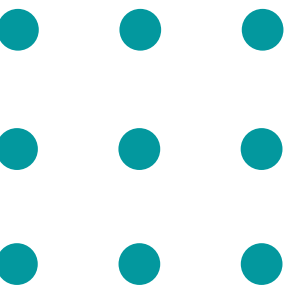


# INTEGRITY CHECK

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Challenge

"This is How We've Always Done It"



# SARAH B. CRUZ

AS, CSPDT, CRCST, CHL, CIS, CSSNERD

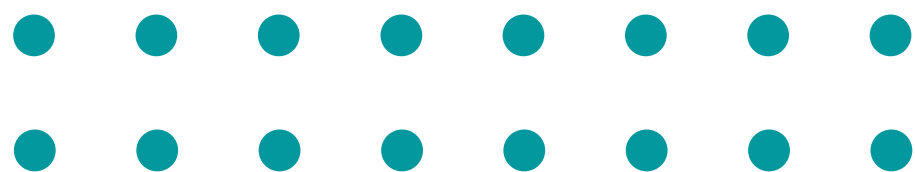
- Tired of "The way we've always done it"!
- Career Strategist
- CS Quality Education Program Development Coordinator
- Founder & President, PRETREAT CSS, LLC
- Columnist & freelance industry writer.
- Beyond Clean Podcast Host
- Sterile Processing Instructor, Tunxis Community College
- President, Connecticut Sterile Processing Association, Chapter of HSPA
- Former Director, Healthcare Sterile Processing Association





# DISCLAIMER

All the opinions and views expressed  
in this presentation are an extension of  
Sarah B. Cruz only  
and are not a representation of any  
other companies or organizations  
she is associated with.





A VISION WITHOUT A  
GOAL  
IS JUST A WISH

01

Define integrity & recognize it in our professional practices.

02

Examine the origins of habits & practices that determine our standards.

03

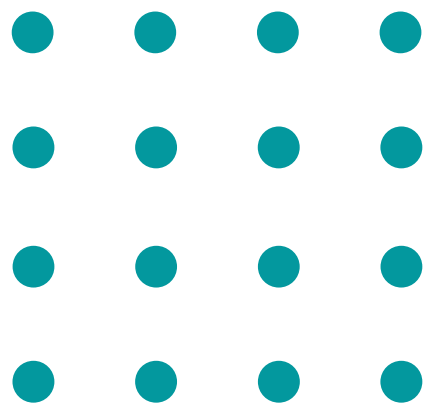
Evaluate & choose habit and method systems.

04

Demonstrate how to remain engaged in the professional process after being discouraged

05

Contribute to the healthcare industry's knowledge pipeline.

