President’s Message

I want to personally thank all the board members for their hard work and dedication to the SPS profession and the Association. The members of the Board work endless hours to make the Association and meetings successful. Please take time to thank them for their hard work.

Being a member of the NCAHCP is rewarding in many ways. I encourage you to become involved with the Association. We are always looking for individuals to serve on committees and fresh faces to serve on the Board of Directors.

A special thank you to all the vendors who support the Association and the SPS profession. Please make sure to visit the vendors at all our meetings if you have the opportunity. If it were not for our vendor contributions and support, we would not be able to have these educational meetings.

I am honored to be part of the North Carolina Association of Hospital Central Service Professionals and the SPS profession. I value each of you and what you have to offer the SPS profession. It is a privilege to serve. I appreciate your support this year and I am excited to continue to move the Association and the SPS profession forward.

Sincerely,
Stacie Patterson
NCAHCS President

The NCAHCS is now an affiliated chapter of the International Association of Healthcare Central Service Materiel Management
**TASS prevention taskforce: how you can help!**
Katrina Simpson, M.A., CST, CSPDT, CSIS

**Objectives:**
Define TASS
Discuss what patient population may be targeted by TASS
Describe reprocessing techniques of ophthalmic instrumentation
Discuss potential sources of TASS formation in the postoperative patient

What is TASS?
Before defining TASS, toxic anterior segment syndrome, it is important to know what portion of ophthalmic anatomy this syndrome targets. **Patients undergoing surgery that targets the anterior segments of the eye are at risk of developing TASS** if appropriate protocols are not taken during and after the procedure. The cornea, iris, lens, and ciliary body are a few structures located in the anterior portion of the eye. Any surgical procedure targeting these structures put the patient at risk for developing TASS. Patient’s undergoing cataract surgical procedures may be at risk of developing TASS post-operatively (after the surgical procedure) because the lens is the target area in this procedure. Typically, the patient’s cloudy, nonfunctional lens is removed and replaced with a permanent artificial lens.

This surgery is one of the most frequent surgical procedures performed in the nation; the patient’s natural lens is replaced with a plastic, artificial lens that is permanent, improving vision (American Optometric Association, 2018).
TASS occurs from a broad array of reasons. According to the American Academy of Ophthalmology (2018) the etiology of TASS can be associated with “any substance used during or immediately after anterior segment surgery that, upon access to the anterior chamber, can cause toxic injury to sensitive structures such as the corneal endothelium, iris, and trabecular meshwork”. TASS can also be described as an inflammatory reaction occurring postoperatively from noninfectious substances entering the anterior segment of the eye contributing to intraocular tissue damage (IAHCSMM, 2016). Surgical patients encounter this syndrome when remnants of detergents or material are not properly rinsed from ophthalmic instrumentation. It is necessary that sterile processing personnel understand correct reprocessing techniques to reduce or eliminate the risk of ophthalmic patients encountering this acute syndrome.

Another source of TASS may be contributed to the use of ultrasonic baths and water impurities. Research has determined that Gram-negative bacteria contaminating ultrasonic baths may produce heat stabilizing endotoxins that contribute to TASS (American Academy of Ophthalmology (2018)). Endotoxins can be extremely difficult to remove from surgical instruments. Limited use of ultrasonic cleansers is recommended to reduce the risk of these endotoxins attaching themselves to ophthalmic instruments. Because ophthalmic instrumentation contains very little bioburden, the use of the ultrasonic cleaner is not always necessary. Hand washing these instruments are sufficient in removing contaminants. It is suggested by the American Academy of Ophthalmology (2018) that ophthalmic instrumentation including hand pieces are thoroughly flushed at the end of surgical procedures to eliminate residual residue such as bioburden contributing to TASS formation. The final source of TASS outbreaks have been contributed to heavy metals and impurities in water found in steam sterilizers. To ensure that this does not contribute to the occurrence of TASS outbreaks in surgical patients, departments must ensure that proper maintenance is taking place on steam sterilizers used in the sterile processing department.
Reprocessing ophthalmic instrumentation

