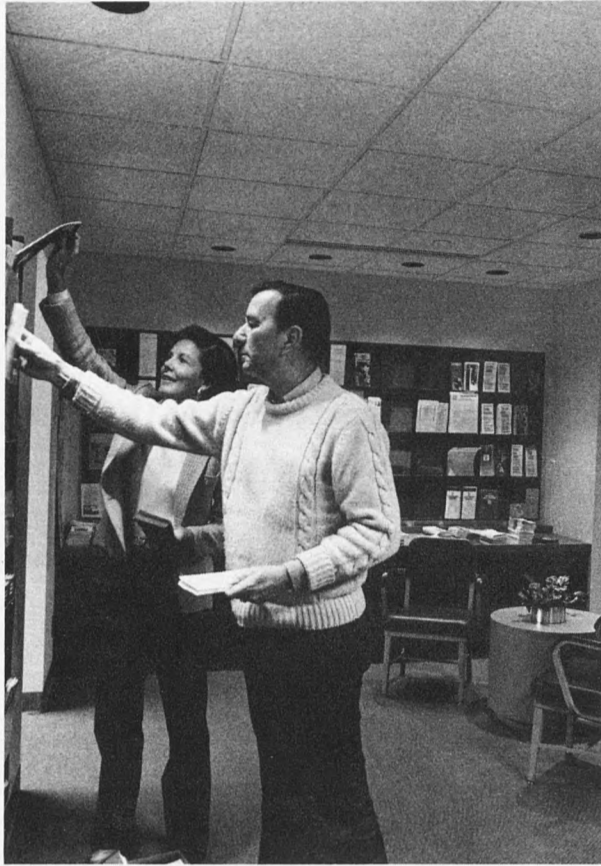


# Bulletin <sup>Barnes</sup>

Barnes Hospital, St. Louis, Mo.  
March, 1984, Vol. XXXVIII, No. 3



Volunteers Sally Hermann and Bill Farrelly stock shelves in the new Cancer Information Center which opened last month on the first floor of Barnard. Mrs. Hermann is the CIC's director.

## New Cancer Info Center, vending area open

The first phase of a plan to relieve congestion in the heavily trafficked corridor on the first floor of Barnard Hospital building and to upgrade its appearance was completed last month as the Cancer Information Center moved into its new quarters and a new vending area opened.

The new CIC facility features an aqua color scheme and attractive display units for the various informational brochures, pamphlets, books and posters it keeps on different aspects of cancer research, diagnosis and care. A second room houses medical journals and texts and audiovisual equipment that can be used as resource material by the hospital's professional staff.

The CIC is staffed by Barnes volunteers, many of whom have waged personal battles against cancer, and is now open from 9 a.m. to 4 p.m., Monday through Friday, with varying hours for Saturdays. (For more information, call 362-7844.)

The new vending area houses 13 machines that offer a wide variety of snacks and beverages and provides seating for approximately 18 people. Warm, bright colors create a relaxing and comfortable atmosphere for Barnes patrons, who may want a quiet place to grab a quick bite to eat. The vending machines were moved into the area from the Barnard corridor to help ease the traffic bottleneck that often occurred there.

**Front cover:** Dr. Jerome Levy poses with one of the custom-made quilts he designed. Dr. Levy discovered quilts about three or four years ago when his secretary gave him one her father had had as a child. He has been researching and designing patterns for quilts ever since and has quilters scattered across Missouri and Illinois who complete his projects. (See center-spread.)

## Barnes 1984: Meeting the challenges of a volatile industry

The times are "a changing" for hospitals in 1984, as sweeping reductions in government reimbursement and alterations in private insurers' payment plans are implemented. These changes, coupled with rising equipment costs and an overabundance of hospital beds and doctors, are putting a financial squeeze on hospitals nationwide and have already resulted in two casualties locally with the sale of the south side's Lutheran Hospital to a for-profit chain and the closing of Community Hospital in East St. Louis, Illinois.

Barnes is not immune to these forces. The laws of supply and demand in an overbedded city and the nation's swing from a socially-driven health care system where medical treatment was the right of all and the duty of the government to pay for to a price-driven system where the burden to pay rests on the provider of care and the individual is issuing new challenges to Barnes administrators, managers and employees.

Cost-effective delivery of quality care through careful use of resources and efficient performance of all the hospital staffs continues to head Barnes' list of objectives. While other hospitals may have to close their doors or curtail services, Barnes intends to continue to serve as one of the world's pre-eminent providers of health care, engaging in a full range of services, including primary, secondary and tertiary acute patient care.

"Barnes is a national resource," says hospital president Robert E. Frank. "We need to maintain the full spectrum of care available here because Barnes is more than just hospital beds, it has a scope of teaching, clinical research and tertiary care that you simply can't get anywhere else in this area."

To accomplish this goal, Barnes is developing new avenues of cooperation and shared services with outlying doctors' offices and hospitals, according to Mr. Frank: "The plan is to establish partnerships with outlying hospitals in Missouri and Illinois (the area from which we draw the majority of our patients) to create a friendly atmosphere

and a network for referrals to Barnes when patients being treated there need tertiary care."

Barnes is also working with the Medical Care Group of St. Louis (MCG), a health maintenance organization affiliated with the Washington University Medical Center, to promote referrals for tertiary care and to establish independent practice associations (IPAs). As part of Barnes IPA, doctors will be guaranteed a certain number of patients and the marketing of their services. They in turn will hospitalize their patients at Barnes when inpatient treatment becomes necessary.

Other avenues for developing new patient markets are being pursued through affiliation with the Voluntary Hospitals of America, an organization comprised of more than 50 private, non-profit institutions nationwide, and the establishment of preferred provider relationships with area corporations. Through the VHA, Barnes gains the economies of scale and capital formation capabilities previously afforded only to national, for-profit hospital chains. The VHA also provides large-scale management resources such as national cost-comparison studies.

Various hospital departments will also be joining in this massive outreach program during 1984 as they begin to market their services and expertise to outlying doctors' offices and institutions. The cardiac diagnostic laboratory is already establishing an electrocardiogram (ECG) analysis program via telephone hook-up with its new, state-of-the-art computer system. In addition, the diagnostic labs will soon be sharing their testing capabilities. These arrangements not only benefit the outlying institution or doctor by providing access to Barnes technology and medical expertise, but they serve Barnes as well by furnishing a referral conduit for patients who require tertiary care.

