

Bulletin

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Martha Eyermann

Eyermann, Grant, Poll elected to board

Three new members were elected to the Barnes Hospital board of directors, announced Armand C. Stalnaker, chairman of the board, following the annual meeting in April. The elections keep at 18 the number of directors who govern the hospital.

The newly elected members are Martha Eyermann, Auxiliary president, and Dr. Neville Grant, Barnes Hospital Society president, both elected to one-year terms; and Max Poll, Barnes Hospital president, elected to fill a vacancy with an unexpired term that will end in 1989.

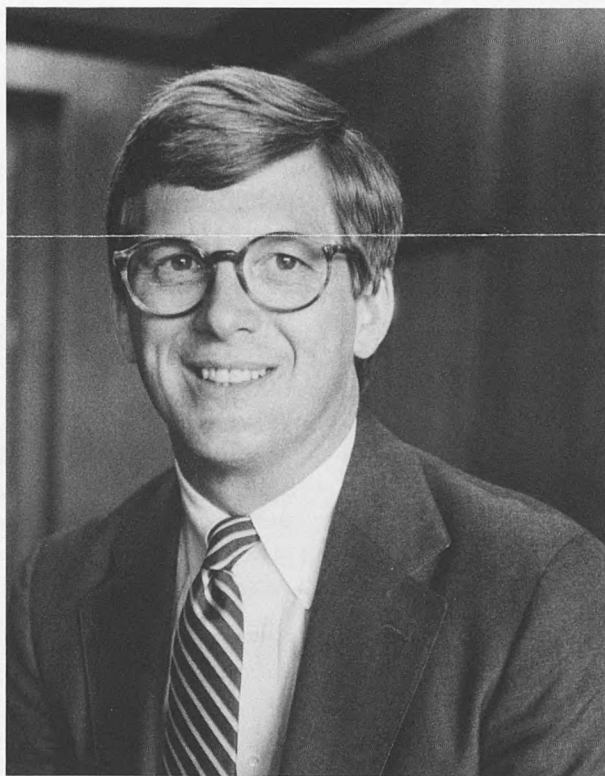
Mrs. Eyermann joined the Barnes Hospital Auxiliary in 1969, at which time she also volunteered in the Wishing Well Gift Shop as a sales clerk. A few years later, she was named buyer for the Gift Shop, a position she continues to hold as Auxiliary president. Mrs. Eyermann has served on the Auxiliary board in the capacity of vice-president for finance, treasurer, assistant treasurer, projects chairman and member-at-large.

Dr. Grant, physician specializing in endocrinology, joined the Barnes medical staff in 1962. Dr. Grant holds bachelors of science and arts degrees from Yale University and a medical degree from Columbia University. He served an internship at Washington University, a residency at Yale and a fellowship at Stanford University. He also received post-graduate training at Albert Schweitzer Hospital in French Equatorial Africa and served as a captain in the medical corps of the United States Air Force. Dr. Grant belongs to numerous professional orga-

Front cover: Medical emergencies can stem from many sources, particularly as the warm weather draws more people into outdoor activities and paves the way for summer maladies. Among the unexpected mishaps of summer are encounters with poisonous sources such as plants, snakes, insects and cleaning products. To learn about some of summer's unwelcome side effects and about Barnes' role in the Regional Poison Center Network, turn to centerspread, pages 4-5.



Dr. Neville Grant



Max Poll

nizations, including the American Society of Internal Medicine, American Diabetes Association, American Medical Association and Endocrine Society.

Mr. Poll, named president of Barnes in July, 1986, joined the hospital staff in 1982 as executive vice-president. He came to Barnes from Boone Hospital Center in Columbia, Missouri, where he had served as chief executive officer for five years. Mr. Poll was cited in *Hospitals* magazine last year as one of the outstanding young hospital administrators in America.

Mr. Poll received a bachelor of science degree in business administration from Western Michigan University in Kalamazoo and a master's degree in hospital administration from the University of Minnesota. He is a member of the American College of Hospital Administrators, board member of the Missouri Hospital Association and chairman of VHA Mid-America, a national voluntary hospitals association.

National survey names Barnes among tops

Barnes was named among the top hospitals in the nation in a recent survey by the *Wall Street Journal*. The national newspaper asked deans of nine leading medical schools to list the five best hospitals in the country and published the results in its April 24 issue. Massachusetts General Hospital in Boston topped the list with eight votes, followed by Johns Hopkins in Baltimore with six. Barnes Hospital; Duke University in Durham, North Carolina; Peter Bent Brigham Hospital in Boston; the University of California at Los Angeles Medical Center; and the University of California at San Francisco Medical Center rounded out the list with three endorsements each.