As with any medical equipment, it is important for sterile processing personnel to follow manufacturer’s instructions when reprocessing ophthalmic medical instruments and devices. All instructions for use (IFU) must be carefully followed. Sterile processing departments (SPD) should ensure that sufficient ophthalmic instrument is available to refrain from practices that may include Immediate Use Steam Sterilization (IUSS) to reprocess ophthalmic instrumentation for scheduled surgical procedures. Terminal sterilization is the preferred method of reprocessing instruments and IUSS should be utilized in emergent situations when there is not sufficient time to reprocess the instruments in the normal manner (IAHCSMM, 2016). Enzymes and detergents used during the reprocessing process must be rinsed thoroughly and completely from ophthalmic instrumentation. These enzymes are not completely inactivated once exposed to extreme temperatures during the sterilization process (American Academy of Ophthalmology (2018). This is why it is extremely important that detergents and enzymes are meticulously removed before the sterilization process. The following steps should be taken to properly clean and decontaminate ophthalmic instrumentation (IAHCSMM, 2016):

- Follow all IFU’s
- Flush lumens thoroughly and copious amounts of water
- Utilize techniques to prevent biofilm formation
- Only utilize detergents and enzymatic cleaners specified by the manufacturer
- Ensure that all cleaning supplies such as brushes are adequately cleaned

Following these steps in addition to the steps outlined in your SPD department can help reduce a patient’s risk of being introduced to TASS. Always pay attention to detail, refrain from taking short cuts, and always follow the manufacturer’s instructions.

References


Flip-flop injuries are on the rise — here's how to save your feet

Keep things safe and comfortable with our tips.
by Rebekah Lowin / Jun. 14, 2018 / 3:01 PM ET / Source: TODAY

Face it: Flip-flops rock. They keep your feet cool, they’re easy to throw on, and they come in a zillion colors and styles that just about anyone can love. They’re casual and chic at once. They’re fun. They’re friendly. They’re also pretty terrible for your feet.

All this matters because we’re in flip-flop season. So, let the numbers speak for themselves: of all the emergency room visits due to shoe-related injuries, 27,000 were associated with flip flops in 2016, according to the Consumer Product Safety Commission on Emergency Room visits.

"Wearing flip-flops is better than going barefoot because they do provide some protection for the bottoms of your feet, but that's about it," said Dr. Christina S. Long, a podiatrist and foot and ankle surgeon at Wake Forest Baptist Medical Center, in a recent interview.

"Flip-flops don't offer any arch or heel support, and you have to grip them with your toes to keep them on. Wearing them for too long or for the wrong activity can cause a lot of different problems."

Podiatrists blame flip-flops for blisters, bacteria, viral infections, bad posture, shooting pains, bunion exacerbation (and formation!), hammertoe issues, athlete’s foot, and lack of arch support.

"Phew."

In a 2008 study, researchers at Auburn University found flip-flops actually change the way wearers walk, sometimes permanently. Those changes can wreak havoc on the rest of the body, with distinct and noticeable effects on everything from the wearer’s posture to their gait.

What does all this mean? Should you dump all twenty-three pairs in the trash this minute? Well, not exactly. (And besides, we know you’re not really going to listen when we tell you to break up with those bad boys.) Like chocolate cake and red wine, flip-flops are totally fine in moderation. But we do think you should heed these tips for keeping your exposed feet happy and healthy:

DON’T DRIVE AND FLIP-FLOP.
That’s a really bad idea. Just like any backless shoe, there’s a possibility that your flip-flops will slip off your feet and get stuck under the brake or gas pedal. Driving shoes should always be sturdy and secure. If you’re not worried about your own safety, think about everyone else on the road. And ladies, you already know the problems with driving in stilettos. Sandals might be slightly more unassuming, but the danger’s still there.

CONSIDER THE ACTIVITY
Flip-flops are fine for short-term use, especially if they have at least some arch support and a cushioned sole, Long said.
"They're good to wear at the beach, around swimming pools, in showers and locker rooms at the gym, on short trips to the store," she noted. Don't wear them for running, hiking, walking long distances, standing for a long time or playing sports, she advised. Sandals may be a better option, but they're still not as supportive as running shoes if you're going to be active.

**Vionic Women's Tide II Flip Flop, $65, Nordstrom**

This podiatrist-designed flip flop is perfect for the beach because of its built-in orthotic footbed.

**Dr. Scholl's Men's Kip Memory Foam Thong Sandal, $40 (usually $70), Famous Footwear**

The memory foam footbed will keep feet comfortable during a long day by the pool.

