



CCHS NEWS

VOLUME 1, ISSUE 11

JULY 2009

INSIDE THIS ISSUE

Student of the Month	2
Compliance Corner	2
Student Gov't Assoc.	3
Student Nurses Assoc.	3
PTK Update	3
Student Success Ctr	4
Continuing Education	5
Open Forum	5
Quick Reference Sheet	6
Important Dates	7

SUMMER COMPUTER LAB HOURS

Monday - Thursday
8:00 am - 7:30 pm

Friday
8:00 am - 4:30 pm

Saturday
(except July 4th)
11:00 am - 4:00 pm

* CLOSED SUNDAYS*
Closes at 4:30 when the college is open but there are no classes.

On May 30, the Rankin Education Center hosted the annual Heart of a Champion Event, partnership effort of CHS, CMC, and Charlotte-Mecklenburg Schools to screen CMS athletes for heart disease and other conditions not ordinarily detected in standard school physicals. Many CCHS staff and students participated. The letter below is from Debi Wheeler, RN, coordinator of the event.

On behalf of the entire Heart of a Champion committee, I would like to say "Thank You" to all of the students and faculty who helped to make the 2nd Annual Heart of a Champion Day a success! A special thanks to President Ellen Sheppard for allowing us to use the college for this purpose.

The final analysis is in and the results have been tabulated. Here is what YOU accomplished:

- A total of 1250 students were screened. Of those, about 60 athletes were identified as having medical issues that needed attention before they could safely return to play. The main issues were uncontrolled (or previously unknown) elevated BP, uncontrolled asthma, potential eating disorders, unresolved concussions, and significant visual impairment.*
- Results were discussed with each parent/guardian and the committee has been assured that each child will have appropriate follow-up with their primary care provider (PCP). Those who were cleared will be followed by their school athletic trainer or nurse and primary care provider. For those who did not have a PCP or did not have insurance, a social worker is working to get these kids access to Medicaid, if possible, and established with a PCP.*

It is encouraging that this year many more of the kids had an identified PCP and had been seen by them recently. In case you are interested, there were several kids who were identified with heart conditions (Wolf-Parkinson-White, Patent Ductus Arteriosus, prolonged QT, and Mitral Regurgitation) that needed treatment, as well as several with orthopedic issues (most were already under care) but every child should eventually be cleared to play by the beginning of the school year.

If you have any comments on how things were run or could be done better, please let us know by emailing the following link: chssportsmedicine@carolinashhealthcare.org. We want to continue to improve this screening and encourage those who showed up to see their PCP for their regular care. Thank you again for all your help and we hope to see you back on June 5, 2010.

*Debi Wheeler, RN
Coordinator, Heart of a Champion Committee*



STUDENT OF THE MONTH

This month's winner is Cassie Begay, a medical technology student who has demonstrated teamwork, outstanding communication skills and integrity during her year at CCHS. Cassie demonstrated her caring and community involvement by participating in the CCHS blood drive, calling alumni for the phone-a-thon, contributing to the Christmas Angel project, and displaying a positive "force" for the elementary school day that CCHS sponsored this spring. In addition to these activities, Cassie was a leader in contributing to a student project for CMC laboratory in honor of National Laboratory Week. After school hours, Cassie works PRN in the microbiology laboratory at CMC. Her supervisor remarks that she always has a smile on her face, takes initiative to be one step ahead, does not complain or avoids task, is dependable and has an outstanding work ethic. Her smile and positive attitude serve as her trade mark.

COMMUNICATION AT CCHS

The official routes of communication at CCHS are Moodle, CCHS email, and this student newsletter. Please check the first two regularly for news and updates; if you need help with your user ID or password for either, see Bo Clarke in the computer lab. The student newsletter comes to you monthly but can also be accessed on the college website under "Current Students." News may be submitted to Joy Godwin at the front desk or to Pat Lewis at pat.lewis@CarolinasCollege.edu. Next newsletter will be published on August 17th.

