Greetings,

Welcome Winter! Winter is a time for Reflection, Self-Acceptance, and Growth. Setting aside time for reflection enables us to make meaning of our year. Once we understand what has transpired, we can better decide what it is we hope to create in the coming year. If we allow it, this can be a time of grieving those we have lost, as well as celebrating their gifts and memories that remain. Similarly, it can be a time of gratitude for our accomplishments or the opportunities we have been given, as well as a time for identifying what we would like to do differently going forward.

This Association is committed to sharing education that will assist you in your professional career development.

In February, 2018, we will hold our winter meeting at Andersen Products. We invite all members from every state to join us. If you are not a member, we invite you to become one!

Lana L. Haecherl
NCAHCS-Past President 2017—2018

The NCAHCS-P is now an affiliated chapter of the International Association of Healthcare Central Service Materiel Management
How well do you know CJD?
Katrina Simpson, M.A., CST, CSPDT, CSIS

Objectives:

Define CJD
List and describe various categories of CJD
Distinguish between human and animal prion transmission
Discuss outcomes of patients exposed to CJD
Describe reprocessing techniques for instruments exposed to CJD

What is CJD?
Creutzfeldt–Jakob disease (CJD) is a disease that impacts the neurological system and can be dated back as far as the 1920s. There are several forms of the disease. Human transmission should not be confused with “Mad Cow Disease”, which is also a disorder that impacts the neurological system, but in these cases, cattle are targeted. Furthermore, Mad Cow is triggered by a bovine spongiiform encephalopathy (BSE) (Centers for Disease Control and Prevention, 2015). Other forms of disease contributed by prions in animals include: scrapie, chronic wasting disease, feline spongiform encephalopathy, and transmissible mink encephalopathy (Chobin, 2016). Creutzfeldt-Jakob disease, which is classified as a transmissible spongiform encephalopathy (TSE) is an uncommon, degenerative, and always fatal disease once transmitted. The most common form of the fatal disease is believed to be triggered by “spontaneous transformation of normal proteins in abnormal proteins” (Chobin, 2016, p. 89). Other forms of CJD that impacts human patients include: variant Creutzfeldt-Jakob disease (vCJD), kuru, fatal familial insomnia, and Gerstmann-Straussler-Scheinker syndrome (Chobin, 2016). Variant Creutzfeldt-Jakob disease will be discussed later in this article. According to the Centers for Disease Control and Prevention (CDC) 2015, CJD impacts people worldwide, with an estimated one case per million transmissions being documented.

The organism that contributes to the onset of CJD is known as a prion. Prions or proteinaceous infectious particles that do not contain nucleic acids; furthermore, these organisms cannot be cultured in hospital or clinical laboratories (Fuller, 2018). Prions are typically transmitted through ingestion, direct contact, or exposure to contaminated medical devices that enter the central nervous system. Examples of these medical devices may include surgical instruments that are used on ophthalmic and neurological procedures in hospital settings.

Once the onset of symptoms in patients diagnosed with CJD occur, which can include changes in behavior, memory and vision loss, and unstabilized equilibrium, patients have approximately one year of survival. Latter symptoms of the disease further deteriorate the mental stability of patients. Myoclonus, which occurs when groups of muscles begin to jerk is a common symptom of CJD, but dystonia , a movement disorder, choreoathetosis (involuntary movements with irregular contractions) and tremors have also been documented (Yegya-Raman, Aziz, Schneider, Tobia, Leitch, and Nwobi, 2017). Positive lab results indicated by an EEG test, examination of cerebral spinal fluid (CSF), brain biopsies, and/or MRI imaging may be warranted to properly diagnose CJD.
Categories of CJD

Categories of CJD are categorized as sporadic, variant, familial, and iatrogenic. Sporadic CJD constitutes for about 85% of all CJD cases and typically occurs in male and female patients at an equivalent rate during the 6th decade of life (Yegya-Raman, Aziz, Schneider, Tobia, Leitch, and Nwobi, 2017). Approximately 80% of patients diagnosed with this form of CJD die in less than 13 months and are typically, more-likely to have psychiatric symptoms in over 80% of patients during the course of illness (Yegya-Raman, Aziz, Schneider, Tobia, Leitch, and Nwobi, 2017).