**BE A BIG SPENDER.**

We don't like overspending, either. When there's a perfectly "OK" plastic version sitting right there on the shelf, we're gonna reach for it. But the truth is, some things are just worth the investment. Your feet and well-being, for instance.

And unless you're shopping in a totally unreliable store, then we're pretty sure that the more money you pay for your shoes, the more likely they are to provide arch support. On the whole, flip-flops aren't the most expensive shoe form, and you're bound to get a ton of use out of them. So pay up!

**Vionic Women's Bella II Sandal, $75, Nordstrom**

These cute flip flops can easily take you from the grocery store to lunch with girls. The best part? They're designed by podiatrists to increase stabil-realign your feet.

**Vionic Men's Ryder Thong Sandals with Orthaheel Technology, $76, Amazon**
This versatile men's flip flop combines the best of style and comfort. According to the brand, these shoes are clinically shown to alleviate heel pain and plantar fasciitis.

“BROKEN IN” DOESN’T HAVE TO MEAN “BEAUTIFUL.”
Just like you would with running shoes, you should replace your flip flops every few months. A little wear-and-tear is cute. A lot is dangerous.

LOOK WHERE YOU’RE GOING.
Flip-flops offer little to no protection against broken glass, and other sidewalk debris. If you’re not willing to give your feet a cover, then at least keep your eyes open and remain alert.

TREAT. YO. SELF.
And we’re not just including this one because we like pedicures. Promise. It’s important to keep your feet clean, moisturized, and pampered. Sunscreen is crucial. For one thing, everyone can see them, so you really might as well keep them looking their best. But in general, it’s a good idea to treat your feet kindly after they’ve been exposed to so much sun and dirt and water.

GO FOR LEATHER FLIP FLOPS, IF POSSIBLE.
The American Podiatric Medical Association reminds us that leather makes it less likely for you to get a blister. Bonus points: You’ll get that rustic, well-worn look without having to actually break the shoes in too much. Plastic doesn’t stand a chance.

Women's Cushion Bounce Court Le flip flops, $60, Reef

Leave blisters behind with these adorable leather Reef sandals. They also come with arch support.
Men's Contoured Cushion Le flip flops, $85, Reef

Men will love that they can still look put together in flip flops with this dark leather finish.

USE COMMON SENSE WHEN YOU’RE SHOPPING.
Shoes aren’t supposed to fold in half. Nope, sorry, no exceptions there. (Your flip-flops can and should, however, bend just at the ball of the foot.) And “one size fits all” isn’t really a thing when it comes to foot safety.

Interested in water shoes? Here are shoes to buy besides flip flops for the beach. These
options are just as fun as flip-flops for your summer style, but they won't kill your feet. Long summer days call for 24-hour arch support. Shop these answers to your summer feet fatigue. If you're really aiming for comfort and support, it may be best to avoid flip flops altogether. Here are other supportive shoes for all of your summer activity needs.

**COMFORTABLE SHOES FOR WOMEN**

Birkenstock EVA Arizona sandal, $30-$100, [Amazon](https://www.amazon.com)

![](image1)

Lightweight, water-proof, durable and stylish, plus they have all-day long arch support.

Chaco sport sandal, $56-$200, [Amazon](https://www.amazon.com)

This classic sandal boasts a podiatrist-certified sole.

A leader quick-drying water shoes, $22-$35, [Amazon](https://www.amazon.com)

![](image2)

A leader quick-drying water shoes, $22-$35, [Amazon](https://www.amazon.com)

Mesh lining and comfort support at this price? A leader water shoes give the flip-flop a run for its money. For more sneakers we love, check out [the top recommended walking shoes](https://www.shape.com) by Shape Magazine.

Keen Sandal, $54-$252, [Amazon](https://www.amazon.com)

![](image3)

The Keen sandal is just as versatile as you. Choose from a rainbow of color combinations and take these shoes from seaside to mountain range.

'Stan Smith' sneaker, $38 - $250, [Amazon](https://www.amazon.com)

![](image4)

Ultra on-trend and the ultimate in daylong comfort.

Converse, $50, [Nordstrom](https://www.nordstrom.com)
Classic, comfortable and always in style. These shoes stand the test of time.