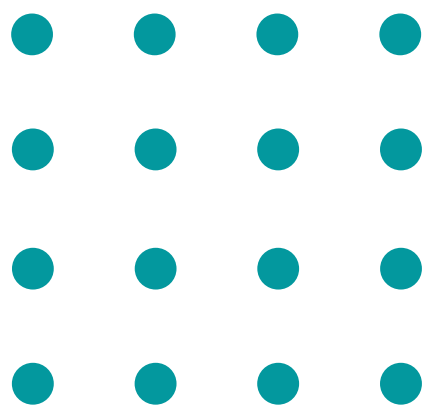


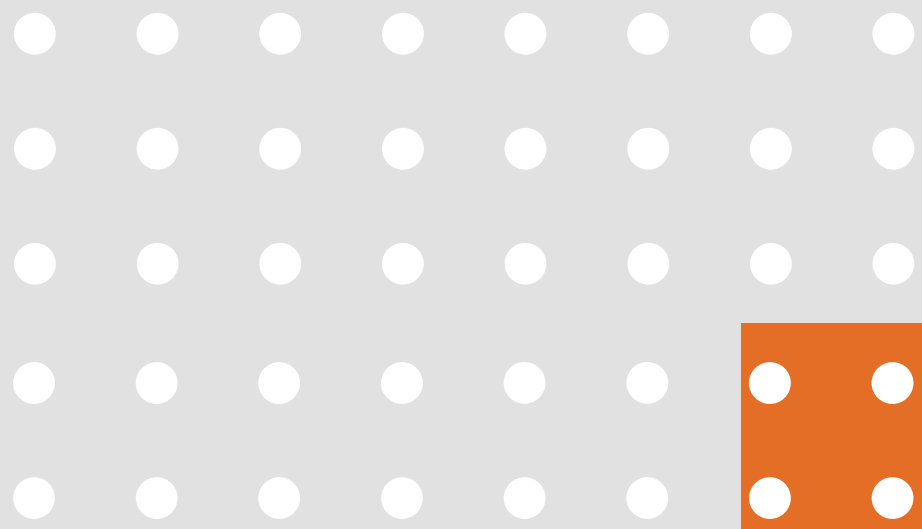


Motivation  
**Muter**

Show **Stopper**

Production  
**Pauser**

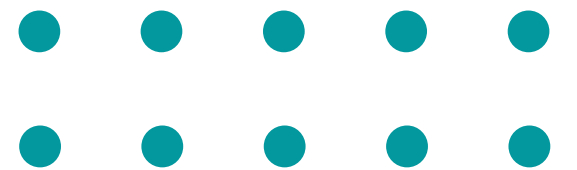


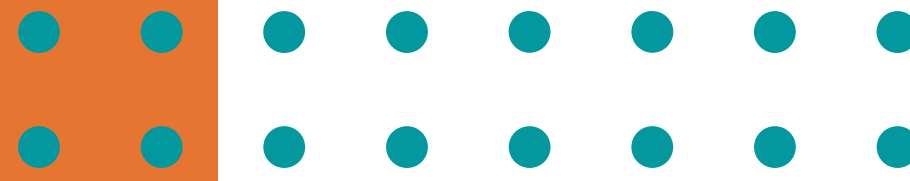


# Integrity CHECK



- Reevaluation
- Morals & Ethics
- Honest Assessment

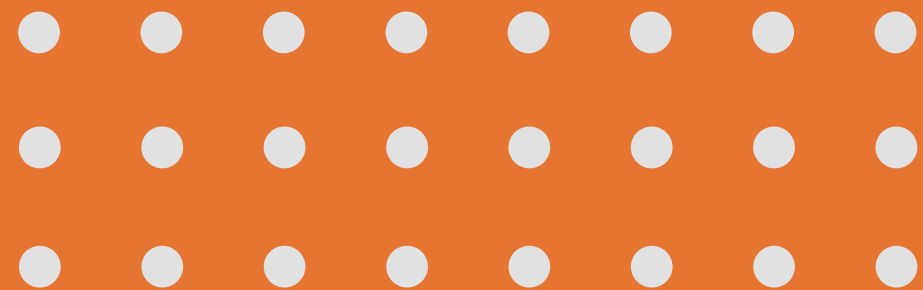




# Habits & **Systems**

**“You do not rise to the level of your goals. You fall to the level of your systems.”**

*-James Clear*



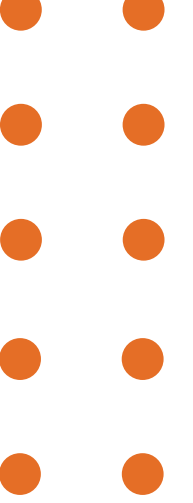
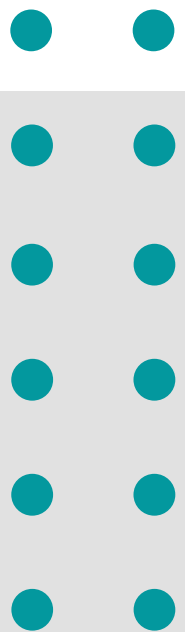
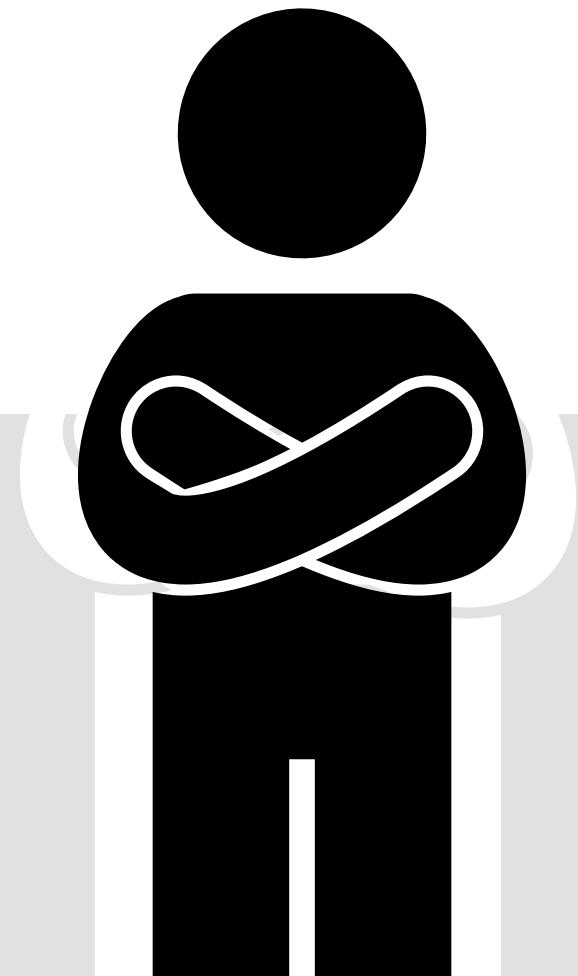


# Justification

- Protecting
- 'I' vs. 'Them'

