

Bulletin Barnes

Barnes Hospital, St. Louis, Mo.
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Barnes self-care hospital/hotel rooms feature automatic temperature controls, refrigerators and privacy, plus a scenic view of Forest Park.

Self-care rooms open in Queeny Tower

The first combination hospital/hotel rooms in the St. Louis area opened July 1 as part of Barnes' new self-care program. Located in Barnes' Queeny Tower, the rooms cater to outpatients from outside St. Louis who need to be at Barnes for diagnostic or therapeutic reasons, but who do not require around-the-clock nursing care.

The program is designed to provide a less expensive alternative to inpatient hospitalization for patients receiving treatments, undergoing extensive diagnostic testing or those who are recovering at Barnes from illness or accident and no longer need acute care, yet are not quite ready for a long journey home. As a tertiary care hospital, Barnes is a regional referral center for outlying institutions. More than 40 percent of its patients come from outside the St. Louis area.

Self-care patients receive minimal nursing care while staying in a comfortable Queeny Tower hotel room overlooking Forest Park. The rooms feature automatic temperature controls, refrigerators, remote control televisions and ultraviolet heat lamps.

Self-care rooms cost \$40 (single occupancy) per day as compared with \$185 for a semi-private hospital room at Barnes. This charge includes a daily visit by a registered nurse; prior scheduling of all diagnostic work and tests; as well as 24-hour-a-day availability of doctors and nurses in the event of an emergency. A relative or friend may stay with the patient at an additional \$8 charge.

A current tax deduction bill pending in Congress would allow lodging expenses of up to \$50 a day in connection with outpatient treatment to be counted when calculating a deduction for uninsured medical costs. It also is anticipated that more and more in-

Front cover: While most of us wouldn't consider cycling up to 100 miles a day relaxing, let alone the ideal vacation, assistant head nurse Brenda Hollander, third floor West Pavilion operating rooms, has found such marathon rides to be the perfect antidote for a hectic work week. (See centerspread.)

urance companies may begin paying for lodging expenses incurred with outpatient treatment as an incentive to their clients to utilize these less-expensive services whenever medically feasible.

Barnes self-care patients may eat their meals in the Queeny Tower Restaurant, hospital cafeteria, or, if on a restricted diet, have meal trays brought to their rooms through special arrangements made with the hospital's food and nutrition department. Registration for the self-care program is through the admitting department. For more information, call 362-7698.

Patient education program wins national awards

Barnes Hospital's patient education program has won national recognition from the American Hospital Association's Center for Health Promotion in its second annual Patient Education Awards program. Cited for excellence both in its hospital-wide management of patient education and for its program for chronic obstructive pulmonary disease (COPD) patients, Barnes is one of only three hospitals nationwide to win two awards.

In the hospital-wide category, Barnes was one of five hospitals chosen to receive a Certificate of Merit. Barnes' program for COPD patients was one of eight to receive a Leader Award, the AHA's highest honor, for outstanding achievement in the management of patient education for a specific population.

The hospital-wide program at Barnes provides patient education services for all medical and surgical specialties and is coordinated through the department of education and training by Linda Knight, patient education coordinator, and Walter Klein, DET director. Jill Feldman, pulmonary nurse specialist, directs the program for COPD patients.

Barnes was selected for the awards from among 150 entries by two panels of judges expert in patient education or hospital management. Altogether, 32 hospitals were recognized as part of the

awards program. Evidence of hospital commitment to patient education and a well-designed management structure supporting the delivery of programs were important criteria in determining the winners.

According to the AHA, the many benefits of planned patient education services have been clearly identified through research and accumulated experience. For patients, it can reduce anxiety, increase their ability to make health decisions and reduce re-admissions for chronic disease. For hospitals, patient education can increase community support for the hospital, enhance efficient use of hospital services, decrease length of stay, increase staff satisfaction and increase patient satisfaction with the hospital's services.

New program brings hot meals to homebound

A new program slated to begin September 10 will bring the expertise of Barnes dietitians into the homes of St. Louis city and county residents in the form of daily lunch and dinner meals.

Called Barnes Health Meals, the program will provide nutritious home-delivered meals to discharged patients and other individuals recommended to Barnes for this service. The program will be ideal for those patients, especially the elderly, who are ready to be discharged from the hospital but who are not yet recovered enough or able to perform the shopping, preparing, cooking and cleaning up involved in getting a complete meal on the table.

"Barnes Health Meals should enable many patients to return home sooner and may eliminate the need for some to recuperate temporarily in an intermediate care facility," says Jean Daniel-Gentry, food and nutrition associate director.

Another advantage is that the program provides a constant link with Barnes through the hospital volunteers that deliver the meals each day, according to Mrs. Daniel-Gentry. "It's very important for the elderly, disabled or recuperating patient to maintain contact with their health care providers," she says. "The Barnes Health Meals program is really an extension of our patient care. If someone is experiencing a problem, the volunteer will be able to help that person contact his doctor or the appropriate person at Barnes."

For \$12.50 per week (\$2.50 per day), Barnes Health Meals volunteers will deliver a hot lunch meal packed in an individual insulated container and cold dinner foods between noon and 1 p.m., Monday through Friday (excluding holidays and snow days). The meals will be prepared in the hospital's main kitchen from the newly revised patient menu. (See related article, page 2.)

Although participants in the program will not be able to select their entree each day, individual preferences for certain types of beverages, condiments, seasonings, vegetables and other basic food choices will be accommodated whenever possible. Modified diets also will be available.

Adult volunteers still are needed to help deliver Barnes Health Meals. A valid driver's license and an automobile for transporting the meals are required. For more information call 362-5326.



Preparing 2,620,033 patient meals a year involves teamwork among the food and nutrition department's managers, dietitians, cooks and food service personnel. The department recently implemented a new menu for patients, complete with updated, revised and original recipes.

New patient menu is healthier, tastier

Increased variety and the introduction of more low-fat, high-fiber food selections highlight the new menu which came into effect recently for Barnes patients. The changes were implemented following extensive research into ongoing patient nutritional needs and desires, according to Gil Sherman, director of food and nutrition.

In addition to its standard "meat and potatoes" entrees, the new menu includes lighter food choices such as scrambled eggs and hamburgers at both lunch and dinner meals, and gives patients the option of choosing half-portions as well. These types of food items and portions are consistently requested by patients, many of whom desire a lighter meal at either the lunch or dinner hour, according to Mr. Sherman.