Soludos sandal, $65, Amazon

Soludos sandals prove that, once again, beauty doesn't have to be pain.

Soludos lemon slipper, $70, Amazon

These cactus embellished slides won't give your toes pins and needles. Two words:
cute and comfortable.

Native slide-on, $45, Zappos

Native slide-ons work for all genders, for every age and for all outdoorsy occasions!

Sam Edelman slide-on, $56, Zappos

With a pop of color and the promise of arch-support, these slide-ons scream summer fun.

COMFORTABLE SHOES FOR MEN

Teva's sandal, $38, Nordstrom
A long-standing classic for a reason-- they survive summer's best adventures and keep your feet happy. Birkenstock EVA Arizona sandal, $40, Nordstrom

Yes, they come in blue and in men's sizes too! Payton sneaker, $60, Nordstrom

Tom's classic, philanthropic slide-on now comes in a lace-up style. Fishermen sandal, $100, Nordstrom

A shoe to take from day to night, from boat to beach, from barbecue to backyard baseball. Best part? No blisters. Sperry Boat Shoe, $32-$131, Amazon

Keen sandal, $60-$200, Amazon

From sun up to sun down the Keen sandal stays supportive, cool, and quick-dry.
TASS prevention taskforce; how you can help!

Post-Test 2018

1. TASS target patients undergoing surgical procedures that involve the posterior chamber of the eye.
   TRUE   FALSE

2. Cataract surgery patients may be at risk for developing TASS.
   TRUE   FALSE

3. TASS is an inflammatory reaction occurring postoperatively from infectious surgical instruments entering the anterior segment of the eye.
   TRUE   FALSE

4. Gram positive bacteria left in ultrasonic baths contributes to endotoxins contributing to TASS.
   TRUE   FALSE

5. The SPD technician may have a difficult time removing endotoxins from surgical instrumentation.
   TRUE   FALSE

6. Surgical instruments should be thoroughly rinsed to remove bioburden.
   TRUE   FALSE

7. Metals found in steam sterilizers do not contribute to TASS in the surgical patient.
   TRUE   FALSE

8. Water impurities in the steam sterilizer won’t contribute to TASS if the instruments are adequately rinsed.
   TRUE   FALSE

9. IUSS reprocessing is the preferred method for reprocessing surgical instruments.
   TRUE   FALSE

10. Detergents and enzymes must be thoroughly rinsed before sterilization because they are not completely inactivated in extreme heat.
    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:    July 7, 2023
PRINT NAME CLEARLY:     

E-MAIL ADDRESS:        

PHONE NUMBER:         
Prep/Total Time: 15 min.

Makes
12-16 servings (1 gallon)

Ingredients

- 5 lemons
- 5 limes
- 5 oranges
- 3 quarts water
- 1-1/2 to 2 cups sugar

Directions

Squeeze the juice from four each of the lemons, limes and oranges; pour into a gallon container.

Thinly slice the remaining fruit and set aside for garnish. Add water and sugar; mix well. Store in the refrigerator. Serve over ice with fruit slices.

Nutrition Facts

1 cup: 122 calories, 0 fat (0 saturated fat), 0 cholesterol, 2mg sodium, 33g carbohydrate (25g sugars, 3g fiber), 1g protein.

Originally published as Aunt Frances' Lemonade in Taste of Home August/September 1995
Dear Steamie,

I had recently heard that the required temp and humidity requirements for decontamination have changed. Can you tell me where I can find the new guidelines and what changes have been made?

In the most recent edition of ANSI/AAMI ST: 79 2017 the publication of HVAC requirements were removed. In Annex Q there is a reference to ASHRAE 170 (American Society of Heating, Refrigeration and Air Conditioning Engineers) which has a decontam temperature range of 60-73 degrees F.

Annex Q of AAMI also offers "Alternative Cooling Methods" for staff working in these areas. Some of these suggestions are:

- Cooling Vests
- Cooling Towels
- Ensuring Proper Hydration

It is also suggested that you ensure your policies reflect
these changes and that education is provided to staff on the dynamics of cooling the body while wearing PPE.

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 Summer meeting will be held on August 3, 2018 at the Hawthorne Inn in Winston-Salem.

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.

We’re on the web!
WWW.NCAHCSP.ORG
Check us out!
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