

# Barnes Bulletin

Barnes Hospital, St. Louis, Missouri, March, 1982, Volume XXXVI, Number 3



## Red carpet service extended to QT suites

Shrimp cocktail with spicy sauce, fresh spinach salad with house dressing, filet mignon, lobster Newburg, breast of chicken apple-almond, cherry cheese cake, chocolate éclair and wine are just a few of the gourmet meal-for-two delights now offered to patients in Queeny Tower suites at Barnes.

The patient and one guest are invited to make selections from the gourmet menu during one night of their stay if their diet permits. For an additional charge, patients may opt for the gourmet selection throughout their hospitalization. Delivery of a welcoming basket of fruit is also included in this service to those not on a restricted diet.

"The gourmet menu has been enjoyed by private ob-gyn patients on 5500 since late last summer," said Barnes associate administrator Rose Dunn, "and we are happy to be able to extend this extra care to patients housed in Queeny Tower suites."

## Free financial advice available to employees

Financial consultant Charles Eyermann, Jr., is now available, free of charge, to advise employees and their spouses on financial and real estate matters. A member of the volunteer department, Mr. Eyermann will see employees by appointment between 9:30 a.m. and noon on Thursday, effective immediately.

Savings programs, real estate, mortgage availability options, retirement accounts and budget preparation and consultation—how to get out of debt, how to stay out of debt—are just a few of the topics employees can discuss with Mr. Eyermann. "Many persons hesitate to seek profes-

sional financial advice for small problems or to pay for a second opinion," said Paul Morave, Barnes associate administrator. "My. Eyermann's services will give Barnes employees easy access to objective advice free of charge."

Mr. Eyermann, who has been active in the real estate and the savings and loan industries for the past 25 years, is not a stranger to Barnes. His wife, Martha, has been in the hospital's volunteer program for 12 years and is currently assistant treasurer of the Auxiliary. His father Dr. Charles Eyermann, Sr., was a Barnes allergist

Employees who wish to make an appointment with Mr. Eyermann should contact the human resources department at 454-3657. All conferences are confidential.

## BHS establishes Award of Merit

The Barnes Hospital Society has established an Award of Merit "to recognize meritorious service to the Barnes Hospital Community above and beyond the call of duty to the same Barnes Hospital Community."

Anyone who is registered as a volunteer, staff member, or employee of Barnes Hospital is eligible for the award. The Barnes Hospital Society views the award as a way to meaningfully honor those who will go beyond the ordinary in the performance of their duties to the hospital or its patients, according to Dr. Richard Bradley, president of the society.

Any member of the Barnes Hospital Community may submit the name of a candidate. The nomination must contain as complete a resume of the candidate as possible in order to permit the council to give a fair review of the merit of the candidate; the signature of the nominator; and the signatures of two councilors of the Barnes Hospital Society, obtained by the nominator as sponsors of the candidate. Selection will be made only on the unanimous vote of all officers and councilors.

Plans are for the award to consist of a medal which depicts a gold and enamel seal of Barnes Hospital, inscribed with the recipient's name and the date and enhanced with a purple ribbon. A \$250 cash stipend will accompany the medal. The award would be made periodically as appropriate, and as funds are available, with no set number being made in any time period.

## Nursing alumni to hold annual lunch April 24

The Barnes Hospital School of Nursing alumni association's annual luncheon will be held Saturday, April 24, in Queeny Tower restaurant, with a cash bar at 11:30 a.m. and lunch served at 12:15 p.m. KMOX-TV (Channel 4) medical and science reporter Al Wiman will be guest speaker.

To make reservations, send a \$7.50 check payable to the Barnes Hospital School of Nursing alumni association, c/o Jan Littleton, 3114 Miller Road, Arnold, Missouri, 63010. Maiden name and year of graduation must appear on the check.

## Chromalloy Kidney Center receives pledge payment

The Chromalloy Kidney Dialysis Center has received the third installment of \$100,000 toward a five-year, \$500,000 pledge to help pay for the renovation of the unit in the East Pavilion.

Wesley Barta, former chairman and president of Chromalloy American Corp., and Carl Sherman, treasurer, made the presentation to Drs. Herschel Harter, James Delmez, Saulo Klahr and Eduardo Slatopolsky on November 18. Frank Nicole, president and chief operating officer, was unable to be present.

In the mid-1960's, Dr. Neal Bricker, then chief of the renal division, first enlisted Mr. Barta's aid when the number of patients exceeded the capacity for dialysis treatment in St. Louis. Mr. Barta recalled that Dr. Bricker asked what criteria should be used to determine who should get treatment with the limited facilities and who should not.

Mr. Barta noted that neither he nor Chromalloy could resist that type of appeal. "Chromalloy answered the appeal with money to buy dialysis equipment and has backed the unit ever since."

Presently, the 10,000-square-foot unit houses 27 machines. The center is open seven days a week. It was one of the first centers in the United States to offer chronic ambulatory peritoneal dialysis. It also staffs a home dialysis teaching center so that patients and their families can learn to operate the equipment at home. Hemodialysis, which requires an average of four hours per day, three days a week, costs approximately \$22,000 a year per patient treated in the center, and \$12,000 a year for each patient dialyzed at home.

