine and salt)*</td>
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Prep Time: 40 Minutes / Preparation Directions:
1. In medium nonstick saucepan over medium heat, cook turkey 5 minutes or until no longer pink. Stir in soup and poultry seasoning.
2. In measuring cup, blend milk and cornstarch until smooth. Stir into turkey mixture; cook until mixture begins to boil. Stir in peas and onions; cook 2 to 3 minutes or until thoroughly heated.
3. Place 1 cup turkey mixture in each of 4 individual microwave-safe or ovenproof casseroles. Pipe or spoon 1/2 cup mashed potatoes over top of each serving.
4. Bake at 400°F. for 15 to 20 minutes or until thoroughly heated.

Variations:
TO FREEZE: Cover each unbaked casserole with cover or plastic wrap; wrap in heavy-duty foil. Label with recipe name, date and reheating directions; place in freezer.
TO THAW: Place pie in refrigerator overnight. Or remove foil and plastic wrap and microwave 1 pie on MEDIUM for 9 to 12 minutes (12 to 16 minutes for 2 pies) or until thawed, gently breaking apart center with fork.
TO REHEAT INMICROWAVE: Cover 1 thawed pie and microwave on MEDIUM-HIGH for 3 to 5 minutes (4 to 8 minutes for 2 pies) or until thoroughly heated.
TO REHEAT IN OVEN: Bake thawed pie(s), uncovered, at 400°F. for 3 to 5 minutes (4 to 8 minutes for 2 pies) or until thoroughly heated
Tips: * If desired, prepare instant mashed potato flakes according to package directions, omitting margarine and salt.

Yield: 4 servings; Nutrient Analysis Per Serving: Calories: 372.5 Total Fat: 13.3gm Calories from fat: 32.2% Cholesterol: 77mg Sodium: 1025mg

Treasurer’s Report

Checking

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Money Market

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Grand Total

Roadside Wisdom

Signs seen along life’s highway.
“Assumption is the mother of all mistakes.”

Public Relations
The Association Cookbook has 312 recipes and has been sent to print. The Winner of the most submissions is Marie Carver. The winning title, submitted by Paul Hess will be 270° 4 minutes. There are a small quantity of Lanyards, Badge Pulls and travel mugs for sale. Also introduced at the annual meeting in Myrtle Beach this year was a very nice warm-up jacket. These are in purple, mauve and navy for $15. We also have a limited number of Association Membership Plaques available at $8.00 each.

Have a suggestion for a newsletter inservice?
Please send your idea to Paul Hess at the address on the last page. Better yet, write one for submission in an upcoming issue.

Certification Information
NICHSPDP has changed its name to the Certification Board for Sterile Processing and Distribution. The next CBSDP certification exam will be held in October 18th 2003. The application deadline for this exam has not been set at this time. Visit the CBSDP website at http://www.sterileprocessing.org for more information. The CBSDP is the ONLY sterile processing certification program accredited by the National Commission for Certifying Agencies. North Carolina

The NCAHCSP Website has been visited a total of 381,782 times since we went online in November 1996. The most recent new visitors are from Bangladesh, “Europe” and Egypt. If you have not seen the updated Association Web Page you can go to http://www.ncahcsp.org. Let me know what you think!

The Association web page will have the most up to date information, often before the mailings can be sent. If you do not have internet access, you can go online at your local library.

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Roadside Wisdom

Signs seen along life’s highway.
“Assumption is the mother of all mistakes.”
Region Two Report

Japanese Visitors
ASHCSP Staff provided a summary of the meeting between staff, Japanese sterile processing professionals and Jean Hodge in April, including the Japanese desire and offer to have the 4th Edition Technician’s Manual translated into Japanese by a professional technical translation company, and agreement on a draft outline for a basic sterile processing program to be offered in Grand Rapids immediately prior to the 2003 annual conference. Currently, staff is waiting to hear from Jossey-Bass Publishing, who holds the copyright to the Technician’s Manual, whether permission will be given to proceed with the Japanese Translation.

2004 Conference Information
Frank advised the Board that the location and dates have decided upon for the 2004 Annual Conference, which will be held in Orlando, FL, September 22-28 2004.

At a conference last week, Frank discussed the date changes with the Society partner’s, CBSPD, executive director, Nancy Chobin. Nancy expressed willingness to change the date of the fall 2004 certification exam to coincide with the September meeting dates. Nancy also discussed her organization’s wish that a preparatory session for those planning to take the manager’s certification exam would be conducted in conjunction with the Society’s annual meeting.

2003 Conference Information
Staff advised the Board that to date over 35 registrations have been received for the 2003 annual conference, and that over 20 exhibitors have paid for booth space.