Patients with vCJD have an expected lifespan after diagnoses of a little over 12 months, 14 to be exact and the median age of death typically occurs around 28 years of age (Chobin, 2016).

This category of CJD was first established in the late 1990s by the United Kingdom in which the transmission of this disease was interconnected to BSE (WHO, n.d.). Unfortunately, studies conducted in the latter years revealed that BSE has been linked to humans, but the exact transmission of this organism to humans is undefined (WHO, n.d.). It can be assumed, but not scientifically proven that this linkage of BSE occurs through the ingestion of contaminated meat, specifically cattle. Blood transfusion has also been linked to the transmission of vCJD. It has been reported that this transmission can be indicated as a probable secondary transmission (WHO, n.d.).

Familial CJD is typically inherited by the diagnosed individual. This contributes to approximately 15% to 20% of all diagnosed cases of CJD (WHO, n.d.). Iatrogenic CJD occurs from the utilization of contaminated medical devices, supplies, grafts, or human tissues. A patient receiving a corneal implant was first diagnosed with iatrogenic CJD in 1974 (Brown, Brandel, Sato, Nakamura, MacKenzie, Will, … Schonberger, 2012). Special precaution must be taken to thoroughly examine any cadaver tissue or medical devices/instrumentation suspected of prion exposure to prevent the transmission of this form of CJD.
Reprocessing Process

Prions cannot be destroyed through normal cleaning, disinfection, and sterilization processes. It is recommended that patients suspected of having CJD undergoing surgical procedures that expose brain or eye tissues utilize disposable supplies, equipment, and surgical instruments. These disposable supplies and equipment should be used on patients with known or suspected forms of the spongiform infection (Fuller, 2018). If reusable instrumentation is utilized during cases with suspected or known CJD, instruments must be kept moist intraoperatively and postoperatively once transported to the decontamination area (Fuller, 2018). It has been documented that moisture tends to create less viable conditions for prions. The Society of Healthcare Epidemiology of America (SHEA) has established four options for reprocessing medical devices exposed to prions. According to Fuller (2018), two of these guidelines are as follows:

- 18 minutes cycle in a prevacuum sterilizer at 273 degrees Fahrenheit or 134 degrees Celsius
- 1 hour cycle in a prevacuum sterilizer at 273 degrees Fahrenheit or 134 degrees Celsius

All instruments should still follow the manufacturer and facilities guidelines for cleaning. Items with lumens may be difficult to reprocess that are exposed to prions because of the complexity of the design. These devices should not be processed if they cannot be adequately cleaned and devices that require low-temperature sterilization, such as powered medical devices should be discouraged from use on patients with suspected or known CJD (Chobin, 2016).

References


Top 10 Profound Benefits of Meditation

by Anmol Mehta

Meditation is an art that has been around since the dawn of the age of man. This is not a statement to be brushed over. After all, many many things about mankind have changed over time, but the profound art of meditation is something we have clung on to dearly. This is because there is no substitute for meditation. Nothing else, single handedly, bestows the many wonderful blessings that meditation brings… in fact nothing else even comes close. In this article I will outline the top 10 benefits that meditation brings and hopefully it will inspire all to learn and practice this timeless art.

1. Enlightenment: This is the one ultimate purpose of meditation. To help you discover the True Non-Dual Nature of Reality. To make you realize that your True Self is Divine and One with God.

2. Peace & Tranquility: The mind of one who meditates is like the easy, leisurely flow of the Ganges River, as compared to the ordinary mind, which is like Niagara Falls. In other words your mind is at peace, deeply silent and so you are at peace.

3. Wisdom: Meditation opens up the channels of communication between all levels of your being. What this means is that you have access now to the guidance that is coming directly from your Divine Self. This link gives rise to the flow of intuition and wisdom.

4. Joy & Happiness: Meditation strips away the layers of false identity that mask your True Self from shining through. Once you eliminate these false egos and stop catering to their nonsense you can reside in your True Nature. This brings forth joy and happiness as it allows you to be at ease with life, existence and yourself.

5. Love & Compassion: As meditation reveals to you the interconnectedness of all humanity a great sense of compassion and love will spontaneously emerge. Knowing that deep within we are all divine in nature will change the way you view the apparent differences you see in others. This will also dramatically improve your relationships both intimate and casual.