## Doctors' Day to be observed March 30

Barnes Hospital will celebrate Doctors' Day on March 30 by presenting physicians with red carnations and serving coffee and doughnuts throughout the day. The event is sponsored by the Barnes Hospital Auxiliary.

While the observance of Doctors' Day has become traditional here, there is some mystery behind its origin. Some say the tradition found its beginnings in 1933 on the anniversary of the occasion when Dr. Crawford W. Long became the first acclaimed physician to use ether as an anesthetic agent in a surgical technique on March 30, 1842.

Still others say that Doctors' Day originated in Georgia on March 30, 1933, on the suggestion of Eudora Brown Almond, a doctor's wife. Mrs. Almond, they say, was convinced that medicine was the greatest profession on earth, and doctors were the greatest heroes and heroines. Her respect and appreciation of the noble professional achievements inspired Mrs. Almond to present an idea to her local Auxiliary of having a day to honor the practitioners of the medical arts.

Whichever version you prefer, Doctors' Day is now celebrated throughout the United States.

**Front cover:** Lisa Lutz tests a mechanical ventilator stored in the respiratory therapy department before it is transferred to an intensive care unit. If the ventilator is found to have a leak or if it malfunctions, it is held back until the problem can be corrected.

## Barnes staff commended for outstanding care

The following letter was sent to the Barnes human resources department from Pamela J. North of Carbondale, Illinois.

Over the New Year's holiday, I spent several days at Barnes Hospital to look after a young friend, Rochelle Mileur, who underwent surgery. Prior to my arrival at the hospital, I had the usual anxieties that accompany such an experience.

I want you to know what a wonderful staff I believe you have in your hospital complex. Everyone was so kind, friendly, and helpful that a situation which I had so dreaded turned out to be not so bad.

I wish I knew the names of all the people who were so helpful to me. Everyone seemed anxious to please from the hostess in the Tower Restaurant to the bellman in Queeny Tower, to the florist at the Wishing Well, to the doctor who chatted with me about Barnes history while we waited for an elevator. Your hospital seems filled with thoughtful people.

There are several people whom I wish to commend by name. Four are nurses: Denorris Wharton, Diane Butler, Dottie Carlton, and Pia Bottani-Hacker. I have written to their director concerning their wonderful service. Another person of great sensitivity and warmth is your housekeeper, Mattie Sails. She was efficient yet unobtrusive and always concerned about the patients' welfare. Still another person who stands out in my mind as making that long, seven-hour wait during surgery more bearable was a secretary at the seventh floor nurses' station in Queeny whom I knew only as "Cookie." She eased the hours with her lively personality and what news she received from the operating staff. Everyone was just great.

Rochelle's recovery has been remarkable, and she is busy back at her university studies. Everyone is back to the old routines, and I'm sure that we do not stand out in the memories of those who served us. Yet I did want to take this opportunity to let you know from a visitor's point-of-view what an outstanding staff you have. Please let them know how much they were appreciated.

## Barnes observes Nutrition Month

March is National Nutrition Month. In celebration, Barnes dietitians and dietetic interns will man an information booth in the East Pavilion lobby from 11 a.m. to 1 p.m. daily, highlighting a nutrition topic each week. Patients and employees can also look forward to special menus planned throughout the month.

Dietitians will provide information and handouts on the four food groups—fruits and vegetables, milk and dairy products, breads and cereals and meat—and necessary servings from each group to maintain daily nutrition habits. Also available will be information on weight reduction and exercise, and food myths and fads, including fascinating facts on nutrition.

Two themes have been created by the American Dietetics Association this year: "Feel Nutrific!" and "Invest Now . . . Nutrition is Up." The themes will be used by the dietetics department on buttons and posters throughout the month in an effort to improve nutrition, advance the science of dietetics and nutrition, and promote education in these and allied areas.



Sherlyn Hailstone

## Sherlyn Hailstone receives promotion

Sherlyn Hailstone has been named an associate director of nursing service for medicine, according to nursing service director Marlene Hartmann. Mrs. Hailstone was formerly an assistant director II of nursing.

A June 1973 graduate of Barnes Hospital School of Nursing, Mrs. Hailstone holds a bachelor of science degree in nursing from St. Louis University. In 1980, she was named an assistant director of nursing. In 1975, Mrs. Hailstone was promoted to head nurse of the Barnes respiratory ICU after joining the unit as a staff nurse in 1973.

Mrs. Hailstone fills a vacancy created when Marianne Blake left the associate director position to become director of nursing at St. Anthony's Hospital in St. Louis County.

## Dr. Eyermann portrait hung in Barnes corridor

The portrait of Dr. Charles H. Eyermann, Sr., took its place in the Barnes corridor in late January. Dr. Eyermann, who was on the Barnes staff from 1920 to 1969, started the allergy clinic here.