Postage Paid Envelopes
ASHCSP Staff shared that they were able to purchase postage-paid return envelopes for a very small fee. Staff plans to use the envelopes in a reinstatement mailing to individuals who did not renew their membership in the past year.

The envelopes should be used for the 2003 elections, with the thought that postage-paid envelopes will elicit a higher response rate than the usual 20 – 25% return rates for ballots.

AAMI update.
Having returned from a meeting of the AAMI Sterilization Standards Committee, Frank updated the group on the status of several AAMI position papers and publications, including proposed revisions to the new ST79 document, which is a compellation of several documents into one. The Board agreed with Frank’s assessment that the Society should coordinate work on the next edition of the technician’s manual so that it reflects the most current AAMI standards.

Linking ASHCSP.org with www.e-CSPD.com
The Board discussed the value of adding a link between the ASHCSP web site to Natalie Lind’s e-site. Staff was directed to send Natalie an email asking that she have the site’s CE content approved for CBSPD credits.

Creating a Speaker’s Bureau
Rose Seavey, President updated the Board on efforts to create a speaker’s bureau for chapter reference and use. The bureau would be populated with information on potential industry resources, as well as board and committee members who interested and willing to speak at chapter events. Board members were asked to forward specific information to staff to be included in this new, on-line feature.

Member Data
The Board discussed current membership numbers, which continue to decline. The Board agreed that Regional Directors should receive not only monthly lists of new members and terminated individuals, but also all contact information for individuals who will be terminated, and those that have renewed. Staff will work with member service center staff to receive this information electronically so that it can be passed on to Regional Directors.

Chapter Information
Please share information to the Region Director so that information flows between the chapters and the ASHCSP.

Dottie Conroy, R.N., B.S., ACSP
Region 2 Director
Spotlight on: Annual Award Recipients, Pat Allred, Ginger Jackson, Ruby Adams

As last year’s recipient of the Bill Dennis Memorial Merit Award, it was my pleasure to introduce this year’s winner, Patricia Allred. She is one of those people that works behind the scenes. She never puts herself out in front of the group, being more content to serve behind the scenes. The job that she does in keeping the chapter going forward is phenomenal. She is able to keep her board members as well as the chapter interested and eager to help. Her quiet strength is a force to be admired and used to help each of us grow. She has worked for many years in the Central Sterile arena as well as in the OR and brings experience to the chapter that helps to choose speakers for the educational sessions as well as answering questions to those that are new to the CS arena. She is indeed worthy to receive this award. Pam Caudell

Ginger Jackson, the recipient of the Ray Manning Sr. Achievement Award, has been working in the Central Service environment for the last 25 years and is a certified technician for the last 10 years. Ginger’s flexibility has allowed surgical eye procedures to increase by 98% (20 per week to 38). Through her efforts the turnover time in the OR for eye procedures has been reduced by 66.6% (15 minutes to 5). In voluntarily assuming the responsibilities for which she is qualified, she has freed the Nursing staff to deliver better and quality care. Because of the attention she has given to her responsibilities, Ginger and her staff have added dental hand pieces to her repertoire. Due to her attention and efforts, repairs of eye instruments and dental hand pieces have been reduced by 617.2% (average of $875 to $122 per month). Ginger will often come in after hours and during the weekend if the eye instruments have been used to see that they are handled and processed properly. Sonia Alden

Ruby Adams, the recipient of the Joe Stanley Award, is a respectful, and caring individual. She has been committed to the Sterile Processing and Distribution field for 35 years. Ruby stays focused on the goals of the department. She has reduced the amount of supplies kept in SPD and continues to streamline the SPD ordering process. She is committed to ensuring quality in everything that she does. Ruby has strengthened her computer skills and learned to use electronic mail. She also participates in the state association meetings on a regular basis. Ruby is a great listener and very cooperative with everyone that she encounters. She is an excellent teacher and always willing to assist new staff with their learning process. She is willing to work in any area that she is assigned to and can handle any assignment she is given. Ruby is a model staff member and a true asset to SPD. Lana Haecherl

FYI - Spotlight on Local Industry News - NC network signs with SRI/Surgical Express - Rex Healthcare, a healthcare network based in Raleigh, NC, that includes a 394-bed acute care hospital, announced it has agreed on a new seven-year contract with Tampa, FL-based SRI/Surgical Express Inc. involving supply chain management services such as surgical instruments processing and physician-specific procedural case cart delivery. More than 27,000 surgeries are performed annually at Rex Healthcare. Under terms of the contract, processing of all surgical instruments will take place at either the SRI/Surgical Express facility or in the central sterile processing department at Rex Healthcare managed by SRI/Surgical Express. According to SRI, the agreement is expected to generate approximately $56,000,000 in revenue during its term. The contract takes effect on July 1. HPN Online Daily Update 6/20/2003