FROM THE OFFICE OF THE REGISTRAR

Summer classes are still in progress with **final exams** scheduled as follows:

Nursing	July 2, 7-9
Surgical Tech	July 28
Radiologic Tech	August 4
General Ed/Pre-Nursing	August 4-7

Exam schedules listing specific classes and exam times were sent by email; a copy is posted in the lobby. *NOTE: Last day to withdraw without receiving an "F" is **July 20**.*

Fall 2009 Registration for all program students has been completed with open registration scheduled to start Monday, July 13. Fall classes begin the week of August 24, 2009. *Any questions? Please see Dr. Joanne Zukowski in Room 165 in the students services suite.*

COMPLIANCE CORNER

The 2009 National Patient Safety Goal # 9 is to reduce the risk of patient harm resulting from falls. The goal includes implementation of a fall reduction program and then an evaluation of its effectiveness. Carolinas Healthcare System has always had a fall reduction policy but recently announced it will participate in a standardized system of wristbands where specific colors will universally signify a certain risk to the patient. This is a voluntary effort among healthcare systems in North Carolina in response to an advisory from the American Hospital Association. Regarding falls, it will represent a change for us at CMC. Prior to this new policy, a patient who was deemed a fall risk was given a purple wristband. Now, a yellow wristband will designate a patient who is a fall risk. We can all help reduce the risk of patient harm resulting from falls by being compliant with this new change in the fall prevention protocol. Yellow wristband now means fall risk!

STUDENT GOVERNMENT ASSOCIATION NEWS

Congratulations to the following students who will serve as the college's 2009 - 2010 SGA officers:

Denise Fisher, Radiologic Technology, President
 Kimberly McClurg, Surgical Technology, Secretary
 Anne McFee, Nursing, Representative
 Jane Deaver, Surgical Technology, Representative.

Sarah Ludlow, Nursing, Vice President
 Gwen Blake, Pre Nursing, Treasurer
 Dottie Fowler, Nursing, Representative

As you can see from our officer line-up, SGA is the organization that represents the whole student body. We are still in need of representatives from radiologic technology and pre-nursing. Representatives relate concerns of their respective schools to the organization and keep their classes up-to-date on upcoming events. They will also be given areas of responsibility for school events. If you would like to be a participant with a vibrant change-making organization, sign up with Joy Godwin, SGA Advisor, at the front desk. We want to be a safe place for students to bring their concerns and know that they can trust us to relay those concerns to administration. Got something to say? Put it in the mailbox on the hallway that leads out to the drink machines....we'll get back to you either by your student email (if you wish to be known) or a posted response on the SGA bulletin board (if you want to remain anonymous). Our motto is "When YOU talk we listen...When WE talk they listen!" Go SGA!!! Go Students at CCHS!! We want to see you succeed and have a great time doing it!!

STUDENT NURSES' ASSOCIATION UPDATE

The SNA warmly welcomes our new members: Dorothy Blake, Kevin Hindsman, Jessica Norvell, Sandra Wilson, Jacqueline Smith, and Kristen O'Neill!

We are having a bake sale on **July 23** and need your help! Sign up to sit at the table or bring baked goods by going onto our SNA Moodle page! We will also be selling T-shirts for \$10 at the bake sale. They are navy blue with the CCHS logo on the front and "Saving Lives Q Shift" on the back. If you are interested in buying a shirt, please email our treasurer, Gretchen Hartman (gretchen.hartman@cchsmail.org), with your name and size! Sizes run small, so keep that in mind.



PHI THETA KAPPA UPDATE

PTK would like to thank Crystina Fogle and Alexia Abbott for doing blood pressure screenings at the Health Fair sponsored by The Greater Charlotte Family Child Care Association at Sugar Creek Recreation Center!

Mark your calendars!

PTK's welcome back meeting for the fall will kick off in September. There will be two meetings to accommodate possible schedule conflicts: Thursday, **September 10 @ 11:30** and Tuesday, **September 15 @ 11:00**. More details to come!

New inductees?

Be on the lookout for PTK induction invitations that will be going out soon!

PTK 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 co-presidents: Danielle Fowler (Danielle.fowler@cchsmail.org) or Terri Hoke (Terri.hoke@cchsmail.org).

***Current members are reminded to regularly visit the PTK site on Moodle for the latest information, updates, and upcoming events! Faculty advisors are Sara Masters & Cathey Miller.*

FROM THE STUDENT SUCCESS CENTER...

