

Barnes Bulletin

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No-name hospital gets a name

After being an unidentified skyscraper on the St. Louis horizon for nearly three years, the 18-story, block-long building facing highway 40 at Kingshighway has gotten its name back. Seven-foot-high illuminated letters spelling out "Barnes Hospital" were installed atop the building last month.

The hospital lost its name when construction of the West Pavilion took in the Olin elevator addition to the Rand-Johnson building, upon which block letters spelled out the hospital's name. Since that time out-of-towners, as well as suburbanites and city dwellers who are unfamiliar with the hospital's environs, have had difficulty locating Barnes for routine visits or even in emergencies. "They may have a vague idea of our location in the Washington University Medical Center, but in this maze of buildings they could identify Childrens and Jewish by their signs and never find Barnes, one of the best known hospitals in the country, because we didn't have a name on our buildings," said Bob Shircliff, Barnes associate director, who has been coordinating the West Pavilion project.

Mr. Shircliff pointed out that about half of Barnes patients come from outside the St. Louis City-St. Louis County area and that many of these persons have not even been to St. Louis before. "It's like one of us going to Baltimore for the first time and expecting to find Johns Hopkins among a maze of unmarked buildings. We know our lack of signage has been inconvenient for our patients and are happy that problem has now been alleviated."

Front cover: For centuries old wives' tales have recounted innumerable ways a mother-to-be could foretell the sex of her baby before its birth, but all lack evidence that they work. Diagnostic ultrasound, one of modern medicine's new tools for managing high-risk pregnancies, can do the magic that old wives dream of, but its use in helping bring a high-risk pregnancy to a happy conclusion far outweighs its accidental ability to determine sex in utero. (For more old wives' tales, see centerspread.)

Emergency upgrades departmental services

In a continuing effort to provide the best patient care services, the emergency room recently underwent several organizational changes, including adopting the official designation of emergency department, according to RN Joe Burke, emergency department patient care manager.

"Upgrading the status of emergency rooms to departments is a growing trend in health care today. Treating more than 47,000 patients annually made it essential for Barnes to accept this mode to keep pace with the constant growth of the emergency profession," said Mr. Burke. This reorganizational plan is recommended by the American College of Emergency Physicians.

As part of the organizational changes, medical, clinical and clerical staffs are no longer under the direction of nursing services. A unified managerial approach was implemented in which the department is headed by medical director Dr. Robert Stine who reports administratively to Barnes associate director Richard Linneberger.

During the past year, nine registered nurses plus additional nursing assistants, unit aides and receptionists were hired. At present there are 68 employees in the emergency department, which is an increase of 22 people since January. During 1981 four physicians are being hired to assist Dr. Stine in providing extended coverage by fulltime emergency medicine physicians. Dr. Robert Marcus was recently hired to fill one of those positions.

Surgical and medical residents and interns are on duty in the emergency department 24 hours a day, and a clerkship in emergency medicine is available to WU medical students. In addition, as a teaching hospital, Barnes has medical experts in all disciplines on duty in the hospital and available to the emergency department at all times.

Nursing staff are assigned to either medical or surgical specialty teams. Heading these teams

are four registered nurses who serve as patient care supervisors, including Cindy Dunlap, Janet Hawkins, Guy Marx and Carol Petropoulos. They rotate through triage, observation, and medical and surgical areas, working directly with clinical teams to provide optimal patient care and are responsible for various administrative duties. Jackie O'Rourke, unit coordinator, supervises the receptionist staff and is responsible for materials management and payroll.

Included in the reorganization is a revised system of orientation and inservice education. Courses dealing with such topics as sexual assault, crisis intervention, trauma, poison control, drug abuse and acute wound care are offered through the emergency department and the education and training department.

"With these changes in the emergency department, patient care will continue to get better and better," said Mr. Burke.

National Hospital Week looks into the future

Caring for patients today as well as helping to meet the needs of tomorrow is the theme for this year's National Hospital Week's "Looking Well into the Future" observance to be recognized at Barnes May 10-16.

National Hospital Week is an annual event sponsored by the American Hospital Association focusing attention on hospitals' performance in providing quality health care to the community year 'round. The event is commemorated with various hospital activities nationwide.

At Barnes, buttons will be available to employees, and tent cards displaying the slogan "Caring For Your Future" will be distributed to all patients. The week's activities will also include hypertension screenings on the ground floor of the East Pavilion Wednesday, May 13.

National Hospital Week is geared toward fostering communication between hospitals and their employees, patients and communities. The event was originally a day set aside in 1921 to celebrate Florence Nightingale's May 12 birthday. It was expanded to a full week in 1953 and has been held the second week of May since then.

Reagan shooting emphasizes blood need

The shooting of President Ronald Reagan on March 30 dramatically emphasized the importance of blood donations, according to Dr. Laurence Sherman, director of Barnes blood bank.