6. Stress Reduction & Good Health: This goes hand in hand. As meditation teaches you the art of living in the present moment, anxiety and worry fade more and more into the background. This state of relaxed awareness is most beneficial, to not only helping the body heal itself, but also for preventing illness and disease by eliminating the poison of stress.

7. Improved Brain Function: All serious meditators know how much their brain function has been enhanced by meditation. Now, empirical studies every day are indicating this link. Meditation will undoubtedly increase your awareness and will significantly increase your intelligence.

8. Discover Your Purpose & Gifts: As you start to drop those aspects of you that are artificial and pretentious you will get a chance to see the real you. The parts that are not put on but are natural. This will give you insight into who you really are and what you really love in life. That is the secret of mastering the art of living and discovering your true talents, gifts and purpose. That which you love, you do for its own sake without the need for reward of accolades. Once this is discovered, life can be lived with passion, zeal and independence.

9. Yogic and Psychic Powers: We currently use only about 10% of our brain capacity. The practice of Yoga and Meditation awakens those regions of the Brain that normally lie dormant. When these areas of the brain are activated the powers they hold are unleashed. Such powers, used wisely, can be of benefit to others and of help to you in making progress on the spiritual path.

10. Magnificence: Charisma, Confidence, Courage, Character and Balance are all brought about by meditation. This leads to an individual who is immensely charming and magnetic. Best word I could think of to describe the collective affects of these personality improvements was Magnificent. Meditation will let your magnificence shine through.
How well do you know CJD?

Post-Test 2017

1. Mad Cow disease is triggered by transmissible spongiform encephalopathies.
   TRUE    FALSE

2. CJD is never fatal if antibiotics are administered at the initial diagnosis of the disease.
   TRUE    FALSE

3. Gerstmann-Straussler-Scheinker syndrome is a human form of CJD.
   TRUE    FALSE

4. The first case of CJD can be documented as far back as the 1920s and is a disease that impacts the neurological system.
   TRUE    FALSE

5. Early symptoms in patients diagnosed with CJD include vision loss.
   TRUE    FALSE

6. Biopsies taken from neurological tissue cannot be used to diagnose CJD.
   TRUE    FALSE

7. Sporadic CJD does not occur at the same rate in male and female patients.
   TRUE    FALSE

8. Patients with vCJD have an expected median age of death around 65 years of age.
   TRUE    FALSE

9. Prions can be eradicated through normal cleaning, disinfection, and sterilization processes when manufacturer’s instructions are strategically followed.
   TRUE    FALSE

10. Instruments requiring low-temperature sterilization should be discouraged from use on patients with suspected or known CJD.
    TRUE    FALSE

To receive one CEU credit, complete the quiz and send this page only, via normal mail:
    Lana Haecherl
    P. O. Box 568
    Pineville, NC  28134-0568

Your certificate will be sent via email if your score is greater than 70%. If you are not a member of NCAHCSP, please include a fee of $25.00 along with your Membership Application, found on the website (www.ncahcsp.org). Please allow at least six weeks for processing.

CEU Expiration Date: December 31, 2022

PRINT NAME CLEARLY: __________________________________________________________

E-MAIL ADDRESS: ____________________________________________________________  □ (New e-mail address)

PHONE NUMBER: ______________________________________________________________
Slow Cooker Cider

1 gallon fresh Apple Cider or unfiltered Apple Juice
1 medium Orange
1 (1 inch) piece of fresh ginger
5 (3 inch) cinnamon sticks
1 Tablespoon of whole cloves
Orange Slices

Add cider or juice to 5 quart slow cooker
Add the Oranges and ginger both cut into ¼” pieces
Place the spices in cheese cloth, tie into a sachet and place into the slow cooker.
Simmer on low for 4 hours…

Enjoy

Tammy Franklin
Dear Steamie,

I have a few questions about submitting tests from newsletters? Do I have to submit each one individually or can I group them together? Also, can I submit all tests for CEU's regardless of membership status?

Thank You
SP Tech

Dear SP Tech,

You can place all tests from the NCAHCSP newsletters together in one envelope. You need to send the quiz page only and if you pass with 70% or greater you will receive one CEU credit sent to the email address listed on the quiz page. Please complete the quiz and send that page only, via normal mail and print legibly.

Mail to:

Lana Haecherl
P. O. Box 568
Pineville, NC 28134-0568
You can submit any tests beginning from the Winter Edition of 2013 through the present date for CEU credit. You must be a current member of NCAHCSP. Just go to the NCAHCSP website under the links for In Service Offerings and Newsletter and the offerings with the expiration dates for submission are listed.