Study Tip of the Month:

Flashcards are a great way to quiz yourself on facts or other content that involves rote memorization. However, to strengthen your critical thinking and prioritization skills, other study methods are superior. One method is to teach the material to someone else. Teachers know that teaching is the best way to learn anything!

Test Anxiety Workshop Coming this Fall!

"Anxiety...sabotages academic performance of all kinds: 126 different studies of more than 36,000 people found that the more prone to worries a person is, the poorer their academic performance..." *Daniel Goleman*

Is testing stress getting the better of you? Susan Thomasson and Nancy Watkins will offer a one-hour workshop early in the fall semester on managing test anxiety. Look for the schedule in the August student newsletter.

Student Success 101

Do you want to be more successful in school and in life? Do you want to jump-start your motivation, self-awareness and communication skills, not to mention your study strategies? Student Success 101, a six-week, one-hour elective course, is being offered **October 13 – November 20**. Look for more information in your August newsletter, and contact Nancy Watkins with questions.

2009 Lifelong Learning AND JOB Fair

Are you thinking about the next steps in your education? Are you interested in networking with potential employers? This fall, we are combining a job fair with our annual continuing education event. **Mark your calendar for Thursday, October 1, 10:30-1:00** and be looking for more details in the coming weeks.

CHS Job Placement News for December 2009 Nursing Graduates

We look forward to seeing you following the NUR 202 orientation on **Aug 21** for your job placement orientation and mock interviewing sessions. Brandy Walker, your recruitment specialist from the CHS New Graduate Placement Center, will present valuable information, as will a number of CMC hiring managers. Please contact Nancy Watkins with questions.

Looking for PT/PRN Work While A Student?

The first step is to complete your online application at www.carolinashealthcare.org. You will be able to:

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

If you have questions, contact Beatriz Rodriguez, Recruitment Specialist at 704-355-1954 or via e-mail at Beatriz.rodriguez@carolinashealthcare.org. Nancy Watkins is also available here at CCHS (room 213) to support your job search efforts.

Student Success Center

Feel the need for some support? See Nancy in room 213 or drop by for study tips and information about peer tutoring. The Center is also a great place to study!

Tutor Alert! Have you considered serving as a Peer Tutor? If you've earned an "A" or a "B" in a course and feel you could contribute, or if you believe you would benefit from peer tutoring, please contact Nancy Watkins at 704.355.4025.

WELCOME NEW STAFF MEMBER

CCHS is pleased to announce that the Learning Technology Specialist position (located in the computer lab) has been filled. Bo Clarke has transferred to the position from CHS Information Systems where he has worked since 2003 as an IS Application Specialist. He has been involved in developing and delivering training for over 14 CHS software applications. He has also worked on several project conversion teams in IS as new hospitals were converted to the CHS systems. He also has managed IS work orders and worked with incoming IS helpdesk/troubleshooting issues. Bo has a BS/BA in Information Systems and Business Management from Appalachian State University. His first day at CCHS was June 30 as he will be transitioning out of his current position through July 10. Please stop by the computer lab (room 154) over the next several weeks to say welcome.



CONTINUING EDUCATION

CCHS Admissions Information Session - July 14 & 28, 4:00 - 5:00 PM. Want to know more about attending CCHS or 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 Betty Anderson, program Director, at 704.355.4275.


CAROLINAS HEALTHCARE SPONSORED CLASSES

CHS' Employee Assistance Program (EAP) is pleased to offer the following class FREE to employees, spouses and dependents. CHS' EAP is designed to help you and members of your family with all types of issues - marital conflicts, job stress, emotional, alcohol and drug problems, and difficulties with children. Whatever the program, if you need help, call CHS' EAP for a private appointment or to register for a class. Space is limited so call early to register: 704.355.5021 or 1.800.384.1097. All classes are held at the Charlotte EAP office at 720 East Blvd.

July 7, 14 & 21, 5:30 - 6:30 PM *Smoking Cessation.* Identify strategies for successful cessation.

