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St. Cloud Hospital

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Published for the  
employees, medical  
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of Saint Cloud Hospital.

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# center SCAN

## Nurses aim to increase efficiency with extender system

Registered nurses are in short supply. It doesn't make sense for them to be doing things that others could be doing.

That's the crux of the issue behind nursing's move to establish nurse extenders. A nurse extender is someone other than a RN who can do some of those things that RNs often find themselves doing, like fetching patients soft drinks, or wheeling them along corridors; the nurse extender is a paraprofessional deputy to the RN.

Recommendations from a hospital survey about how to use nurse extenders will be discussed at the nursing Focus session in April, with the idea that nurse extender

trials may begin during the summer. Various models for nurse extenders are in place at other hospitals across the United States. They are usually received well because they enhance the professional role of nurses, and allow for more efficient delivery of services.

"This is a pro-active response from the nursing staff to the nursing shortage," said Diane Salzer, RN, ETC, who is co-chair of a committee researching and defining the nurse extender role at Saint Cloud Hospital. Nurses, nurse assistants and transcribers have been surveyed to find out what tasks presently being performed by RNs should continue to be done by RNs, and which tasks could

be performed by someone else. That information will be used to help create the nurse extender system at SCH.

"The ultimate goal is to help the professional nurse find time to do those things that would provide better care to the patient," Salzer said. "We are looking at making better use of the people we've got. Ideas will vary from area to area, and the needs will vary for each area. The hospital's program should allow for that."

—John Pepper

### Minnesota Twins visit Saint Cloud Hospital



No, you weren't imagining. Several members of the Minnesota Twins visited Saint Cloud Hospital January 22 as part of their statewide "Winter Tour."

Kirby Puckett, Gary Gaetti and other team members signed autographs and handed out pictures during their visit with teens in the Recovery Plus program.

They spoke with the teens about drug abuse. Gaetti talked about his battle with chemical abuse and how he finally won.

While they were here the Twins also visited with several patients on the pediatric floor. Gloria Czech (pictured at left), Bowlus, was one of the lucky ones that got to shake hands with center fielder Puckett.

The Twins were in St. Cloud as part of a five-state, 46-community tour.

## 'Capitol For a Day' program brings Minnesota commissioner of health to SCH

The hospital's administrators turned out in force on January 31 to provide a hospital tour for Sister Mary Madonna Ashton, Minnesota commissioner of health. Ashton's visit was part of the 'Capitol For a Day' program which brought several state leaders to St. Cloud.

She visited many areas of the hospital, and seemed impressed. She was heard to say that the facilities at SCH are excellent. To which John Frobenius happily responded that good healthcare doesn't end at the Twin Cities northern suburbs.



As Paul Gray, senior vice president, looked on, radiology manager Harry Affeldt outlined the scope of the hospital's radiology services to Sister Mary Madonna Ashton, Minnesota commissioner of health.

## SCH program assesses, treats hyperactive children

Most children burst with energy, but when that energy starts to take over the child's life and interrupts the learning process it becomes a problem.

Attention Deficit and Hyperactivity Disorder (ADHD) is the diagnosis for some overactive children. The cause of ADHD is unclear, but it is believed to have a biological basis and tends to run in families, primarily males, said Gary Wallinga, psychologist, Counseling Center. In order to be diagnosed with ADHD, a child must have at least eight of the following symptoms:

- fidgetiness
- difficulty remaining seated
- easily distracted
- difficulty in waiting turn
- blurts out answers
- difficulty following instructions
- difficulty sustaining attention
- shifts from one activity to another
- difficulty playing quietly
- talks excessively
- interrupts frequently
- doesn't listen
- often loses things
- engages in dangerous activities

Another requirement for ADHD is that the child must be diagnosed before the age of seven. "Some moms will come in and say, 'This child has

been wired since day one,'" Wallinga said. "Other times the parents aren't aware of the problem until the child goes to school, where he/she is required to sit still and pay attention for extended periods of time."

If the parents believe their child may have ADHD, they can bring him/her to the center for a series of tests that help diagnose if ADHD is the problem. The psychologists will administer intelligence tests and achievement tests to the child. A questionnaire will be given to the parents and teachers asking them to rate the child's behavior on a number of symptoms associated with ADHD. The psychologist will also interview the parents and teachers and sometimes observe the child playing or in school.

