

Barnes Bulletin

Barnes Hospital, St. Louis, Missouri, June, 1981, Volume XXXV, Number 6

Auxiliary presents record-breaking check to Barnes, announces new pledge

A \$315,000 check was presented to Harold E. Thayer, chairman of the hospital's board of directors, by Barnes auxiliary president Lynn Bachmann, bringing to \$2.6 million the total money donated to the hospital by the group since its inception in 1959. The presentation, representing the largest yearly donation in the group's history, was made at the auxiliary spring luncheon held April 29 at the Le Chateau.

This year's donation will be used to pay off the \$115,000 balance on a 6-year \$1 million pledge toward the cost of the cardiothoracic division in the West Pavilion, and the remaining \$200,000 will be used to renovate the Wishing Well gift shop and will serve as the first installment on a new pledge—\$1 million to design and build new emergency rooms at Barnes.

"It is sobering to think what Barnes would be like without the auxiliary," said Mr. Thayer at the presentation. "Our outstanding CCU, cardiothoracic surgery ICU and nursing division were backed by you. Now you've seen another need and are coming to the rescue by pledging funds for new emergency rooms . . . Barnes Hospital without Barnes auxiliary is unthinkable."

The 677-member auxiliary raises money for yearly donations through sponsorship of in-hospital services including the Wishing Well, Nearly New, Baby Photo and Tribute Fund. The group also sponsors an active volunteer program which last year boasted 434 volunteers donating a total of 57,377 hours of service to the staff and patients at Barnes.

New auxiliary officers elected at the spring meeting include Dolores Shepard, president; Mary Ann Fritschle, vice-president/volunteer services; and Ruth Mavis, recording secretary. New officers join Doris Smith, vice-president/finance; Edie Curtis, vice-president/program and hospitality; Flossie Hartman, treasurer; Martha Eyer-mann, assistant treasurer; and Joan Kaseberg, corresponding secretary.

Barnes listed among top hospitals in nation

According to the April 27 issue of *Business Week* magazine, Barnes Hospital is ranked as one of the nation's top hospitals. All of the 24 hospitals named are true teaching hospitals and all but five are on either the East Coast or the West Coast. Besides Barnes the exceptions include two in Chicago and one each in Atlanta and Denver.

In the article, "How to pick a good hospital," *Business Week* first advises, "when you choose a doctor, make sure that doctor is on the staff at a

Front cover: A total of 420 persons had their weights and blood pressures read at the semi-annual Hypertension Screening held at Barnes May 13 in honor of National Hospital Week. The screening, sponsored by Volunteers and the Education and Training department, was free and open to the public.



Barnes auxiliary president Lynn Bachmann presented the "biggest check ever" to Harold E. Thayer, chairman of the hospital's board of directors, at the auxiliary's spring luncheon held April 29. In its 22-year history, the group has donated more than \$2.6 million to Barnes.

first-rate hospital." If you need surgery or acute cardiac care, or some other specialized care, your regular doctor will likely refer you to a specialist on the staff of his hospital, according to *Business Week*. (At Barnes, a referral service, Ext. 2255, is also available to those people who want a doctor on Barnes staff.) The article further urges those needing a hospital to try to get into one of the major teaching hospitals, the ones closely connected to a medical school, where "everyone is a little more on the ball." It points out that surgeons at teaching hospitals normally also hold appointments at the medical school and are at the cutting edge of new techniques, and that "everyone from review committees to eager young residents serving under them are constantly looking over their shoulders."

The article cautions that it has become popular in recent years for hospitals to claim status as "teaching" hospitals under circumstances where the affiliation is not really meaningful. The key, according to the article, is that the doctors on the hospital's staff have academic appointments at the medical school. "That means that they are good enough and their hospital is good enough to do clinical teaching." (All Barnes doctors are also members of the faculty of Washington University School of Medicine.)

The article also points out the importance of good preoperative, operating room, and postoperative teams, as well as a good residency program. "Residents mean good, round-the-clock medical care by young doctors well-up on the latest developments. The best hospitals attract the best residents. It's nice to have an expert on the premises at night."

The article concludes that one can discover a lot by just visiting a hospital. "A bustling, cheerful staff is a good indicator of high morale, and that probably means adequate staff that's treated well and is well-supervised."

Insulin pump: raising hope for diabetics

An electronic device weighing less than 10 ounces offers hope of a longer and healthier life for many of the 1.5 million insulin-dependent diabetics in this country. Worn clipped to a belt or pocket, the device presently measures $3\frac{1}{4} \times 5\frac{1}{4} \times 1$ inch. A new pump as small as a disposable lighter will be available for initial clinical trials this summer.

The insulin pump, developed by the Parker Hannifan Corporation in collaboration with Barnes/WU pediatric endocrinologist Dr. Julio V. Santiago, is an innovative approach to the treatment of diabetes. It allows patients to maintain close to normal blood sugar levels 24 hours a day. Diabetics have better control of blood sugar levels because insulin can be dispensed as needed, either by the diabetic at mealtimes or automatically by the pump between meals. Previously available forms of insulin therapy were unphysiologic because short-acting insulin was not given with each meal as occurs in non-diabetics.

Using power from rechargeable batteries, the various insulin pumps dispense an insulin solution into the skin approximately every 8 to 32 minutes. The pump uses a 3cc syringe which is fitted to a plastic tubing at the end of which is a small needle. The needle is inserted into the abdomen, just under the skin and then taped into place. Tubing and needles are changed two to three times per week.