In a televised interview the day after the president's operation, Dr. Sherman pointed out that Mr. Reagan had required five units of blood. "Based on his size, that would be about 40 percent of his total blood volume. The loss of that much blood could lead to shock and death even if the wound itself did not damage a vital organ," Dr. Sherman said. He pointed out that the avail-

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Blood need

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ability of whole blood helped stabilize the president's condition and prevent his blood pressure from falling to a dangerous level. "In a very real sense, five persons out there helped save the president's life because they took time to donate blood," he said.

Barnes blood bank alone has about 400 units of blood on hand at all times. When the president of the United States is in the St. Louis area, Barnes is often notified to be prepared to care for him in event of an emergency, and in those instances, sufficient blood of the correct type is reserved for use should the occasion arise.

Barnes employees do their part to assure a continuing supply of blood for all persons needing it. Bloodmobile visits at Barnes result in about 80 units of blood being donated every month. Barnes also plans to sponsor the second annual area-wide Blood-a-Thon this summer to help assure adequate blood supplies for all area hospitals over the Fourth of July holiday weekend.

Junior volunteers apply for summer hospital duties

Applications are now being accepted for junior volunteers, age 14 and over, who want to work in one of 35 different specialties at Barnes from June to late August. Running the courtesy cart on patient care floors; transporting patients to and from rooms; delivering x-rays; speaking words of encouragement in the recovery room; stocking medical supplies in the emergency area; and giving out patient conditions at the East Pavilion information desk are just a few ways junior volunteers can make themselves useful this summer.

"Being a junior volunteer is a two-fold learning experience. While helping the hospital provide that extra touch to patient care services, junior volunteers learn about the inner workings of a large teaching hospital. Teenagers gain on-the-job experience in self-control, organization and independence by working in an organized setting," said Deborah Bobinette, director of volunteers at Barnes.

Applications will be accepted until May 15. For more information call 454-3446.

Dr. Graham elected to medical hall of fame

Dr. Evarts A. Graham, Barnes surgeon-in-chief from 1919 to 1957, was one of three Missouri physicians selected for the St. Louis Medical Museum's All-American Medical Hall of Fame, established to note the work of prominent members of the medical profession.

Dr. Graham, who was also chairman of the department of surgery at the Washington University School of Medicine, was, in 1933, the first doctor to successfully remove a cancerous lung. He was a distinguished surgeon, who developed an x-ray test for gall bladder disease and was among the first to link cigarette smoking and cancer.

Three famous physicians from each state will be recognized in the hall of fame. Along with Dr. Graham, the medical museum selected Missouri doctors Dr. John T. Hodgen (1826-1882) of St. Louis, and Dr. Charles C. Guthrie (1881-1963) of Columbia.

Healthy baby born to kidney transplant patient

A Korean woman with a kidney transplanted 2½ years ago at Barnes gave birth to a healthy 7 lb., 6 oz. girl in Tokyo, Japan, February 25. Baby Marian was born to Salena Conner and her husband, David, a former St. Louisan now working overseas as an account officer for New York's Citibank.

Mrs. Conner, a recipient of a donor-related kidney from her brother in July, 1978, is the hospital's first transplant patient to have a baby. She is also the fifth such woman in Japan to carry a child to term and delivery successfully.

Drs. Edward E. Etheredge and Charles B. Anderson, Barnes/WU transplant surgeons who performed the operation on the 26 year-old woman who had a history of four years of kidney disease and one year of dialysis, were "extremely happy" to learn of the birth. The transplant surgeons were consulted as to the advisability of Mrs. Conner's becoming pregnant and kept in close contact with her doctors in Japan throughout the pregnancy.

Although there have been few pregnancies in transplant recipients recorded in Japan, the success rate in pregnancies and births has been greater in the United States. According to Dr. Anderson, a 1979 study identified 440 pregnancies in American women with transplants. Three-fourths of them continued their pregnancies and 70 percent of these resulted in full-term births.

"The baby is living proof of the value of transplantation. I hope this encourages more people to donate kidneys," said Maybell Conner, the baby's grandmother, who is also secretary to Barnes/WU ophthalmologist Dr. Allan Kolker.

Updated system advances coronary care

Continuous observation of new heart attack patients was upgraded recently with the installation of an advanced hemodynamic monitoring system in the six-bed acute care unit of the CCU.

The new push-button, split screen equipment is a computerized system that enables nurses to monitor rhythms and cardiac pressures at the patient's bedside or at the nursing station. Plans are to install an arrhythmia monitor in the unit's nine-bed graduated area this fall.

Hemodynamic monitoring equipment has been in use at Barnes approximately seven years, but the new system provides advanced capabilities for patient care. A soft-key technique on the main computer terminal at the nursing station changes functions within the system so that additional information can be retrieved. This technique brings up a 90-minute to 24-hour trend of the patient's heart rate and cardiac pressures.