ADHD has always been difficult to diagnose because of the wide variety of behavior it incorporates, Wallinga said. Healthy children often exhibit more than one of the typical symptoms for ADHD without having ADHD, he said. Difficulties also arise because many children with ADHD are also learning disabled. Yet, "there are learning disabled kids who aren't hyperactive and may have some of the characteristics of children with

ADHD," Wallinga said. "It's always been a problem diagnosing ADHD because there are no really exact measures of it.

"Ultimately, the truest test is to try the child on medication and if he or she responds, he or she probably has ADHD." The psychiatrist or pediatrician usually prescribes Ritalin or Dexadrine, if the parent is not opposed to putting the child on medication.

The problem also needs to be addressed at the child's level, the parent's level and the school level. The child needs to be taught how to think through problems in a more systematic manner. This decreases carelessness and impulsiveness. The parents need to work together to develop a behavioral approach to the child that is consistent.

And at the school level, the teacher needs to realize the child's limitations and keep his/her expectations of the child realistic. "The biggest problem (in school) is that some of these kids are so demanding in terms of the teacher's attention and time that it's more than the teacher can offer," Wallinga said.

—Dawn Peterson

# Happy birthday day care!

One year after it opened, the Saint Cloud Hospital Day Care Center celebrated with a birthday party. Children, moms, dads and even grandparents attended to share the fun of eating cake and watching a room full of kids get really sticky.

What started out as a somewhat quiet and empty house has turned into a busy day care. Seventy-three children are enrolled, which is about 60% of capacity in terms of full time equivalents, but very close to capacity in terms of real numbers on days that they all turn up. There is a waiting list for infants, the toddlers group is full, so the only openings are in the pre-school. It's expected that as the younger children grow to pre-school age they will fill those pre-school places. (Infant enrollment seems secure, judging by the number of pregnant women in the hospital.)



After cake, it's clean-up time for (from top) Sam Anderson, Jon Botz and David Weller.



Sarah Ebert liked the cake, but she wasn't too sure about the photographer.



While Cecelia Obregon eyes the photographer, Zachary Ley has eyes only for grandmother Harriet Henkemeyer.



## BENEFIT WISE

**H**ave you filed your 1989 income tax return yet? If you have, did you pay Uncle Sam more than you wanted?

The amount of income tax we all pay is a significant portion of our total income. Now is a good time to do something about your total tax bill for 1990.

As a hospital employee, you can do something about the "bite" income taxes take out of your paycheck. By using a tax deferred annuity (TDA) plan, you will be able to defer income tax on money you choose to save or to invest for future use. This plan will enable you to both reduce your current State and Federal income taxes and to increase the amount of your savings. The money you put into a TDA will not be taxed until you withdraw it, which, in most cases, is at retirement.

The Saint Cloud Hospital has retained The Copeland Company, through a special VHA program, to provide tax deferred annuity investment options.

Alan Cornelius (pictured), is our on-site Account Executive from Copeland, who is available to assist you with the selection and management of your TDA. This will include a personal review and a computerized analysis. Alan is available on Tuesdays and Thursdays in the Benefit Resource Center. If you are interested in a TDA, call Alan at ext. 3625 and make an appointment to meet with him.

## center scan

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*Center Scan* is published monthly by the public relations and development department. Any comments or questions should be addressed to the editor.

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**VHA.**

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## PROMOTIONS

**CORRECTION:** Teddy Ludivig, laboratory, was listed incorrectly in the February *Center Scan* promotions. Ludivig is a medical technologist I.

**Rose Feneis**, data entry operator, information services, to computer support specialist (TRN).

**Charles Harrison**, programmer analyst, information services, to sr. programmer analyst.

**Ann Hartung**, programmer analyst, information services, to sr. programmer analyst.

**Adeline Hortsch**, office clerk, employee health services, to secretary/receptionist.

**Dean Moritz**, pharmacy unit dose (TRN), pharmacy, to pharmacy unit dose tech.

**Joanne Nei**, RN, 4NW, to clinician parenteral/enteral.

**Deborah Pyka**, receptionist, home health, to secretary, home care.

**Kimberly Sowa**, admitting clerk (TRN), admitting, to admitting clerk.

**Craig Stephens**, graduate pharmacist, pharmacy, to staff pharmacist.

**Willie Mae White**, acting manager, admitting, to supervisor, admitting.

## ACHIEVEMENTS

**Chaplain Don Olsen**, spiritual care, received certification as a Fellow in the Nat'l. College of Chaplains of the American Protestant Health Assoc.

**Patricia Anderson**, nursing supervisor, is now nationally board certified through the Intravenous Nurses Society. Her title is CRNI.