Dr. Eyermann's portrait originally hung in the allergy clinic on the fifth floor of the Wohl clinics building. Shortly after his death on August 31, 1974, his sons, Charles Jr. and Peter, both of St. Louis, presented the portrait to Barnes and Dr. Stanley Hampton, Barnes/WU physician, a colleague and admirer of Dr. Eyermann.

"If it hadn't been for Dr. Eyermann, there wouldn't be an allergy clinic," said Dr. Hampton, "I got to know him well because it was just the two of us in the clinic right before World War II."

Dr. Eyermann was appointed assistant physician in 1920 and was active on the medical staff until July 1, 1969, when he became emeritus.

### 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

## Employee awards dinner to be held April 23

Barnes employees celebrating 10, 15, 20, 25, 30 and 35-year employment anniversaries January 1 through June 30 this year will be honored at a service awards dinner Friday evening, April 23.

The event which includes a social hour beginning at 7 p.m., dinner, entertainment by a guest professional speaker and the presentation of anniversary pins will be held in the Sheraton St. Louis Hotel, 910 N. 7th, just east of the Cervantes Convention Center. Free parking is available on the hotel's parking lot on the south side of the Sheraton.

Honorees celebrating anniversaries for 25, 30 and 35 years of service to Barnes are invited to bring a guest for the evening.

Approximately 275 Barnes employees will be celebrating noted anniversaries this year. Those with anniversary dates of July 1 to December 31 will be honored at an awards dinner to be held in the fall.

## Hospital notes

The following are reported on staff: Dr. **John F. Camp**, assistant anesthesiologist, effective January 1; and Dr. **Gerald Edelstein**, assistant radiologist, effective January 16.

**Therese Taylor**, Barnes dietetic intern, recently received a Mead Johnson Nutritional Division dietetic intern scholarship.

Dr. **Henry G. Schwartz**, Barnes/WU neurosurgeon, was elected to honorary membership in the prestigious American Neurological Association at its recent annual meeting, a rare honor for a neurosurgeon.

Dr. **Richard E. Clark**, Barnes/WU cardiothoracic surgeon, recently received the Arthur H. Shipley Award of the Southern Surgical Association for a paper delivered in December 1980 at the annual meeting.

**Charles F. Knight**, a member of the Barnes board of directors and chairman and chief executive of Emerson Electric has been appointed to President Ronald Reagan's National Productivity Advisory Committee. The committee will advise the president and the secretary of the treasury on ways to achieve higher levels of productivity.

Dr. **Charles Anderson**, Barnes/WU general surgeon, was recently elected secretary-treasurer of the Missouri chapter of the American College of Surgeons. Dr. Anderson will serve a three-year term.

Dr. **Eli Robins**, Barnes/WU psychiatrist, is the 36th recipient of the Salmon Committee on Psychiatry and Mental Hygiene Medal presented recently during the committee's 50th annual meeting in New York.

## Letter to the editor

The following letter from Barnes/WU urologist Dr. William Bowles, regarding the February Barnes Bulletin, was recently mailed to the editor.

Now that it is legal to spell the word *employee* correctly, could I further suggest that we stop making a verb out of the noun *priority*?

Some back-formations are included in the dictionary, but to *prioritize* is certainly not to be found in my 1967 Webster's.

# Barnes Nursing School Graduation 1982



Sally Jane Zickel, a Barnes Nursing School student was one of several commencement speakers.

Despite the heaviest snowstorm in 70 years, 71 Barnes Hospital School of Nursing graduates took part in graduation ceremonies held at the St. Louis Cathedral on January 30.

Oliver Duggins, professor of anatomy and physiology at St. Louis Community College at Forest Park (where students take their academic courses), and student Sally Zickel served as commencement speakers. Nursing school director Mary Jane Meyer and hospital president Robert Frank presented the graduates with their diplomas and pins, signifying completion of all necessary course work to become registered nurses.

Eight of the graduates received special recognition during ceremonies. Mr. Frank presented the coveted \$1,700 Glover H. Copher scholarship to Lynne Elliott Ives. Established by the late Barnes surgeon in 1958, the scholarship is awarded to the graduate who shows most promise of continuing his or her education. The awardee must also have a high academic and clinical practice record and have made significant contributions to the overall student program.

Barnes Auxiliary president Dolores Shepard presented four graduates with \$100 awards for excellence in nursing specialties, including William Clawson, medical-surgical nursing; Karen Lauher, maternity; Sheila Van Booven, pediatric nursing; and Jean Hart, psychiatric nursing.

Three students were presented \$200 awards from the Auxiliary as the top three graduates in their class: Mrs. Ives, Holly Diesel Yarborough, and Ms. Van Booven.

Thirty-six of the students joined the Barnes nursing staff. They are: Karen Boggs and Pamela Brydon, 9500; Mary Carbone and Sally Chase, 10100; Mr. Clawson, 2300 ICU; Diane Conini, labor and delivery; Joan Feigenbutz, 10400; Alice Feitshans, 6400 nursery; Cathy Fitzgerald, 6300; Dennis Fogarty, 8200; Kalpna Gandhi, 2200; Patricia Geisz, 10200; Lori Golon, 11200; Cheryl Halpenny, 6300; Catherine Hammerschmidt, 11400; and Miss Hart, 15400.