Yet the most technologically advanced facilities are only as good as the people who run them. Subsequently, many of the hospital's goals and objectives

(continued on page 2)

## Barnes 1984

(continued from page 1)

center around Barnes employees, who will play an increasingly important role in the marketing of our services. A management development program is now being investigated and should come to fruition in 1984, along with new performance and productivity appraisals and a revamped merit increase program. The quality of working life will continue to be a concern, as employees are encouraged to participate in seminars, workshops and social activities that increase employee pride and add to the enjoyment of the average work day.

"Our employees are the biggest reason that Barnes is in as good a position as it is," says Mr. Frank. "Their hard work, dedication, innovation and loyalty have served this institution well and will continue to serve it well in the future."

1984 promises to be a challenging year for Barnes and other area hospitals. Through careful planning, sound management and innovative marketing strategies, Barnes is ready, willing and able to meet the future in the volatile arena of today's health care industry. While some of George Orwell's gloomy predictions of assembly line medicine in 1984 may come true, at Barnes, the same quality of world-class patient care will continue to be offered at a rate that is comparable to other institutions in the St. Louis area. It is not a slight goal, nor will it be a small accomplishment when this year's objectives have been met and the time comes to chart the hospital's course for 1985.

### Free booklet discusses heart disease/surgery

Barnes is offering a special informational booklet on heart disease and open-heart surgery that sheds light on the nation's number one killer and highlights the latest advances in medical and surgical treatment.

The free booklet, which was produced in commemoration of the twenty-fifth anniversary of open-heart surgery at Barnes, includes information on how the heart functions and how it fails, symptoms of heart attack, signals of heart disease, new open-heart surgery techniques, breakthroughs in heart medication, treatment without surgery, methods of diagnostic testing and the importance of the cardiology team. To obtain a free copy, call the public relations department at 362-5290.

### Barnes scouting post explores health careers

Thirty-five area students ranging in age from 14 to 21 are gaining insight into health care careers through the Barnes Hospital medical explorer post, which was recently named an honor unit by the Boy Scouts of America for the second straight year.

The group holds bi-monthly meetings at which guest speakers cover such topics as forensic medicine, medical and nursing school requirements and standards, cardiopulmonary resuscitation and the birthing process. The post also is encouraged to participate in community projects and events such as visiting nursing homes and logging miles in area bike-a-thons. Weekend camping trips and an annual summer float trip are also planned.

Thom Schamberger, an instructor with the department of education and training, serves as the group's advisor, along with fellow DET instructor Patti Crimmins, registered nurse Val Danner and Dr. Robert M. Bruce, Barnes/WU physician. Hospital president Robert E. Frank serves as the group's executive officer.



Award-winning nursing school graduate Leatha Walden Ross has joined Barnes as a staff nurse on one of the general surgery floors (fifth floor Rand Johnson).

### Nursing graduates start careers at alma mater

More than three-fourths of the 77 students who graduated from the Barnes Hospital School of Nursing January 28 are going to begin their professional careers at their alma mater. This figure includes seven of the eight outstanding students who received special awards for excellence in nursing at the graduation ceremonies, which were held before a capacity crowd in Washington University's Graham Chapel.

Altogether, 49 graduates (including those who completed their academic requirements early in November) have joined Barnes. Five of the graduates have joined the nursing service "float pool," which assigns nurses to areas that are temporarily in need of more staff members. These graduates will receive permanent assignments as openings become available.

Also included in this number are seven of those students who were honored during the graduation ceremonies: Leatha Walden Ross, Lisa Anne Stephens, Frederick Daniel Wheeler, Jane Cleo Lutz, Haley Louise Guthrie, Donna Marie Clancy and Kathleen Marie Clancy.

Ms. Ross received the coveted Glover M. Copher Award from hospital president Robert E. Frank in honor of her academic record, clinical performance and contributions to the overall student program. (The \$1,500 Copher Award is given to further the nursing education of the recipient.) In addition to the Copher Award, Ms. Ross also received three awards from Barnes Hospital Auxiliary president Mary Ann Fritschle for excellence in maternity and psychiatric nursing (\$100 each), and for ranking second in her class academically (\$200).

Ms. Stephens received the first Liz Rosenbaum Award, which was established by Dr. Herbert Rosenbaum, Barnes/WU psychiatrist, in honor of his late wife to recognize the student who has best exemplified the caring attitude of Mrs. Rosenbaum and who has a special interest in psychiatric nursing. The \$500 award was presented by Mrs. Rosenbaum's mother, Adele Burns.

Mr. Wheeler and Ms. Lutz were honored with the second annual Sharon O'Berto Morad Awards, which were established last year by Dr. David Morad, Jr., formerly of Barnes' staff, in memory of his wife. Mrs. Morad worked in the hospital's cardiothoracic intensive care unit until her death in 1982 of cancer. The Morad awards honor those

students who "care for patients as people, not as cases," and were presented by Barnes assistant administrator Jim Hubbard.

In addition to Ms. Ross, two other graduates received \$100 Auxiliary awards for outstanding accomplishments in specific nursing fields. Haley Louise Guthrie was honored for excellence in medical-surgical nursing, while Lila Seaton Noble was recognized for excellence in the nursing of children. Ms. Noble was the only honoree not to join Barnes nursing staff.

The final new nursing staff members who received awards from the Auxiliary are Donna Marie Clancy, who ranked first in the 1984 graduating class, and Kathleen Marie Clancy, who finished third in the class. They received awards of \$300 and \$100, respectively.

### Barnes opens facility for outpatient transfusion

In an effort to meet the needs of chronically anemic, leukemic and bone marrow transplant patients and others who require periodic transfusions of blood and blood products, the diagnostic laboratories have opened a new outpatient transfusion facility.

The new facility is located adjacent to the Blood Bank (in the area formerly occupied by the Red Cross Blood Donor Substation) and houses four transfusion chairs, one pheresis chair and one hospital bed. New wallpaper, floor tile and privacy dividers, plus end tables, lamps and a television set help create a comfortable, home-like atmosphere for patients whose transfusions can last anywhere from two to six or seven hours.