# Verification

- New Information
- 'We' Gain



WHY

Have We

Always

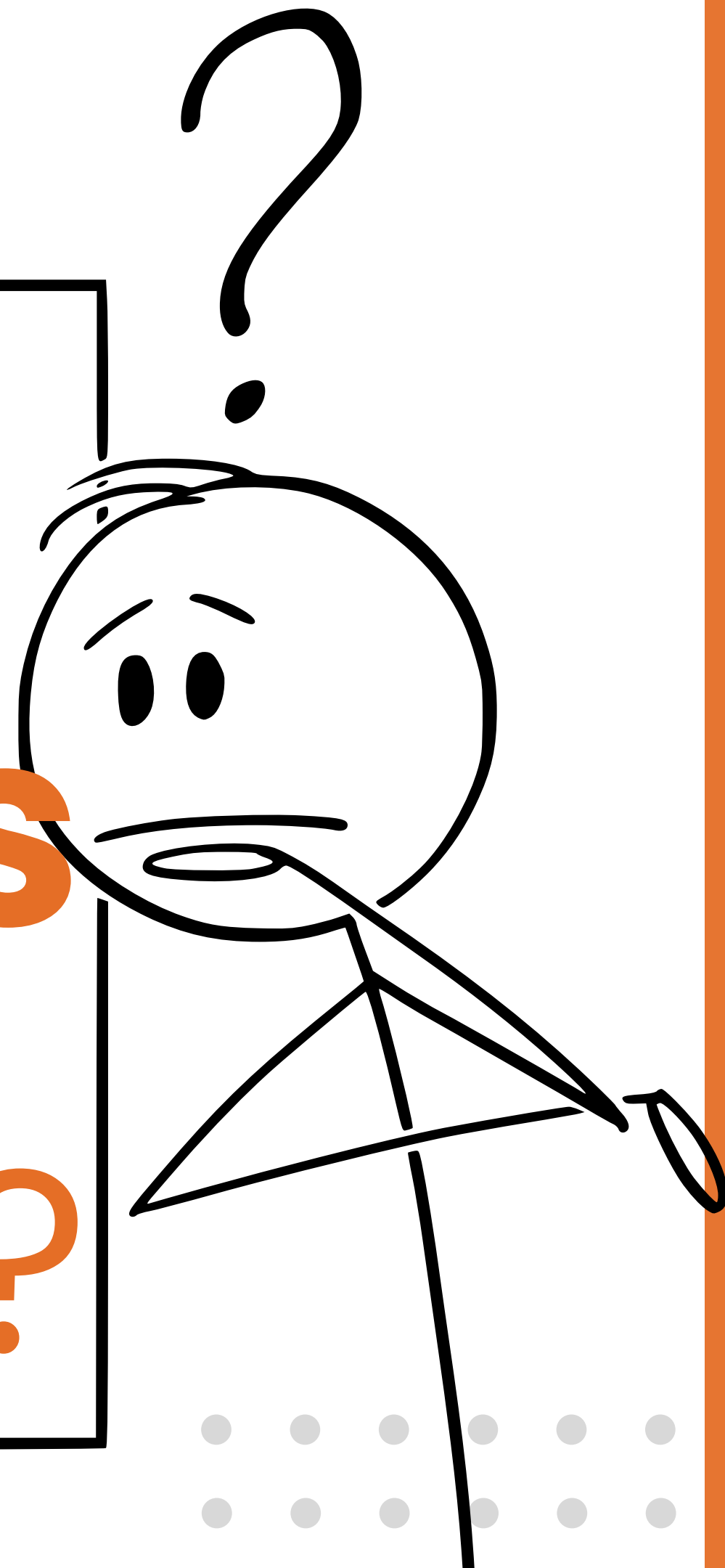
Done

It

Like

This?

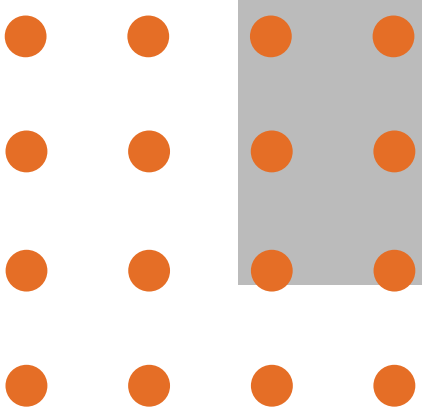
?





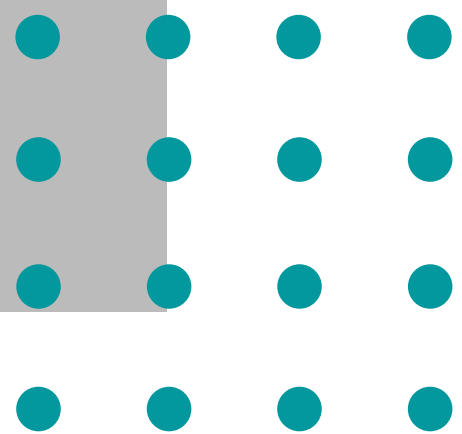
# Morals

- ❑ **'Why'**
- ❑ **Principles**
- ❑ **Conduct**
- ❑ **Lessons**



# Ethics

- ❑ **'How'**
- ❑ **Self Conduct**
- ❑ **Proper**
- ❑ **Habits**





- Constructed & Accumulated Habits
- Success of Outcomes
- The 'Good' with the 'Bad' Integrity
- Technician's Personal Point of View

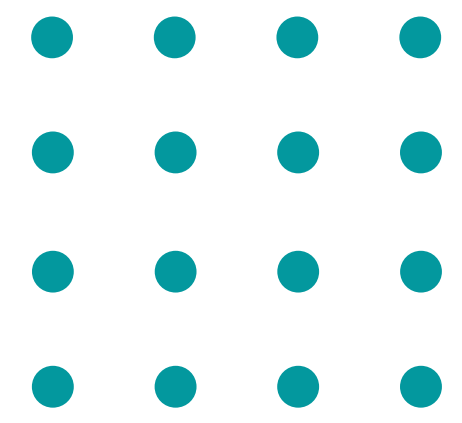
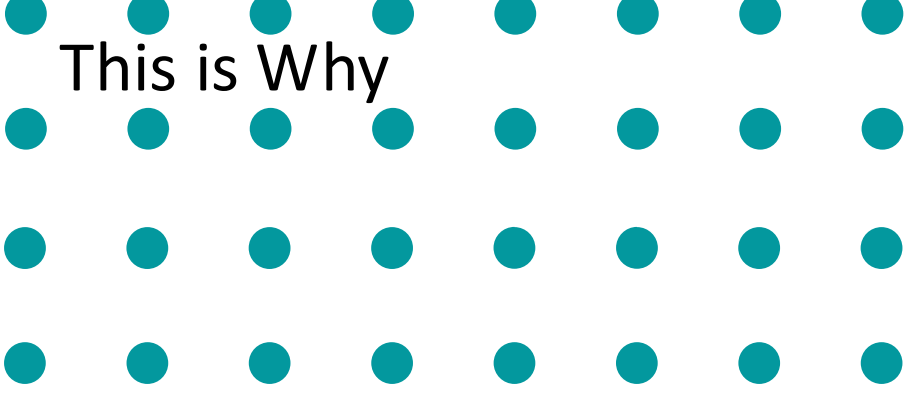
This is Why

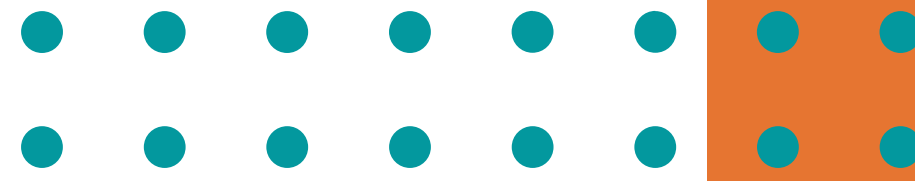


MORAL  
UPRIGHTNESS

HIGH  
MINDEDNESS

"How We've  
Always Done It"