Patricia Kennedy, 12100; Jill Kenny, 7100; Grace Kishlar, 2200; Miss Lauher, 10500; Nancy Mansfield, labor and delivery; Caroline Meals, 11200; Nancy Mills, 12200; Rebecca Mitchell, 2200; Laura

Morton, 7300; Lynn Nachtmann, 6300; Teresa Perez, 11100; Christina Pidcock, 8400; Marie Plurad, 10100; Adelheid Reiner, 6200; Donna Schimmelpfennig, 10200; Miss Van Booven, 8100; Melinda Westbrook, 4500; Nancy White, labor and delivery; Victoria Wright, 8400; and Ms. Yarborough, labor and delivery.

Other graduates include: David Barnes, Jr., Lisa Bromberger, Barbara Bruening, Sharon Charleston, Teresa Claus, Carol Cody, Mary Cook, Renee Donaldson, Beverly Dressel, Diane Du Mont, Susan Graefe, Donna Greiner, Mrs. Ives, Teresa Kase, Barbara Keys, Carol Kohlmann, Mary Langhammer, Kathleen Laquet, Judith Metzler, Geralyn Molitor, Kelley Mullen, Karen Nikolaisen, Edward Obermark, Susan O'Connor, Gretchen Ritter, Sarah Rugen, Marithina Rush, Linda Ryan, Carolyn Schneider, Lucile Shadley, Lisa Smith, Kim Viviano, Wendy Wright, Evelyn Yarbrough and Sarah Zickel.

The class of 1982 is the 25th class to leave the school to practice as registered nurses at Barnes and other hospitals around the country. Each student completed the 29-month diploma school program including 1,468 hours of in-hospital clinical training at Barnes.



Carolyn Schneider receives a hug for good-luck after the graduation ceremony.



Mary Carbone and Marie Nine Plurad share the joy of graduation.



Nursing graduate Karen Lauher receives a hearty handshake of praise from Dolores Shepard, president of the Barnes Hospital Auxiliary. Miss Lauher was awarded \$100 from the Auxiliary for outstanding accomplishments in maternity nursing.



Lynne Elliott Ives, winner of the coveted Glover H. Copher scholarship, receives a congratulatory handshake from Barnes Hospital President Robert E. Frank.

# Respirator An Aid to Bet

Charles, a 17-year-old sports enthusiast, found himself gasping for breath while running one afternoon. The marathon runner was taken to the Barnes emergency room—wheezing and unable to breathe. A respiratory therapist performed pulmonary function tests which showed that Charles had a severely decreased air-flow rate. The therapist administered an aerosol treatment with a bronchodilator to relax the bronchial muscles. Charles had no previous history of asthma.

40-year-old Mildred was admitted to Barnes as a surgery patient. Following her operation, she was taken to the surgical intensive care unit where a mechanical ventilator aided her breathing. Respiratory therapists assisted nursing and medical staff in the delivery of care so that Mildred could, within a few weeks, return home to her husband and children.



Equipment technician Gracie Stevenson is responsible for cleaning and disinfecting various RT equipment including ventilator parts and ambu-bags. The units are placed at 170° Fahrenheit for 30 minutes and then transferred to a dryer. When dry, the equipment is packaged in sterile storage bags.



CRR T Sue Banks, in sterile gown and gloves, checks on the mechanical ventilator of surgical intensive care unit patient Rickie Vick. An average of 21 ventilators are in use every day at Barnes to help patients breathe better.

Charles and Mildred's treatments are just two of 96,536 various breathing treatments administered by the Barnes respiratory therapy department in 1981. The 87-member department is primarily responsible for helping patients breathe better whether they are in the emergency room, an intensive care unit or one of the general patient care areas.

Respiratory and chest therapists are an integral part of the hospital's health care team, believes Dr. William D. Owens, medical director of the respiratory therapy department and Barnes/WU anesthesiologist. "Working under the supervision and guidance of a physician, these therapists aid in determining diagnosis and administer appropriate treatment for acute and chronic pulmonary or cardiovascular disorders," said Dr. Owens.

"Respiratory therapy is a health care specialty which, under medical direction is concerned with the assessment, treatment, management, control, diagnostic evaluation and care of patients with deficiencies and abnormalities of the cardio-pulmonary system," continued Dr. Owens.

Respiratory therapists include registered and certified therapists and technicians. They are responsible for initiating proper therapy per the physician's orders, as well as maintaining each piece of equipment.

"The role of the therapist is to help the patient regain breathing mechanics using various therapies and by developing a rapport with the patient," Dr. Owens said. "Patient-therapist interaction includes not only relieving constricted airways but also helping the patient to mobilize sputum and to learn to breathe properly."