Variety also is being enhanced through the introduction of more ethnic foods, particularly Italian, Oriental and Mexican entrees, as well as vegetarian (meatless) selections. Foods popular throughout the Midwest such as biscuits and gravy or grits have been added, along with two "build your own meal" items in which the patient chooses the fillings for either a pita or deli sandwich.

Another major revision in the new menu is the inclusion of more soft entrees for those patients, particularly the elderly, who require softer protein sources. "Many patients simply cannot chew the more standard entrees because of age or their particular illness or treatment," says Linda Gobberdiel, associate director of clinical dietetics. "Rather than relying primarily on loose, ground meat as we did in the past, we're now introducing dishes that are more appetizing and appealing. Dishes that include the loose, ground meat also have been improved through the use of more sauces and gravies."

Improvements in the food choices for patients with other special nutritional needs also have been introduced with the new menu. All patients, including those on low-sodium diets, are able to select a no-salt substitute and choose from a wider assortment of condiments, while the entrees themselves have become tastier through the increased use of herbs and spices, for example.

In keeping with the national trend away from the typical American diet rich in saturated fats (derived

from animal sources), cholesterol and sugar, the new menu also has introduced low fat, high fiber selections at every meal. Vegetables are no longer cooked with butter, although it can be ordered separately, while egg beaters (a scrambled-egg-type-dish cooked without the cholesterol-rich yolk) and homemade bran muffins are available.

In addition to offering more variety and better quality food, the new menu also has increased educational value as each of the 90 printed selection sheets in use throughout the week now include protein values, calorie counts and exchanges based on the four primary food groups. These can be used by patients on special diets or by those who simply want to increase their awareness about their caloric intake and nutritional needs.

Home chemotherapy care topic of Aug. 23 meeting

New advances in chemotherapy, including home chemotherapy treatments, will be discussed by Barnes oncology nurse specialist Mary Dyer from 7 to 9 p.m., August 23, during S.H.A.R.E.'s (Support Has A Reinforcing Effect) monthly meeting here.

The meeting will take place in the 4200 classroom of Barnes Hospital's Rand-Johnson building. It is free and open to the public.

S.H.A.R.E. is a breast cancer support group that was started at Barnes by a group of patients and their physicians in 1981. In addition to monthly educational meetings, S.H.A.R.E. also sponsors an annual breast cancer conference, produces informational newsletters and brochures and operates a telephone hot-line and lending library. For more information about the August meeting or S.H.A.R.E., contact Karen Greening at 362-5585.

Carpet study reveals master plan's detail

Imagine this: five adults, three in lab coats, two in suit jackets, crawling about on their hands and knees over a multicolored patchwork of carpet samples, sniffing out odors and comparing stain sizes and depths. Does it sound like a skit from "Saturday Night Live" or a parody of Sherlock Holmes' sleuthing efforts?

Well, believe it or not, this scenario actually did occur at Barnes in an eleventh floor storeroom, and the intent was serious in nature, albeit unorthodox. The five in question were participating in a study organized by Dr. Patrick Murray, medical co-director of the hospital's microbiology laboratory.

The purpose was to test the effectiveness and staying power of commercially-produced antimicrobial agents applied to various carpets and to determine whether or not the chemical treatment justified the extra per-yard expense. The idea for the study was conceived by Sverdrup & Parcel and Associates, Inc., consultants who are working with the hospital's interior review committee to develop a master plan for interior design and signage.

"First of all, we wanted to find out whether or not the antimicrobial agents were as good as the manufacturers said they were," says Jim Vykopal of Sverdrup. "Secondly, we wanted to test the durability of the carpets themselves to determine which would be best for use throughout Barnes."

Altogether, eleven different carpets and four antimicrobial agents were tested. A gridwork of one-foot-square samples was constructed on a storeroom floor in the West Pavilion. Prior to testing, each sample was given the equivalent of 15 years worth of washings. A medium was then created on

each sample, using common hospital spills such as blood, sweat and urine. Bacteria was injected directly into the carpet and allowed to incubate for ten days.

Then it was time for the Sherlock Holmes maneuvers, as Dr. Murray, Mr. Vykopal, housekeeping director Ernest Launsby, housekeeping supervisor Donna Yaeger and infection control coordinator Dave Turnbough, score charts in hand, checked for odors, stains, color retention, pattern retention and overall appearance.

The results, according to Dr. Murray, were interesting. "We found that some of the agents didn't work at all, while one in particular was very effective in inhibiting bacterial growth." Carpet odors and stains are caused by the waste products of microorganisms, according to Dr. Murray. The chemical treatment doesn't eliminate bacterial growth, but it can slow its growth and prevent resulting stains and odors from going as deeply into the carpet. The treatment also appears to make steam cleaning easier and more effective.

Another interesting outcome of the study was a wealth of information about carpet backings and pads. "Jute, hair and other natural fiber backings and pads are just like sponges," says Dr. Murray. "They provide a great nutritional environment in which organisms can grow."

Prior to the stain and odor portion of the study, the same eleven carpets were put to the test in individual patient rooms on the ninth floor of the East Pavilion. Exposed to the normal wear and tear of a busy patient care area, some of the carpets exhibited snags and worn spots in a matter of days, according to Mr. Vykopal. "We tested tufted, woven, fusion-bonded, cut pile, loop and cut and loop carpets, as well as a couple of different tiles," Mr. Vykopal says. "What really made this portion of the study valuable was that we were able to gather impressions from the nurses."

The information garnered during the study enabled the interior review committee to choose an all-synthetic, woven carpet with a thin synthetic backing. The carpet, treated with the chemical antimicrobial agent found to be most effective, has a pile height and density designed to keep resistance (when pushing wheelchairs and stretchers, for example) to a minimum.