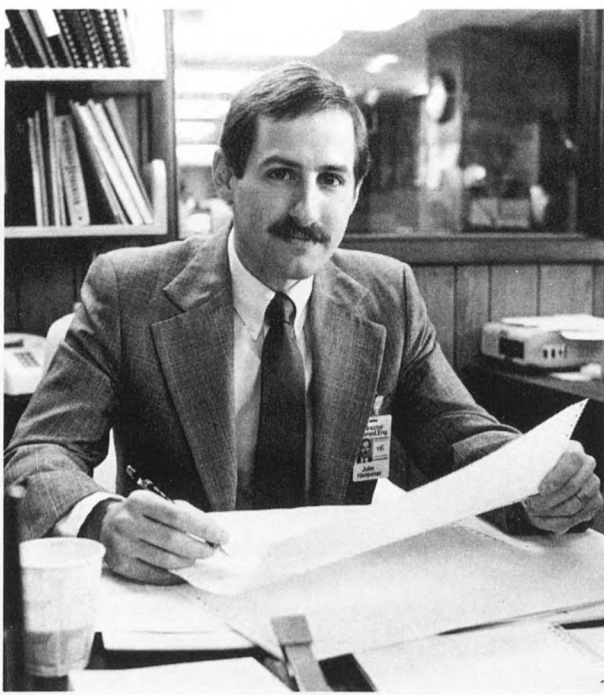
Nurses from the Blood Bank's hemopheresis area are staffing the new center, which is open from 8 a.m. to 4:30 p.m., Monday through Friday. (Weekend hours are available by special arrangement.) Medical expertise and emergency back-up services are provided by laboratory medicine residents, fellows and senior staff members.

"The main purpose of the facility is to meet the needs of patients who require continued, periodic transfusions," says Mel Rosche, Blood Bank chief technologist. Previously, outpatient transfusions were handled through readmission to the hospital for a short period of time, in the emergency department or outpatient chemotherapy clinic operated by the Washington University School of Medicine or in the doctor's office.

"None of these other areas are really equipped to meet the needs of these transfusion patients," says Ms. Rosche. "The new facility provides a more comfortable environment for patients, while its proximity to the Blood Bank eliminates the need for dispatchers to transport blood products to other locations within the complex."

"Barnes has needed a first class facility such as this one for a long time," agrees Dr. Virgil Loeb, Jr., the Barnes/WU oncologist who was instrumental in getting the outpatient transfusion service into operation. "Now patients can be scheduled on a regular basis to have their transfusions in pleasant surroundings where the professional talent is readily available to administer treatment, take care of any reactions and relieve any fears and anxieties the patient may have."

The equipment and furnishings for the outpatient transfusion facility were paid for through donations made to a fund established in memory of Alvin N. Lasky, a patient of Dr. Loeb's who died of cancer here in 1982. Formal dedication ceremonies will be held later this month and will include the unveiling of a plaque commemorating Mr. Lasky and the generous contributions of his family and friends.



John Hanpeter, Barnes new biomedical engineering director, takes a brief pause from work.

## Hanpeter to direct biomedical engineering

John A. Hanpeter, Jr., formerly of the Veterans Administration Medical Center in St. Louis, has been named director of Barnes Hospital's biomedical engineering department. His responsibilities will include overseeing all biomedical instrumentation and systems.

Mr. Hanpeter comes to Barnes from the VA, where he served as a biomedical (clinical) engineer, providing administrative and technical support for 14 biomedical engineering technicians and other staff members. He was nominated for the VA Outstanding Biomedical Engineer of the Year in 1981 and has applied for a patent as a co-investigator for an electronic patient medication compliance monitoring device.

Mr. Hanpeter's educational background includes a bachelor of science degree with honors in electrical engineering from the University of Missouri in Columbia, and a master of science degree in electrical engineering from Washington University with a certificate in Technology in Health Care. He replaces former BME director Ray Adams, who retired in December, 1983, after more than 12 years of service to Barnes.

## New A/EEG service aids seizure diagnosis

Persons suffering from infrequent or hard-to-diagnose seizures are benefiting from a new ambulatory electroencephalogram (A/EEG) service now being offered through the department of neurology's recently renovated EEG Laboratory located on the eleventh floor of the East Pavilion.

The 9-channel, 24-hour A/EEG gives doctors a more accurate record of infrequent bouts of abnormal behavior or loss of consciousness by monitoring patients during their normal home activities for a prolonged period of time. This information aids doctors in differentiating between syncope (fainting), related to circulatory problems, pseudo-seizures, caused by emotional problems, and true seizures, caused by disturbances in the brain's electrical activity. The A/EEG is also particularly effective in diagnosing petit mal seizures versus psychomotor lapses, both of which cause similar behavioral changes and yet require markedly different treatment and medicine.

During A/EEG, eight electrodes are painlessly attached to different locations on the patient's scalp. One of the channels may be used to record an electrocardiogram (ECG) if there is a suspected heart rhythm problem, while the ninth channel

marks the time at one-second intervals. This channel also allows a patient or family member to electronically "mark" an event of syncope, seizure or other behavioral change for later review by their doctor.

Barnes is the first hospital in the city and one of the first in the country to offer this improved technology, which also may be used on an inpatient basis in conjunction with close-circuit TV monitoring for those patients whose episodes of possible seizures have not been satisfactorily diagnosed after standard awake, asleep and nasopharyngeal EEG recordings have been performed. (Most combined TV monitoring and A/EEG recordings last six hours.)

A/EEG cannot replace the standard, one-hour EEG laboratory recording, however. "Most patients can be diagnosed through the standard EEG recording," says Dr. Lawrence A. Coben, Barnes/WU neurologist and director of the EEG Laboratory. "However, a relatively small number of patients will not show any abnormality during this time. The A/EEG gives us a chance to monitor brain wave activity for 24 hours in a more realistic setting and allows us to detect abnormalities that we might have missed in the shorter recordings."

## Barnes to participate in upcoming health fairs

Barnes Hospital has been asked to participate in two upcoming health fairs in the St. Louis area, including one for employees of The C.V. Mosby Company and a Baby Fair at Stix, Baer & Fuller's Chesterfield Mall store.

On March 14, a large contingent of Barnes staff members representing several departments will perform screenings ranging from blood pressure to oral cancer checks and from blood chemistry profiles to pulmonary function tests. In addition, representatives of two breast cancer support programs, Reach to Recovery and S.H.A.R.E. (Support Has A Reinforcing Effect), will teach breast self exam and distribute literature about the disease, while Barnes' employee assistance program coordinator, Linda Billington, will man an educational booth stocked with information on topics such as nutrition and weight control, fitness, stress and alcohol and substance abuse. A health counseling and referral service will also be provided.

At the Stix, Baer and Fuller Baby Fair, Barnes nursing service representatives will man a display and distribute information about obstetrical care, child care, parenting, sibling preparation and other related topics. Brochures on Barnes maternity services and programs will also be available, along with two free magazines on parenting and preparing for parenthood. Blood pressure checks will be performed upon request. Barnes is the only hospital in the area to be invited to participate in the fair, which also will include representatives from the La Leche League, Visiting Nurse Association, Missouri State Department of Nutrition and a local diaper service.

## Educational series on mental illness continues

"Why me?—coping with mental illness" will be the subject of a panel discussion that is being sponsored by the activity therapy department (AT) as part of its continuing educational series. The discussion will begin at 7 p.m., March 20, in the AT conference room on the 14th floor of the West Pavilion.