Respiratory problems range from chronic obstructive pulmonary disease such as emphysema to respiratory failure and include medical condi-



Working under the supervision and guidance of a physician, appropriate treatment for acute and chronic pulmonary or cardiovascular

# y Therapy: ter Breathing

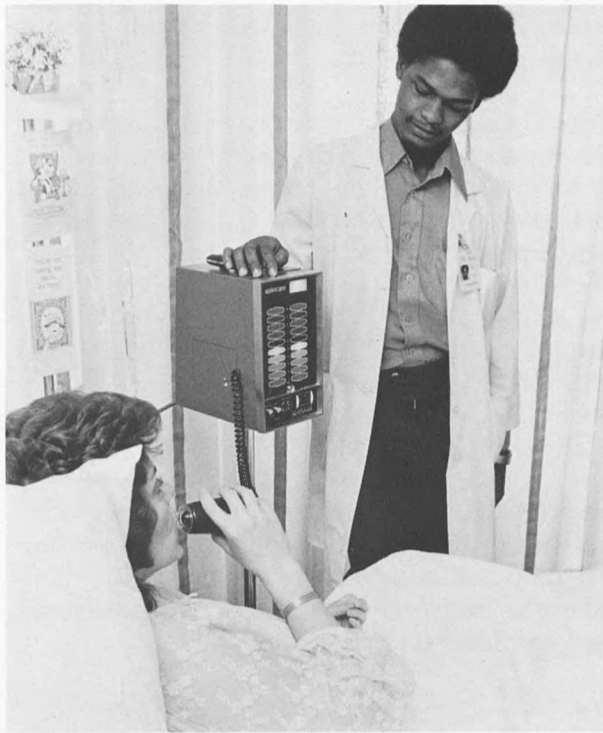
tions such as atelectasis, which occurs most commonly in the post-operative period. Mechanical ventilators and a wide range of therapies are available to help patients breathe better. Incentive spirometry and deep breathing maneuvers are used to help prevent atelectasis and pneumonia after surgery. "This portable spirometer usually includes visual goals—a series of lights that measure inhalation activity—which serve as an incentive to breathe to keep clear the lungs of abdominal surgery patients who may be reluctant to do so otherwise because of the pain at the incision site associated with movement," said technical director Bob Karsch.

Chest therapy, which is the procedure of placing the patient in specific positions, allows gravity to help drain excess sputum to large airways where it is easier for the patient to cough it up. Besides positioning of the patient percussion "rapping" or vibration is sometimes performed over the affected areas of the lung; this also aids the patient in coughing up the sputum.

Any patient who has difficulty in clearing sputum from the lungs is a candidate for chest therapy. These patients can be from any age group and their condition may be either acute (difficulty clearing sputum postoperatively) or chronic (emphysema, chronic bronchitis, cystic fibrosis, etc).

For the chronic patient, chest therapy not only is utilized in the hospital, but is also required for the patient at home. Therapists then help in the education and training of the patient or family members who can deliver this therapy at home.

Chest therapy, under the direction of Dottie Millard, RN, has expanded to include treatments 16 hours a day, 7 days a week. When Barnes initially took over these duties from Irene Walter Johnson Institute in 1979, chest therapy was available on only one shift a day. In 1981, 30,268 treatments were administered, which was a substantial in-



*GYN surgery patient Suzan Reinhardt is prompted by respiratory therapy technician I Reginald Lathern to "suck in" enough air to light up Level 5 on the portable incentive spirometer. The unit, which is left by Suzan's bedside 24 hours a day, serves as an incentive to breathe deeper to help keep the lungs clear and to aid in the prevention of pneumonia.*

crease over 26,673 treatments in 1980, and 14,888 in 1979.

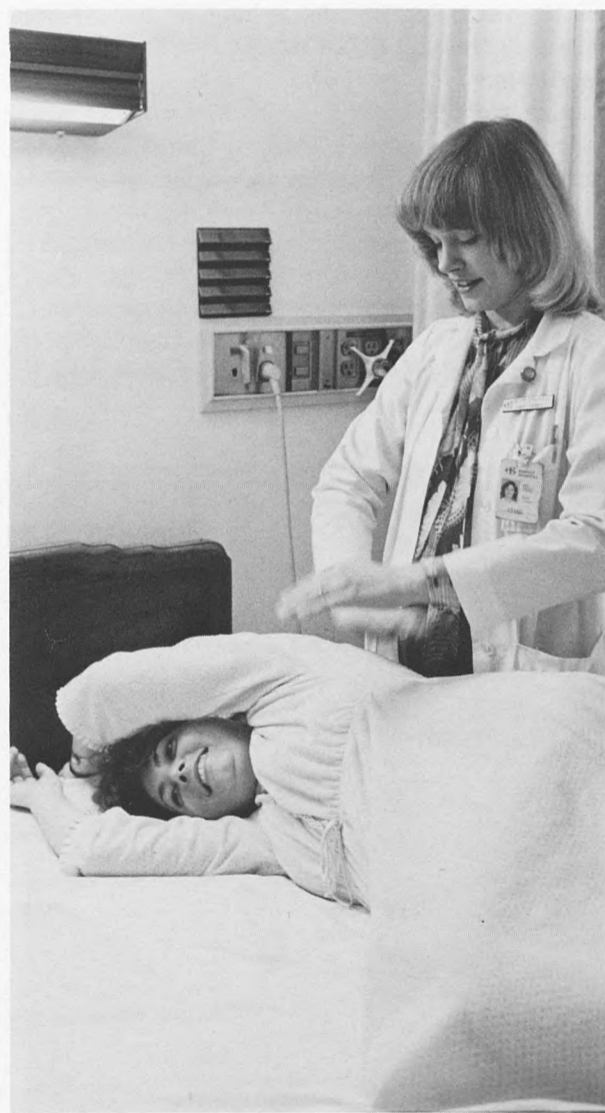
Aerosol bronchodilator therapy relaxes the smooth muscle in the respiratory tract, the pulmonary function screening test is a diagnostic tool that measures lung volume and flow rates. The results are used by physicians to make further diagnosis and rational therapeutic decisions.