"A few children and adults with diabetic neuropathy (a degenerative state of the nervous system caused by diabetes) have had almost complete reversals of their neuropathy within one year fol-

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Insulin pump

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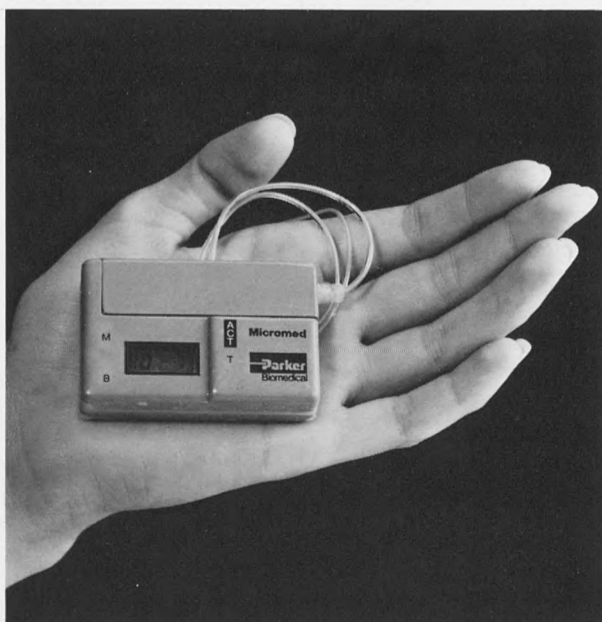
lowing integration to intensive treatment with the pump. Leakage of blood vessels in the eye, a common early finding in diabetes, has been reversed following 6 to 12 months of pump use. The methods for measuring leakage of ocular blood vessels were developed by Drs. Stephen Waltman and Theodore Krupin, Barnes/WU ophthalmologists."

Two years ago use of the pump during pregnancy was begun in hopes of forestalling long-range complications for the diabetic mother as well as insuring the baby is born without defects. Dr. Lee Rigg, Barnes/WU obstetrician, is now using the insulin pump for highly motivated pregnant diabetics. The pump was first used here on diabetic Sue Larkins, a Barnes R.N., because daily insulin injections could no longer control erratic changes in blood sugar levels caused by pregnancy. "After two weeks on the pump, Mrs. Larkins' blood glucoses were better controlled than at any time since she became diabetic, and continued superbly controlled for the remaining six months of pregnancy. Unfortunately, perhaps because of poor blood glucose control during the first two months of pregnancy when the heart and other internal organs are formed in the fetus, the baby was born with a serious congenital heart defect and died within weeks of birth. The message to us was an old one, but one which came through loud and clear," Dr. Santiago said. "We need to control diabetics' blood sugars before they get pregnant if we are going to avoid these very early complications."

Mrs. Larkins, who is awaiting the birth of her second child in August, is currently one of several diabetic women participating in a research study with Dr. Rigg, who is conducting ongoing studies on diabetics using the pump before conception, then following the women during and after pregnancy to determine if using the insulin pump to regulate blood sugar levels will result in reduced neonatal complications.

Long-range benefits of the pump are still being researched, and it is hoped that common complications of diabetes such as blindness, kidney failure, nerve damage, heart attack, stroke and amputations due to poor circulation will be minimized with the use of the insulin pump.

These collaborative studies are being conducted with Barnes/WUMC serving as one of 20 clinical centers nationwide. "We're experiencing a dramatic evolution in treating diabetics," Dr. Santiago said. "It's nice to know that we have been able to make important contributions."



A new insulin pump, as small as a disposable lighter, will be available for initial clinical trials this summer.

Additional liability coverage now being offered to employes

Wausau Underwriters personal umbrella policy with low-cost liability coverage from \$1,000,000 to \$5,000,000, is now being offered to supplement homeowners, automobile, recreational vehicle and watercraft liability insurance policies currently owned by Barnes employes.

A \$60 basic premium covers a one-year term for \$1,000,000 umbrella coverage on one auto and one residence. To extend coverage to include all autos owned by the employe and/or spouse, an additional charge of \$16 is added; \$3 for each additional home; \$10 for each recreational vehicle; \$15 for each watercraft with outboard motors over 25 h.p. or with inboard or inboard/outboard combination over 50 h.p., or sailing vessels 26 feet or longer.

Limits of liability higher than \$1,000,000 are also offered. To extend coverage to \$2,000,000, multiply the total premium by 1.35; for \$3,000,000 coverage, multiply by 1.55; \$4,000,000, multiply by 1.85; \$5,000,000, multiply total premium by 2.00. (For example, the basic \$60 premium, plus coverage of three additional autos would equal a total premium of \$76 for \$1,000,000 coverage. To extend coverage to \$5,000,000, multiply the \$76 by 2.00, for a total premium payment of \$152 per year.)

To be eligible for the basic umbrella coverage, employes must have an existing policy providing a minimum of \$100,000 comprehensive personal liability or homeowners liability, and automobile liability with \$100,000/\$300,000 bodily injury and \$25,000 property damage or \$300,000 combined single limit coverage. Employes also are responsible for maintaining this existing coverage for the duration of the extended group umbrella coverage. Similar minimum coverage is required on recreation and watercraft vehicles.

"In this day of high-dollar lawsuits that easily reach the million-dollar figure, employes may need to take a second look at their existing insurance liability coverage to safeguard their home from the possibility of lien or seizure by the courts to pay off an accident liability suit," said John Tighe, Barnes assistant director/personnel. "We believe that this group umbrella policy gives Barnes employes a viable way to extend their liability coverage at a fair market price."

To obtain more information about the group personal umbrella liability policy, contact the personnel office, 454-2283.

Brian A. Ziemer Burn Fund established

The Brian A. Ziemer Burn Fund has been established at Barnes in memory of the 21-year-old son of John and Patricia Ziemer to aid other families of burn patients.

Brian, the victim of a fiery car accident, was injured two weeks before his death. Two other young men risked their own lives to pull Brian from the wreckage. "Brian was conscious but he knew he was going to die. The extra days his rescuers and the burn center team gave him were extremely important to him and his family. It gave them time to say, 'I love you,'" explained Sara English, burn social worker.