Hope this information is helpful.

Steamie

Notes

- Please submit your questions to Dear Steamie.
- Please allow six weeks for CEU processing and plan accordingly.
Future Education Meetings

The Winter meeting is February 16, 2018, in Haw River, North Carolina at Andersen Products located at 3202 Caroline Drive, Haw River, NC 27258.

The annual meeting starts on April 18, 2018 in Myrtle Beach, South Carolina at the Hilton.

Visit our website www.ncahcsp.org You’ll find details as well as brochures and registration information. We are now IAHCSMM (www.iahcsmm.org) affiliated!
Committees for 2017 / 2018

If you are interested in serving on a committee please contact Lana Haecherl

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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.
Board of Directors
President Vacant

Past President — Lana Haecherl
Manager, Medical Equipment & Sterile Services
Carolinas Medical Center
P O Box 32861
Charlotte, NC 28232
Phone 704-355-9814
lana.haecherl@carolinashealthcare.org

President Elect — Stacie Patterson
BSN, RN, CNOR
RME Coordinator/SPS Nurse Educator
W.G. (Bill) Hefner VA Medical Center
1601 Brenner Avenue
Salisbury, N.C. 28144
Office 704-638-9000 Ext. 3696
Stacie.patterson@va.gov

Treasurer — Stacie Patterson
BSN, RN, CNOR
RME Coordinator/SPS Nurse Educator
W.G. (Bill) Hefner VA Medical Center
1601 Brenner Avenue
Salisbury, N.C. 28144
Office 704-638-9000 Ext. 3696
Stacie.patterson@va.gov

Secretary — Paul Hess, BSN, RN, CRCST, ACSP
Manager, Alternate Site Facilities, Mail Room and Couriers
New Hanover Regional Medical Center
2131 S 17th St, P.O. Box 9000
Wilmington, NC 28402-9000
Phone 910-343-2142
paul.hess@nhrmc.org

Cheryl Bean
Chief, Sterile Processing
W.G. “Bill” Hefner VA Medical Center
1601 Brenner Ave
Salisbury, NC 28144
Cheryl.bean@va.gov

Don Christenbury
Coordinator, Medical Equipment & Sterile Services
Carolinas Medical Center
P O Box 32861
Charlotte, NC 28232
Phone 704-355-9824
Don.christenbury@carolinashealthcare.org

Candy Durant, ST, CSPDT, CSPDM
Supervisor
Duke Eye Center
2351 Erwin Road, Room 352
Durham, NC 2770

Tammy Franklin ST, CSPDT, CSPDM
Sterile Processing Director
Catawba Valley Medical Medical Center
810 Fairgrove Church Rd
Hickory, NC 28602
Phone 828-326-3259
Tfranklin@catawbavalleymc.org

Karen Furr
Assistant Director Sterile Processing
Moore Regional Hospital
PO Box 3000
Pinehurst, NC 28374
Phone 910-715-1081
kfurr@firsthealth.org

Phil Hardin
Supervisor, Sterile Supply Services
Gaston Memorial Hospital
Gastonia, NC 28054
Phone: 704-813-7220

Amanda Parker, CSPDT 17-18
Coordinator, Central Sterile Processing
Scotland Healthcare System / Scotland Memorial Hospital
500 East Lauchwood Drive
Laurinburg NC 28343
amanda.parker@scotlandhealth.org

Louise Rahilly, RN
Founder-Board Member Emeritus
2623 Fordham Drive
Fayetteville, NC 28304
Phone 910-485-8296
crah115826@aol.com

Katrina Simpson, MA CST, CSPDT
Program Coordinator Sterile Processing
Fayetteville Technical Community College / UNC Medical Center
PO Box 35236
Fayetteville, NC 28303
Phone 910-678-9786
simpsonk@faytechcc.edu

Christi Tucker, CSPDT
Assistant Manager, Central Sterile Processing
Carolinas Healthcare System - Stanly Regional Medical Center
301 Yadkin Street, PO Box 1489
Albemarle NC 28001
christi.tucker@carolinashealthcare.org

Mailing Address
NCAHCSP
605 VALE DRIVE
WILMINGTON, NC 28411-9484