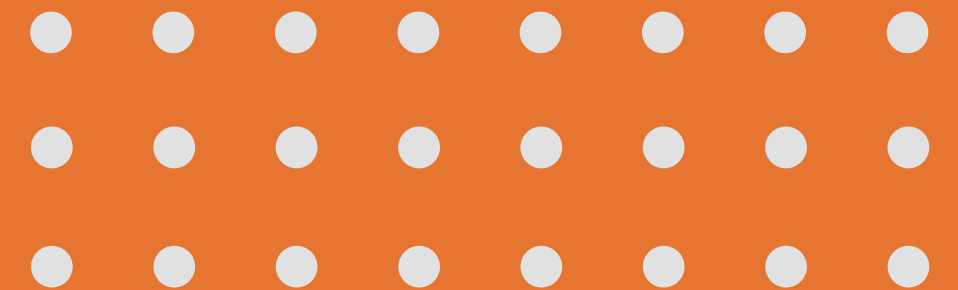




# Challenge Accepted

## **Don't Quit Before the Change**

- Above Reproach
- Undervalued? Nope!
- Unintelligent? No Again!
- Wrong? Well...



This is  
**HOW**

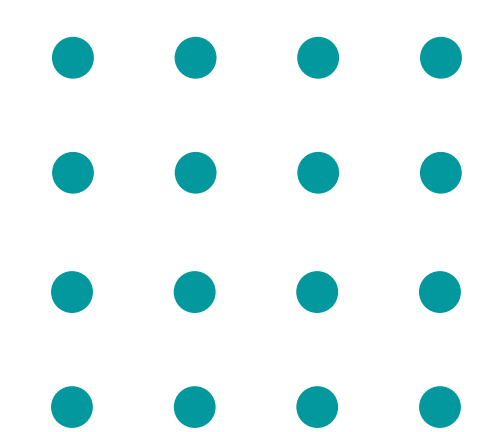
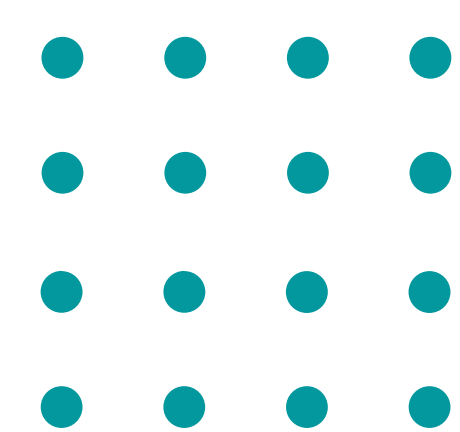
We've