Brian's stepmother, Sue Ziemer, expressed it another way, "The Barnes burn center staff gave us two weeks with Brian to say all the things needed to tell him goodbye. The entire team was

so helpful; they seemed to anticipate our needs before we could verbalize them. The fund is being established to help families of other burn victims here cope with the financial hardships brought on when an accident like this occurs."

Pat Ziemer, Brian's mother, came from Philadelphia to be with her son. "The love, compassion and gentleness the whole staff gave Brian went beyond our wildest hopes. From the first they treated him like a family member instead of a patient. The entire staff gave us the same love and compassion as they showed Brian. One of the comforts we have in this tragic time is knowing that Brian was with family always—whether or not his real family was there."

Although Barnes Burn Center treats all who need its special care regardless of their ability to pay, families of burn victims frequently must incur considerable expense to stay near their loved one, especially when they are from outside the St. Louis area. Knowing this, and in appreciation for the care Brian received, his family has established the Brian A. Ziemer Burn Fund to assist families of other burn victims at Barnes with the financial problems brought on by the tragedy. Donations to the fund may be sent to the Department of Social Work, Barnes Hospital, Barnes Hospital Plaza 63110.

Dr. Ferguson gives Evarts Graham lecture

Dr. Thomas B. Ferguson, Barnes cardiothoracic surgeon and professor of clinical surgery at WUMS, served as the visiting professor of surgery at the thirteenth Evarts A. Graham lecture held May 15-16 at Barnes Hospital.

Dr. Ferguson is president of the American Association for Thoracic Surgery, president-elect of the American Board of Medical Specialties, immediate past-president of the Council of Medical Specialty Societies, past-chairman of the American Board of Thoracic Surgery, past-president of the Society of Thoracic Surgeons and is on the editorial boards of the Society of Thoracic Surgeons' *Annals of Thoracic Surgery* and the American College of Chest Physicians' journal, *Chest*.

Dr. Ferguson joins a distinguished list of past lecturers including Dr. Jerome Decosse, chairman of the department of surgery at Memorial Sloan-Kettering Cancer Center (1979); Dr. John Mannick, Moseley Professor of Surgery at Harvard Medical School (1978); Dr. Samuel Wells, Jr., of Duke University Medical Center (1977); and Dr. Denis Burkitt, Medical Research Council in London, England (1976).

Dr. Evarts A. Graham, who served as Barnes surgeon-in-chief from 1919 to 1957 and chairman of the department of surgery at WUMS, is known as "the father of chest surgery."

Mark Weber named an assistant director

Former evening administrator Mark Weber has been named Barnes assistant director/assistant to the president, according to hospital president Robert E. Frank. The promotion was effective May 27.

An evening administrator since July, 1979, Mr. Weber is a May graduate of the master's program in health care administration at Washington University. He is a native of Webster Groves and received a B.A. degree in political science from the University of Missouri-Columbia. He also served a two-year administrative residency at Bethesda Hospital in St. Louis.

Cancer Committee, Tumor Registry enhance patient care

A hospital-wide Cancer Committee and Tumor Registry are now active at Barnes according to a report by Dr. Marc Wallack, head of surgical oncology. Dr. Wallack, who serves as chairman of the committee, addressed the May meeting of the Barnes Hospital Society.

The Tumor Registry is a division of inpatient medical records and is designed to help the physician provide more meaningful follow-up care for cancer patients and to serve as a source of cancer-related statistics. The Cancer Committee is a standing committee of the Medical Advisory Committee.

According to the Commission on Cancer of the American College of Surgeons, the goal of a cancer program is to decrease the morbidity and mortality of patients with cancer by prevention, early diagnosis, pre-treatment evaluation, staging optimal treatment, rehabilitation, surveillance for recurrent and primary cancers and care for the dying.

The responsibility of the Cancer Committee is to plan, initiate, stimulate and assess the results of cancer activities within Barnes. The committee has chosen to publish a consolidated educational calendar of multidisciplinary, hospital-wide, case-oriented cancer conferences. This calendar is posted in the physicians' lounge and distributed to the clinical chiefs. The American College of Surgeons requires that the committee plan and implement a minimum of two medical audits annually, one short-term and one long-term.

To assure that consultative services in the major disciplines are available to cancer patients at Barnes, the committee has begun preparation of the Cancer Resource Guide, which is scheduled to be printed by the end of the year and will be distributed to all departments and available to house staff. To assure that cancer rehabilitation services are available and being used, a portion of the cancer resource guide will be devoted to rehabilitation services at IWJIR.

The last objective of the Cancer Committee is to encourage the development of a support care system for the patient dying from cancer. To meet this objective an ad hoc committee to study the feasibility of a hospice at Barnes was established in March. Their report is expected by fall.

A cancer data system known as a Tumor Registry will be the fundamental resource of the cancer committee. The registry indexes all Barnes patients newly diagnosed as having cancer or previously diagnosed and undergoing treatment for cancer, keeps statistics on the number of cancer patients admitted here annually, and identifies the different kinds of tumors being treated and the types of therapy used. These treatments will then be compared to determine which is the more effective for a specific tumor. At six-month intervals, a follow-up check to see how successful treatment has been will be made with the referring and/or attending doctor, hospital or facility. Plans are being made to keep the initial referring doctor notified of information gained through follow-up of patients referred to Barnes.

Dr. Wallack pointed out that the Cancer Committee, the Tumor Registry and the integration of the cancer programs at Barnes will enhance the hospital's recognition as a cancer treatment center and total care facility, and will serve as a first step toward receiving a certificate of approval from the Hospital Cancer Program Division of the American College of Surgeons.



Dr. Richard Bradley

Barnes Hospital Society installs new officers

Dr. Richard V. Bradley, general surgeon, was elected president of the Barnes Hospital Society at a meeting in the East Pavilion auditorium April 16. He succeeds Dr. Robert Packman.