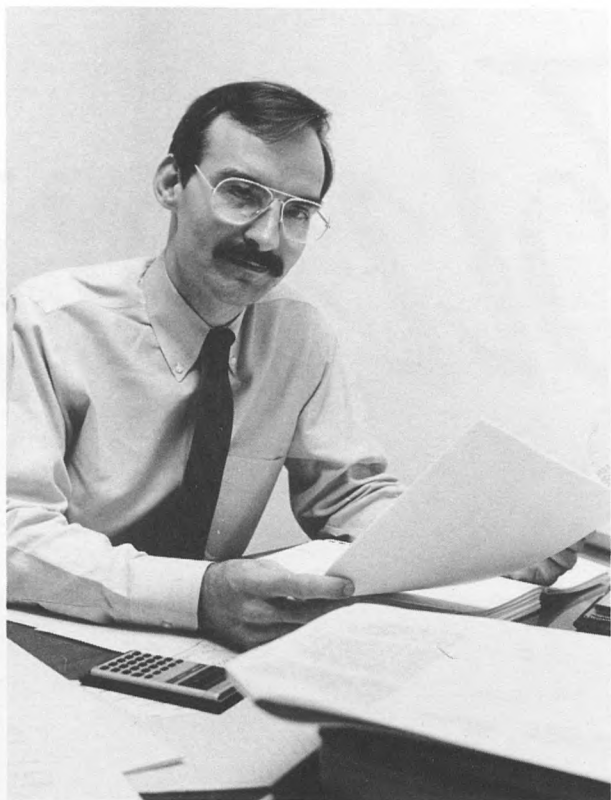
To enhance pattern and color retention, the carpet pattern is woven in, rather than sprayed on top. The carpet's woven nature also will prevent the appearance of "wet spots," areas that seem to be stained but actually are the result of one section of carpet pile lying in a different direction from the rest.

The study's value assumes added significance in light of the fact that Barnes will install an estimated 45,000 yards of carpet during the next five to 10 years as the master plan is implemented. Carpet was chosen over tile primarily because of its acoustical and aesthetic effects, according to Mr. Vykopal.

Blood bank receives accreditation renewal

Barnes blood bank, which processes over 70,000 blood products annually, has been granted a renewal of its long-standing accreditation by the American Association of Blood Banks. Barnes received commendation from the AABB for providing superior services to donors and patients.

Accreditation by the AABB is voluntary and follows intensive on-site inspection by specially trained representatives of the association. To receive accreditation, blood banks must meet or exceed the rigorous standards set by the AABB.



Timothy J. Butler

Asst. treasurer-director of development named

Timothy J. Butler has been named assistant treasurer and director of development for Barnes Hospital. His duties will include managing all hospital funds and securities under the general guidance of the board of directors.

Mr. Butler comes to Barnes with extensive experience in commercial banking, private acquisitions and personal financial planning. He has worked for Equitec Financial Group of San Francisco, California, Valley Venture Corporation of St. Louis, and County National Bancorporation (now Commerce Bancshares Inc.), also of St. Louis.

His appointment to this newly created position meets a request from Barnes board of directors for an assistant treasurer and fills the vacancy created by the recent resignation of Jim Hubbard, former development director. Mr. Butler will be reporting directly to hospital president Robert E. Frank and will have a staff relationship to the board's investment committee and hospital administration.

Alarms for Life program receives \$8,000 donation

When a group of recovering burn patients from Barnes Hospital got together a couple of months ago and decided to initiate a fundraising program to purchase and install smoke alarms in the homes of the area's poor and elderly, they set a first-year goal of 500 alarms.

Now, thanks to an \$8,000 donation from the General American Life Insurance Company of St. Louis, 1,000 homes in the city's North and South Sides—two high-risk areas for fires—will have the life-saving devices installed.

"We had hoped to get enough donations to begin installation during Fire Prevention Week in October," says Norma Stern, a former Barnes burn patient and coordinator of the Alarms for Life program. "General American's generous contribution will allow us to begin the project at once." Alarms for Life is being sponsored by the Barnes Hospital Burn Center Support Group, Dealing With Feelings, in conjunction with the St. Louis City Fire Fighters, who are donating their time to install the alarms.

All of the groups involved in the Alarms for Life program have firsthand knowledge of the devasta-

tion fires can bring in only a few minutes, according to Sara Schmeer, Burn Center social worker and co-director of the Alarms for Life fundraising effort. "Our support group is composed of fire victims and those who treat them in Barnes burn intensive care unit. The fire fighters witness the horror of housefires everyday, and General American, being an insurance company, is well aware of the enormous medical costs burn victims face," says Ms. Schmeer.

Warren A. Goodenough, vice president, General American, says his company is regularly involved in a number of community health and safety projects. Recently, General American sponsored the Red Cross' project SHAPE (Safety and Health Awareness in Public Education), which teaches safety awareness to grade school students. "We are happy to back Alarms for Life," he says. "It ties in nicely with our philosophy of community service through health education and accident prevention."

Those involved in Alarms for Life now have a new goal: a smoke alarm in every household in St. Louis city and county. "We urge people who can afford the cost to go out and get an alarm and install it at once," says Ms. Schmeer. "We're going to do our best to raise sufficient funds to provide alarms for those who cannot afford them."

Neighborhood associations are being asked to assist in identifying appropriate households for the Alarms for Life program. Tax deductible donations are now being accepted. (Make checks payable to Barnes Hospital/Alarms for Life.) Donations should be sent c/o Sara Schmeer, Barnes Hospital, Barnes Hospital Plaza, St. Louis, Missouri, 63110. For more information, contact Ms. Schmeer at 362-1025.

Employee health fair set for August 23-24

After years of participating in corporate health fairs for other major St. Louis area businesses, Barnes Hospital is sponsoring a health fair for its own employees for the first time. The fair will feature a full range of screening tests as well as counseling and referral services, and will be held from 8 a.m. to 5 p.m., August 23-24, in the Health Education and Screening Center and adjacent lobby on the ground floor of the West Pavilion.

Employees participating in the fair may have their height, weight, vision, hearing, blood pressure and pulmonary function checked, as well as have an electrocardiogram (ECG) performed and a blood sample drawn for a complete blood chemistry analysis. Screenings for glaucoma, oral cancer and other oral-maxillofacial surgery problems also will be available, along with information on nutrition, exercise, stress management and the employee assistance program.

"Recent studies have consistently shown that preventive medicine and 'wellness' programs promote better health at a lesser cost by discovering disease and potential health problems at an earlier, more treatable stage," says hospital president Robert E. Frank. "That is why I'm especially pleased that we can offer our employees this valuable screening service. Our employees are one of the reasons Barnes is where it is today, and it is important to us to assist our employees in maintaining optimal levels of health."

Pre-registration for the health fair by August 10 is required. All employees planning to attend during work hours must have the signature of their supervisor. Registration will be held from 7 to 8 a.m. and from noon to 4 p.m., Monday through Friday, in the Health Education and Screening Center. The fair is free and open to all Barnes Hospital employees. For more information, call 362-1390.