An alarm system on the patient's bedside monitor plus a back-up alarm hooked up to the nursing station terminal notifies nurses when the EKG leads are accidentally disconnected from the patient. The alarm also informs nurses when unstable changes occur in the patient's condition.

"In general, the new equipment gives nurses more continuous observation of the patient and allows us to anticipate problems such as heart failure before they occur," said Mary Kay Campbell, head nurse in the coronary care unit. Barnes is the first St. Louis hospital to install the advanced system.



Mary Rands, RN in neurology, discovered the American flag's real meaning when she experienced life behind the iron curtain.

Freedom flies high with Barnes neuro nurse

The red, white and blue flies high outside hospital windows. And, as the breeze whips the flag skyward, Mary Rands, a Barnes neurology registered nurse, reminisces about freedom.

Freedom in its broadest sense is living without constraint. Freedom is a tangible quality that Mrs. Rands has scrutinized, marveled at and exercised in her daily life since visiting Rumania.

Living in Bucharest with her husband for 13 months, she learned much about how freedom is limited in a communist country. As an emissary for an international exchange program between the United States and Rumania, her husband helped develop better crop and soil rotation techniques. While her husband worked for the Institute of Agronomy, Mrs. Rands studied the country—its language, its culture and its people.

"The people are basically the same as you and me. All they want is a good life for their families, but these people can never feel exactly how we feel. All their lives they have been imprisoned. On the outside they seem happy, but their faces belie a feeling of inner sadness," said Mrs. Rands, who made three extensive visits between 1976 and 1980 with her husband, a professor of chemistry at Southern Illinois University—Edwardsville.

Each visit made her appreciate more fully things Americans take for granted—little things like walking down a street without curfew papers, changing jobs without government approval or communicating openly.

Naturally, Mrs. Rands noted the difference in health care in Rumania. "The government does not support high quality medical care, hence essential drugs and treatments are not available. Their hospitals are at least 40 years behind times. Patients are fed nothing but potatoes. Extra food, change of bed linens, hospital gowns or even a bath can be obtained only by paying nurses additional money. If you don't have the money, you can't get the luxuries, which are considered necessities in American hospitals."

Living in a communist country has made Mrs. Rands appreciate freedom and want to apply it in all ways possible. "You become less critical faults and weaknesses in our country," she said.

Hypertension screening detects "silent killer"

Recognizing the need to inform more individuals about the "silent killer," Barnes Auxiliary and the department of education and training are conducting hypertension screening day, in observance of National High Blood Pressure Month, on the ground floor of the East Pavilion from 8 a.m. to 4 p.m. Wednesday, May 13. The screening is free and open to the public.

Hypertension—or high blood pressure—has long been called the "silent killer" because its victims usually experience no symptoms to warn of its destructive presence. Uncontrolled hypertension is the leading cause of heart disease, kidney disease and stroke.

It is a disease, striking the infant as well as the elderly, that has reached epidemic proportions. According to a 1980 survey by the American Heart Association 34,880,000 Americans suffer from hypertension. It is the third most common problem, aside from obesity and psychiatric disorders, treated by physicians. It can be controlled by daily medication, but it cannot be cured.

There is no single, simple explanation as to what causes hypertension. Genetic predisposition is a factor, but not necessarily the sole cause. It helps to have parents and grandparents who did not have the disease.

Individuals, especially those with a family history of high blood pressure, should have regular checks to spot possible hypertension. Specially trained volunteers, assisted by staff nurses, have been providing that opportunity semi-annually for three years. Volunteers will screen individuals as well as answer any questions at Hypertension Day. Screening procedures include weight and blood pressure checks to determine how much strain is being placed on the heart and blood vessels. Generally, the higher the pressure reading, the greater the strain on the heart.