Dr. Bradley, who has been on Barnes staff since 1957 and is also assistant professor of clinical surgery at Washington University School of Medicine, will chair the medical staff organization for the 1981-82 term. Approximately 800 doctors who are members of the society are pledged to secure the development of Barnes both as a source of community service and as a center of medical progress.

Dr. Allan Kolker, ophthalmologist, was elected vice-president; Dr. Donald Sessions, otolaryngologist, was re-elected as secretary-treasurer; and Dr. George Tucker, general surgeon, was named president-elect.

Barnes Hospital Society members also elected the following to serve three-year terms as council members: Dr. Neville Grant, physician; Dr. Robert Koehler, radiologist; and Dr. James Felts, anesthesiologist. Dr. Kenneth Arnold, general surgeon, was installed as a council member to complete Dr. Tucker's unexpired term which ends in 1982.

Dr. Jay Liss, psychiatrist, and Dr. Jay McDonald, pathologist and director of the diagnostic laboratories, were elected to two-year terms as the Society's representatives to the Medical Advisory Committee.

Barnes Hospital Society members also hold part-time faculty positions at the Washington University School of Medicine.

Summer need not be sunburn season

June makes it official. Summer is finally here. And with it comes the long-awaited summer sun. No longer will the sun be peeking from behind gray clouds, but will be glaring boldly from the sky, luring people outdoors to bask, swim and play in its rays.

Not all persons react the same to the sun's ultraviolet rays. Exposure to the sun has an immediate effect of either a tan or a burn. The result depends on genetics. Most dark-haired, brown-eyed persons can soak up rays to acquire deep,

golden tans. Fair-haired, blue-eyed persons tend to burn and freckle.

For those fair-skinned, steps can be taken to avoid severe burns, protect the skin tissue and even develop a tan with use of sunscreen oils or lotions. Over-the-counter sunscreens contain para-aminobenzoic acid (PABA) or benzophenone. (PABA blocks more of the burning rays, while benzophenone blocks more of the tanning rays.) These sunscreens are numbered from 2 to 15. The higher the number, the longer the person can stay in the sun without burning. "Fair-skinned persons should use a number 15, Caucasians who tan easily should use a protective factor of 10 or 8, while blacks, orientals and Italians can go even lower with a protective factor of 2," said Dr. Delores Tucker, Barnes/WU dermatologist.

"Whether fair or dark-skinned, everyone should pamper their skin to prevent peeling and preserve the tan. Applying moisturizers frequently throughout the summer months will replenish vital skin oils lost from exposure to the sun. Teenagers, however, should be warned that these moisturizers, when applied to the face, can add to acne problems."

Exposure to the summer sun is destructive to the elasticity of the skin and can promote premature wrinkles. Other long-range side-effects could include liver spots and skin cancer, according to Dr. Tucker. "Applying home suntan mixtures such as olive oil and iodine, or the "quick tanning" lotions available on the market are alternatives to getting the look of a tan. These alternatives are basically "dyes" and will not last long, but they do give the appearance of tan without exposure to ultraviolet rays.

No matter how careful a person tries to be, sunburn is always possible. "Should a person burn," advises Dr. Tucker, "he or she should rest, keep cool and take aspirin to inhibit inflammation or redness."

Barnes Blood-A-Thon '81 to be June 20

The second annual Barnes Blood-A-Thon will be held Saturday, June 20, from 8 a.m. to 5 p.m. in the air-conditioned recreation center at Queeny Park. The area-wide blood drive, sponsored by Barnes Hospital, is being held in cooperation with the American Red Cross and the St. Louis County Parks and Recreation Department. Queeny Park is located at 550 Weidman Rd., between Manchester and Clayton Rds.

According to co-chairmen Jim Hubbard, Barnes assistant director, and Paul Hartwell, chief cashier and Barnes blood drive chairman, "Blood-A-Thon '81 will help supply bi-state hospitals with blood to handle the increased need over the July 4th weekend."

Mr. Hartwell stated, "Barnes' goal for Blood-A-Thon '81 is to collect 750 units, which is the daily requirement of the 146 Missouri/Illinois hospitals in the region."

A variety of St. Louis TV personalities, as well as St. Louis Blues hockey players and St. Louis Cardinals football and baseball players will be invited to Blood-A-Thon '81. Entertainment and refreshments will be provided for all donors.

Pre-registration will be held at approximately 20 area Schnuck Markets from 9 a.m. to 5 p.m., Saturday, June 6. Representatives from Barnes, as well as bloodhounds Corpuscle Red, Leukocyte Lil, and puppies Donor Dan and Dolly Donor will be on-hand at the recruitment sites. To pre-register, call the Barnes volunteer office, 454-3489.

You are cordially invited
to attend the Barnes Hospital
Service Awards Dinner Program
to be held Friday, April 24, 1981
at the Chase Club, Chase Park-Plaza Hotel
Reception 7 p.m.
Dinner 8 p.m.

35 Years

Velma Jones, nursing administration
Bama Minard, pharmacy
Dillon Trulove, administration

30 Years

Lillian Coleman, W.P. OR
Esther Gatewood, W.P. PAR
Florence Hess, anesthesia
Letha Long, emergency department
John Keppel, patient accounts
Everett Menendez, data processing
Hortence Roberts, 10200
Ethal Stephenson, 12200
Juanita Street, medical records
Flora Jean Washington, anesthesia

25 Years

Marge Arnold, beauty shop
Annie Blackwell, 7400
Retha Bornett, 12100
Alberta Curry, 10200
Ethel Goldsby, 7400
Velma Hendrix, laboratories
Johnetta Hodges, laboratories
Anna Ikeda Tabor, nursing administration
Aretha Jenkins, laundry
Ellen Murdock, administration
Leanna Pate, 8400
Rosie Porter, 15400
Walter Schatz, purchasing
Emma Simms, 6400 W
Ethel Travers, 4 Wohl
Beatrice Turner, housekeeping
Jane Wallace, 11400 S
Lizzie Williams, 9100
Ruby Woods, 8100