Only in America
1. Only in America......can a pizza get to your house faster than an ambulance.
2. Only in America......are there handicap parking places in front of a skating rink.
3. Only in America......do drugstores make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front.
4. Only in America......do people order double cheeseburgers, large fries, and a diet coke.
5. Only in America......do banks leave both doors open and then chain the pens to the counters.
6. Only in America......do we leave cars worth thousands of dollars in the driveway and put our useless junk in the garage.
7. Only in America......do we use answering machines to screen calls and then have call waiting so we won’t miss a call from someone we didn’t want to talk to in the first place.
8. Only in America......do we buy hot dogs in packages of ten and buns in packages of eight.
9. Only in America......do we use the word ‘politics’ to describe the process so well: ‘Poli’ in Latin meaning ‘many’ and ‘tics’ meaning ‘bloodsucking creatures’.
10. Only in America......do they have drive-up ATM machines with Braille lettering.

Remember to renew your membership before July 1st 2003
Mission Statement

North Carolina Association for Hospital Central Service Professionals will establish itself statewide as the leading educational organization through innovative programs that enhance the development of the Central Service Professionals.

NCAHCSP Board of Directors 2003-2004

President - Tammy Holdren, RN 03
Forsyth Memorial Hospital
Supervisor, Perioperative Services, Central Processing
3333 Silas Creek Parkway
Winston-Salem, NC 27103
(336) 718-5606 (336) 718-9844 Fax
e-mail tjholdren@novanthealth.org

President Elect - Margie Morgan 03
Moore Regional Hospital
Assistant Director, Sterile Processing
P.O. Box 3000
Pinehurst, NC 28374
(910) 215-1081 (910) 215-3293 Fax
e-mail mmorgan@firsthealth.org

Past President- Patricia Allred, RN, CNOR 03
Mercy Hospital, Inc.
Supervisor, Central Processing
2001 Vail Avenue
Charlotte, NC 28207
(704) 379-5991 (704) 379-5400 Fax
e-mail patricia.allred@carolinashealthcare.org

Secretary – Harriet Pratt
Mercy Hospital, Inc.
Central Processing
2001 Vail Avenue
Charlotte, NC 28207
(704) 379-5385 (704) 379-5400 Fax
e-mail harriet.pratt@carolinashealthcare.org

Treasurer - Mary Jo Perkins
(336) 716-5269 Fax

Ruby Blackwell, RN 01-03
Forsyth Memorial Hospital
Director, Central Processing
3333 Silas Creek Parkway
Winston-Salem, NC 27103
(336) 718-5070 (336) 718-9887 Fax
e-mail rpblackw@novanthealth.org

Pamela Caudell, RN, CNOR 03-04
Durham Regional Hospital
Manager, Central Sterile Supply
3643 N. Roxboro Street
Durham, NC 27704
(919) 470-4156 (919) 470-8149 Fax
e-mail caudelph@drh.duhs.duke.edu

Diane M. Fink, RN 03-04
Northeast Medical Center
Manager, Sterile Processing
920 Church Street North
Concord, NC 28025
(704) 783-1441 (704) 783-3181 Fax
e-mail dfink@northeastmedical.org

Cheryl Edger LPN, CSPDT 03-04
Supervisor, Sterile Processing
Carolina Medical Center
P. O. Box 32861
Charlotte, NC 28232-2861
(704) 543-2274 Office (704) 341-2413 Fax
e-mail cheryl.edgar@carolinashealthcare.org

Paul A. Hess RN, BSN, CRCST 02-03
Manager OR Support Services, Central Sterile Processing
New Hanover Regional Medical Center
2131 South 17th Street
P.O. Box 9000
Wilmington, NC 28402-9000
(910) 343-2142 (910) 343-4400 Fax
e-mail paul.hess@nhhn.org

Louise Rahilly RN 02-03
Cape Fear Valley Medical Center
Materials Services Project Coordinator
P.O. Box 2000
Fayetteville, NC 28304
(910) 609-6199 (910) 609-7706 Fax

Frank Sizemore 02-03
North Carolina Baptist Hospitals, Inc.
Manager, Central Service
Medical Center Blvd.
Winston-Salem, NC 27157-1122
(336) 716-6270 (336) 716-5269 Fax
e-mail fsizemor@wfubmc.edu

Geneva Thomas, CRCST 02-03
1999 South Hawthorne Road
Winston-Salem, NC 27103
(336) 718-6856
e-mail cgline@novanthealth.org

Post Test Answer Key for “Steam Sterilization” from April Issue

1. T  2. F
2. T  4. F
3. T  6. T
5. T  8. F
9. T  10. T