Barnes has been included among outstanding medical facilities in the United States in every such ranking published in major books and magazines since 1980, most recently in the publication, *The Best In Medicine*. Other national publications recognizing Barnes as a top-ranking hospital in recent years include *Good Housekeeping*, *Money* magazine, *Business Week* and *Town and Country*.

BHS elects officers, council members

The Barnes Hospital Society (BHS) elected Dr. Neville Grant, physician, to a two-year term as president of the doctors' organization April 16. Dr. Grant succeeds Dr. Jack Kayes, ophthalmologist.

Other doctors elected to officer posts that evening were Drs. Phil Korenblat, physician, president-elect; John B. Buettner, general surgeon, vice-president; and Walter Lemann, neurologist, secretary/treasurer. In addition to the election of officers, three new council members also were voted into office: Drs. Bruce L. Bryan, obstetrician/gynecologist; Gilbert R. Jost, radiologist; and Robert E. Kraetsch, physician.

The BHS, comprising nearly 800 doctors on the Barnes Hospital staff, is pledged "to secure the development of the hospital both as a source of community service and as a center for medical progress."

Auxiliary presents gift, elects Martha Eyermann

A \$400,000 check presentation to Barnes Hospital highlighted the Auxiliary's annual spring meeting and luncheon April 23 at La Chateau de France. Darlene Roland, out-going Auxiliary president, presented the gift, one of the largest in the Auxiliary's 28-year history, to Barnes board chairman Armand C. Stalnaker. The \$400,000 check, representing a one-year contribution, brings the Auxiliary to within \$300,000 of its \$1.3 million pledge toward the current pedestrian bridge project.

The annual meeting also marked the beginning of 18-year Auxiliary member Martha Eyermann's term as president of the 750-member organization. Mrs. Eyermann, who was elected

(continued on page 2)

Auxiliary gift

(continued from page 1)



Auxiliary president Darlene Roland presents \$400,000 check to Barnes board chairman Armand Stalnaker.

to a two-year term, had previously served as the group's vice-president for finance.

In other Auxiliary business activities, 11 members were elected to new posts: Barbara Schneider, vice-president for finance; Margaret Kinaman, vice-president for volunteer services; Ruth Mavis, recording secretary; Ron Crosby, by-laws chairman; Audrey Wortham, historian; retiring president Darlene Roland, legislative delegate; Norma Stern, projects chairman; Joan Karandjeff, Tribute Fund Chairman; and Roger Hatton, Betty Tucker and Elizabeth Marshall, members-at-large. The luncheon also featured a presentation by guest speaker Julius Hunter of KMOV-TV and speeches by hospital president Max Poll and Mr. Stalnaker.

The Auxiliary, since its inception, has contributed more than \$4.5 million to the hospital for projects that have included the Health Education and Screening Center, Barnes Lodge and renovation of the emergency department and cardiac care unit. The Auxiliary also contributes regularly to the home health and social work departments and supports scholarships at Barnes Hospital School of Nursing and Washington University School of Medicine. The Auxiliary sponsors the Wishing Well Gift and Flower Shops, Nearly New Shop, Baby Photo Service, Tribute Fund and a 300-plus member volunteer program.

Regional phasing in all maternity services

As of July 6, Barnes Hospital will no longer house high-risk obstetrics patients for St. Louis City and County. On that date, St. Louis Regional Medical Center will open the high-risk portion of their newly completed maternity center.

The center, on the third floor of Regional, at 5535 Delmar, contains 82 obstetrics/gynecology beds, 32 nursery cribs, and a 26-crib neonatal intensive care unit. Regional officials estimate that the hospital will deliver 3,000 babies annually when it is in full operation later this year.

The facilities were dedicated March 30, with the admission of city obstetrics patients who had been being cared for at Lutheran Medical Center. County residents were transferred from Deaconess Hospital to Regional on May 18.

Obstetricians and pediatricians from Washington University Medical Center will oversee the maternity and nursery services at Regional.

Laser, medication unite against tumors

Imagine a drug that seeks out cancer cells and then, when activated by laser light, destroys them. Imagine that the drug has no significant side effects, no nausea, no hair loss, no destruction of healthy tissue. Imagine the impossible? Not necessarily.

Photodynamic therapy (PDT), the destruction of malignant solid tumors by light-sensitive drugs, is currently in clinical trials at Barnes Hospital under the direction of Dr. Richard E. Hayden, otolaryngologist specializing in head and neck cancer. Dr. Charles Roper, cardiothoracic surgeon, is overseeing its application for patients with inoperable lung tumors. PDT combines laser technology and light-sensitive drugs that are retained in high concentrations in cancer cells to selectively destroy malignant tumors. Barnes is among 10 centers across the nation with approval from the Food and Drug Administration (FDA) to conduct clinical trials of the treatment.