20 Years

Izetta Baskin, 4400 nursery
Mary Buchanan, 6400 nursery
Earnestine Bunyard, laboratories
Martha Darris, 8200
Leatha Dickens, 2300 ICU
Vivienne Dobbs, E.P. PAR
Mary Dozier, 15400
Marjorie Ellis, clinics
Robert Frank, administration
Delores Hays, patient accounts
Ella Husher, medical records
Bernice Johnson, 4400 W
Emma Johnson, laboratories
Nancy Julian, dietetics
Sina Love, W.P. OR
Dorothy May, dietetics
Donald McGeehan, supply
Marie Mercan, 12200
William Montgomery, personnel
Bobbie Moore, laboratories
Martha Nicholson, clinics
Carol Olson, laboratories
Edith Perry, 5400 E
Amanda Phillips, 5300
Louise Swait, 6400 nursery
Georganne Tiemann, laboratories
Jennie Ward, 6200
Vetta Watson, W.P. OR
Sylvia White, 9200
Claudine Williams, 10200
Ernestine Williams, 12100



Velma Jones, 35-year honoree, is presented a diamond and ruby pin by hospital president Robert Frank.



John Keppel receives congratulations for his 30 years of service to Barnes from Robert Frank, one of this year's 20-year honorees.



Vice-president Rich Grisham poses with Rebecca James, 15 years, and Lucy McMenemy, 10 years.



Claudine Williams, 20 years; Mildred Haliburton; Maurica White, 10 years; and Henry Potts join in pre-dinner visiting.



Velma Hendrix and Johnetta Hodges, both 25-year award recipients, get autographs from guest speaker Art Fleming.



Brooks Pumphrey, 10-year honoree, is presented a service awards pin by vice-president Dillon Trulove. Mr. Trulove also was honored for 35 years of service.



Claudine Williams, 20 years; Mildred Haliburton; Maurica White, 10 years; and Henry Potts join in pre-dinner visiting.



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15 Years

Percy Alford, QT restaurant
 Helen Armstead, cardiac diagnostic laboratory
 Martha Beamon, 3 Wohl
 Rutha Becks-Bray, 5200 ICU
 Vivian Bobo, 6400 E
 Nathaniel Branchcomb, central service
 Adean Brinkley, housekeeping
 Rosa Brown, 5300
 Nancy Bryant, 6300
 Eliza Bush, housekeeping
 Lillie Bush, 6200
 Barbara Calloway, QT restaurant
 Mary Camp, laboratories
 Ray Campbell, plant engineering
 Roberta Carter, medical records
 Mary Cayse, 6400 W
 Grace Citchen, QT restaurant
 Mattie Collins, 10200
 Norma Cunningham, laboratories
 Samuel Dunn, QT restaurant
 Airlean Dye, housekeeping
 Almeda Ellis, housekeeping
 Constance Farmer, admitting
 Jerrine Fischer, 2300
 Emma Florian, 12200
 Dolores Gladden, 5400 W
 Worthy Gooden, 7400
 Ethel Grauer, clinics
 Irma Hamm, 8300
 Marilyn Hampton, dietetics
 Frankie Hayes, housekeeping
 Howard Hedrick, supply
 Betty Hennecke, 7300
 Susie Henson, dietetics
 Clancie Hodges, QT restaurant
 Anita Holmes, 2300
 Rosalie Howard, activity therapy
 Ann Hughes, GYN OR
 Ernestine Isaiah, 12100
 Letha Jackson, central service
 Rebecca James, admitting
 Ardella Johnson, admitting
 Mabel Johnson, 7300
 Roberta Jones, housekeeping
 Frank Knox, laundry
 Margaret Lackland, housekeeping
 Ethel Lawrence, 4400 E
 Mable Loucks, clinics
 Dora Luckett, 6200
 Theresa Luckett, E.P. PAR
 Evelyn Mandley, W.P. OR
 Anna Manning, 2200
 Georgia McCray, burn unit
 William McKenzie, security
 Mary McKinley, 8100
 Rafael Medina, laboratories
 Roy Migneco, data processing
 Glover Miller, E.P. OR
 Bennie Ella Mills, 4400 E
 Pamela Mirabelli, clinics
 William Mitchell, plant engineering
 Vallie Moore, W.P. OR
 Olean Murray, 7200
 Virginia Nelson, clinics
 Richard Nitchman, plant engineering
 Mary Jane Palmasano, education & training
 Peggy Paul, QT restaurant
 Betty Pierce, GYN OR
 Edna Piolet, emergency department
 Kay Powell, 10100
 Helen Privitor, admitting
 Brooks Pumphrey, dispatch
 Annie Louise Reed, dietetics
 Earline Reed, 6400 W
 Vandella Russell, 10200
 Betty Scalise, central service
 Gloria Scott-Owens, admitting
 Doris Sharp, 15300

Louise Shotwell, 7400
 Carolyn Smith, cardiac diagnostic laboratory
 Gloria Smith, 11200
 Agnes Soll, 12100
 Hermine Steadman, 4400 E
 Margaret Stewart, laundry
 Eloise Stith, dispatch
 Bessie Stokes, housekeeping
 Dolores Sullivan, personnel
 Noreen Taliaferro, 6300
 Delores Tallie, 10100
 Bernice Taylor, 4 Wohl
 Joan Taylor, dietetics
 Clara Thomas, dietetics
 Rebecca Thomas, 7300
 Veola Thomas, QT restaurant
 Marie Thornton, 11100
 Ronald Trulove, accounting
 Vera Turner, dietetics
 Waltraud Van Hook, 6400 E
 Winston Vaughn, payroll
 Herman Wagner, Jr., dietetics
 Georgia Walker, 6200
 Gwendolyn Walker, 9200
 Myrtle Warren, 11200
 Otis Washington, dietetics
 Sylvester Watts, housekeeping
 Bernice Webster, housekeeping
 Maeola Weeden, QT restaurant
 Peggy Weseman, 5 Wohl
 Charletta Williams, medical records
 Edna Williams, E.P. PAR
 Joy Williams, W.P. PAR
 Louanna Williams, 6300
 Gloria Wofford, 7400
 Arnette Worshim, 12200