* Open Forum is time set aside monthly for you to bring any questions or suggestions to Ellen Sheppard, President of the college. Have issues of concern, or just want to talk about things important to your success at the college? Come on down; appointments are not necessary.

This month's Open Forum with President Sheppard will be held on Monday, July 13 from 12- 12:45 PM in room 137.*



GREEN TIPS

You Go, Brenda!

Nursing faculty member Brenda Vasquez was the June recycler for plastic and aluminum cans. Thanks, Brenda, for our many trips to the recycling bins with CCHS's

cans and bottles.

WAIT - WAIT! Don't just throw those Styrofoam peanuts or worn out batteries in the trash. Learn how to recycle "difficult to dispose of" items at <http://earth911.com/>. Enter your zip code to learn where to go & how to get there!

WOW!!

Want to say "thanks" in a special way to a student, staff, or faculty member who went out of his/her way to help you? Use the WOW Card program. Nomination cards are located in the lobby. The following students were recognized recently for service above and beyond...



Intermediate Level Nursing:

- Denique Maynard
- Shanelle Williams
- Meghan McManus

CAROLINAS COLLEGE OF HEALTH SCIENCES

Quick Reference Sheet

ADMINISTRATION

<p>President Dr. Ellen Sheppard Room 111 704.355.5316 Ellen.Sheppard@CarolinasCollege.edu Assistant: Pat Lewis 704.355.2029 Pat.Lewis@CarolinasCollege.edu</p>	<p>College Address 1200 Blythe Blvd. Charlotte, NC 28203 PO Box 32861 Charlotte, NC 28232</p>
	<p>Provost Dr. Janice Terrell Room 212 704.355.4305 Janice.Terrell@CarolinasCollege.edu</p>

STUDENT SUPPORT SERVICES

<p>Student Services Dr. Hampton Hopkins Suite 166 704.355.5525 Hampton.Hopkins@CarolinasCollege.edu Student Leadership</p>	<p>Admissions Office Rhoda Rillorta/Diana Bell Suite 166 704-355-3243 Rhoda.Rillorta@CarolinasCollege.edu Diana.Bell@CarolinasCollege.edu</p>	<p>IRC/Registrar's Office Dr. Joanne Zukowski/Ann Keathley Suite 166 704-355-6676 Joanne.Zukowski@CarolinasCollege.edu Ann.Keathley@CarolinasCollege.edu Registration, Records & Transfer Credit</p>
---	--	---

BUSINESS AND FINANCIAL AID

<p>Business Office Kim Bradshaw/Martha Robinson Suite 208 704.355.5584/5486 Kim.Bradshaw@CarolinasCollege.edu Martha.Robinson@carolinashalthcare.org Online Bookstore Questions Refunds Tuition/Fees</p>	<p>Financial Aid Office Jill Powell/Ann Keathley Suite 208 704.355.8894/5579 Jill.Powell@CarolinasCollege.edu Ann.Keathley@CarolinasCollege.edu CHS Educational Loans Federal Loans and Grants Scholarships</p>
---	--

ADDITIONAL SUPPORT SERVICES

<p>AHEC Library & Information Resource Ctr Medical Education Building 704-355-3129 <u>Hours</u> Monday – Thursday 8:30 AM to 6:30 PM Friday 8:30 AM to 5:00 PM</p>	<p>Parking, Access Control & ID Badges Annex Bldg. (behind Medical Education Bldg, next to ED) 704.355.3111</p>	<p>Computer Lab Room 153 704.355.7572 <u>Hours*</u> Monday - Thursday 8 a.m. – 7:30 p.m. Friday 8 a.m. – 4:30 p.m. Saturday 11 a.m. - 4 p.m. Closed on Sunday</p>
<p>On-line Bookstore http://direct.mbsbooks.com/carolinascollege.htm CCHS Logo Store www.theemployeeemail.com/cchs</p>	<p>Student Success Center Nancy Watkins Room 213 704.355.4025 Nancy.Watkins@CarolinasCollege.edu Tutoring, Placement, and Student Success</p>	<p>*Evening & weekend hours subject to changes; call ahead</p>