On April 10, Dr. Rashmi R. Nakra, Barnes/WU psychiatrist, will discuss "Understanding the Alzheimer's patient." Both sessions are free and open to patients, family members and the public.

## Hospital offering free body fat, blood tests

Free nutritional information, diet and exercise tips, arm skin fold tests that indicate an individual's percentage of body fat and free blood chemistry profiles will be available from 8 a.m. to 4 p.m., March 29-30, in the hospital's main East/West Pavilion lobby. The screenings are being offered by Barnes food and nutrition department and diagnostic laboratories in honor of National Nutrition Month, March 1-31.

During the two-day event, which is open to the public, Barnes registered dietitians will be on hand to help set individual nutrition health goals and to explain the meaning of the skin fold test which uses a highly accurate caliper to determine the percentage of body fat. Entry forms for the April 1 Nutri Run, sponsored by the American Dietetics Association, will also be available.

Participants will also be able to have a sample of blood drawn by Barnes phlebotomists for a free, 18-test blood chemistry profile. The results, which will include readings for glucose and cholesterol levels, will be sent to the individual's doctor. Information on the meaning of blood cholesterol and glucose levels and other tests will be available. For more information about the free screenings, call public relations at 362-5290.

## Construction begins on garage expansion

Construction should begin early this month on the subsurface garage expansion project, according to Robert Shircliff, Barnes vice-president. J. S. Alberici Construction Co., Inc., has been named general contractor for the project, which will increase the garage's parking capacity by 823.

The additional parking spaces will be constructed beyond the existing south wall of the three-level garage, which is located directly south of Barnes and is connected to the hospital by a subsurface walkway. The garage currently houses 1,208 parking spaces.

The \$10 million project should take about 16 months to complete and will generate an estimated \$50,000 a year for the city in income. Barnes has received a new 65-year lease for the property beneath Hudlin Park, which the hospital maintains as a service to the city. As part of the project, the park will be completely relandscaped, except for the existing tennis courts, which will remain available during daylight hours.

## Ileitis/Colitis group sponsors meetings

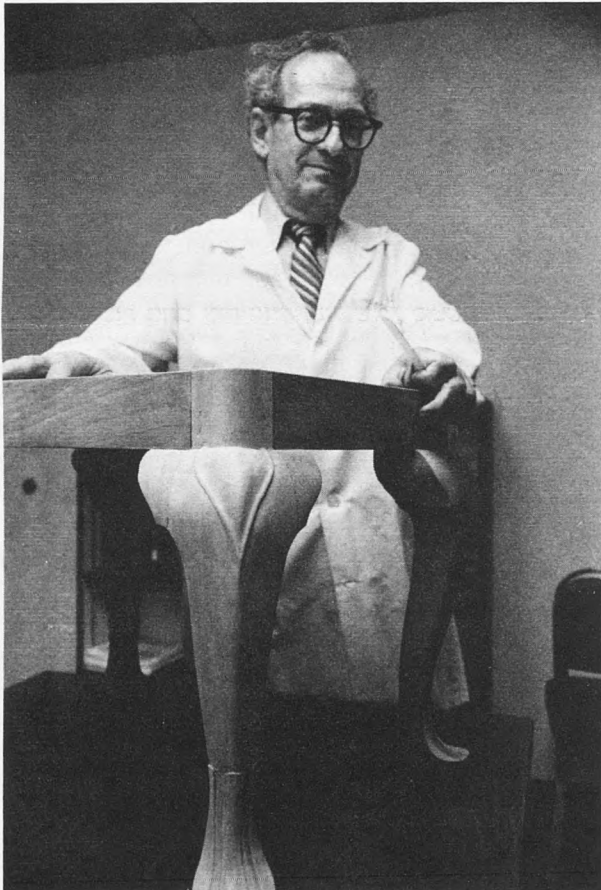
The St. Louis chapter for Ileitis and Colitis, a non-profit organization committed to funding vital research that someday may uncover the cause and lead to a cure of these debilitating diseases, is sponsoring a series of monthly educational meetings. Coping with a long-term illness and the psychological effects on patients and family members is the subject of the next meeting, which will begin at 2 p.m., March 25, in Barnes' East Pavilion auditorium.

Ileitis and colitis are serious, chronic digestive disorders of the small and large intestines that afflict more than two million Americans. Dr. William F. Stenson, Barnes/WU gastroenterologist, recently received a \$10,000 grant from the National Foundation for Ileitis and Colitis for his work in investigating the role of lipoxigenase products in the mediation of inflammatory bowel disease. The grant was made by the McDonnell Douglas Employee Charity and Community Services.

# Doctors



Dr. Walker made several new friends during his forays into the Peruvian forest, including this anteater. He and his wife undertook the journey as volunteers for an ecological research project. (Dr. Walker's other "hobby" is beekeeping.)



Dr. Joseph Levitt displays his craft, a handtooled and carved tea table.

## Doctor's Day

National Doctor's Day, first celebrated in this country in 1933, is March 30, and the Barnes Hospital Auxiliary will once again be passing out red carnations and serving coffee and donuts to the hospital's medical and surgical staff. Other activities are also planned to honor these men and women, who deserve a special thanks for making Barnes the special institution it is.

Since its opening in 1914, Barnes Hospital has always attracted top flight doctors to its staff. Through the ensuing years, much has been written about their pioneering work in diverse specialties such as open-heart surgery, burn care, cancer diagnosis and treatment, diabetes and kidney transplantation.

But what do these movers and shakers of the medical world do for relaxation? Do they swing the stereotypical golf club? Have a passion for sports cars, or travel to exotic places?

We did a little behind-the-scenes digging and came up with some interesting answers, ranging from crafts such as designing quilts and latch hooking rugs to a penchant for Japanese samurai swords and deep sea fishing. We hope you enjoy reading the following article as much as we enjoyed writing it.

—the Editor

Although Webster's New Collegiate Dictionary defines a hobby as the "pursuit outside of one's regular occupation engaged in for relaxation," Dr. Willard Walker, Barnes/WU vascular surgeon and president of the Barnes Hospital Society, takes a slightly different approach. He and his wife, Patsy, pursued their love of botany, birds and the great outdoors by taking a working "vacation" to the Tambopata Nature Reserve in southeastern Peru. For two grueling weeks, the Walkers arose before the crack of dawn to help the scientists in residence there collect the myriad of beetles and other bugs that fell from the jungle's tree canopy following a daily fogging of insecticide.