The respiratory therapy department has doubled its patient load in two years' time. In 1979, 39,341 treatments were given. This grew to 71,634 in 1980, and 96,536 in 1981.

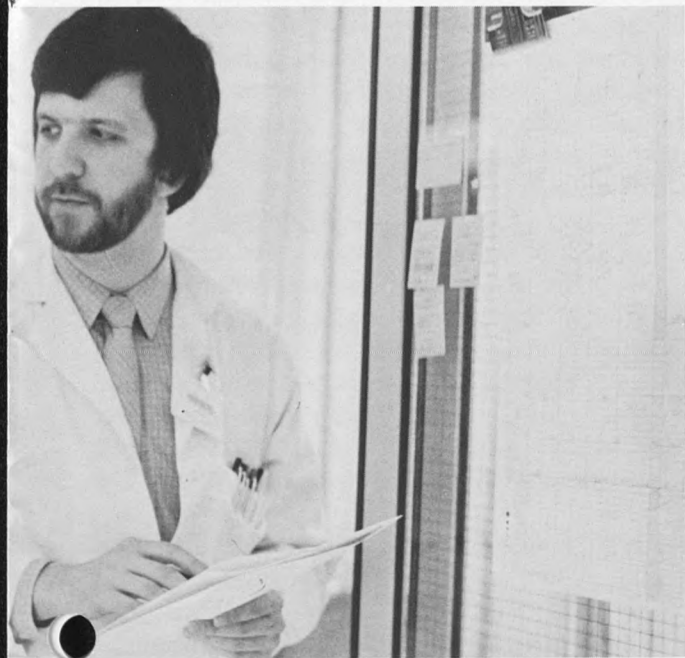
Mr. Karsch attributes much of this growth to the fact that Barnes Hospital is seeing more acute patients and has a high percentage of intensive care beds. He noted that mechanical ventilator use is up over 15 percent from 1980. "In 1981, we averaged 21 ventilators in use per day as compared to only 10 in 1979," he said.

While Barnes' primary objective is to serve adult patients, Mr. Karsch said that in February his staff started to manage the mechanical ventilator and the oxygen needs of pediatric patients in the cardiothoracic ICU after open heart surgery.

Respiratory therapy has an unlimited future if one looks at the field from a historical reference, believes Dr. Owens. "Years ago, respiratory therapy consisted of orderlies wheeling oxygen tanks around the hospital. Now, it has moved to the study of the modalities of therapy and disease processes of the patients who utilize respiratory therapy services," he said.



*RRT Devon Ising uses percussion "rapping" and postural drainage—a form of chest therapy—to aid in dislodging sputum from the walls of the lungs and airways so that it can be coughed up by triad asthma patient Deborah Hale. Deborah undergoes therapy three to four times a day during hospitalization.*



*Therapists aid in determining diagnosis and administer appropriate therapy for cardiovascular disorders.*

# SNOWBOUND

The moderate drizzle that had been falling throughout the city on Saturday, January 30, turned to a heavy snowfall by early evening. By midnight, the entire city of St. Louis and its surrounding areas were a blanket of white. By mid-afternoon of the following day, when the snow diminished to flurries, 13 to 20 inches of the white stuff covered the ground with drifts, in some places, as high as five feet.

Traffic stopped. Highways closed. Schools and businesses cancelled operations. Barnes Hospital kept on caring in spite of the storm, considered to be the worst in 70 years.

It is impossible to name all the employees who willingly pitched in during "The Big Snow" to provide the quality care characteristically given to Barnes patients. This article will highlight only a few of the employees who went above and beyond the call of duty. Their efforts are examples of the many who worked more than 24 hours, volunteered their four-wheel drive vehicles to bring snowbound key personnel to the hospital, trudged through drifts to get here, and unselfishly stepped out of their job descriptions to ensure that the business of running a hospital kept on its steady course.

Nursing service, administrators, plant engineering, admitting, dietary and other employees worked around the clock, filling in for those unable to dig themselves out of their driveways. Assistant head nurse on 6200 Joyce Tucker, who put in almost 24 hours, said, "People really pulled together. Everyone was conscious of the shortages and patients were our primary concern. It was tiring for me, as well as the others, but it really wasn't bad. Overall, it was a positive experience."