Important Dates for Remainder of 2009

Summer Classes End	Aug 3
Summer Final Exams	Aug 4 - 7
New Student Orientation	Aug 17 - 18
Full Fall & Fall I Classes Begin	Aug 24
Registration/Drop/Add Ends.....	Aug 28
Holiday (College Closed)	Sept 7
Fall I Midterm	Sept 16
Fall I Classes End	Oct 9
Fall I Final Exams	Oct 12 - 14
Fall Break - No Classes	Oct 19 - 20
Full Fall Midterm	Oct 20
Fall II Classes Begin	Oct 21
Spring Course Schedule Published	Nov 2
Fall II Midterm	Nov 13
Spring Early Registration	Nov 16 - 20
Holiday - No Classes	Nov 25
Holiday - College Closed.....	Nov 26 - 27
Spring Gen Ed Registration Opens.....	Nov 30
Full Fall & Fall II Classes End	Dec 12
Full Fall & Fall II Final Exams.....	Dec 14 - 18
Fall Graduation	Dec 18
Holiday - College Closed.....	Dec 25

Important Phone Numbers

College's Main Number.....	704.355.5043
College's Main Fax Number.....	704.355.5967
CPR/ACLS/PALS	704.355.5699
Disability Services	704.355.5585
Employee Health.....	704.444.3134
Garden Terrace Apts Mgmt (Duval Investments)	704.731.5560
Human Resources (employment)	704.355.2101
Inclement Weather	704.446.7854
Presidents Office.....	704.355.5316
School of Medical Technology	704.355.4275
School of Nursing.....	704.355.5343
School of Radiologic Technology.....	704.355.2446
School of Surgical Technology.....	704.355.1547
Security (CHS dispatch).....	704.355.3333
Security Escorts	704.355.2093

Canteen Operating Hours

Ms. V's is open Monday - Friday from 8:00a - 1:30p

DID YOU KNOW....

At five minutes and six seconds after 4 AM on the 8th of July this year, the time and date will be.....04:05:06 07/08/09. This will not happen again for a thousand years. Thought you'd like to know!

The U.S. Geological Survey monitors the creek at the Medical Center Drive bridge. Here is a link to the live data monitor showing depth and flow information. <http://waterdata.usgs.gov/nwis/uv?02146409>, If you're at home and wondering, it's handy.

HAPPY BIRTHDAY, TITLE IX

Less than 40 years ago, it wasn't illegal for schools and postsecondary institutions to discriminate against women and girls.

- Many schools and universities had separate entrances for male and female students.
- Female students were not allowed to take certain courses, such as auto mechanics or criminal justice; male students could not take home economics.
- Most medical and law schools limited the number of women admitted to 15 or fewer per school.
- Many colleges and universities required women to have higher test scores and better grades than male applicants to gain admission.
- Women living on campus were not allowed to stay out past midnight.

All that changed with the passage of Title IX of the Education Amendments of 1972 on June 23, 1972. It was signed by President Richard M. Nixon on July 1, 1972. This civil rights law prohibits discrimination in education programs and activities receiving federal funds and is the first comprehensive federal law to prohibit sex discrimination against students and employees in these institutions. Title IX provides that: "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal financial assistance." Happy birthday, title IX, you've made America part of what we are today!

© Copyright 2009 National Association of Student Financial Aid Administrators (NASFAA)

IMPORTANT DATES TO REMEMBER.....

July 2	Seven week classes end Final exam—Nursing
July 3	HOLIDAY - COLLEGE CLOSED
July 6 - 8	Seven week classes - final exams
July 7	EAP Class, Smoking Cessation
July 13	Open Forum with President Sheppard
July 14	Student Services Information Session
July 20	Last day to withdraw without receiving an "F"
July 21	EAP Class, Smoking Cessation
July 23	SNA Bake Sale
July 28	Final exam—Surg Tech

*Good luck on your
final exams and
enjoy your summer
break! Classes
resume August 24th.*

Carolinas College of Health Sciences
1200 Blythe Blvd.
PO Box 32861
Charlotte, NC 28232

Uncompromising Excellence
Commitment to Care

Phone: 704.355.5043
Fax: 704.355.5967
E-mail:
pat.lewis@carolinashealthcare.org