10 Years

Raymond Adams, plant engineering
 Patricia Akers, laboratories
 Sylvia Anderson, 6300
 Ernestine Atkins, activity therapy
 Helen Bailey-Smith, 7400
 Gladys Barnhard, clinic cashiering
 Donna Barron, cashiers
 Elizabeth Bennett, Wishing Well
 Emily Berardino, clinics
 Michael Birsinger, W.P. OR
 Mary Bishop, housekeeping
 Gloria Blackmon, dispatch
 Marianne Blake, nursing administration
 Evelyn Bonander, social work
 Bonnie June Bottom, 11400 ICU
 Rene Brown, nursing office
 Dianne Bryant, medical records
 Bobby Sue Buchanon, medical records
 Patricia Burch, telecommunications
 Evelyn Butler, 9100
 Mary Carter, dietetics
 Clementine Chatman, 10100
 Cecelia Clark, cashiers
 Jane Clausen, 4400 nursery
 Teresa Clawson, cashiers
 Loma Coday, laboratories
 Hazel Collins, pharmacy
 Kenneth Collins, plant engineering
 Gertrude Creswell, W.P. PAR
 Katherine Cross, laundry
 Sallie Crowley, W.P. PAR
 Cynthia Croy, central service
 Ethel Crutchfield, QT restaurant
 Yvonne Davis, 12100
 Dorothy Dickens, 11400 S
 Radine Ehrlich, admitting
 Robert Endicott, W.P. OR
 Carol Ezell, education & training
 Floy Rose Fagala, 4400 E
 Colleen Fagnani, 3 Wohl
 Betty Falkenberg, security
 Susan Fein, nursing administration
 Barbara Fowler, dietetics
 Minnie Freeman, 11400 N
 Donna Gail, 7100
 Vernon Gramlich, housekeeping
 Howard Green, patient accounts
 Marie Green, 6300
 Sherlyn Hailstone, nursing administration
 Gary Hamilton, W.P. OR
 Louise Harris, 8200
 Nancy Harris, laboratories
 Paul Hartwell, cashiers
 Deborah Henley, patient accounts
 Johnny Hopson, laundry
 Rita Horwitz, W.P. OR
 George Jackson, plant engineering
 Carrie Jennings, housekeeping
 Helen Jiles, 7200
 Cecelia Johnson, laboratories
 Miriam Johnson, 9200
 Oselia Johnson, security
 Mary Jones, medical records
 Rosa Maria Kendall, 5400 E
 Marilyn Lamoureux, 6400 W
 Elsie Lang, nursing school
 Excell Lawrence, QT restaurant
 Carl Legate, plant engineering
 Louise Lewis, housekeeping
 Vera Linear, 8300
 Mary Lyons, 6400 W
 Cheryl Macon, W.P. OR
 Richard Mansfield, Jr., security
 McKinley McDaniel, dispatch
 Patricia McLafferty, social work
 Lucy McMenamy, admitting
 Louise McQueen, 3 Wohl
 Maureen Miller, 14300
 Lennie Mitchell, dietetics
 Erma Moffett, central service
 Willa Moore, 8200
 Margaret Nenninger, 8200
 Larry Null, print shop
 Dorothy O'Connor, telecommunications
 Sydney Ortmann, plant engineering
 Ernestine Patton, 5400 E
 Mary Ann Pousosa, patient accounts
 Gary Queensen, pharmacy
 Marjorie Reece, telecommunications
 Elmer Reed, plant engineering
 Eloise Rhimes, W.P. PAR
 Pollie Richardson, nursing office
 Melean Roberson, 5400 nursery
 Mary Ross, housekeeping
 Jane Rudolph, emergency department
 Alberta Savage, dietetics
 Gayle Spera, 4400 W
 Dorothy Stewart, dietetics
 Marion Stryker, dietetics
 Mary Sullivan, purchasing
 Hattie Swift, 5 Wohl
 Reada Thompson, nursing school
 Vivian Threet, GYN OR
 Victoria Thurman, purchasing
 Charles Tisdale, security
 Suzanne Torrence, accounts payable
 Frank Tranchilla, dietetics
 Arcolia Wallace, housekeeping
 Mattie Ward, central service
 Diane Webb, 5400 E
 Maurica White, optical shop
 Theresa White, medical records
 Armanda Williams, QT restaurant
 LaVern Williams, security
 Martha Wright, emergency department

Dorothy May retires

After 20 years as a dietician's assistant at Barnes Hospital, Dorothy May retired on May 1. She was presented with a certificate of appreciation from hospital president Robert E. Frank for her years of service to Barnes.



Dorothy May

The dietetics department surprised Mrs. May with a party and gave her a gift of money on her last day. She commented, "It's good to retire, but I'm really going to miss everyone. They've been so nice."

Sleeping late is at the top of Mrs. May's list of retirement activities. For the past 20 years she awoke at 4 a.m. to report to Barnes by 5 a.m. Traveling is another plan. Mrs. May and her husband, William, will be visiting their children and grandchildren in Hawaii and Washington, D.C., as well as those living in St. Louis.

Special edition of Beaumont biography

A special limited edition of the *Life and Letters of Dr. William Beaumont*, by Dr. Jesse S. Myer, has been published by The C. V. Mosby Company of St. Louis to celebrate its 75th anniversary.

Dr. Estelle Brodman, head librarian and professor of medical history at WUMS, has contributed a biographical study giving personal insights into Dr. Beaumont, whose famous experiments in the 1830s are still recognized as the greatest single advancement in the understanding of digestion. The WUMS library houses the William Beaumont Collection of more than 1,000 documents.