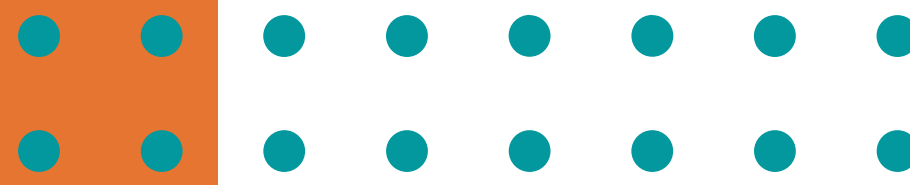
**ALWAYS**

Talked

About

It

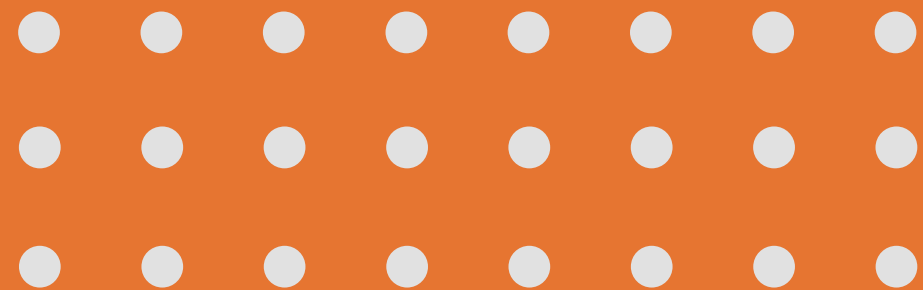




# Communication & Discussion

**We have a duty to encourage, hear, & invest in:**

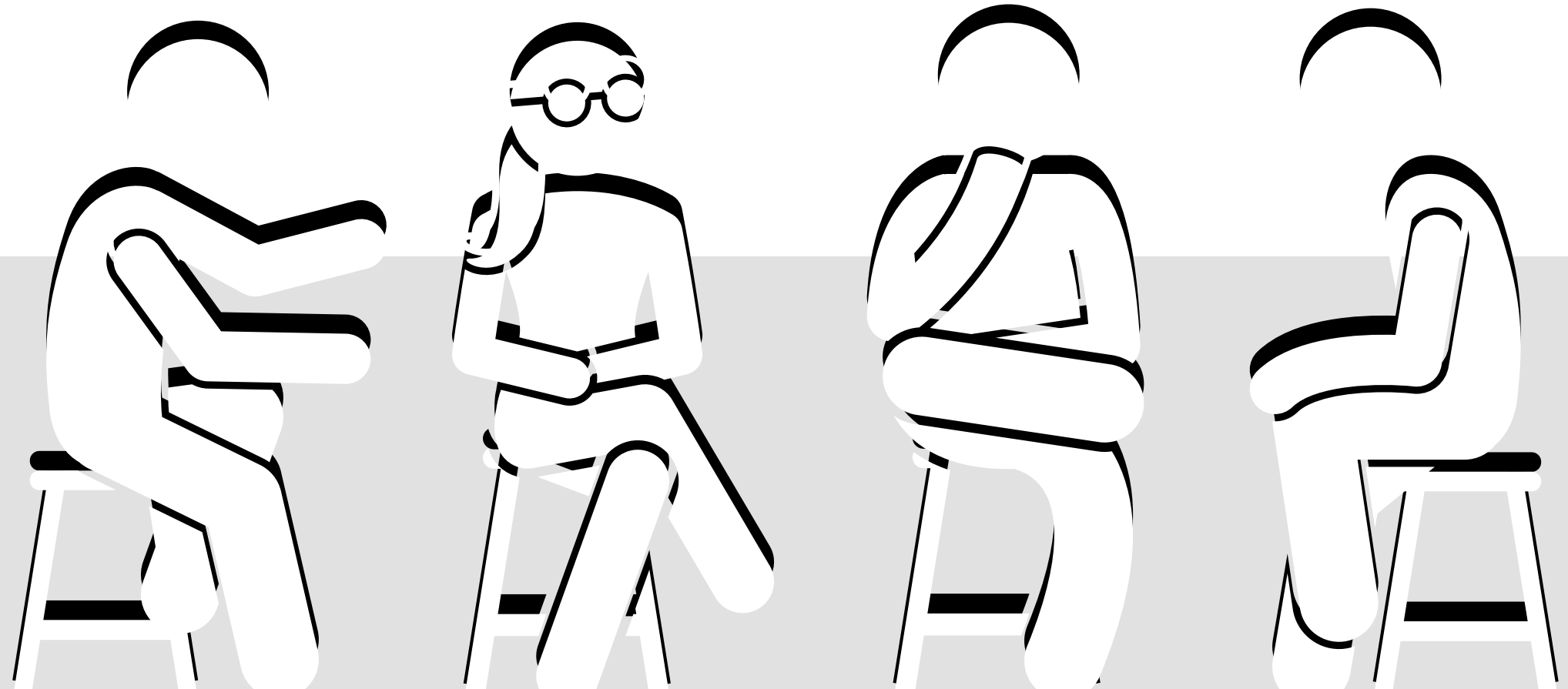
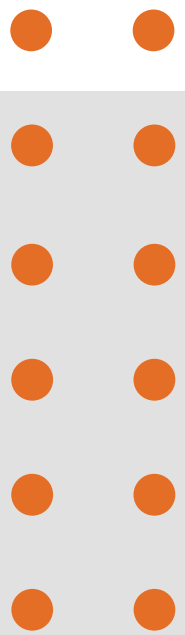
- Recommendations
- Ideas
- Dialogue

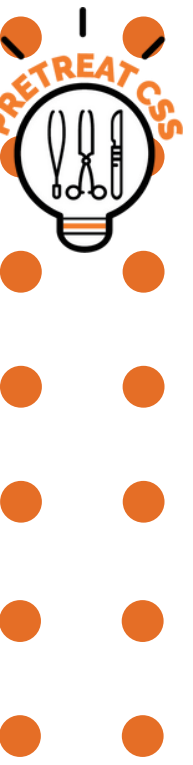




# ME vs WE

Moving towards a collective & inclusive thought process.