RN Brenda Hollander

Nurse turns to cycling for "rest and relaxation"

While most of us spent this year's Fourth of July holiday sloshing through family picnics and placing bets as to whether or not local park officials would call off the annual fireworks displays, Brenda Hollander, assistant head nurse over Barnes third floor West Pavilion operating rooms, was busy tending sprained ankles, broken bones and an apparition known to cycling enthusiasts as "road rash."

Ms. Hollander, along with co-workers Anne Wipold and Marsha Helms, both registered nurses, manned the medical aid station for the Veiled Prophet Fair's Third Annual Criterium, a grueling series of five to 80 kilometer cycling races held at the Penrose Park Velodrome.

It was a unique way to combine her professional interest, nursing, with her hobby, cycling. Brenda joined Barnes seven years ago after participating in the hospital's nurse internship program for new graduates. She got hooked on cycling in 1982, when she served as Susan Notorangelo's crew nurse during Ms. Notorangelo's record-breaking transcontinental ride from Los Angeles, California, to New York, New York.

Although she considers herself a novice, Ms. Hollander also is admittedly "more hardcore" about cycling than the average 10-speed owner. She trains two to three times during the week, putting in an average of 20 miles per ride, while a 100-mile jaunt on weekends, usually on Sundays, is not unusual. Her version of a summer vacation this year was a 500-mile bicycle trek through Southern Illinois and the Ozarks with the American Youth Hostels.

"It's fun and good exercise," says Ms. Hollander. "It just feels good when you've completed a hundred miles; it sounds so impossible at the beginning."

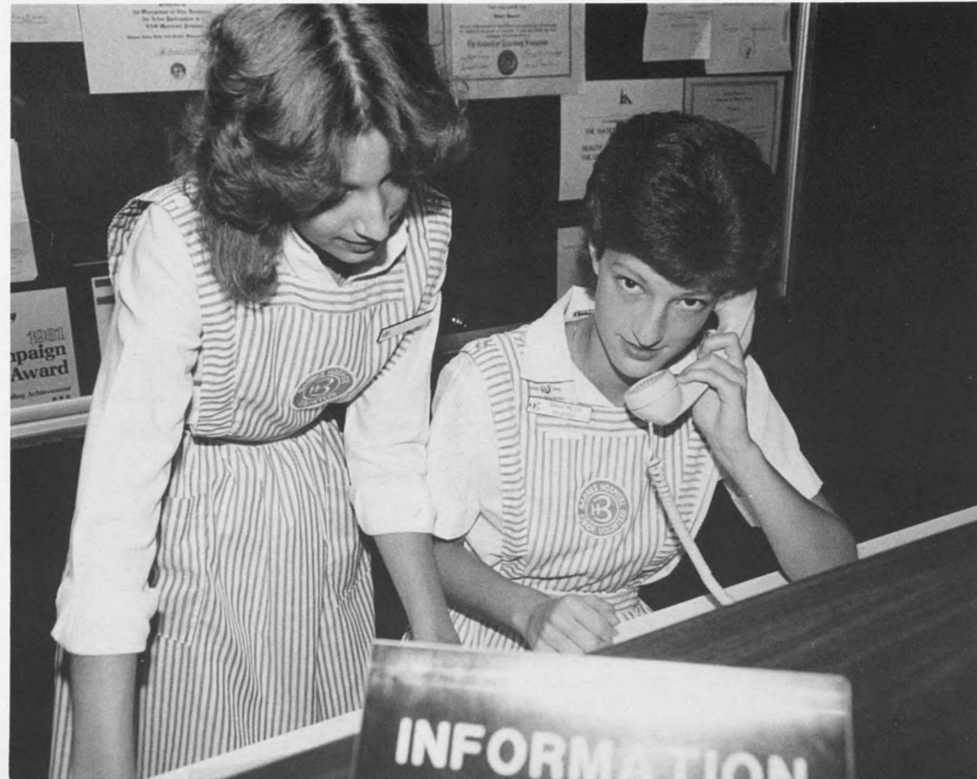
Ms. Hollander cautioned would-be cyclists about trying to do too much too fast. "When I first started, I could go only a couple of miles," she says. "It takes a while to build up endurance, and there's so much to learn about the equipment and body mechanics involved in the sport."

And, while she enjoyed watching the VP Fair Criterium, especially the Olympic racers in action there, Ms. Hollander has no intention of racing herself. "I like the longer rides where you just keep going and going, rather than going shorter distances at high speeds," she says.

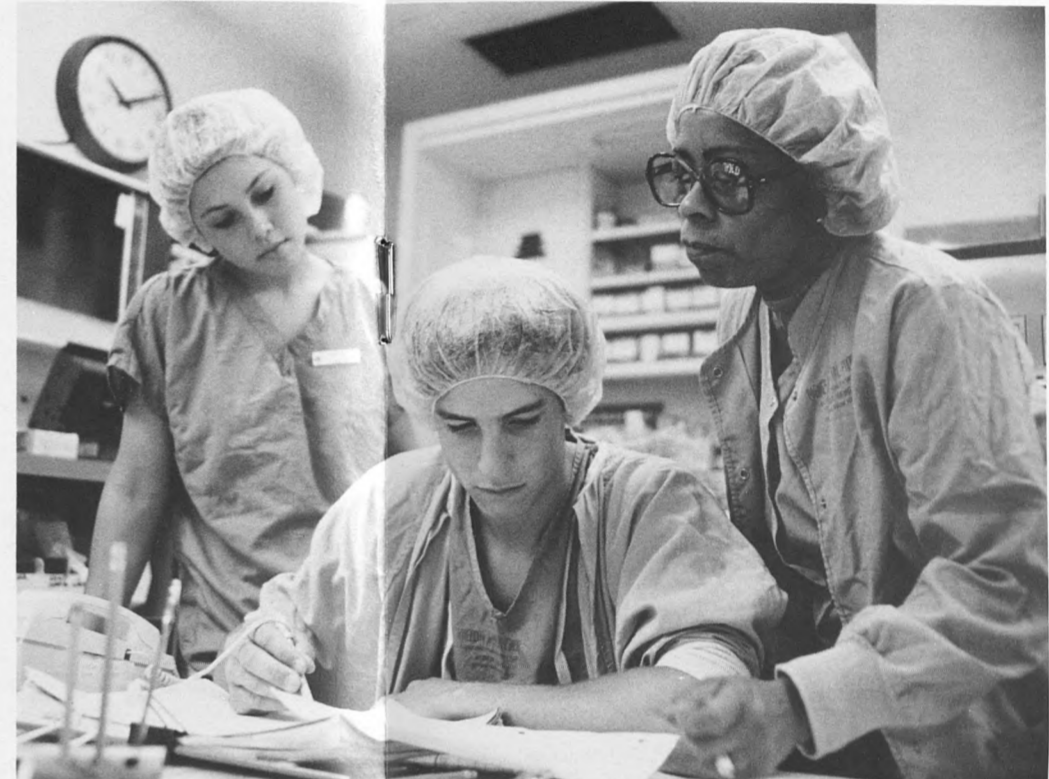
Junior Volunteers



Dawn Wright and Steve Bartok check their route before delivering pamphlets to patients scheduled for diagnostic tests.



