

COMPUTER LAB HOURS FOR APRIL

Monday -Thursday

8 am - 7:30 pm

Friday

8 am – 4:30 pm

Saturday

11 am - 4 pm

HIGHLIGHTS

| | |
|---|---|
| Graduation | 1 |
| Student of Month..... | 1 |
| Capping | 2 |
| Healing Touch..... | 2 |
| Me Talk HealthCare..... | 2 |
| YOUR Success | 3 |
| Staff News | 4 |
| Heart of a Champion..... | 4 |
| SNA, PTK | 5 |
| WOW | 6 |
| Fling & Compliance..... | 6 |
| Free Classes | 7 |
| April TST Clinic..... | 7 |
| Visit Istanbul w/CCHS..... | 8 |
| Important Emergency Communication News..... | 9 |

ABBREVIATIONS

RAD = Radiologic Technology
 RTT = Radiation Therapy
 NUR = Nursing
 PRE = Pre-nursing
 SA = Student Ambassador
 SGA = Student Government Association
 SUR = Surgical Technology
 MLS = Medical Laboratory Science

Carolinas College of Health Sciences Newsletter

O, how this spring of love resembleth the uncertain glory of an April day, Which now shows all the beauty of the sun, and by and by a cloud takes all away!

- William Shakespeare from *Two Gentlemen of Verona*



APRIL 2011



Graduation Info



Congratulations to the 67 students graduating on May 6, 2011. Graduation rehearsal and a breakfast honoring your accomplishments will be on Friday, May 6, at 8:30 am at Pritchard Memorial Baptist Church, 1117 South Blvd, in the Fellowship Hall. The ceremony is in the main sanctuary of Pritchard Memorial that evening. Graduates should arrive by 6:15 pm. Graduation speaker is Dr. Jim McDeavitt, CHS Senior Vice President

of Education and Research and the Chief Academic Officer for Carolinas Healthcare System.

Student of the Month

Please join us in congratulating Jackie Davis, nursing student, our April Student of the Month. Notwithstanding her wonderful character and personality, Jackie is deserving of this award for several reasons. She recently volunteered to help during the Mayor's Youth Employment Program event at Discovery Place where she flawlessly executed a demonstration of the heart for the students and cameras. She also recently volunteered to



Jackie Davis

help with a recruitment event and middle school college tour, as a student ambassador in the college's booth at the Southern Women's Show, and with the Explorers program as a member of the Student Nurses Association. Even though Jackie has a family outside of the college, she tirelessly gives to the college and the community. Her actions show dedication to our system's core values of caring, commitment, teamwork and integrity.

CCHS Nursing Students Revive a Cherished Tradition

Did you know that CCHS has an official nurses' cap? Before the December 2009 graduation one student inquired about and purchased a cap. CCHS alumni were so excited with the news that they organized a surprise capping ceremony for her. In May 2010 the number grew to 17 students; and in December 2010 to 29. Now, alumni hope to make it a planned event any time a



student purchases a cap, complete with the Florence Nightingale pledge and lamp. If you are interested, look for Kay Cap 1203 at this website: www.kayscaps.com or go directly

to the shopping cart: <http://www.kayscaps.com/shop/10Expand.asp?ProductCode=1203>.

Cost is about \$12. The capping ceremony will be held on **May 5** at 6:30 pm. Let Dr. Ellen Sheppard, who serves as the alumni liaison, know if you will participate in the ceremony. Male students will be presented a pin! Contact Dr. Sheppard

at 704.355.5316 or Ellen.Sheppard@CarolinasCollege.edu or complete the online survey you many have received.

OPEN FORUM



President Ellen Sheppard

In addition to her open door policy, Dr. Ellen Sheppard, President of Carolinas College, conducts open discussion sessions once a month. Do you have an idea you wish to discuss? Is something bothering you? This is the perfect opportunity to be heard. Let's discuss how you are doing or if there is anything we can do to make your time here more enjoyable and successful. This month's open forum will be held on Monday, April 18, 12:00 - 12:45 in room 137.