# Ready? ACTION!

## Begin

## Interpret

Check In ■

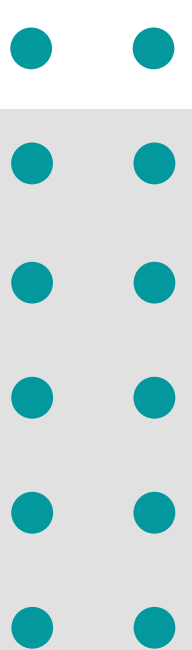
■ Comparison

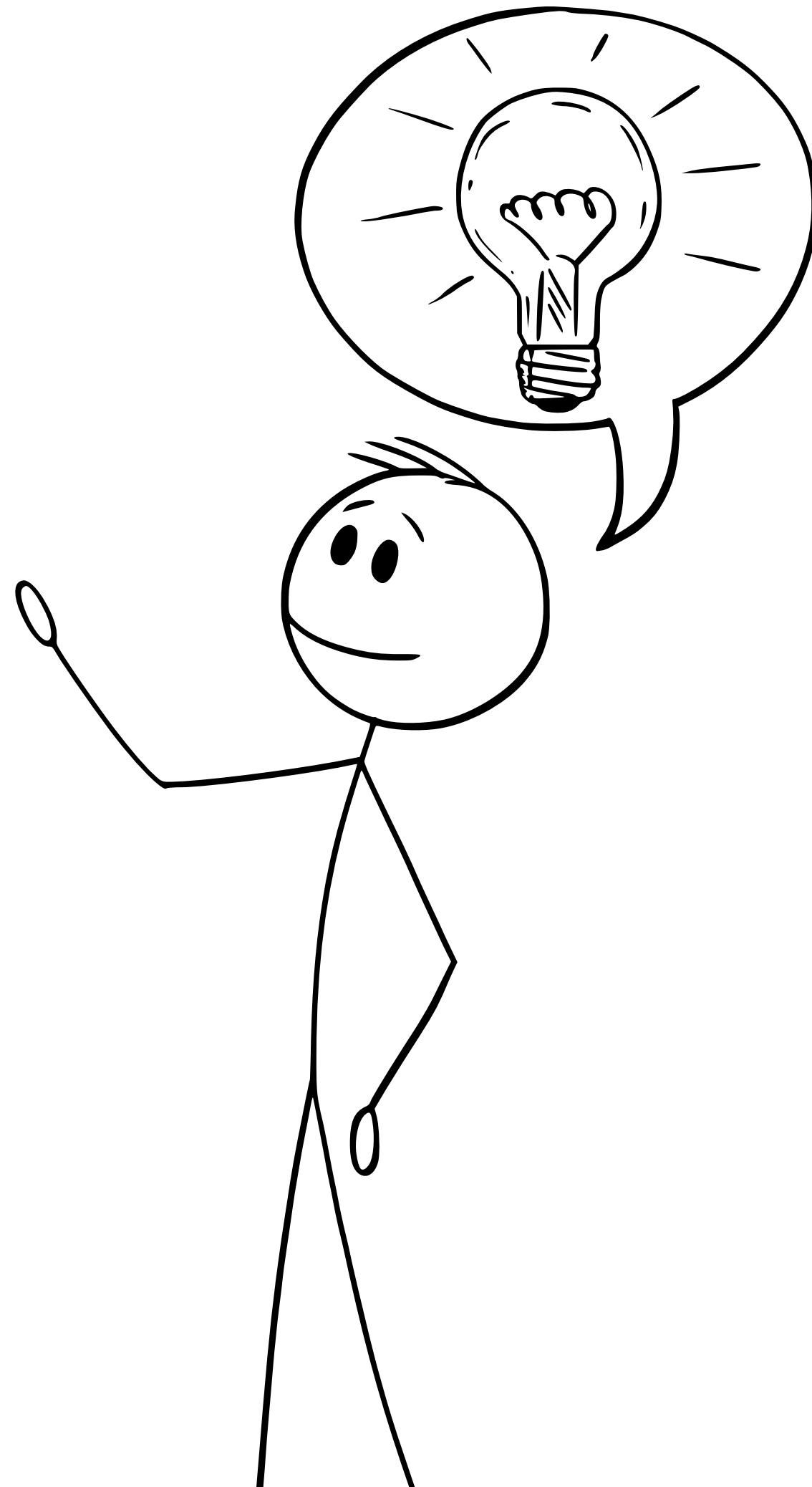
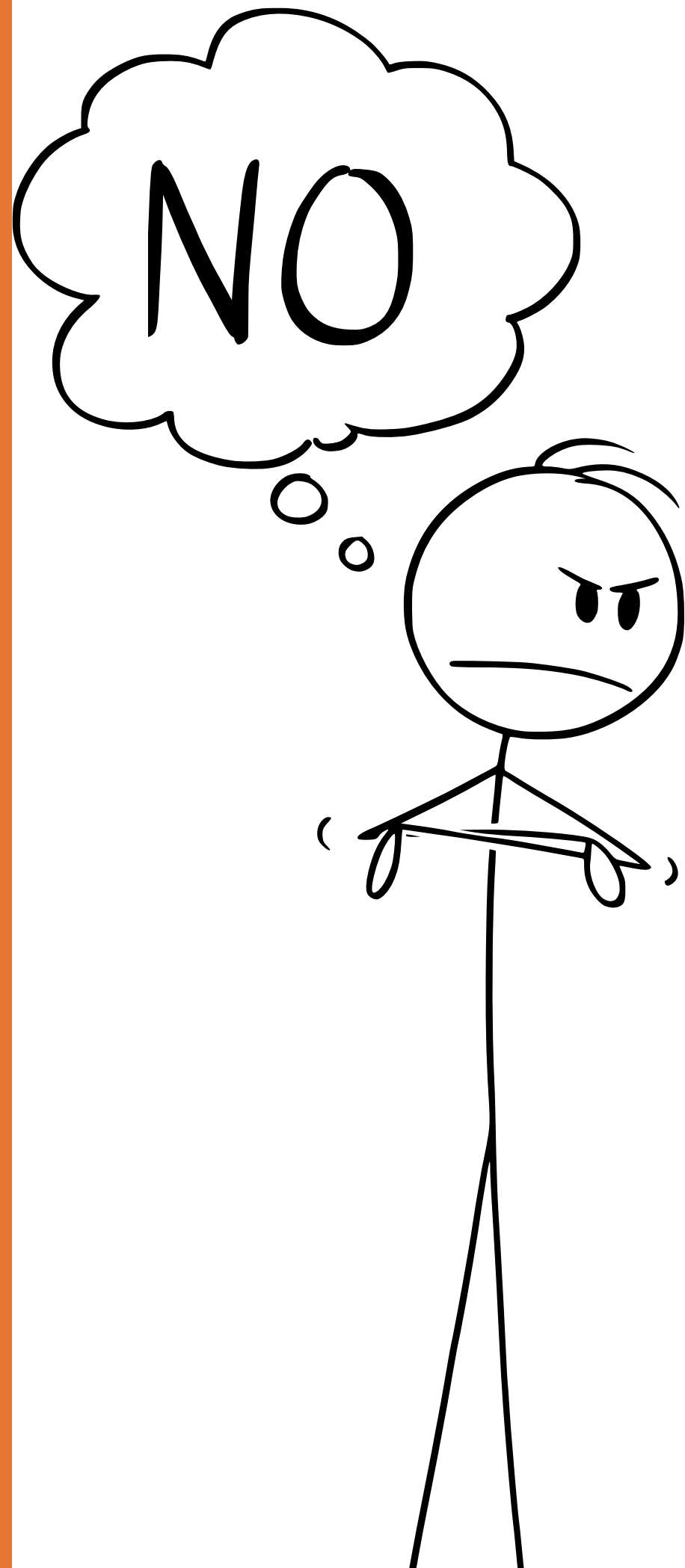
Hear It Out ■

■ Encourage

● ● Bypass Ourselves ■

■ Additional Information





WHEN

It Happens

to

US

This is When



01

Pause.

02

Don't React.

03

Be Aware of  
Moral Uprightness.

04

Watch for High Mindedness.

05

Don't  
Hyperfocus.