Barnes public relations wins IABC award of merit

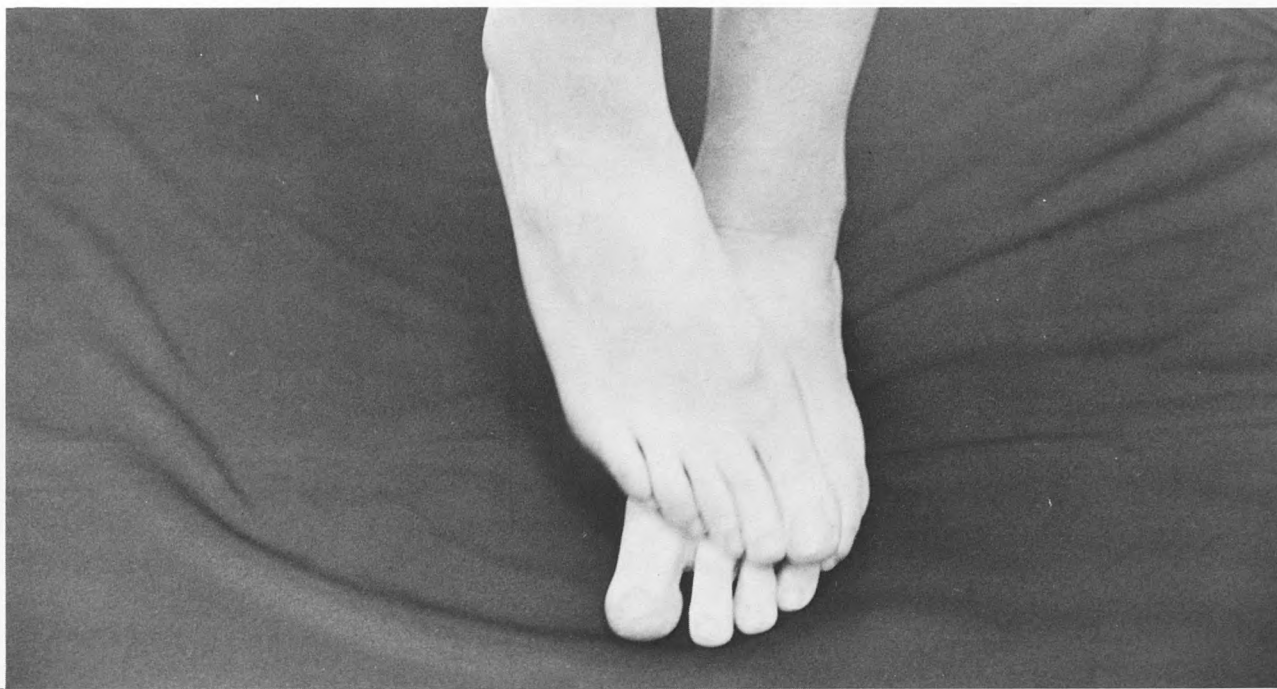
The Gold Quill Award of Merit for Crisis Communications has been awarded to Daisy Shepard, director of public relations for Barnes Hospital, by the International Association of Business Communicators. The award was made for the department's handling of the publicity engendered by a nurses' "sick-out" last summer. (For two days, Barnes public relations received an average of one phone call every 7 minutes from reporters.)

The award will be presented at the annual meeting of IABC in Washington, D.C., in June. More than 1200 members representing leading businesses worldwide are expected to attend.

Renard renovation to be completed next year

With all psychiatric patient care now on the 14th and 15th floors of the West Pavilion, work is underway on a \$5 million renovation of the Renard building, which belongs to Washington University School of Medicine.

The project, which is scheduled to be completed in February, 1982, includes total renovation of seven floors of interior space, which will then house medical research laboratories on three floors, departmental offices on one floor; and WU faculty and resident offices on three floors.



Feet are perhaps the most neglected part of the human body, but there's no need to let one's feet be an embarrassment this summer.

Shaping-up feet for barefoot weather

Bare feet and open-toed sandals bud forth with the coming of spring. Warm weather brings people outdoors, close to nature, and part of that closeness is unveiling feet tightly confined by winter wear.

Nurses in Barnes foot care clinic have several pointers for persons wanting healthy, attractive feet. In getting feet shaped-up for spring, remember to trim toenails straight across with a flat-edge toenail clipper. File the nails smooth with an emery board after trimming. The debris collected inside the nail can easily be cleaned away with the pointed edge of a nail file. Toenails should not be trimmed on a slant, because this is the major cause of ingrown toenails.

Feet should be washed daily with soap and water, making sure cracks and crevices between the toes are cleaned. To remove dry cuticles scrub around the nail area with a soapy toothbrush once a week. Following the foot bath, absorbent powder or cornstarch should be rubbed on the feet to prevent dry skin or fungus from developing. To preserve softness year-round, massage the feet gently with lotion or baby oil two or three times a week.

Corns and callouses are not only uncomfortable, but unsightly. To rid the feet of these built-up patches of hardened skin, use either a loofa sponge or a synthetic fiber abrasive pad called a "buff puff" five to seven times a week. A loofa sponge is a natural hard sponge like coral that can be purchased in any health food store. "Buff puffs" are available at drug stores and discount centers.

Blisters are common during summer months because of increased exercise. Created by the friction of the foot rubbing against the inside of the shoes, blisters can form on heels, toes, bottoms or sides of feet. It is advisable not to open-up blisters. However, if the blister does open-up, apply an antiseptic salve and adhesive bandage to protect against infection. If the blister remains closed, cover it with a bandage until it disappears.

Dr. Evens named national x-ray advisory chairman

Dr. Ronald Evens, Barnes radiologist-in-chief, head of the radiology department at WU and director of Mallinckrodt Institute of Radiology, has been appointed chairman of the medical radiation advisory committee of the Bureau of

Radiologic Health, a branch of the Food and Drug Administration.