Susan Ratz and Sarah Meyer help patients and visitors find their way throughout Barnes. "Barnes is like a small city," they say.



Beth Riley and Paul Fresta enjoy the opportunities for patient contact working in post-anesthesia recovery affords them. Here they review the day's schedule with unit clerk Vivienne Dobbs.



Laura Calame's clerical assistance is an invaluable aid to the kidney transplant floor's unit clerks and secretaries.

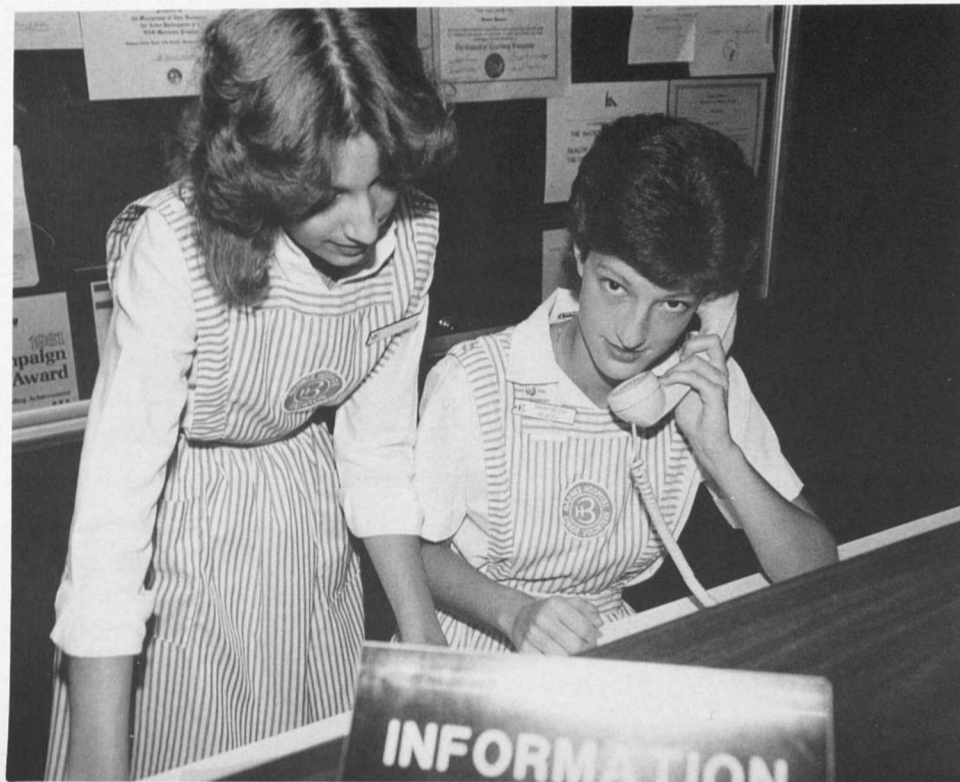


Jessica Gibson takes a lunch order from Florence Trautman, an outpatient in the hospital's new transfusion lab. JVs "work" in nearly every department and patient care area at Barnes.

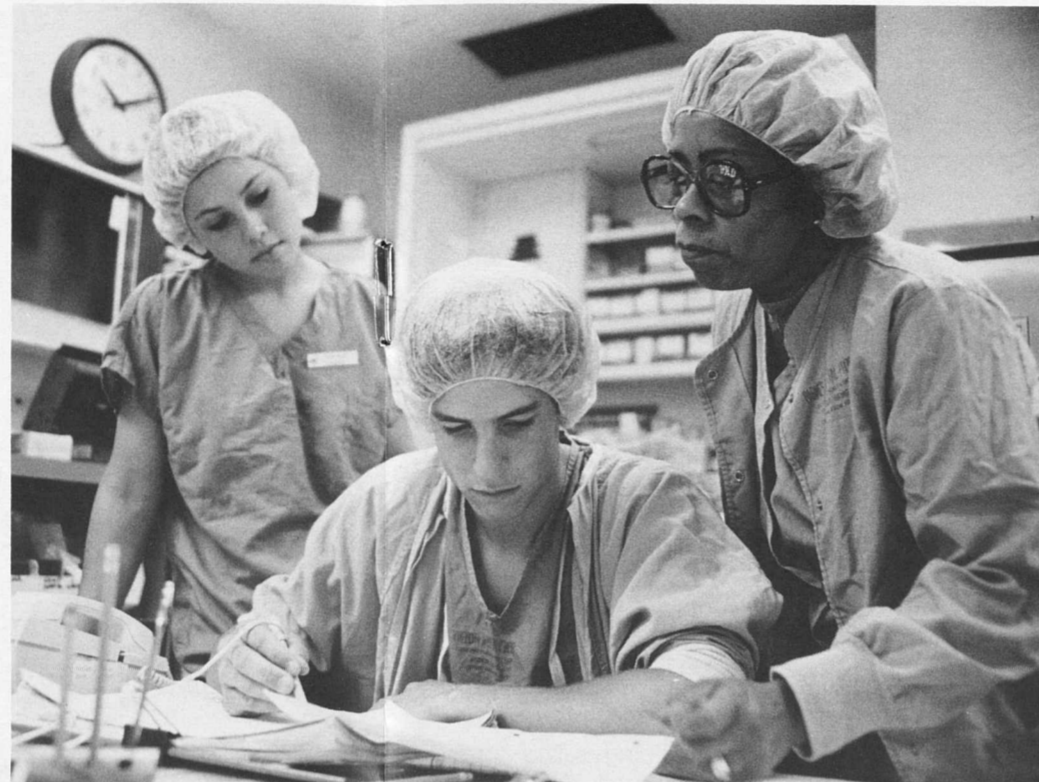


Maggie Batchelor takes a brief busy day at the Mallinckrodt Ins.