The Walkers undertook the journey as part of Earthwatch, an organization of volunteers who contribute numerous man hours of labor to ongo-

ing research projects scattered throughout the world. But why the Tambopata Nature Reserve, which is accessible only by river boat? "We both started asking each other that question once we arrived in Peru," jokes Dr. Walker. "It really was something we had wanted to do for a long time." Maybe it was the expedition's entry in *Earthwatch* magazine that caught their eye: "During the two-hour insect rain, volunteers will marvel at insects while patrolling trays to protect them from robber ants." (Oh boy!)

Other doctors on the Barnes/WU staff whose outside interests verge on the exotic include Dr. Richard E. Hayden, otolaryngologist, who has started a small collection of Japanese samurai swords and Dr. Robert C. Packman, physician, who has traveled throughout the world and is recognized as a gourmet cook. "I make a wonderful veal stew with fresh mint and tomatoes," says Dr. Packman, whose "lifelong interest in good food and drink" began developing into a serious sideline as a resident at Duke University Medical Center where he joined a small cooking club.

The names Courtois, Meramec, Huzzah, Yadkin Creek, Forsche Au Renault and Whittenberg Creek may signify a sampling of Missouri streams to most of us, but to Dr. A. Norman Arneson, Barnes/WU obstetrician/gynecologist, they represent the final products of his Peaceful Bend Vineyard, located just southwest of Steelville. The 10-acre farm, which also includes a timberyard and saw mill operated by his son, produces about 1,500 gallons of white, red, burgundy and rose wine each year.

Orthopedic surgeon Dr. Harry Morgan is another Barnes/WU staff member who doubles as a weekend farmer and country gentleman. Dr. Morgan



Latch hooking rugs and running have been favorite pastimes of Dr. Ronald Evens for several years. Here he is shown with two of his more recent projects, an enlarged seal of WUMS and the design for celebrating the 50th Anniversary of MIR, which he directs. The photograph was taken prior to a local "fun run."

# hobbies...

owns two rural properties, one of which includes a nursery that grows evergreens such as Christmas trees, holly and other plants. Dr. Morgan also operates a livestock farm in central Missouri that has been in his family, some of that region's earliest settlers, since 1818.

Many of the hospital's doctors are also avid collectors, whose acquisitions range from antique spectacles to museum quality contemporary art. Dr. Edward Okun, retina specialist, has a collection of more than 200 pairs of eye glasses ranging from pince nex split-glass bifocals dating from Benjamin Franklin's era to a tortoise shell lorgnette spectacle that was popularized by Napoleon. A large sampling of Dr. Okun's collection may be viewed in his office on the seventeenth floor of the West Pavilion. Many of his latest acquisitions are prized family heirlooms that have been given to him by grateful patients.

Ophthalmologists seem to have a passion for their specialty. Dr. Bernard Becker, Barnes ophthalmologist-in-chief and head of the department for the WUMS, has combined a love for reading and delight in browsing through libraries and rare book shops with his interest in the history of ophthalmology to form one of the most complete libraries on the subject. The Bernard Becker, M.D., Collection in Ophthalmology, donated to the Washington University School of Medicine Library in 1975, includes texts dating from as early as 1496. Dr. Becker is still adding to the 600 volumes-plus collection, which is housed in the library's rare book annex.

Dr. Harold J. Joseph, Barnes/WU gastroenterologist, has been developing his collection of contemporary art since his honeymoon in 1958, when he acquired his first watercolor. His interest in art now encompasses a full range of painting, graphics, ceramics and sculpture. He has served as program chairman for contemporary art at the St. Louis Art Museum, where he helped develop educational programs for the community. "I've always been sensitive to the visual arts," says Dr. Joseph, whose educational endeavors have extended to his West County office, which houses a few select pieces. "Many of my patients respond positively to the ambiance the art creates. The visual arts are so impressive."

The performing arts and in particular the music of Beethoven, Brahms, Schumann, Mozart and Haydn hold a special fascination for Dr. Ross Sommer, a Barnes/WU physician who revived a childhood interest in the violin about 14 years ago and has since started a chamber music group that meets at his home once a week. "We play the cream of the last quarter of the 18th Century to the late 19th Century," he says. "But it's just for our own enjoyment. We have no intentions of performing for others."

The childhood duty of reading Sherlock Holmes mystery novels to a younger brother led pathologist Dr. John Kissane to develop a lifelong love of literature and the Victorian era authors in particular. He and his brother, who is an English professor at a Grinnell College in Iowa, have collaborated on

one published article on the subject, "Sherlock Holmes and the Ritual of Reason." Dr. Kissane has published another article, "Two Victorians Look At Science," as well. "In many ways, the attitudes of Victorians toward science, war and other issues of the day paralleled what was going on in this country during the 1970s," says Dr. Kissane. "They too were enmeshed in an unpopular war. It's really interesting to see how the patterns and similarities develop."

Sports are also popular recreational choices for Barnes doctors, many of whom say that working up a "good sweat" is the "shot in the arm" that keeps them going strong through hectic schedules comprised of surgery and in-hospital treatment, patient rounds, office visits and the like. When physician Dr. B. Todd Forsyth wants to get away from it all, he journeys to the East Coast or off the tip of Florida for a couple of weeks of deep sea fishing or surf casting, while Dr. Harvey R. Butcher, Jr., is apt to be found relaxing from a week of surgery in his basement (or backyard, weather permitting), practicing archery techniques.

While swinging a golf club might not be considered unusual for a doctor, endocrinologist Dr. Marvin Levin has turned his love of the sport into a major fundraiser for the National Diabetes Association—St. Louis Affiliate. In the three years since he initiated an annual charity golf tournament to fund the association's programs, \$297,000 has been raised. Dr. M. Richard Carlin, urologist, has also turned an enjoyable pastime into a charitable event through his annual participation in the great Missouri Chili Cook-Off. Although his chili has never cracked the top ten in the competition, his booth has always been able to make a sizable donation to the St. Louis Kidney Foundation, the event's sponsor.

For many of us, running seven to eight miles every day might sound as relaxing as Dr. Walker's foray into the Peruvian jungle, but for Dr. Ronald Evens, Barnes radiologist-in-chief and director of the Mallinckrodt Institute of Radiology here, running is just the break he needs after a schedule-packed day. "Running has more advantages than weight control," affirms Dr. Evens, who completed the St. Louis Marathon last year in 3 hours and 15 minutes. "I really enjoy running because it gives me time to relax and to do some long range planning. Also, it's something I can do even when traveling since it requires so little gear."

Running isn't Dr. Evens' only hobby, however. He is also expert at latch-hooking rugs, a craft he began six or seven years ago after observing how much enjoyment his wife, Hannah, received from her needlepointing. Dr. Evens has since completed several projects, including two wallhangings representing the seal of the university and the design used to commemorate MIR's 50th Anniversary in 1981.