As chairman of the 13-member committee, Dr. Evens will advise and consult with the Secretary and Assistant Secretary for the Department of Health and Human Services as well as the Commissioner of the FDA concerning problems related to the medical use of all forms of radiation in diagnosis and therapy. The goal of the committee is to develop a program that will assure the best radiologic services to the American public from medical personnel and equipment.

Dr. Evens is a member of the Executive Council for the American Roentgen Ray Society, a past-president of the Society of the Chairmen of Academic Radiology Departments, a Fellow of the American College of Radiology and past-president of the Missouri Radiological Society.

Mallinckrodt to celebrate golden anniversary

The Mallinckrodt Institute of Radiology in the Washington University Medical Center will observe its fiftieth anniversary with a three-day celebration October 1-3.

The weekend celebration for alumni, staff and friends of the radiology center will be a combination of educational and social activities to renew old acquaintances, remember the center's past, and hear about the future of Mallinckrodt. For more information contact Dr. Ronald Evens' office at 367-2131.



Barnes Auxiliary greeted doctors on Doctor's Day, March 30, with red carnations, coffee and donuts, a tradition dating back to the first Doctor's Day, in Georgia in 1933.

An apple

Years ago, when doctors were not just a phone call away, families developed homemade interpretations of whatever might ail the human condition. They became known as old wives' tales. These tales have been passed on not only by old wives, but also by young wives, old husbands, young husbands, old maids, young maids, etc. Their ingenuity has entertained, angered and marveled health professionals for years.

Some of the most common wives' tales are associated with pregnancy. It has been said, "If a woman is disturbed by gas throughout a pregnancy, her baby will be born with lots of hair." "The gas," as an old wife would explain, "is caused by the baby's hair tickling the diaphragm." In return, "If she experiences nausea throughout the pregnancy, her baby will be bald."

Thousands of women rush home from the obstetrician when they discover they are pregnant

and perform various tests that friends have told them about. There are those who say that if a pregnant woman attaches a needle to the end of a string, ties the opposite end of the string to her wrist, and hangs it above the other wrist, she will be able to determine the sex of her unborn child. If the needle makes small circular motions, it is a girl; wide circles indicate that it is a boy.

Dr. Michael Gast, Barnes/WU obstetrician and gynecologist, stressed, "Most old wives' tales make no sense to me whatsoever. Women tell me that if they carry their baby in a high position during pregnancy, it will be a girl. Carried low, the parents can count on a boy. I listen to the tales that patients tell me, but I also give them the medical explanations."

"Another common wives' tale that I hear," said Dr. Gast, "is that if a woman raises her arms above her head during pregnancy, the umbilical cord will wrap around the unborn baby's neck. Therefore, women should not exercise when pregnant. This is blatantly false—a woman needs to exercise; raising the arms will not cause the cord to harm the baby."

Strawberries have been blamed for causing birthmarks. According to the tale, mothers who eat this fruit during pregnancy will have children born with a strawberry-colored mark. Dr. Gast said that birthmarks are hereditary lesions of the skin and have no relation to maternal action.

"An apple a day keeps the doctor away" . . . or so they say. "I can only speculate as to why that one got started," commented Barnes dietetic co-director Cynthia Foster. She explained, "The old saying encourages people not to eat junk food, which is good; however, apples should not be regarded as a cure-all. In fact, they do not have very much nutritional value." She added, "Apples supply some of the B vitamins, as well as vitamin A and minerals (such as potassium), and they are low in sodium which makes them good for persons who need such a diet. Apples are an excellent source of fiber and bulk, but that's about it."

Mothers have emphasized to their children for years, "Eat your carrots—they're good for your eyes." Dr. Stephen Waltman, Barnes/WU ophthalmologist, explained, "There is some basis of fact to this tale. Carrots are an excellent source of vitamin A. If a diet lacks vitamin A, a person could be susceptible to night blindness, experiencing visual problems with the onset of dusk."



Eating carrots will not guarantee 20-20 vision, but as a vitamin A source, carrots aid in preventing night-blindness.

a day . . .

Dr. Waltman added, "Children playfully cross their eyes and subsequently are told that they will become stuck in that position forever. This is totally untrue—it could never happen. The same goes for the tale of going blind when reading in poor light or in a car. Eyes will become strained with this practice, but the only disturbing side-effect is nausea."

According to Barnes emergency department director Dr. Robert Stine, "Most old wives' tales should be forgotten. However, some have a grain of truth. Take for instance, 'Starve a cold, feed a fever.' The reference was probably that fluids are necessary to prevent the dehydration that accompanies a cold. Fluid intake should be increased, solid intake decreased. Liquids such as grandma's chicken soup are quite nourishing and soothing for a sore throat. While the appetite usually is lost with a cold, a person with a fever may still feel like eating, and they should help themselves."

Dr. John Daniels, Barnes/WU physician, said, "Some of the old wives' tales seem to work, but it's probably coincidental. For instance, taking a spoonful of sugar to cure hiccups. It's not certain why, but it usually works. I have to laugh at most of these tales, but some people swear by them. If a patient comes to me with one, and it's not destructive, I go along with it."