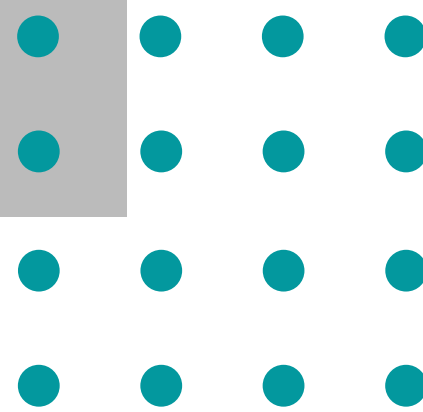
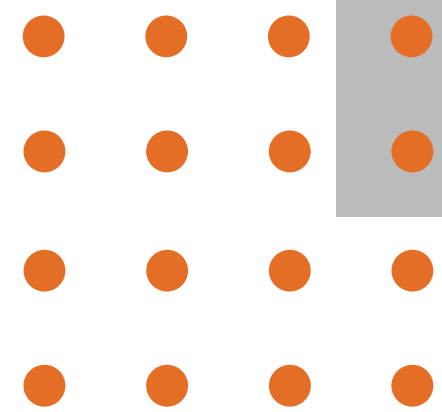
# Discussion Communication

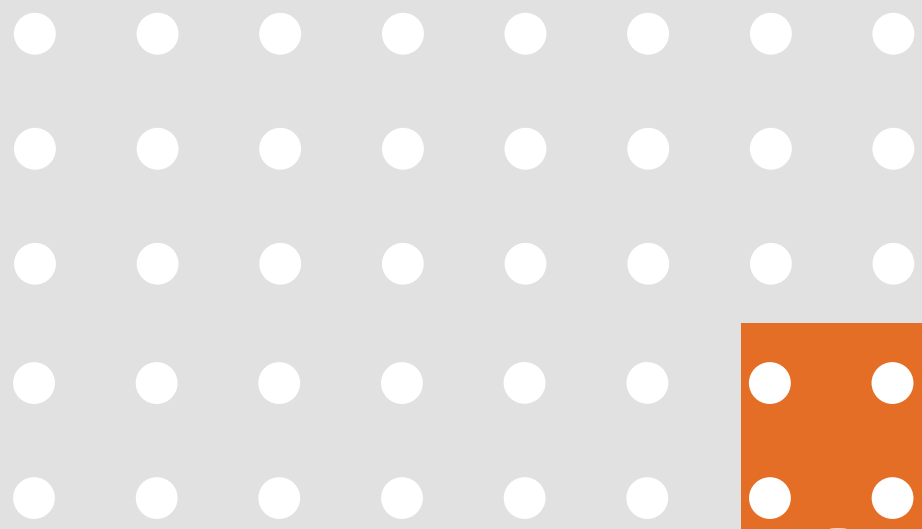
## Hold 'em

- **Unbias**
- **Accept Critique**
- **Remember  
Where We  
Started**

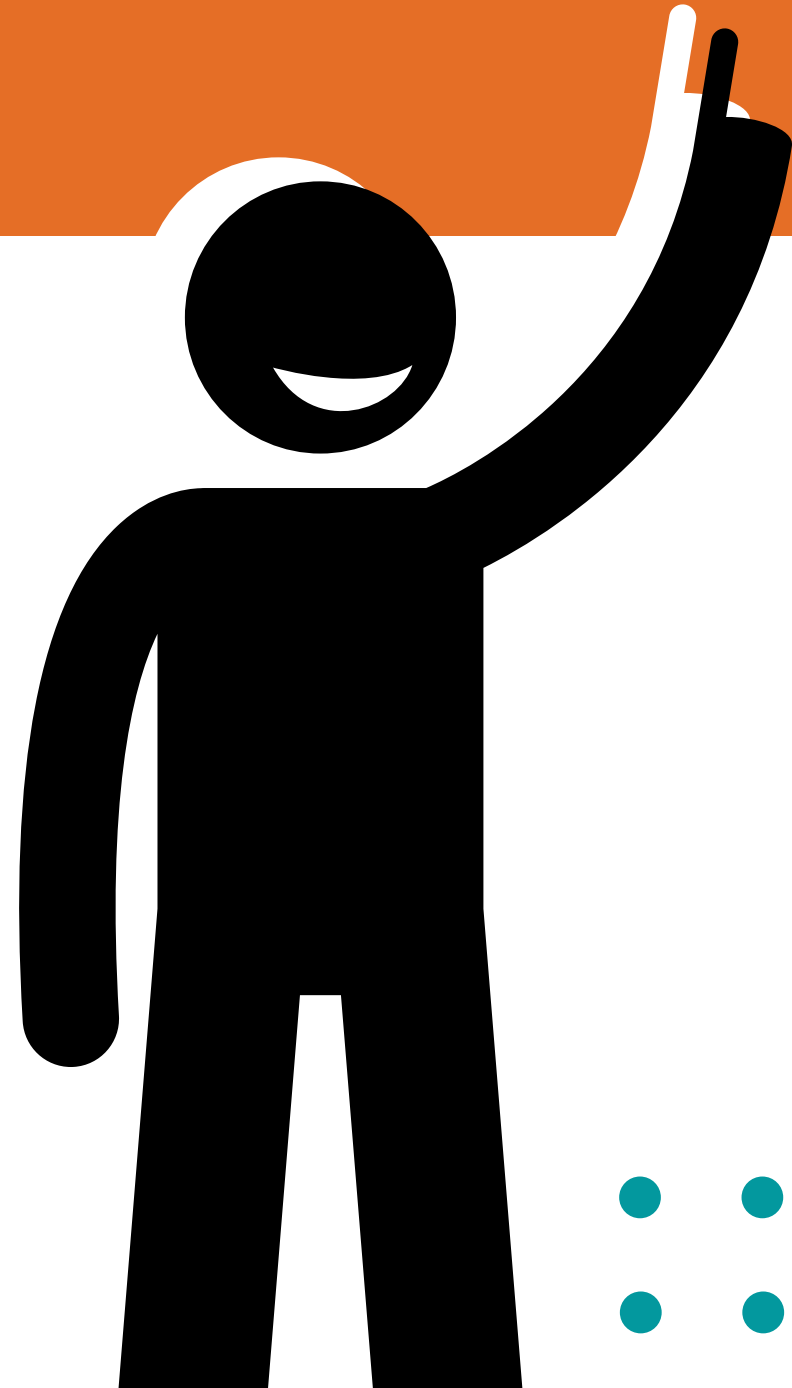
## Fold 'em

- **Bias**
- **Anger**
- **Lose the Point**

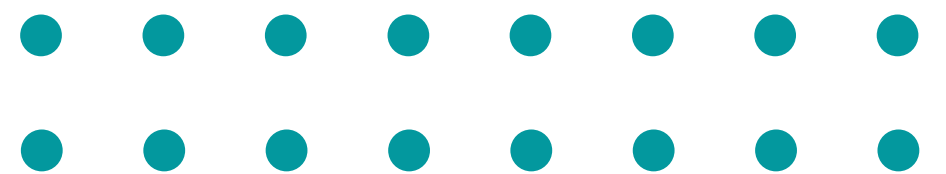




# What MATTERS



- How You Say It
- Who You Say It To
- Facts & Data
- 'I' vs. 'We'