Free Healing Touch Sessions

Cathy Borysewicz, Faculty, School of Nursing, is a Healing Touch Practitioner Apprentice (HTPA). Healing Touch is an energy therapy in which practitioners use their hands in a heart centered and intentional way to support and facilitate physical, emotional, mental, and spiritual health. As an apprentice, she needs to document 100 Healing Touch sessions. She has 48 still to complete. Sessions are about an hour in length and are completely confidential. If you are interested, please contact Cathy at Catherine.borysewicz@carolinascollege.edu for more information and to set up an appointment. You may also call her at 704-355-0368 or stop by her office, room 106.

“Me Talk Healthcare”

By graduation, CCHS Students are well versed in service excellence and patient safety. But do you know how to use that to your advantage in a job interview? Learn to “manage up” your special edge; get comfortable using the language and tenets of quality care so you can drop well-timed, impressive healthcare references during a peer interview. Attend an optional workshop presented by Dr. Sheppard. Dates and times coming to you via the College's Information Portal. For graduating students only.

Student Success!

Student Support on the Information Portal - Take a look at time management, study, and job search resources by clicking on *Student Resources* and then on *Student Support*.

Study Tip of the Month: Pay Attention to your Attention! What percentage of your study time is truly focused and productive? If you have a feeling you'd like that number to be higher, the first step is to become aware of whenever your attention wanders to daydreaming or worrying. On a notepad, put a check mark each time you discover your mind has wandered. This will make you alert to where your mind is, and soon you will have fewer check marks. Also use that notepad as a "to do" list for responsibilities that occur to you while you're studying. Then put them out of your mind until your study session is over.

Attention 2011 Radiologic Technology and Radiation Therapy Graduates - Vicki Reich, Director, Radiation Oncology, will offer an interviewing workshop for students in both programs on Tuesday, **Apr. 26**, from 8:00 am – 10:00 am. Ms. Reich, who oversees three free-standing facilities - Pineville, Rock Hill, and the newly opened Lancaster facility - has offered to assist students by conducting a workshop entitled, "Interviewing Skills – Dazzle or Deter."

If you missed the Continuing Education Fair on March 21... Many of the materials distributed by vendors at the fair are available in the Student Success Center. Come by and have a look through the file cabinet for information about programs you may be interested in.

Tonia Watson here Apr. 4 - If you're interested in part-time/PRN employment with CMC, look for Tonia, our Human Resources Recruitment Specialist, in the lobby between 10:00 and 12:00. Contact her at: Tonia.Watson@carolinashealthcare.org, P 704.355.5027 • F 704.355.3336. Nancy Watkins is also available here at CCHS to support your job search efforts.

Your first step towards student employment is to complete an online application. Visit the CHS website (below) to:

- Apply for specific jobs
- Upload your resume
- Track your applicant activity and status

New Applicants:

Please go to carolinashealthcare.jobscience.com

- Click on Search Jobs in the top left corner
- Select the drop down box for position
- If you are seeking a nurse aide position, click on Patient Care Support
- Or select Instructions to Apply for further guidance



Applicants with a previous online application:

Please go to carolinashealthcare.jobscience.com

- If you have an application already online, look in the far right to Job Seeker Login
- Enter your login/password
- Your application will come up, and you can update your information (If you forgot your password, click on Forgot Password Options)
- Submit your application by following the steps until the application comes up Congratulations

Need help with:

- Study Tips?
- Job Search?
- Peer Tutoring?

See Nancy Watkins, Student Success Coordinator, in the Student Success Center, Room 213, Or call 704-355-4025, Or email: Nancy.Watkins@carolinashealthcare.org

...your success is our most important job!



Deborah
Blackwell



Lee
Braswell

Faculty & Staff Highlights

Dr. Deborah Blackwell, Dean of the School of Nursing, has been appointed to an action team for the South Carolina Future of Nursing Task Force. Titled "One Voice; One Plan," the initiative is facilitated by the SC Center for Nursing Leadership at the University of South Carolina. The task force is addressing the recommendations from the Institute of Medicine's report "The Future of Nursing: Leading Change, Advancing Health" published in October 2010.