Operating room nurses brought themselves and their suitcases on Sunday anticipating a busy Monday and Tuesday in the operating room. The normal Monday schedule of patients for surgery is 75. Only 25 were performed on that Monday, but not because of insufficient nursing personnel. Patients could not make it to the hospital and doctors cancelled many cases. Tuesday's schedule was back to normal.



Babies didn't wait for the snow to melt to be born. All three nurseries kept busy during the storm, caring for their small patients. Premie nursery RNs Rita McClen-ton and Kathie Johnson worked back-to-back shifts during the snow days.

Sherlyn Hailstone, associate director of nursing, spent over 25 hours on duty at the hospital. "We couldn't have done so well without the patients who were so understanding. They certainly made a bad situation a lot better and easier to cope with.

Other heroes of the storm were the Barnes employees and volunteers from throughout the city who offered their time and four-wheel drive vehicles to transport snowbound employees to the hospital.

Assistant administrator Mark Weber borrowed his father-in-law's four-wheel drive vehicle. From Sunday afternoon until late Monday night, with only a few hours rest in-between, he accumulated 330 miles with his retrieval efforts. Mr. Weber was also responsible for coordinating the routes of other volunteer drivers. During Sunday and Monday, an average of four to ten vehicles were on the roads transporting key employees to the hospital and running emergency errands.

Fred Allshouse, husband of 13100 head nurse Barbara Allshouse, made sure his wife's division was fully staffed by using their four-wheel drive vehicle to transport 13100 employees and others back and forth to the hospital.

One four-wheel driver working for Barnes Hospital in South County came across an emergency vehicle stuck in a drift. The crew and patient were rescued by the driver and taken to their destination hospital, St. Anthony's.

Early Monday, Pevely Dairy, lacking drivers, notified the hospital that if we could get a vehicle there, they would help fill the day's milk order and load the truck. Executive vice-president Max Poll and vice-president Bob McAuliffe arranged for a four-wheel driver to pick the milk up on Grand Ave. and bring it to the front of the East Pavilion. Upon its arrival, Mr. Poll rolled up his sleeves and began helping to unload the 1200 1/2-pints and wheeling the milk to dietary for use on patient trays.

Dietary is staffed by 325 employees who serve more than 2 million meals to patients and employees each year. Education and training's Linda Knight, Winston Vaughn and other payroll staffers, as well as auditing personnel, assisted dietary in dishing food on trays and helped deliver trays to patients. Also lending a hand in the kitchen volunteer spirit were Dave Gobberdiel and Denny Galati, husbands of Barnes dietitians Linda Gobberdiel and Lisa Galati. These volunteers and staff members enabled all three meals to be prepared and served to those hospitalized and snowbound here.

Admitting staffers including their volunteer Ed Akers, spent many long hours at the hospital to guarantee a smooth admission of each patient entering the hospital during the snow days.

When driving was out of the question in some areas of the city where employees live, walking was the answer. Housekeeping employees Allen and Alberta Williams trekked from 5033 Enright to the hospital. Willie Jeffries also made it through the drifts from Cabanne.

Laundry worker Ledora Surgeon walked from the 4000 block of Cote Brillante with her neigh-



Keith McQueen, plant engineering, was just one of the Barnes four-wheel drivers who gave their time and equipment to transport doctors, nurses and supplies to the hospital.

bor, Agnes Soll, 12100 unit clerk. The two were offered a ride from a doctor when they had almost reached Euclid and Parkview Avenues. They accepted, grateful for a few moments warmth.

A horse and buggy rather than his car might have proved more successful for Dr. Michael Gast, Barnes/WU ob-gyn, on that stormy Saturday night. "I received a call at home around midnight informing me that one of my patients was on labor and delivery," said Dr. Gast. "First, I had to dig my way out of the driveway, then backing out, I slid into my neighbor's car parked on the street. When I got dug out again, I managed to make it as far as Forest Park but got stuck behind two other snow-trapped cars. I had no other choice but to abandon my car and walk the rest of the way to the hospital. By the next morning, my car was buried in snow and I had to hitch-hike home."

Although admissions were low and the hospital generally quiet during the snow days, the Wishing Well gift shop did a booming business to those who were here. Geneva Keller, supervisor, and Wishing Well volunteer chairman Maisie Breckenridge handled the numerous orders for toiletries, snacks and clothing. Volunteer director Debbie Bobinette and her secretary Robin Snyder donned pink smocks and filled in as salespersons.

Patients were not the only ones sleeping in hospital beds during the snow days. The nursing staff office coordinated sleeping arrangements for all employees, visitors and volunteers who stayed at the hospital. Empty patient rooms, classrooms, nurses residence rooms, floors of lounges and some Queeny Tower hotel rooms were sleep retreats for many people snowbound at Barnes.