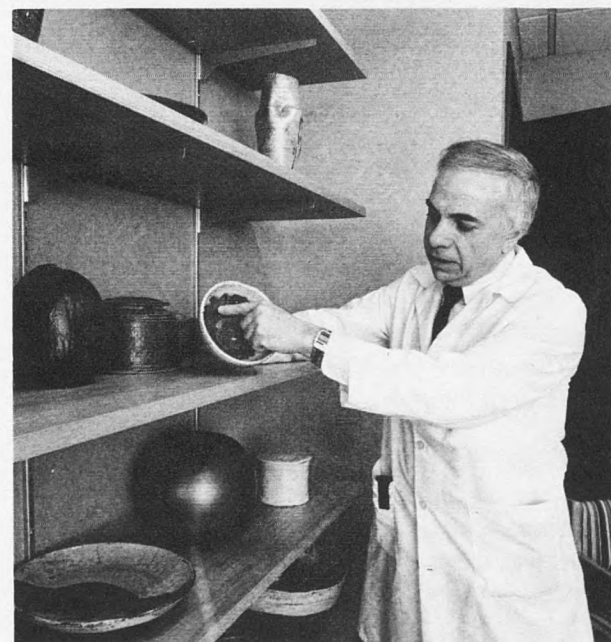
Dr. Jerome Levy, Barnes/WU general surgeon, and Dr. Joseph Levitt, medical director of Barnes employee health, are two other hospital staff members who relax by working with their hands. Dr. Levy is a noted quilt designer and historian and

dabbles extensively in pottery; he has been hand-throwing and collecting pottery for over 15 years, after starting the hobby "out of boredom" during his stint with the United States Army.

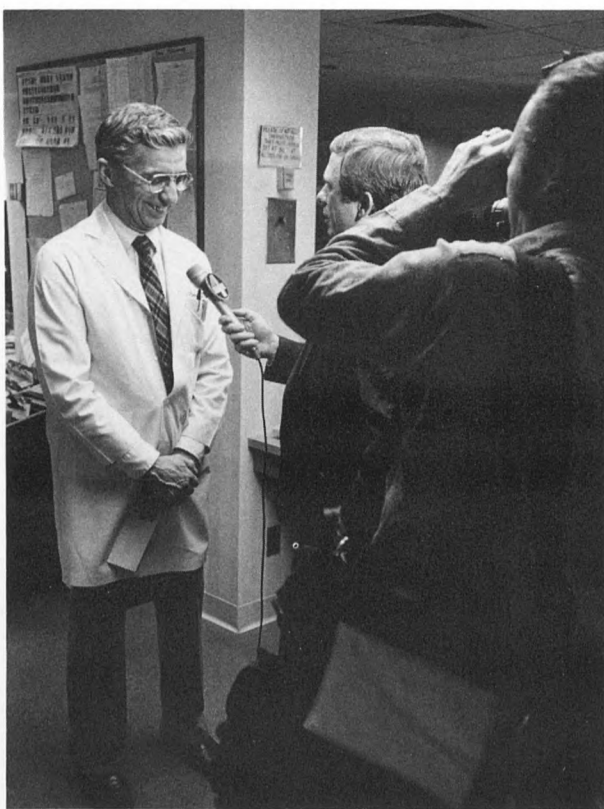
Dr. Levitt's passion, on the other hand, involves woodworking and the crafting of fine furniture, including replicas of museum pieces. Dr. Levitt prefers mahogany and cherry wood and is nearing completion on his masterpiece: a hand-carved block front grandfather clock that has taken 16 years of Sunday leisure hours thus far. Dr. Levitt also teaches a course in woodworking through University City's Craft Alliance. "I like to think I can do what no one else can," says Dr. Levitt, who asserts that his formal training in woodworking dates back to a St. Louis area gradeschool manual arts class.

Growing up a block from the local fire station has its advantages, including a lifelong love of the firefighter's life and a desire to educate the community in order to prevent the accidental fires and resultant burn injuries that wreak havoc with so many people's lives each year. For Dr. Marshall B. Conrad, Barnes/WU orthopedic surgeon, this combination resulted in a 15-year stint as medical director for the St. Louis Fire Department and his current position as medical advisor to the Webster Groves Fire Department.

Other doctors' interests outside of medicine include maintaining a full-scale greenhouse, flying airplanes, raising cattle, collecting antique walking canes, and playing all manners of sport from racquetball to squash. And, while nearly all express the need for a hobby and the inherent value of taking a break from the routine, many of those doctors surveyed "work" nearly as hard on their recreation as they do in their professions. As Dr. Evens comments, "I'm living proof that working at it, works."



Pottery has been a hobby of Dr. Jerome Levy's since an Army buddy suggested it as a good way to break the monotony of military life more than 15 years ago. Dr. Levy now has two different pottery wheels and owns his own kiln.



Burn center director Dr. William Monafa discusses burn care with Al Wiman.

## Media spotlight

As a national leader in patient care and medical research, Barnes serves as an information resource center. In 1983, more than 900 queries from broadcast and print media representatives were made to the hospital requesting that Barnes medical and professional staff elucidate current health care concerns and discoveries. Highlights of the media's coverage of Barnes during the last month include:

### Television

A five-part series videotaped at Barnes on **heart disease** and new medical and surgical treatments will air March 20-24 on a cable television station in Decatur, Illinois.

Dr. **Lawrence D. Gelb**, Barnes/WU infectious disease specialist, was a guest speaker on KSDK's talk show "In Touch" on February 15.

Dr. **Stephen R. Waltman**, Barnes/WU ophthalmologist, discussed laser treatment for cataracts, intraocular lens implants and corneal transplants with Dr. **John S. Daniels**, Barnes/WU physician and KSDK medical reporter, for a February 7 segment.

Advances in organ transplantation was the subject of a January 28 "Briefing Session" on KSDK. Dr. **Keith Hruska**, Barnes/WU kidney specialist, was interviewed.

Two segments covering a \$1,118 check presentation to the Barnes Burn Center by Sam Malek of ASP Midwest fire extinguisher company aired on KMOX on January 25 and 26. The check, which was accepted by Burn Center director Dr. **William W. Monafa**, represented the money raised through ASP's three-month program designating \$2 from every fire extinguisher sold to the hospital's burn intensive care unit.

Dr. **Scott Sale**, Barnes/WU allergist, discussed dust mites—the microscopic arachnid found in common house dust that are the most frequent causes of allergy and allergic asthma—for a January 25 segment on KMOX.