Senior Volunteers



Susan Ratz and Sarah Meyer help patients and visitors find their way throughout Barnes. "Barnes is like a small city," they say.



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JVs Alisa Muller and Michelle Sanford brighten patients' hospital stays with courtesy cart visits.



The emergency department's fast pace has continual challenges for Nancy Lewis. Here she gets ready to give an electrocardiogram.



Jessica Gibson takes a lunch order from Florence Trautman, an outpatient in the hospital's new transfusion lab. JVs "work" in nearly every department and patient care area at Barnes.



Maggie Batchelor takes a brief pause from work during a busy day at the Mallinckrodt Institute of Radiology.



Barnes JVs gain hands-on experience in a variety of health care settings. Here Aaron Hoyle sorts through stacks of patient records.



Dr. Virgil Loeb discusses advances in cancer with production crew from Medstar Communications, Inc. Washington University Medical Center has signed an agreement with Medstar to participate in a series of weekly television documentaries on health care and technology. Videotaping began in June for the series, which will air on channel 9 at 5:30 p.m., Sundays, beginning in September.

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:

The May and June, 1984, issues of *Town & Country* magazine ranked **Barnes Hospital among the top hospitals** in the U.S. and 22 Barnes doctors were listed as being among "the best medical specialists" in the country in their respective fields. (Only four other St. Louis doctors were listed who are not on the Barnes/WU staff.) The two-part article was the subject of local news segments carried on St. Louis radio and television stations June 7 and 8, on KMOX radio June 10, in the *St. Louis Post-Dispatch* June 11 and the *St. Louis Globe-Democrat* June 12, as well as in St. Louis suburban papers and outstate Missouri and Illinois broadcast and print media.

The use of **sunscreens** as a deterrent to premature aging of the skin and the development of skin cancer was discussed by Dr. **Jerome Aronberg**, Barnes/WU dermatologist, for a June 18 segment with KMOX-TV's Al Wiman.

High risk pregnancy was the subject of a June 19 segment on KMOX-TV. Medical and science editor Al Wiman interviewed Drs. **Joe Belew** and **Michael Gast**, Barnes/WU obstetricians.

"**Alarms For Life**," a program sponsored by the Barnes Burn Center support group in conjunction with the St. Louis City Fire Fighters to buy smoke alarms for the poor and elderly was spotlighted on KMOX-TV June 22.

Ultrasound as a diagnostic tool during pregnancy was discussed by Drs. **James P. Crane** and **Carolyn M. Martin**, Barnes/WU obstetricians, for a June 23 article in the *St. Louis Globe-Democrat*. While ultrasound can be invaluable in diagnosing and planning for some conditions during pregnancy, both doctors warned against its "routine" use.

Promising research indicating that **an aspirin-a-day** may reduce the risk of heart attack for persons

suffering from heart disease was the subject of a June 26 segment on KMOX radio. Dr. **Philip W. Majerus**, Barnes/WU physician, was interviewed.

Barnes **new self-care** program, which provides hotel/hospital rooms for outpatients undergoing extensive diagnostic tests or treatments, was discussed by vice-president **Mark Weber** during a June 29 interview on KCFM radio. Self-care rooms are considerably less expensive than semi-private hospital rooms and are ideal for those patients who require minimal nursing care. The program also was the subject of a June 27 segment on KMOX radio, and a July 5 article in the *St. Louis Globe-Democrat*.

Firework safety was discussed by Dr. **John M. Fredrickson**, Barnes otolaryngologist-in-chief and head of the department of WUMS, and by Dr. **Isaac Boniuk**, Barnes/WU ophthalmologist, for June 28 and July 3 segments on KMOX-TV. Dr. Fredrickson warned of possible damage to the inner ear caused by firecrackers and other mini-explosives, while Dr. Boniuk cautioned young people, especially teenagers, against shooting off bottle rockets and other fireworks that can cause permanent eye damage and vision loss.

How to avoid **accidental food poisoning** during family picnics on hot summer days was the topic of a June 29 segment on KMOX-TV. Reporter Max Leber interviewed food and nutrition director **Gil Sherman** and associate director **Jean Daniel-Gentry** about proper preparation and storage of such picnic standards as potato salad and sandwich fixings. Emergency department patient care manager **Joe Burke**, RN, pointed out the warning signs of food poisoning and what should alert persons with stomach aches to seek emergency care.

Barnes Health Meals, a new program which will bring the expertise of Barnes dietitians into the homes of former patients and others who desire delivery of two nutritionally sound meals each day, was highlighted by columnist Jerry Berger in the June 30 editions of the *St. Louis Post-Dispatch*.

Barnes Hospital's **Patient Care Fund**, which helps pay for treatment for those patients whose insurance coverage is inadequate to cover catastrophic illnesses such as cancer or heart disease, and the late Bob "Wilkie" Wilkerson's contributions to Barnes were discussed by Bill McClennan in his July 2 column in the *St. Louis Post-Dispatch*. Wilkie, who had supported Barnes blood drives and other projects, was a popular disc jockey on WIL before his death earlier this year.

"9 Minutes A Day," a new **weight-loss program** available through the hospital's food and nutrition department, was the subject of a July 5 segment on KXOK radio. Food and nutrition associate director **Jean Daniel-Gentry** discussed the program, which modifies behaviors that lead to over-eating and obesity.

Robert E. Frank, Barnes president, was quoted by *St. Louis Post-Dispatch* reporter Roger Signor for a July 8 article on the slowing rate of growth in **hospital costs** in the St. Louis area.

The proper foods and beverages to eat during extremely **hot weather** were discussed by **Linda Gobberdiel**, associate director of clinical dietetics, for a July 10 segment on KSDK-TV.

The **emergency department's move** into the emergency facility located on the first floor of the old Children's Hospital building, 500 S. Kingshighway, was the subject of articles and segments July 10 and 11 in the *St. Louis Post Dispatch*, *St. Louis Globe-Democrat*, area radio and television stations, and in suburban newspapers July 18. Evening administrator **Scott Foster** and emergency department patient care manager **Joe Burke**, RN, were interviewed.