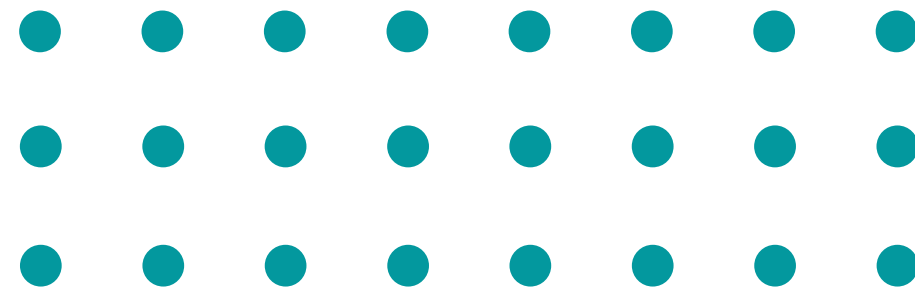




*Pulse of your department.*

*Heart of the hospital.*

*Voice of our industry!*



# LET'S CHAT

Put the CSS in SUCCESS!



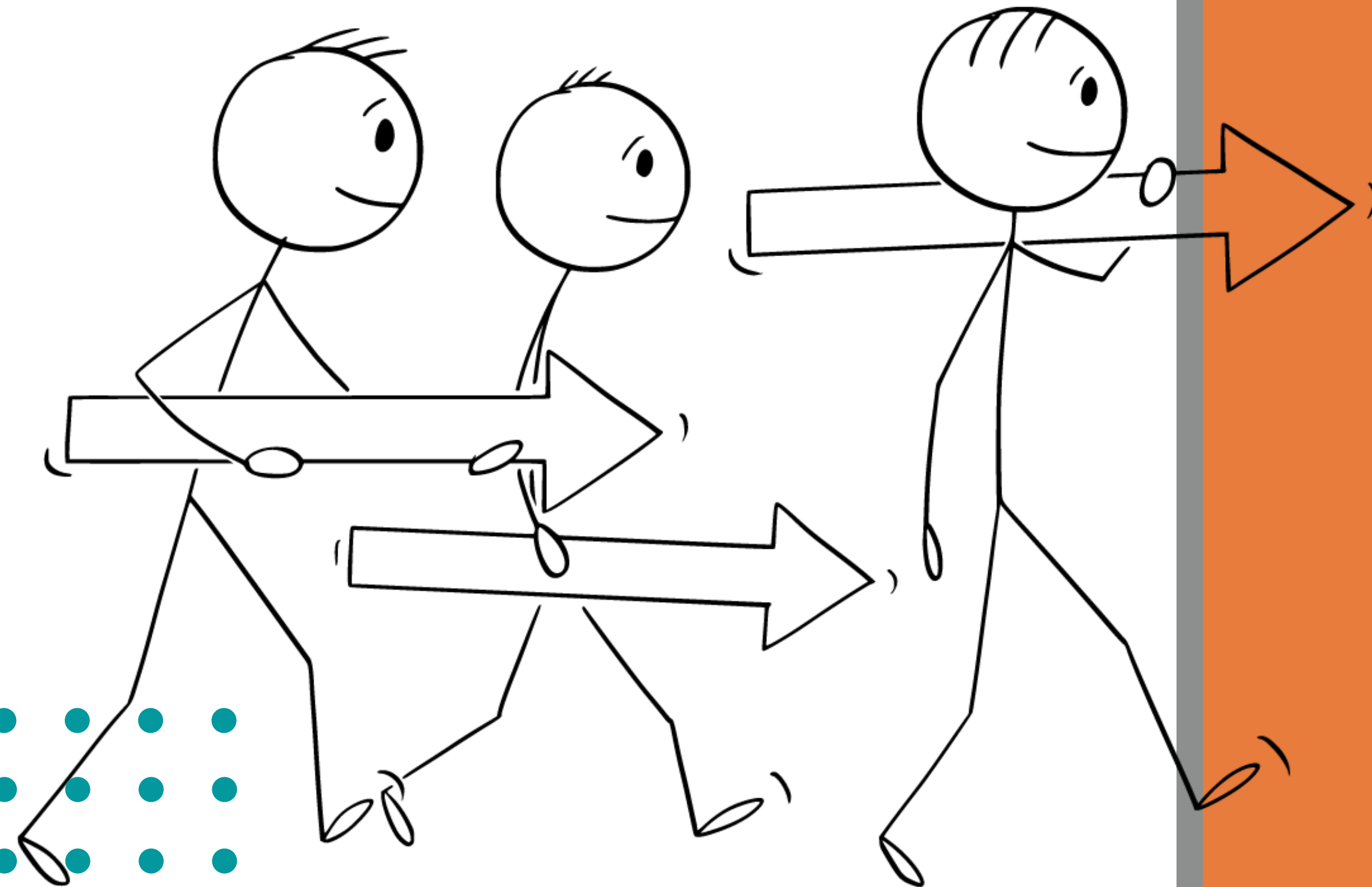
[sbwcruz@pretreatcss.com](mailto:sbwcruz@pretreatcss.com)



[@PRETREATCSS](https://www.linkedin.com/company/pretreatcss)



[www.pretreatcss.com](http://www.pretreatcss.com)



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- [www.wikipedia.com/integrity](http://www.wikipedia.com/integrity)
- Atomic Habits. James Clear. P.27