Warts are a favorite topic among "old wives." Some say, "If you throw nine stones over your shoulder at night, for nine consecutive nights, on the ninth evening, the warts will disappear. According to Barnes/WU dermatologist Dr. Delores Tucker, "This tale is certainly not true. However, the warts might disappear by themselves in a few months. A person's own immunity can fight them, and warts usually go away within two years."

It has also been said, that "If you touch a toad, you'll get warts." Dr. Tucker reasoned, "This probably originated because toads have wart-like bumps on their skin. Little boys have been known to pick up toads and scare girls with them. Their mothers would tell them that their punishment for such an act was warts. But it is not true. Warts are caused by a virus and it is not uncommon for children or adults to contract such a virus."

To hear the old wives' tale, "Chocolate gives you acne," depresses teenagers and young adults everywhere. But Dr. Tucker says that today's research indicates that cheers will be heard from the young as well as the chocolate companies. "Diets have been tested and it has been proven

true that chocolate does not contribute to blemish problems. Sometimes eating chocolate and associating it with complexion break-outs can have a psychological effect where the system actually becomes upset and blemishes result."

Today's medicine has come a long way from the days when old wives' tales originated. The tales still surface when a pregnant woman enters the room, when someone has the sniffles or when the little boy next door develops warts on his hand. Old wives' tales give people the satisfaction of being able to take care of themselves, but should never replace professional medical advice or treatment. Such tales, however, whether meant to or not, provide laughter, which is often the best medicine of all.



For years, old wives have blamed such treats as peanuts and chocolate for causing acne. Today's research, however, excuses these snacks from any relation to skin blemishes, except if you are worried that they might.



Because toads have wart-like bumps on their skin, it is believed that warts are contracted from holding or touching the bulging, slippery creatures. Actually, warts are caused by a virus.

Taiwan student compares social work structures

One Washington University student's education became a shared experience with the Barnes social work department during her internship at the hospital. While Ling Chen Wang has been studying for her masters degree in social work at Washington University, she has taught the social work department at Barnes the differences between medical social work structures in her native Taiwan and those in the United States.

Miss Wang began her internship with Barnes in January, 1980, and completed it in December, 1980. She will graduate from Washington University with an MSW in May, 1981. Miss Wang came to St. Louis from Changhua Christian Hospital in Taiwan, which is operated by the Presbyterian Church of England. Miss Wang spent a total of six years in the medical social work department there. In her last three years with the hospital, she served as the director of the department.

On the day she completed her internship with Barnes, Miss Wang presented a slide show to the social work department pinpointing the major differences between Changhua Christian Hospital and Barnes.

"One of the primary differences is the size of each hospital," said Miss Wang. She explained, "Changhua has only 280 beds compared to the 1208 beds at Barnes." The Changhua medical social work department has one secretary and seven social workers compared to the three secretaries and 24 medical social workers at Barnes.

"The visiting nurse association here in the United States," commented Miss Wang, "is similar to Changhua's community nurse program. The community nurse, however, belongs to the hospital instead of being a separate institution." These nurses as well as the social workers, make home visits to patients averaging 10 visits each per month. The Barnes social workers handle most of their counseling in-house and average one or two home visits per month.

Miss Wang also explained, "No matter what country you are in, medical social workers are always going to have to face patient financial problems. The Barnes charity fund aids many patients who can't afford hospital costs. At home in Taiwan, five percent of Changhua Christian Hospital's annual income goes to the social work department for financial aid purposes." Miss Wang feels that even though hospital costs are much higher in the United States because of advanced technology and care, Barnes tries to meet financial problems as best as it can.

In terms of care, Miss Wang said she finds that the nurses at Barnes are much more concerned with patient needs and have more positive attitudes with patients. She attributes this to the advanced equipment for treatment that the nurses have access to and the overall caring atmosphere at Barnes.

Miss Wang said she feels her decision to attend school in the United States was a very good one. "I can look at what's happening in the United States hospital and social structures and foresee or change what might happen in Taiwan." She explained, "With the young people in Taiwan becoming more educated and leaving their families, we will soon have the same situation as the United States in facing the question of care for the elderly. The day will arrive when Taiwan must develop a social gerontology program similar to what the United States is now instituting."

After graduation in May, Miss Wang would like to stay in the United States for a few years. She

reasoned, "I want to read more social work journals which we don't have in Taiwan. I would also like to study more about the welfare systems in the United States and perhaps work for the government. There is just so much more to learn."

Batt, Gordon and Zoeller retire

Three Barnes employees retired recently after a total of 63 years of service to the hospital. RN Dorothy Batt retired March 1; Earline Gordon, nurse assistant, retired April 1; and Betty Zoeller, clinic secretary, retired April 3. Each retiree was presented a certificate of appreciation.