Dr. **Scott M. Nordlicht**, Barnes/WU cardiologist, was interviewed by KSDK for a January 24 segment on the medical and surgical treatment of heart disease.

Barnes pharmacy director **Jim Gray** discussed safeguards in effect here to prevent mix-ups in patient medications with KMOX medical reporter

Al Wiman for a January 19 segment. The story stemmed from an Associated Press wire article citing a drug mix-up and resultant study in Toronto, Canada.

Dr. **Alan N. Weiss**, Barnes/WU cardiologist, was interviewed by KSDK about heart attacks and the use of the transdermal skin patch to administer steady doses of nitroglycerin to patients to prevent angina episodes.

### Radio

Several members of the Barnes/WU medical staff have been interviewed for an upcoming series on KMOX covering different aspects of weight control. Those interviewed include: Drs. **Leroy V. Young**, plastic surgeon, (suction lipectomy); **John D. Halverson**, general surgeon, (gastric bypass); **Norman Fishman**, endocrinologist, (physiology of fat/thyroid); **John W. Knesevich**, psychiatrist, (anorexia/bulimia). The series will air in March.

### Print

The Spring edition of the *Friendly Exchange*, the magazine of the Farmers Insurance Group, reprinted an article from the hospital's quarterly magazine, *Barnes Health News*. Written by public relations staff member Nora Carr, the article discusses car battery explosions and injuries and includes information from Dr. **Ronald Burde**, Barnes/WU ophthalmologist. The *Friendly Exchange* has a circulation of 4.25 million.

Dr. **Leroy V. Young**, Barnes/WU plastic surgeon, was interviewed by the *St. Louis Globe-Democrat* for a feature article on free flap muscle transfers—a surgical procedure partly developed at Barnes in which a muscle "flap" taken from the patient's back is used to restore function to hands, arms, feet and other areas that have been damaged by either accident or disease. The procedure is saving more than 95 percent of severely injured and infected legs from amputation.

Public relations director **Daisy Shepard** discussed the drug mix-up issue spawned by the Associated Press article on a fatal error in a Toronto, Canada, hospital and the safeguards employed at Barnes to prevent such tragic occurrences with *St. Louis Post-Dispatch's* medical reporter, Roger Signor, for a January 22 article.

The **giant get well "card"** that was carved in the snow on the tennis courts located across the street from Barnes by relatives of one of the hospital's patients was featured in two front page photographs and an accompanying article in the January 18 edition of the *St. Louis Globe-Democrat*. The "card" read "Get Well Pop, Joe & Earl" and was stamped into the snow by cancer patient Earl Ennor's grown-up sons, Earl, Jr., and Joe.

Dr. **Eugene A. Bauer**, Barnes/WU dermatologist, discussed epidermolysis bullosa, a rare skin disease that leaves victims prone to bleeding and infections, with the *St. Louis Globe-Democrat* for a January 18 article.

## Medic Alert Week promotes ID jewelry

Persons with diabetes, penicillin allergy, epilepsy, hypertension or other potentially life-threatening medical problems can inform emergency department personnel of their condition, even when unconscious, by wearing the special identification jewelry provided through the Medic Alert program.

At Barnes, the Medic Alert program is coordinated by the hospital's Auxiliary, which has generated nearly 1,500 members since 1976. Medic Alert information/application brochures are available at 19 distribution boxes located throughout the complex or in the volunteer department on the first floor of Barnes. (National Medic Alert Week is April 1-7.)

## Eye clinic now has tinted, soft contacts

Contact lens wearers desiring both the comfort of soft lenses and the cosmetic appeal of being able to choose their own eye "color" can now have both wishes filled in the Barnes eye clinic.

The eye clinic is one of only a few sites nationwide to offer color-tinted, soft contact lenses, which recently received the Food and Drug Administration's (FDA) stamp of approval. Previously, tinted lenses were available only in the hard contact lens style.

The lenses, which are only for those persons with myopia (nearsightedness), come in either blue, green, aqua or brown. Each lens costs \$45.50, or roughly the same as the non-tinted soft contacts. For more information or for an appointment, call the eye clinic at 362-5312.

## Special care gives woman healthy baby

Carolyn Dugan and her husband, Bobby, wanted a baby. They wanted one so much that even three miscarriages and the trauma of a stillborn delivery didn't dampen their desire to have a child of their own.

After the four unsuccessful attempts, caused in part by an incompetent cervix—one that dilates prematurely under the growing weight of the baby—Mrs. Dugan, who works as a nurses' aide at an Illinois hospital, came to Barnes, a regional high risk pregnancy center.

Pregnant for the fifth time, things were progressing normally when Mrs. Dugan started going into labor at 22 weeks of gestation. (Normal delivery occurs around 40 weeks.) In an effort to halt labor and save the baby, Dr. Lee A. Rigg, a Barnes/WU obstetrician whose specialty is high risk births, performed a cerclage—a surgical procedure in which sutures are sewn through the cervix and then pulled and tied, closing the cervix's opening in much the same way that a drawstring closes a purse.

Through the surgery, Dr. Rigg hoped to postpone the baby's birth for five to six weeks—time that would give the baby a chance for survival and a normal life. Complete bed rest and in-hospital care were required, as Mrs. Dugan's amniotic membranes ruptured a week after surgery, leaving her prone to infection and the baby at risk for developing lung abnormalities.

Fifty-four days later, as a tender uterus indicated the presence of a low grade infection, Dr. Rigg delivered a healthy, 2 lb., 7½ oz., baby boy. Although still two months premature, Bobby Dugan, Jr., is thriving and has suffered no lung damage as the result of the unusual circumstances surrounding his birth.

"We're on cloud nine," says Mrs. Dugan, who had relatives throughout the country eagerly awaiting news of the baby's birth. She credits the nursing staff (fifth floor East Pavilion) and her husband with easing the stress of the long hospitalization. "They made it pretty easy," she says. "The nurses came in and talked to me often; they really held my hand and helped me through it."

Although Mrs. Dugan contends that she "probably drove them crazy," the nursing staff feels that Mrs. Dugan was an exemplary patient. "Throughout the whole process, she never really complained," explains head nurse Aggie Johnson. "They just wanted that baby so much." On January 28, Mrs. Dugan returned home, her arms full of gifts from the nursing staff for Bobby, Jr.



Longtime patient Clarence Kosten poses with his son, Larry, wife, Melverne, and surgeon, Dr. John Halverson.

## Patient's long battle has happy ending

Clarence Kosten thought he had the flu when he made a doctor's appointment in mid-October. It was a "routine" office visit that would take him from a local hospital to the intensive care unit at Barnes and a two-month stay.