The situations are innumerable. The names are endless. The acts of selflessness, unforgettable. As a token of appreciation, hospital administration announced February 4 that anyone who worked a shift or more between 7 a.m. Sunday, January 31, and 7 a.m. Tuesday, February 2, was to be awarded either a day off or \$50 according to individual wishes.

The snowbound days of early 1982 will be remembered not only as a time when record snowfall made its mark in the history of St. Louis, but as a time in Barnes' history when employees joined together in adverse conditions to provide the best possible care for their patients.

## Dr. McDowell dies; was plastic surgeon

Barnes recently learned of the death of Dr. Frank McDowell, a former member of the Barnes/WU plastic surgery staff, who died July 3, 1981. He was born in 1911.

Dr. McDowell resigned his position at Barnes in 1969 after taking a leave of absence to Honolulu, Hawaii, in 1966. In 1954, he served as president of what is now called the Barnes Hospital Society. Dr. McDowell was named an assistant plastic surgeon in October, 1939. He was graduated from the Washington University School of Medicine in 1936 and served an internship and residency at Barnes from 1936 to 1939.

## Gifts to Barnes Hospital

Listed below are the names of persons (honorees in **boldface**) who have made contributions during the period January 12 to February 11 to the 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:

**Marie S. Shanley**  
M/M Philip L. Moss

#### Patricia Gruetzemacher

Jerry, Ann & Jon Marks  
M/M William Gruetzemacher  
Bill Gruetzemacher, III & Family

#### William H. Armstrong

Louise M. Bartlett  
Edwin B. Meissner, Jr.

#### Mrs. Marshall Webster

Barnes Hospital Auxiliary

#### Mrs. John R. Sloan

Shirley Irvin

#### Frank Sheldon

Louise M. Bartlett

#### IN HONOR OF:

**Joseph Dreyer's**  
**Graduation**  
Susan Bartels

#### Ervin Weil's Birthday

Leonard & Rosalie  
Hornbein

#### Terrye Balin's Speedy Recovery

Rosemary Harris

#### Joseph Floret's Birthday

Helen & Jerry Flexner

#### Meyer Kopolow's Speedy Recovery

M/M William R. Klein

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Maxine P. Dallman  
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Henry Rauch  
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Renee Vitali  
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Mrs. Earl Bumiller

**IN MEMORY OF:**  
**Thomas Dillard**  
Mrs. Burlis Dillard

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Edna Pritchett

**J. H. & Ruth S. Drucker**  
Rose Sheffler

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Mrs. Hope Komm

**Miss Clara Friedman**  
Mrs. Hope Komm

#### IN MEMORY OF:

**M/M Frank Flotken's**  
**Father**  
Mrs. Hope Komm

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### Cancer Fund

**IN MEMORY OF:**  
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**Father**  
Richard, Mary & Angela  
Patterson

**Barnes**  
**Bulletin**

March, 1982

Published monthly for employees, doctors, volunteers, Auxilians, donors, former and retired employees, patients and other friends of Barnes Hospital. Available at no charge by contacting the Public Relations Office, Barnes Hospital, Barnes Hospital Plaza, St. Louis, Mo. 63110, (314) 454-3515. Circulation: 13,000 copies.

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**Daisy Shepard, Director**

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## Open-heart program helps calm fears

Helping Barnes open-heart surgery patients and their families overcome fears of surgery and the postoperative period is the major goal of the Open-Heart Surgery Patient Education program that began last May.

The program, which is taught by nursing, social work and dietetics on 2200 and 2300, affords patients and their families the opportunity to talk about their fears and get answers to questions during the informal classroom meetings.

Sessions include discussions on stress, home care routines, medications, proper eating habits and heart function, disease and surgery. A model is used to explain the heart's function and describe what happens during surgery.

"Many of our patients and their families do not have a clear understanding of what the surgery entailed or how to take care of themselves properly postoperatively. When patients see there are others who have the same questions and fears, it makes them realize these are normal and offers them an opportunity to express these feelings," said Anna O'Donald, 2300 ICU nurse and program instructor. "The ultimate goal is that each patient leave the hospital without fear or anxiety," she said.

## Barnes Bulletin

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## Barnes/WU undertakes mental health survey

The St. Louis Health Survey, a study to determine future needs for mental health services in St. Louis, is being conducted by eight Barnes/WU psychiatrists to assess the frequency of psychiatric disorders in the general population by interviewing between 3,000 and 4,000 persons in the metropolitan area.

Drs. John Helzer, Barnes/WU psychiatrist, and Lee Robins, WU professor of sociology, developed the questions for the Epidemiologic Catchment Area (ECA) nationwide project funded by the National Institute for Mental Health. According to Dr. Helzer, after the results of the Diagnostic Interview Schedule are tabulated, the information will be used to plan more effectively for mental health services and will give psychiatrists and the U.S. government a better idea of how and where to allocate mental health resources. "Survey results will give us a clearer picture of where funds are needed," he said.

Other ECA sites include Yale University in New Haven, Connecticut, Johns Hopkins in Baltimore, Maryland, Duke University in Durham, North Carolina, and UCLA in Los Angeles, California.

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Barnes Hospital, St. Louis, Mo.

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