We are delighted to welcome Lee Braswell, MPA, RT (R) (T), as Director of the Radiation Therapy Program. Mr. Braswell has most recently served as the Radiation Therapy Program Coordinator at Armstrong Atlantic State University in Savannah, GA. Prior to his employment there, he served as the Educational Director for the Radiation Therapy Program at Pitt Community College in Greenville, NC, and as a radiation therapist at East Carolina University College of Medicine. Mr. Braswell is a JRCERT site visitor and has completed training programs in quality management and learning outcomes assessment. His wealth of experience and his excellent teaching, leadership, and educational technology skills will be a wonderful addition to our RTT program, our College, and CHS community. Mr. Braswell's first full-day on-campus will be April 27th, his office will be Room 254 and his phone number will be 704-355-6937.

Make a Difference! Volunteer to Help with the 5th Annual Heart of a Champion Day at CCHS

Each year apparently healthy young athletes collapse on the athletic field, victims of a little understood malady sometimes referred to as "Sudden Cardiac Death." Often, with appropriate screening, the predisposing condition could have been identified and tragedy prevented. YOU have the opportunity (and you are needed!) to participate in what may be the nation's largest free screening for the associated conditions. The 5th Annual Heart of a Champion Day will take place on Saturday, **June 4, 2011** at the Carolinas College of Health Sciences. Heart of a Champion Day is sponsored by Sanger Heart and Vascular Institute, Levine Children's Hospital, and OrthoCarolina. This free sports screening is provided to rising 10th, 11th, & 12th grade Charlotte-Mecklenburg Schools (CMS) student-athletes. The athletes receive a general medical screening as well as orthopedic and cardiac screenings. Heart of a Champion Day is unique because student-athletes receive an electrocardiogram and an echocardiogram to screen for conditions that cause sudden cardiac death.



Last year over 1200 CMS student-athletes were screened on Heart of a Champion Day. It would not have been possible without the help of CCHS! (CHS employees: this year you can count those as volunteer hours in meeting criteria toward the 2011 WorkWELL Incentive Program for reduced health insurance premiums.)

If you are currently a CHS employee with an employee ID, sign up at http://synapse.carolinas.org/news/current_news/dspArticle.cfm?iArticle_Id=3382. To register supply first and last name, address (including city, state and zip code), phone number the day of the event, email, & title (nursing student, rad tech student, etc.).

Phi Theta Kappa (PTK) Update



PTK, the College's honor society, warmly thanks those who served at the Men's Shelter on March 28; it was and always is a very rewarding experience for all involved. We still need volunteers to help on **April 6**. Sign up via the PTK Information Portal page.

Our next general meeting is **April 29**, 11:00-noon, Room 240. Please attend and bring ideas for social and or service events. On **May 3rd** we are hosting a luncheon to honor graduating PTK members, 11:30-1:00; location to be announced later. It is free for graduates and \$5 for others.

Faculty Advisors are Cathy Borysewicz and Cathey Miller. Current Board of Officers: Co-presidents - Stacie Clift and Courtney Reynolds; Vice President Barbara Ludlow; Treasurer Mark MacIntyre; Public Relations Secretary Sarah Smith, and Secretary Sarah Moss. Many of the current officers will be graduating in May; if you're interested in becoming an officer, contact anyone listed above for more information. We hope to see you on the 29th!



It's
not
too

late to join in the fun of the CCHS phone-a-thon! Come Monday, Tuesday, or Wednesday, April 4-6, 5:30 pm in the College Auditorium. Free dinner and training provided, then spend an hour or two calling CCHS alumni to chat about "Life after CCHS" in the world of health care. It's not about asking for an annual gift. Its about making connections!

Student Nurses Association (SNA)

A BIG THANK YOU to Nancy Watkins for speaking with SNA about CMC's hiring process. Watch for announcements about our April speaker. Our guest speakers have a wealth of information to offer students, so take advantage of their visits!

SNA hosted another successful bake sale. Thank you to all who participated, whether you bought, baked, or just lent a hand. Congratulations to Peter Dombrowski who won the parking pass raffle.

It's that time again: time to nominate a Nursing 202 student for the **Cynthia Favorite Scholarship** which includes a \$250.00 award! There is a link for the nomination form on SNA's Information Portal page. Make a soon-to-be graduate smile by recognizing them for their hard work and exemplary character. Deadline is April 15!

Nursing 101 students: SNA will be hosting an "Introduction to Intermediate Level Nursing" discussion on April 7 at 1 PM in room 161. Take this opportunity to ask questions and put your minds at ease before moving onto your next class.