Mrs. Batt, head nurse on 5400 West, spent over 20 years on maternity and gynecology divisions at Barnes. She commented, "Seeing Barnes progress, and being able to adapt and grow with it, makes me proud." She added, "I will miss the friends I've made in maternity and gynecology. The cooperation and friendliness between the divisions has been a very rewarding experience."



Dorothy Batt

Mrs. Batt was honored at a surprise party given by her co-workers. She received a silver server, a treasure chest filled with money, and roses. Traveling is on the top of her list of activities now that she's retired. Mrs. Batt also plans to relax with her children and grandchildren.

After 27½ years at Barnes, Earline Gordon joked, "I'm not going to miss getting up early." Mrs. Gordon, nurse assistant on 4 Wohl, started her career with Barnes as a clinic unit aide in 1953, and for the last 18 years, has been a nurse assistant in Wohl hospital. At a party given by her co-workers, Mrs. Gordon said, "I've seen a lot of people come and go while I've been here. Now that it's my turn to leave, I'm really going to miss the friends I've made."



Earline Gordon

Mrs. Gordon's co-workers gave her a watch and radio-cassette player on her retirement. She will be spending her time participating in church work, playing with her grandchildren and visiting relatives in California and Mississippi.

"I have mixed emotions about retiring," said Betty Zoeller after spending 16 years as a check-in secretary on the 5th floor of Wohl clinic. She explained, "My husband has been retired for a few years. Now that I've finally caught up with him, I won't miss being the one who has to rush home from vacation. But I will miss the people I've worked with and the many patients I've come to know over the years." Although she's leaving Barnes, Mrs. Zoeller will still keep close tabs on the hospital through her daughter, Mary Thacker, a medical records technician in the Rand-Johnson doctor's lounge.



Betty Zoeller

Mrs. Zoeller was honored at a dinner in Queeny Tower restaurant given by her fellow employees. Appropriately, she received luggage as a retirement gift.

Healthstyles promotes healthy living

Promoting healthy living through the preventive health care concept is gaining momentum at Barnes with the beckoning of the 1980's. As such, Barnes in conjunction with the federal Health and Human Services department and the Missouri Hospital Association will support a Healthstyles campaign during National Hospital Week aimed at encouraging Americans to reduce the risk of illness through healthier living.

The Healthstyles campaign, to begin May 10, coincides with the hospital week theme "Looking Well Into the Future." The campaign focuses on the importance of healthy lifestyles in general and in six areas specifically—smoking, drugs and alcohol, nutrition, stress management, exercise and safety—in preventing illness.

The goal of making people realize personal well-being and good health is an individual responsibility is carried out through a series of Barnes programs year-round. Semi-annual hypertension screenings are conducted for the public to inform about the risks of high blood pressure. Weight and blood pressure checks detect how much strain is being placed on the heart and blood vessels. Persons with high blood pressure readings are referred to private physicians for additional testing. This spring's event, to be held May 13, coincides with the Healthstyles campaign.

Running continuously in six-week sessions are stop smoking and weight control classes. The stop smoking program uses a behavior modification approach to help participants discover reasons for smoking and how to stop.

The weight loss program delves into the psychological issues regulating eating behavior and helps to create a readiness for successful weight loss. The program includes discussions on such topics as body image and its influence, emotional effects on hunger and the impact of one's weight on relationships with other people.

Structured and unstructured exercise programs are offered to employees Monday through Friday from 11:30 a.m. to 1:30 p.m. in the Irene Walter Johnson Institute of Rehabilitation here. The cardiovascular fitness class includes stretching exercises, warm-up calisthenics, walking, jogging and bicycling.

According to the Healthstyles campaign, good health depends on a combination of factors: the environment in which one lives; personal inherited traits; care received from doctors and hospitals; and personal behaviors or habits performed daily. Health experts agree, though, that one of the most important aspects affecting health is daily living. It is estimated that as many as seven out of 10 leading causes of death in the United States could be reduced through common sense changes in lifestyle.

At Barnes preventive health care through such campaigns as Healthstyles is an on-going process. Patients are not only cared for physically but taught how to remain well through proper diet, exercise, hygiene and preventive health habits.

**healthstyle**

Hospital notes

The following are reported on staff: Dr. **Peter Herscovitch**, assistant neurologist, effective March 25; Dr. **Erwin B. Montgomery, Jr.**, assistant neurologist, effective March 26; Dr. **Janet E. Squires**, assistant pediatrician, effective March 1; and Dr. **Gregory A. Storch** and Dr. **Alan M. Muney**, assistant pediatricians, effective July 1, 1981.

A paper, "Assessing the hospital education and training department," by education and training's **Jean Janklow**, instructor, and **Rusti Moore**, director of the department, was published in the March-April edition of the American Hospital Association's *Cross Reference on Human Resources Management*.