Dr. Robert Shank, Barnes chief of preventive medicine and head of the department of preventive medicine for WUMS, has provided an analysis of Dr. Beaumont's work to bring an updated medical perspective to the book. According to a spokesman for the publisher, the book has been limited to 1250 copies, only a small number of which are for sale.

Grillo's homemade brew takes a blue

In the first annual beer tasting competition of the Missouri Winemaking Society's 1981 wine fair, clinical chemistry's Tony Grillo took home a blue ribbon for his pale beer entry and an honorable mention in the amber beer class. The competition was held April 26 at the Gardenville Community Center on Gravois.

Mr. Grillo, also a backyard winemaker, was featured in a December, 1979, *Barnes Bulletin* article, 10 months after Public Law 95458 went into effect. The law allows heads of households to brew up to 100 gallons of beer annually for home consumption.

Important phone numbers

Barnes physician referral service 454-2255
Childbirth classes, maternity tours..... 454-3561
Memorial funds, development 454-2261
Speakers bureau..... 454-3515
Executive physicals program... 454-2255
Volunteers..... 454-3446
Bulletin comments, ideas..... 454-3515



Dr. Basil Pruitt, Jr., world-renowned burn care expert, was the special guest speaker for the acute care burn seminar held May 13, which inaugurated the opening of the new Barnes Burn Center. More than 135 burn care professionals attended.

Seminar inaugurates new Burn Center here

A one-day seminar May 13 on acute burn care served as the official opening of the new Barnes Burn Center in the West Pavilion. "Burns: The Early Days," featured burn care expert Dr. Basil Pruitt, Jr., commander and director of the U.S. Army Institute of Surgical Research at Brooke Army Medical Center in San Antonio, Texas.

Co-sponsored by the St. Louis Committee on Trauma of the American College of Surgeons, the course provided an overview of important principles in initial and acute care management of the burned patient, including initial assessment of severity, fluid resuscitation, inhalation therapy, early measures of importance in rehabilitation and preservation of function, and metabolic, nutritional and psychological evaluation.

Other speakers included Dr. Jack Baldwin, director of the burn center at Memorial Medical Center in Springfield, Illinois; Joy Goodman, R.N., regional nurse coordinator of the Illinois Department of Public Health; Jan Radtke, R.N., nurse clinician of the Family Practice Center of Southern Illinois University in Carbondale; and Dr. Boyd Terry, director of the George W. Peak Memorial burn center in Columbia, Missouri. Dr. William Monafo, director of the Barnes Burn Center, and Bev Weber, R.N., Barnes assistant director of nursing/surgery, served as course directors.

An inside look at the new Barnes Burn Center will be featured in the July issue of *Barnes Bulletin*.

Chef Johnson named a "Distinguished Citizen"

Barnes Hospital executive chef Londell Johnson was named a *St. Louis Argus* "Distinguished Citizen" in ceremonies held in April. Mr. Johnson, spotlighted by the publication as a "role model for our youth," is executive chef of the hospital's dietary department, which is responsible for patient and employe food service. Chef Johnson is also known for his ice sculptures used as centerpieces at many hospital events.

A member of Barnes staff for more than nine years, Mr. Johnson began his career in 1959 at the famous St. Louis Lennox Hotel, under Chef Reuben who originated the Reuben sandwich. He has held positions at the Media Club, Glen Echo Country Club and currently is also Sous Chef of Norwood Hills Country Club.

The basics of running, a simple form of exercise

One of the simplest forms of exercise is running. Deciding to take up the sport tomorrow, however, will not qualify someone for a marathon next week. Running requires bodily systems to be in working order: heart and blood vessels, lungs, muscular and skeletal systems all functioning properly.

Dr. Walter Bauer, Barnes/WU surgical pathologist and long-distance runner, commented, "Novice runners must think of the sport in terms of being a long project. Each of the bodily systems will become trained at a different rate before endurance is matched." Dr. Bauer advised, "In order to get acquainted with running, beginners should do some walking first. Start with a slow pace and a goal of walking a daily mile for several weeks. Then begin to jog or run, gradually increasing distance. It should take anywhere from three to six weeks for a beginner runner to get up to a mile a day. Younger persons may take less time.

"Although one doesn't need to be strong to run," said Dr. Bauer, "being limber helps." He suggests several stretching exercises to physically prepare the new runner. "Any floor exercise that involves stretching muscles in the calves, ankles, thighs, abdomen and hamstrings is effective. Toe-touches, knee-bends and sit-ups are excellent. They should be done easily, slowly, without stretching beyond the limit of comfortability, for 10 counts and finally holding for a steady stretch. As it becomes easier, muscles can be stretched further and exercises should be done for longer time periods.

Another aspect of running that beginners should consider is the type of shoe to wear. Dr. Bauer recommends that a runner invest in a well-established brand name running shoe that is available in width sizes. He explained, "A width size fits the foot better and shoes specifically designed for running are light, provide arch and heel support and absorb shock."

Julio Happa, chief technologist in the surgical pathology lab and long-distance runner, feels that books and magazines on running provide useful information for all runners. Mr. Happa also believes that other forms of exercise aid in toning the running muscles. Such sports as swimming and bicycling are excellent for cardiovascular conditioning and directly help runners.

Mr. Happa's theory for beginners is, "If a runner starts by taking 20 strides of walking and alternates it with 20 strides of running for half a mile, he or she can increase this to 40 strides at three-fourths of a mile and after a month or two, achieve two or three miles."

Mr. Happa stressed, "Once a person takes up running, they should never stop. To maintain endurance, they must run continually, seven days a week, rain or shine, sleet or snow. From experience, he recommends that a beginner choose a partner to run with. "Having someone to run with not only gives a runner someone to talk to, but there's less chance of skipping the daily run."