Pre-nursing students: Did you know you can join the College's Student Nurses' Association chapter? It's true! You can join anytime of the year for a one-time fee of \$5.00 (cash or check). Pick up a form from Brenda Vasquez's office or print one from the SNA page on Information Portal. Completed forms can be turned in to Brenda or one of the SNA board members at any time. We'd love to have you as a member!

WOW!

The WOW program is one way to say “thanks” to a student, staff, or faculty member who goes beyond the ordinary to make a difference. Use the WOW Card box located in the lobby. The following are recognized for service above and beyond the call of duty:

Students:

Medical Laboratory Science - Jennifer Autry, Brittany Stanley, Kim Varney, Holly Wheeler, and Christina Gutierrez

Nursing - Tricia Garcia, Cindy Gonzalez, Joe Minder, Karey Digh, Katherine Oleksa, and Gina Kaminsky

Faculty & Staff:

Carolinas Simulation Center - Jim Jay & Dawn Swiderski

General Education - Carla Cozzen

School of Nursing - Jane Binetti, Cathy Borysewicz, April Davis, Claudette Kaveler, and Dana Mangum

School of Radiologic Technology - Cathey Miller

Student Services - Joy Godwin, Nicki Sabourin, and Sue Roux



Monday, April 18 - Don't miss this annual treat! The Student Life Committee will again sponsor the College's annual Spring Fling in the front parking lot. Watch the lobby monitors for more information & be sure to mark your calendar NOW to join in the fun, food, karaoke, and games!

Compliance Corner - Monitored Blood Glucose

The frequent monitoring of blood glucose on hospitalized patients is often done using finger stick blood sugars (FSBS) with glucometers. In an effort to provide more accurate documentation of routine and critical levels, a new action has recently been adopted with regard to the reporting of FSBS at CMC. The documentation under the Ad Hoc folder on the FSBS Power Form requires that you note whether or not the FSBS was completed and if any action was necessary i.e. a carbohydrate snack for a patient with a low blood sugar. On the glucometer itself, you now must also click on the “comment” site and document a “meal relationship” to reflect whether the FSBS was done before meals, after meals, at bedtime, at a timed interval, or at random. Once the glucometer is docked back into the base unit, the information is uploaded into Cerner. Another important point that requires compliance is that all critical glucose results such as “Hi” or “Lo” readings on the glucometer (adults less than 50 or greater than 400, or newborns with results less than 30 or greater than 400), must be noted on the critical result Power Form. Compliance with this initiative will help ensure accurate documentation of patient care.



Continuing Education

Carolinas College of Health Sciences Sponsored Classes

Admissions Information Sessions - April 12 & 26, 4:00 - 5:00 PM. Want to know more about our programs? Contact Joy Godwin at the front desk or call 704.355.5051 to sign up for the session of your choice. Check posted schedule for room locations. If you would like more information on our medical technology program, contact Kelly Shirley, Program Director, at 704.355.4275.

Employee Assistance Program - Being Successfully Single - April 13, 5:30 - 6:30 PM, CHS EAP Office, 720 East Blvd.

Participants will learn...

- How to apply practical life principles to achieve success in singlehood;
- Healthy methods for dating and determining compatibility;
- How to balance career and life goals; and
- Discuss, and learn about common challenges faced by singles in day-to-day life.

Advance registration is required and class size is limited, so call early to secure your seat. Please call 704.355.5021 or 800.384.1097 for more information or to register.

Chaplain's Grand Rounds: Ancient Wisdom for Modern Medicine - Cause of Death for Jesus - April 21, 12 noon - 1 PM, This 9-part lecture series, presented by various physicians, will explore how sacred writings and stories from personal beliefs inform their view and practice of medicine. All lectures will be held in the CMC Auditorium. This month's lecture will be presented by Drs. Jeff Kline & Alan Jones. **FREE** for CCHS students! Bring your lunch. Sponsored by CHS' Departments of Pastoral Care and Education, and Diversity and Inclusion.