Barnes/WU neuropharmacologist Dr. **James Ferrendelli**, has been awarded the American Society for Pharmacology and Experimental Therapeutics Epilepsy Award for 1981. Dr. Ferrendelli received the \$1,000 award, which is designed to recognize and stimulate research in controlling epileptic seizures because of his research on the basic mechanism of epilepsy and anticonvulsant drugs.

Cynthia Foster, Barnes co-director of dietetics, was named Missouri's Young Dietitian of the Year at the spring meeting of the Missouri Dietetic Association, March 27. The award is given annually to the dietitian, under the age of 30, who has demonstrated outstanding leadership in the dietetics profession.

Barnes board of directors member **Armand Stalnak** has been named a recipient of the 1980 Award of Merit by the Urban League of Metropolitan St. Louis for his outstanding contribution in the areas of civic betterment and racial harmony. Mr. Stalnak is chairman of the board of General American Life Insurance Co. in St. Louis.

Dr. **Henry G. Schwartz**, Barnes neurosurgeon and August A. Busch, Jr. Professor of Neurological Surgery at WUMS, was guest lecturer at the Fifth General Congress of the Neurological Society of the Republic of China (Taiwan) which was held in Taipei March 21-22.

Barnes board of directors chairman **Harold E. Thayer** was guest speaker at the April meeting of the Hospital Public Relations Society. Mr. Thayer is chairman of the board at Mallinckrodt, Inc.

A portrait of Dr. **Joseph Ogura**, Barnes otolaryngologist-in-chief and head of the WU otolaryngology department, was unveiled at a tribute banquet held at the St. Louis Club March 26. The tribute was held in conjunction with a postgraduate continuing education seminar held here March 26-27.

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Charlene Bancroft, Editor
Betsy McDonald, Writer
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Daisy Shepard, Director

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Ileitis/colitis chapter holds St. Louis meeting

The second meeting of the recently formed St. Louis Chapter for Ileitis and Colitis will be held at Barnes Hospital in the East Pavilion auditorium at 1:30 p.m. Sunday, May 17.

The St. Louis Chapter, which was founded in January, meets every other month to discuss methods of coping with the diseases and provide fellowship for ileitis/colitis patients and their families. A primary goal of the 73-member organization is to raise money for research into the causes and potential cures of the diseases.

Approximately two million people nationwide suffer from ileitis and colitis, diseases inflaming the intestines and colon that affect the young as well as the elderly. There are no known cures for either disease, but ileitis and colitis can be controlled by surgery and/or regular medication.

Further information about the organization may be obtained by calling 878-1847 or 432-4155.

Jablonow Fund sponsors transplant lectures

Dr. Francis T. Thomas, professor of surgery at the Eastern Carolina School of Medicine, was guest speaker at two lectures given at Barnes April 8-9. The lectures, "Immunology factors in human organ transplant rejections—1981," and "Recent developments in human organ transplantation," were funded by the Scott Jablonow Fund for continuing educational research in kidney transplantation.

The Jablonow Fund was established in 1978 by Scott Jablonow who recuperated at Barnes from kidney damage suffered in an automobile accident. Mr. Jablonow established the fund because "it was one way to recognize the fine care I received while a patient at Barnes." Contributions to the Fund can be made through Barnes development office.

"Shaping Up" interviews taped at Barnes

Members of Barnes dietetic and medical staff will appear in KSDK-TV's 20-part series "Shaping Up for the Summer with Channel 5," beginning May 4 and continuing throughout the month.

Dietetics co-director Cynthia Foster, who is also president-elect of the St. Louis Dietetics Association, will be featured throughout the month. Barnes interviews include talks on various aspects of nutrition, including how to lose weight, fad diets, good eating habits, behavior modification and the role of exercise in weight reduction. The series, hosted by medical reporter Don Dare, will air on both the 6 p.m. and 10 p.m. news broadcasts.

Gifts to Barnes Hospital

Listed below are the names of persons (honorees in **boldface**) who have made contributions during the period March 16 through April 10 to the various funds at Barnes Hospital. Because Barnes is a private hospital and does not receive public funds, it relies on the gifts of individuals to continue providing quality patient care and to support research aimed at improving the lives of our patients.

Donations to the hospital may be made through the Barnes Hospital Auxiliary or the Community

Relations Office. The Auxiliary coordinates the Tribute Fund which is used for specific hospital projects. The various other funds are part of the development program of the Community Relations office.

Tribute Fund

IN MEMORY OF:
Mrs. Natalie Wald
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Mrs. Bertram W.
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IN MEMORY OF:
My Daughter, Theta
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Barnes Bulletin

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Barnes Hospital, St. Louis, Mo.



The new Library Room on the 17th floor of Queeny Tower is only one of three newly renovated dining areas open to visitors and employes of Barnes. The dining areas are open from breakfast through the evening dinner hour with a variety of foods and beverages, including pizza, steak, sandwiches and cocktails, available.

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