Two longtime employees retire from Barnes

Longtime employees Sam Dunn and Willie Mae Walker retired in June after a combined total of more than 43 years of service to Barnes. Both received certificates of appreciation from hospital administration.

Mr. Dunn retired June 28 after nearly 20 years of service as a cook in Barnes Queeny Tower Restaurant and, most recently, in the hospital's main kitchen. During his tenure as head cook in Queeny Tower, Mr. Dunn became known for his pepper pot soup, a specialty preferred by former Barnes board chairman Raymond E. Rowland, Sr. He joined the hospital's main kitchen staff a few months before his retirement to gain experience in institutional cooking. "It was the one aspect of cooking that I hadn't tried yet," said Mr. Dunn.

Willie Mae Walker, a nurse assistant on the otolaryngology division (eighth floor, East Pavilion), retired June 29 after 24 years of service. Since joining Barnes in 1960, Mrs. Walker had always worked in ENT, making several moves to new buildings and divisions as the hospital grew over the years. "All of the changes and additions over the years have made Barnes an interesting place to work," commented Mrs. Walker. "None of my children believe that I'm really going to retire. I'm not sure myself if my car will know how to go anyplace else after all these years!"

CDL expands services for ambulatory ECGs

Barnes Hospital's cardiac diagnostic laboratory is expanding the services offered for ambulatory electrocardiographic (ECG) recordings. The ambulatory recordings are used by doctors to diagnose abnormal electrical activity within the heart that only occurs infrequently.

In addition to traditional holter monitoring (the CDL now has 20 holter monitors), which can provide either 24- or 48-hour continuous ECG recordings, the CDL is offering two other types of event recording for patients with symptoms suggestive of cardiac dysrhythmias—dysrhythmias that might even be missed on standard holter monitor recordings because of their infrequent occurrence.

One such recording is obtained through an ECG amplifier that is connected to a microcassette tape recorder. The amplifier and recorder are worn by the patient like standard Holter monitors with electrode wires. This device is worn for one-week intervals and is activated by the patient whenever a symptom is sensed.

For patients with symptoms that occur even less frequently, trans-telephonic transmitters are now available. These devices record 30 seconds of electrocardiographic data when activated by the patient and have sufficient memory for three separate recorded events. Patients carry the devices for up to three weeks and are instructed to transmit the data to the CDL via standard telephone lines. CDL technicians in turn record the ECG information on magnetic tape and on paper for interpretation by a Barnes cardiologist. ECG strips are analyzed daily (Monday through Saturday) and referring physicians are contacted immediately if significant dysrhythmias such as ventricular tachycardia or complete heart block are recorded.

For more information about the CDL's ambulatory electrocardiographic recordings, contact either Henry E. Blamy, CDL technical director, at 362-5390, or Dr. Edward M. Geltman, CDL medical director, at 362-5317. Doctors' offices may schedule tests between 7 a.m. and 6 p.m. by calling the CDL receptionist at 362-5315.



Vivienne Dobbs accepts her Humanitarian Award from Guy Phillips and Mike Wall of KYKY's "Phillips and Wall" comedy team at the Hospital Association of Metropolitan St. Louis' award luncheon June 20 at the Sheraton St. Louis Hotel downtown. Mrs. Dobbs was selected as Barnes' honoree by a committee of her peers. She is actively involved in numerous charitable and civic organizations.

Hospital notes

The following are reported on staff: Drs. **Charles E. Canter**, assistant pediatrician; **Richard William Clement**, assistant plastic surgeon; **James Michael D'Amico**, assistant oral-maxillofacial surgeon; **David E. Dugger**, assistant obstetrician/gynecologist; **Delia M. Garcia**, assistant radiologist; **Aaron Hamvas**, assistant pediatrician; **Joseph Hazan**, assistant obstetrician/gynecologist; **Robert R. Kuske**, assistant radiologist, and **Hieu Hue Le**, assistant anesthesiologist. **John W. McKinney**, assistant otolaryngologist; **Robert J. Myerson**, assistant radiologist; **Vivian F. Moynihan**, assistant obstetrician/gynecologist; **Susan J. Nelson**, assistant pediatrician; **Amrik S. Narula**, assistant anesthesiologist; **Daniel Phillips**, assistant neurologist; **Habibur Rahman**, assistant pediatrician; **William R. Reinus**, assistant radiologist; **James R. Rohrbaugh**, assistant pediatrician/neurologist; **Joseph J. Volpe**, neurologist, and **Alan S. Wasserman**, assistant obstetrician/gynecologist.

Drs. **Charles B. Anderson** and **Gregorio A. Sicard**, Barnes/WU general surgeons, are among the nation's first specialists in vascular surgery to receive certification from the American Board of Surgery. The ABS administered the first examination in vascular surgery last November; Drs. Anderson and Sicard learned of their certification in March, 1984.

Dr. **Jeffrey L. Marsh**, Barnes/WU plastic surgeon, was elected to the Executive Council of the American Cleft Palate Association at the recent Regional National Meeting in Seattle, Washington.

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 June 8 to July 9 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

IN MEMORY OF:

Edna Landau
M/M J. Henry Schweich

Virgil Lewis

Robert R. Hermann

Benjamin Loeb

Jerome D. Korach

Father of Mr. and Mrs. Joseph Moyer

M/M Charles B. Drieke

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D/M Thomas B. Ferguson
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Deane S. Allen
D/M Thomas B. Ferguson
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Ellmary Wood

Deane S. Allen

IN HONOR OF:

Robert E. Frank
Chas. L. Roper, M.D.