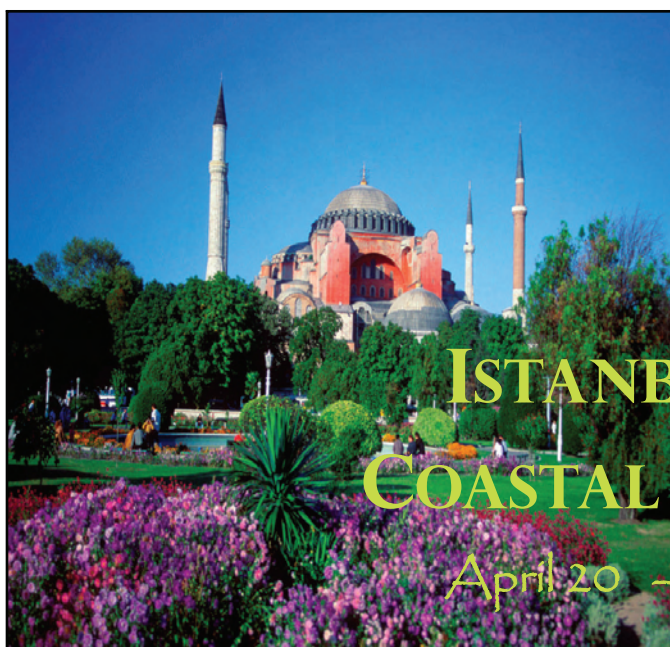
Community Training Center Basic Life Support for Health Care Providers (BLS) - April 6 or 23, 8 - 1 PM, \$60.00 - Textbook included. This course is designed for professional rescu-

ers or students required to have professional rescuer certification prior to entrance into a 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. For more complete information or to register go to: http://www.carolinacollege.org/Academic/CTC_Brochure.pdf

BLS Renewal for Health Care Providers April 13, 4 - 7 PM, \$45.00 - Must show current Provider card in class. You must have current BCLS text issued 02/2006 by American Heart. Texts can be purchased from Training Center for \$11.00. For more complete information or to register go to: http://www.carolinacollege.org/Academic/CTC_Brochure.pdf

TST (Tuberculin Skin Test) is required annually during your birthday month for all CCHS healthcare students. Free TST's are available at CCHS and through CHS. If you are unable to fit this month's offering into your schedule, you can always go to the employee health office in the CMC Annex Building across from the CMC ED for your free TST, M - F, 7:30 - 4:30.

**TST
CLINIC
APRIL 25
11:00 TO
11:25**



ISTANBUL & COASTAL TURKEY

April 20 – 29, 2012

CCHS 2012 ALUMNI TRIP

10 DAYS

DEPARTING
CHARLOTTE
APRIL 20, 2012

Istanbul – the world's only city on 2 continents, formerly Constantinople

Blue Mosque – Sheer magnificence in azure tile, built by Sultan Ahmet

Topkapi Palace – once home to Sultans

Ephesus – Walk the streets where Paul wrote sermons and preached, visit the house where the Virgin Mary is said to have spent her final days. Biblical history comes alive! Considered the world's perfect outdoor museum.

Bosphorus Straits – Where East meets West

Aphrodisias - Turkey's best preserved archeological site

Pamukkale's – thermal spas

Troy – where Helen incited a war the world never forgot

Canakkale & Turkish Riviera on the beautiful Aegean Coast

The Oracle at Temple of Apollo

CELEBRATE YOUR 2011 GRADUATION!

"I'm married to a travel agent and I've traveled the world. But I've never seen a city as magnificent as Istanbul!"
- Charlotte Oncologist

The basic trip cost includes all this!

- Round-trip Charlotte to Istanbul with a major airline, airport transfers and escorts (other gateway cities available; cost may vary); private motorcoach & air travel within Turkey
- Full-time, accompanied services of a multi-lingual Tour Director plus specialized local guides
- Accommodations each night in upscale, well-located hotels with private bath or shower
- Full buffet breakfast daily; 7 three-course dinners
- Admission fees, portorage of bags