Mr. Kosten's "flu" symptoms were actually caused by gallstones. On October 18, he was hospitalized in an Edwardsville area hospital, where surgeons removed two stones, one of which was lodged in the duct leading to the pancreas. Pancreatitis developed and abscesses formed, a serious complication.

On November 14, Mr. Kosten was transferred to Barnes. Two operations were performed by Dr. John D. Halverson, a Barnes/WU general surgeon, to drain the abscesses and to stop the spread of infection. Three trips to Barnes' surgical intensive care unit ensued, as the 65-year-old retired farmer fought for his life.

On January 20, Mr. Kosten was able to return home to Collinsville, thanks in large measure to the personal, attentive care he received around the clock from Barnes' nurses and housestaff doctors (doctors of medicine who are receiving advanced, in-hospital training).

"When a patient gets well after a long siege of a terrible illness, 90 percent of the credit goes to the nurses and housestaff, who have given unbelievably close attention to the patient," says Dr. Halverson. "Having the latest technology is important, but the bottom line of how you recover is how well the nurses and residents take care of you."

"We received excellent care and our doctor was super," agrees Mrs. Kosten. "I appreciate how concerned they were about me, as a family member."

# Barnes Bulletin

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Nora Carr, Editor

Daisy Shepard, Director  
Charlene Bancroft, Assistant Director

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## Gifts to Barnes Hospital

Listed below are the names of persons (honorees in **boldface**) who have made contributions during the period January 6 to February 10 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.

Donations to the hospital may be made through the Barnes Hospital Auxiliary or the Development Office. (Donations through MasterCard or Visa are welcome.) The Auxiliary coordinates the Tribute Fund, which is used for specific hospital projects.

### Auxiliary Tribute Fund

**For Cancer Care**  
**Leukemia Patients**  
M/M David Goldenhersh

**IN MEMORY OF:**  
**Selma Allenberg**  
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**Millie Ruth Goffstein**  
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Ann Tucker

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Mildred Feldman  
Suzanne Lasky

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**Barnes Hospital Auxiliary**  
Sally Friedman

**Dr. Robert Feibel**  
Natalie Neville Grant

**Recovery of Eva Glazer**  
M/M Morris J. Mathis  
M/M Stanley P. Kolker

**Recovery of George Levitt**  
Mrs. Marvin Harris

**Recovery of Buddye Mathis**  
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**Robert Wilkinson**  
Barnes Hospital Public  
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Daisy Shepard

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Melvyn & Zella Marcus

**IN HONOR OF:**  
**Mel Heller**  
(for heart research)  
Edward Nussbaum

### Barnes Hospital Endowment Fund

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Mildred Feldman

**IN HONOR OF:**  
**Recovery of Suzanne Lasky**  
Alvin Perlmutter

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Mildred R. Feldman

**Recovery of Al Serkes**  
Suzanne Lasky  
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### Barnes Cancer Fund

**IN MEMORY OF:**  
**Janice Dell**  
M/M Larry Dell  
Leo & Eva Dell  
Helen J. & Ronald Redhage

**Trudy Ellis**  
David, Jane & Jonathan Cox

**Mary Moehl**  
William Milton Moehl

### Bone Marrow Unit Fund

**IN MEMORY OF:**  
**Danny Weiss**  
McDonnell Aircraft Co.

### Barnes Burn Unit Fund

Sam Malek, American Safety  
Products

## Hospital notes

The following are reported on the Barnes/WU medical staff: Drs. **Charles W. Butrick**, assistant obstetrician/gynecologist, effective, July 1, 1984; **Gordon D. Daugharty**, assistant obstetrician/gynecologist, effective January 1, 1984; **Hugh F. Keister**, assistant anesthesiologist, effective November 28, 1983; **Robert E. Ryan, Jr.**, assistant otolaryngologist, effective February 1, 1984.

**Walter F. Klein, Jr.**, director of the department of education and training, is serving as the 1984 Region 6 Board Representative for the American Society of Healthcare Education and Training (ASHET) of the American Hospital Association. During the election process, Mr. Klein was praised by ASHET members for his "knowledge, skills and leadership ability."

Dr. **Richard W. Hudgens**, Barnes/WU psychiatrist, discussed "Anorexia and Bullimia: Management of the Difficult Case" at St. John's Mercy Medical Center January 21. The lecture was sponsored by Bullimia Anorexia Self Help.

Dr. **John A. Pierce**, Barnes/WU pulmonary specialist, will hold the first Selma and Herman Seldin Professorship of Medicine in Pulmonary Diseases at Washington University School of Medicine. Dr. Pierce will continue his study of lung biochemistry and emphysema, a common, disabling disease characterized by deformities in the lung's connective tissue. The Seldin family, which started the

St. Louis-based Miss Elaine lingerie manufacturing company in 1926, pledged \$1 million to support the salary and programs of the director of the pulmonary medicine division.

Dr. **Marvin E. Levin**, Barnes/WU endocrinologist, has been appointed to the Medical Advisory Board of *Diabetes Self-Management*, a new publication for the diabetic.

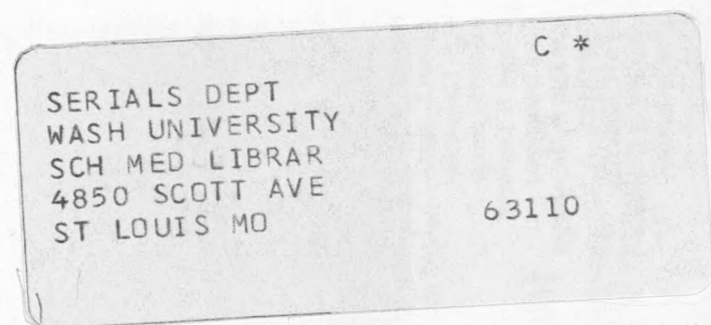
## New "Guide To Barnes" available to doctors

An updated edition of "A Guide To Barnes Hospital" featuring an expanded map that includes the Maternity, McMillan, Renard, Barnard and Wohl Hospital Buildings is now available through the public relations department. In addition to the map, the brochure includes written directions to parking areas (including handicap parking and wheelchair access), admitting, emergency, outpatient laboratory, cardiac diagnostic laboratory, pharmacy, x-ray, Queeny Tower and East/West Pavilion doctors' offices.

The new guide has been mailed to Barnes attending staff for distribution to patients. Requests by doctors' offices for over 2,000 additional copies have already been filled. More copies of the free pamphlet can be ordered from Barnes public relations by calling 362-5290.

## Bulletin<sup>Barnes</sup>

Barnes Hospital  
Barnes Hospital Plaza  
St. Louis, Mo. 63110



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March, 1984

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