50th Anniversary of Ed and Mary Graves

Margaret W. Pohler

Birthday of Dr. Michael Freiman

Joan, Larry & Eric Eisenkramer

Birthday of Mrs. Benjamin Loeb

Jerome D. Korach

Birthday of Selma Seldin

M/M J. Henry Schweich

Recovery of Mrs. Dan Novick

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Wedding of Daughter of Mr. and Mrs. Burt Wenneker

Macy & Betty Abrams

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Mrs. Fred Spears (for cancer research)
Ernest L. Toney
M/M Raymond Witte

IN MEMORY OF:
James Patrick O'Donnell
Leslie Lee Lawrio
W. Dean O'Donnell
Jerri Harris
Bruce Hartquist
Sherrill Hartquist
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M/M Glenn Wilcox
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Recovery of Gene Samples
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IN HONOR OF:

Birthday of Mrs. Kenneth Marshall
M/M Louis Jablonow

Recovery of Mrs. Robert Shifrim
M/M Louis Jablonow

Barnes "Alarms for Life" Fund

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Catering by Gillardi
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Alvin N. Lasky Memorial Fund

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65th Anniversary of Mr. & Mrs. Nathan Cohen
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Sharon O'Berto Morad Fund

IN MEMORY OF:

Alex Ikeda, Jr.
Nursing Service Administrators & Staffing Coordinators

Bone Marrow Unit Fund

IN MEMORY OF:

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M/M Wally Daube
M/M Jeff Eberhart
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M/M Dick Nahm

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Patient Education Fund

Barnes Hospital Auxiliary
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IN MEMORY OF:

James Patrick O'Donnell
Leslie Lee Lawrio
W. Dean O'Donnell (Bibles for patient & family use)
Jerri Harris
Bruce Hartquist

Sherrill Hartquist
Carol Lawrio
Maurine Lawrio
M/M Glenn Wilcox
Connie Youist
M/M Herman Yost

Barnes Heart Fund

IN MEMORY OF:

Dr. Lucy Barr
Anne C. Kimball

Former patient expresses thanks for care received

Tracey Lynn Christy, a recent patient from Hannibal, Missouri, wrote the following letter to the Barnes Hospital staff in appreciation of the care she received here.

I was admitted to your hospital for two months in 1983 and for five months in 1984 after being diagnosed of having Hodgkin's disease by my Hannibal doctor. My stays were very long and painful, but all of the doctors, nurses and staff went out of their way to give me the very best care.

I was on 10100, 6300 and 11100 (Queeny Tower mostly). Everyone is very dedicated to their work. I got depressed a lot, but they always had cheerful words for me. At times I almost felt at home, even though I was 120 miles away. I owe special thanks to Cathy Fagus and Marilyn Jones (10100), Ellen Kell and Lois Valentine (6300) and assistant head nurse Terry Walker and Lou Parson (11100), and Janette Chalmers, Jackie Anderson and Mary Stone, housekeeping. Also to Doris Skillman, for all of the time she spent with me.

I never heard anyone complain. The rooms were also very neat and clean at all times. The food was very good. (A nice variety.) Lisa Jeske, my dietitian, was also a very big help to me. I wanted to let you know that the staff and service at Barnes Hospital is great and will always be #1 in my book, and my doctor there is the greatest.



Volunteer Sally Hermann explains the services provided through the Cancer Information Center to private duty nurse Pam Turner during a July 17 open house. The CIC moved into its new quarters on the first floor of the Barnard Hospital building earlier this year.

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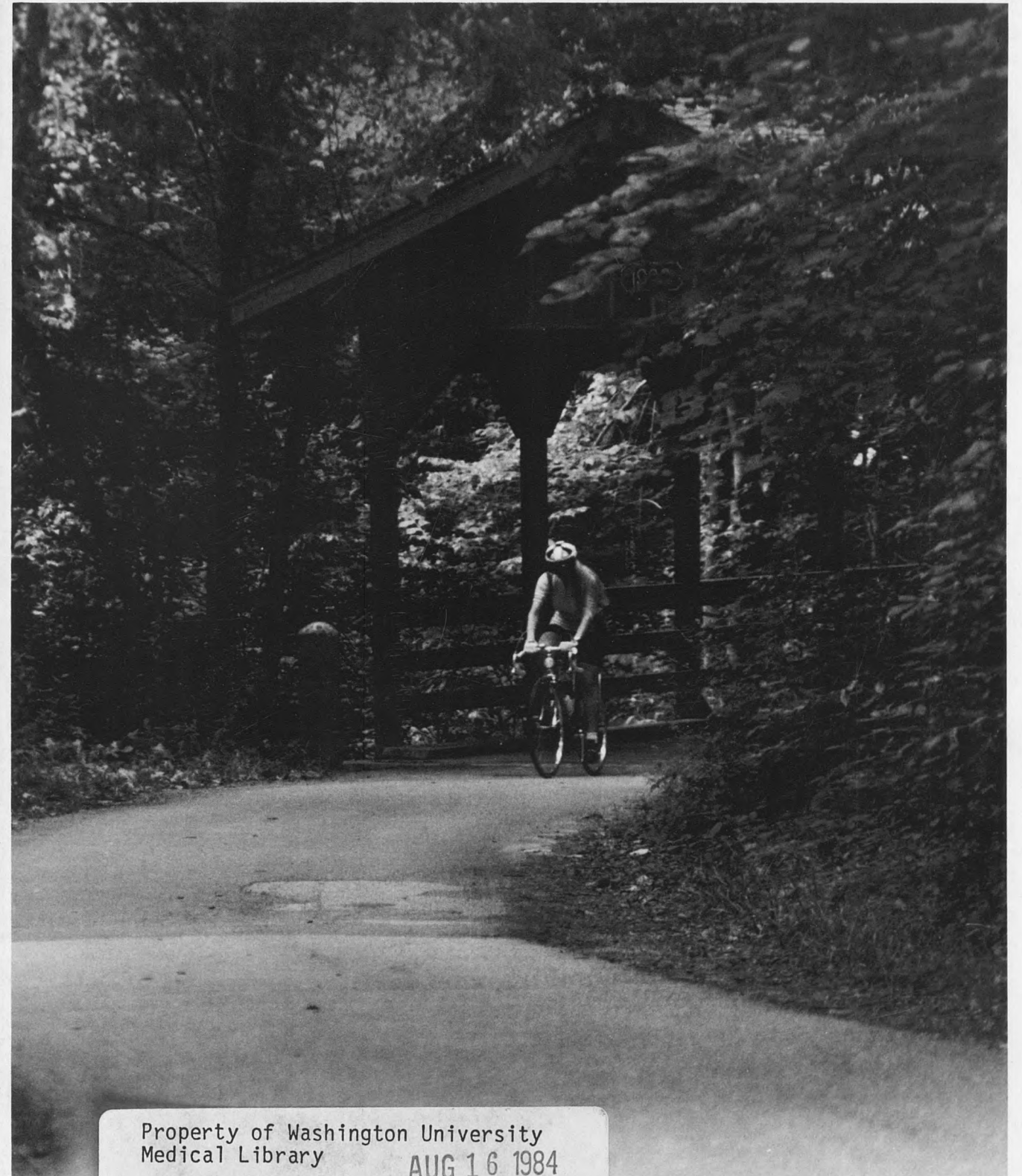
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