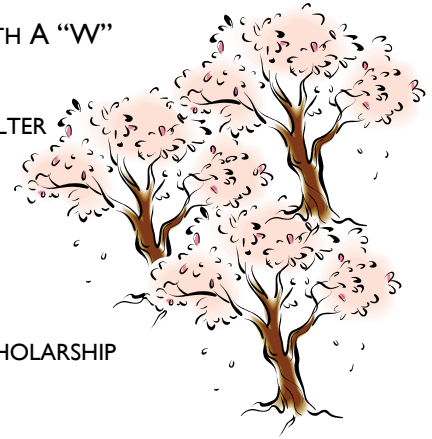
Learn more at www.GoAheadTours.com. Click on "Browse Tours" then "Greece and the Mediterranean" then "Istanbul and Coastal Turkey." **Tour Cost per person for CCHS group**, double occupancy, from Charlotte, is \$2,619. With taxes, fees, and gas surcharge, total is \$2,747. This is lower than the price the website shows and is good only through April 29. (Payment of \$300 deposit locks in that rate; & guarantees against any cost increases.) Previous CCHS travelers receive additional discounts up to \$200 and possible free Bosphorous cruise.

Register by April 29 for the Discounted CCHS Rate: Easiest way is to call Go Ahead Tours at 1-800-438-7672 and reference group number 58380429. Ask if you qualify for the free Bosphorus Straits Cruise (reference Promo Code TURKEY12). Optional travel insurance is an additional \$219. To register online, go to <http://www.goaheadtours.com/tours/TUR/istanbul-coastal-turkey.aspx>. Select April 20, 2012, rooming preference, & departure city. Cost will be adjusted later if you reserve by April 29 or qualify for discounts. Questions? Contact Pat Lewis at 704-355-2029 or Ellen Sheppard at 704-355-5316.

TRIP IS OPEN TO CCHS ALUMNI, CHS EMPLOYEES, AND FAMILY AND FRIENDS

Important Dates to Remember...

| | |
|----------|---|
| APRIL 1 | LAST DAY TO WITHDRAW FROM FULL SPRING WITH A "W" |
| APRIL 4 | HR REP ON CAMPUS (TONIA WATSON) |
| APRIL 6 | PHI THETA KAPPA AT THE CHARLOTTE MEN'S SHELTER SPRING II MIDTERM |
| APRIL 7 | INTRODUCTION TO INTERMEDIATE NURSING |
| APRIL 12 | STUDENT SERVICES INFORMATION SESSION |
| APRIL 13 | EAP WORKSHOP: <i>BEING SUCCESSFULLY SINGLE</i> |
| APRIL 15 | NOMINATIONS DEADLINE, CYNTHIA FAVORITE SCHOLARSHIP |
| APRIL 18 | OPEN FORUM WITH PRESIDENT SHEPPARD SPRING FLING |
| APRIL 21 | CHAPLAIN'S GRAND ROUNDS: <i>CAUSE OF DEATH FOR JESUS</i> |
| APRIL 22 | HOLIDAY - COLLEGE CLOSED |
| APRIL 26 | INTERVIEWING WORKSHOP: RT & RTT STUDENTS CCHS ADMISSIONS INFORMATION SESSION |
| APRIL 29 | PHI THETA KAPPA GENERAL MEETING FULL SPRING & SPRING II CLASSES END |



Save the Date...

| | |
|-----------|--|
| MAY 2 - 6 | FULL SPRING & SPRING II FINAL EXAMS |
| MAY 5 | NURSING CAPPING CEREMONY |
| MAY 6 | GRADUATION AWARDS BREAKFAST AND CEREMONY |
| JUNE 4 | HEART OF A CHAMPION |

Happy Spring!

Important Emergency Communication News

In late March CCHS conducted a test of the emergency communication system. Results were good, with 90% of students and staff responding that they received the call. A follow up survey indicated opportunities to improve the wave file transmitted by email and to ensure staff's office phones are dialed. A follow up survey is planned to identify the nature of the problem with the 10% of students and staff who did not receive the emergency communication. A follow-up test may be scheduled as we strive for 100% successful communication.

BIG NEWS! Through SonisWeb, CCHS will now use text messaging for emergency communication with students. Any charges routinely applied by your cell carrier will apply to text messages sent in the event of an emergency or test of the system (generally once per semester). To initiate this service follow these 5 easy steps: **1)** Log on to SonisWeb using your existing e-mail & PIN. **2)** Click on "Update Bio" link at top of page. **3)** Enter your cell phone number & your provider **4)** Check the "Text Me" Flag **5)** Click "Submit" at bottom of page. While there, consider entering your cell phone as your primary contact number. This would direct all emergency calls to your cell phone.