Admitting hosts tours for NAHAM conventioners

Barnes admitting staff hosted tours for 50 persons attending the seventh annual convention of the National Association of Hospital Admitting Managers on May 20. The tour was the final item

on the agenda of the three-day conference held at the downtown Marriott's Pavilion Hotel.

Admitting and public relations personnel conducted tours through the patient admitting area in the West Pavilion which opened earlier this year, cardiothoracic nursing divisions, data processing, diagnostic laboratory area, activity therapy and outpatient surgery areas. NAHAM visitors also enjoyed refreshments in Queeny Tower dining room overlooking Forest Park.

Rich Grisham, Barnes vice-president and administrator for the admitting area, served as a member of an interaction panel which discussed "The humanization of health care in the admitting office environment."

Hospital notes

The following are reported on staff by the president's office: Dr. **Daniel Bauwens** and Dr. **Robert Schneider**, assistant physicians; Dr. **Peter Smith** and Dr. **Kenneth Faw**, assistant otolaryngologists; Dr. **Robert Olk**, assistant ophthalmologist, all effective July 1, 1981; Dr. **Nareshkumar Solanki**, assistant pediatrician, effective April 1; Dr. **Michael Nichols**, assistant pediatrician, effective May 1; Dr. **Garrett Brodeur**, assistant pediatrician, effective May 11, and Dr. **Howard Schlan-sky**, assistant pediatrician, effective July 1.

Dr. **George Bohigian**, Barnes/WU ophthalmologist, has been named president of the St. Louis Ophthalmological Society for the 1981-82 term. Dr. Bohigian has also been elected vice-president of the Missouri State Medical Society.

Charles Knight, board chairman and CEO of Emerson Electric and member of the Barnes board of directors, tied for third place in a survey of the best chief executive officers of the Fortune 500 companies. *Fortune Magazine* polled chief executives of the nation's largest companies for the survey.

Dr. **Paul Lacy**, Barnes pathologist-in-chief and head of the pathology department at WU, was presented the prestigious 3M Life Sciences Award by the Federation of American Societies for Experimental Biology at the federation's annual meeting in Atlanta in April.

Barnes director of activity therapy, **Cheryl Brady**, has been named president-elect of the Missouri Therapeutic Recreation Society.

Dr. Arthur Stein, Jr. dies at age 56

Dr. Arthur H. Stein, Jr., Barnes/WU orthopedic surgeon, died of a heart attack at his home May 15. He was 56 years of age.

A native of St. Louis, Dr. Stein was a graduate of Amherst College. He graduated magna cum laude from Washington University Medical School in 1948 and served his internship and residency at Barnes Hospital. A member of the Barnes/WU orthopedic staff since 1955, Dr. Stein was also a former orthopedic surgeon-in-chief at the hospital.

Dr. Stein, the author of more than 40 publications on orthopedic surgery, was a pioneer of joint replacement surgery and, at the time of his death, was one of only nine specially-trained orthopedic surgeons nationwide evaluating Oxford knee prostheses for the Food and Drug Administration.

He is survived by his wife Beverly; a daughter, Nancy S. Nentwig; and four grandchildren. In his honor, the Dr. Arthur Stein Memorial Fund has been established at Barnes.

Gifts to Barnes Hospital

Listed below are the names of persons (honorees in **boldface**) who have made contributions during the period April 11 to May 15 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.

Tribute Fund

IN MEMORY OF:
Mrs. Eugenia Maritz
Sophie Clere

Milton H. Tucker
M/M Philip L. Moss

David Biller
W. R. Persons

Mrs. Mary Harford
D/M H. Rommel Hildreth
Dr. Guerdan Hardy
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Thomas Hoopes
D/M Henry G. Schwartz

William E. Hewitt
Barnes Education and
Training Department

Frieda Becker
Harry Kolker

Thelma Hampton
D/M Henry G. Schwartz

Marian Stroer
Vicki Hensler
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Barney Morgan
Betty Bennett
Maisie Breckenridge
Suzanne Goodman
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IN HONOR OF:
Fine Care Received
Dorothy M. McGuire

Speedy Recovery of
Mrs. Ben Harris
Rosemary Harris

Speedy Recovery of
Eva Glazer
M/M Martin Krupin
Buddye & Moe Mathis
Audrey & Stanley Kolker

50th Wedding Anniversary of
M/M M. J. Mathis
M/M Elliott Harris

Brian A. Ziemer Memorial Burn Fund

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M/M John R. Ziemer
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My husband, Lawrence
and my daughter,
Theta
Mrs. Ann Tucker

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M/M J. Henry Schweich

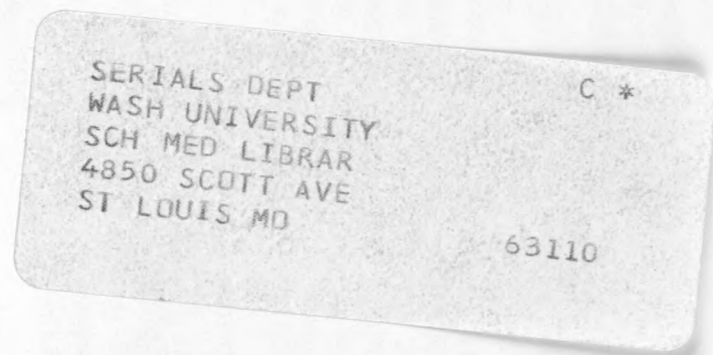


Former Miss America Judi Ford Johnson presents a rose in honor of Mother's Day to obstetrics patient Naomi Fishman, wife of Barnes/WU physician Dr. Norman Fishman. Mrs. Johnson distributed roses to new mothers on 5400 and 6400 May 6 on behalf of Roses, Inc., the American Association of Rose Growers.

Barnes Bulletin

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Barnes Bulletin

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