"Researchers have always sought a technique to selectively identify and kill cancer tissue," said Dr. Hayden. "We seem to have found that first-generation tool in the form of photodynamic therapy, a promising and exciting technology." Dr. Hayden says PDT is presently being used at Barnes in the head, neck, and chest regions and may soon be used for urologic and dermatologic cancers.

PDT works in two ways, by assisting with cancer diagnosis and by following that diagnosis with a selective treatment that eliminates the side effects and risks of conventional therapeutic treatments such as surgery, radiation therapy and chemotherapy.

Researchers in 1948 discovered that certain substances, called porphyrins, collect in high concentrations in rapidly growing tissues. (Cancer is characterized by rapid, uncontrolled, abnormal cell growth.) Further investigation revealed that tissues which absorb drugs derived from porphyrins in those high concentrations glow when exposed to certain wavelengths of light produced by lasers, allowing doctors to visibly identify probable cancer or pre-cancerous sites for biopsy or treatment.

Using today's endoscopic technology, doctors can view interior passageways such as the esophagus or nasal passages. Fine laser fibers can be threaded into the passages simultaneously to provide the light at the wavelength necessary to produce the characteristic glow. In this way, PDT offers a valuable diagnostic tool; however the technology makes further important strides in the battle against cancer by making possible selective treatment of identified tumors.

While one particular wavelength of light causes the porphyrin-laden tissues to glow, another wavelength spurs a chemical reaction toxic to the cells which contain the porphyrins. Exposing the malignant cells containing the porphyrins to a laser beam at that wavelength causes the porphyrins to produce what is called singlet oxygen. This singlet oxygen kills the cells in which it is contained and thus destroys the tumor, which is then sloughed off by the body.

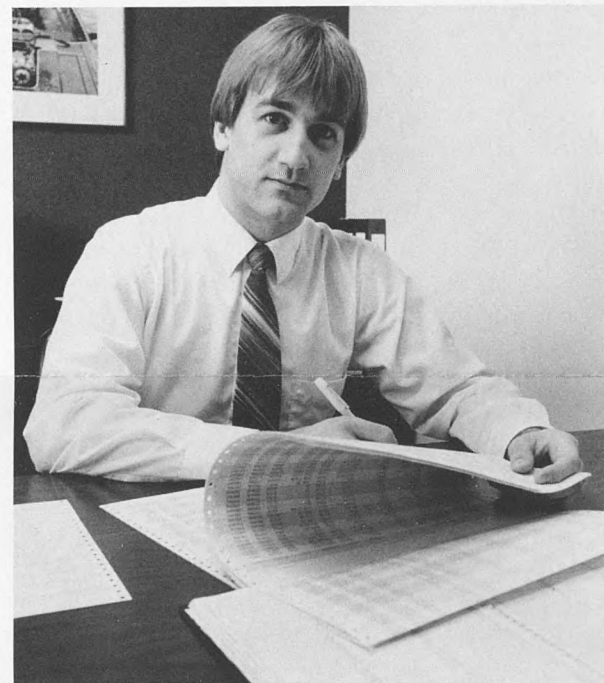
A patient undergoing PDT receives the porphyrin-derived drug intravenously as an outpatient 24 to 48 hours before diagnostic examination or treatment. The drug is harmless to tissues unless activated by penetrating light rays. During the diagnostic or therapeutic program, patients are cautioned against exposure to ultraviolet sunlight which could activate the

drug. Patients are advised to wear hats, sunscreens and long-sleeved clothing when in sunlight during the two- to three-month period the drug is in their systems.

While the treatment itself is painless, patients normally receive local anesthesia to relieve discomfort caused by insertion of the laser and endoscopic viewing instruments. Changes in the tumor can be observed within a few hours of treatment, with necrosis evident in one to four days. Various lenses may be attached to the end of the laser fiber to change the pattern of diffusion to most effectively destroy a tumor at a given location.

A computer built into the laser equipment calculates the dosage to deliver the appropriate amount of light at the correct wavelength for the necessary length of time. Treatment time generally ranges from 15 to 45 minutes.

"PDT offers great advantages over current oncology therapy treatments," said Dr. Hayden. "Risk of side effects is virtually eliminated, with the exception of being shielded from sunlight for a few months. There are no surgical risks and no toxicity. Most importantly, PDT is so specific that treatments may be repeated if necessary without any increase in risks for the patient."



Larry Hertzler

Hertzler named director of clinical engineering

Larry Hertzler, former assistant director of clinical engineering, has been named director of the department. Mr. Hertzler had served as acting director of clinical engineering since former director John Hanpeter's promotion to assistant vice-president in November, 1986.

Mr. Hertzler manages the activities of the clinical engineering supervisor and 15 technicians in their maintenance of biomedical equipment throughout the hospital. Biomedical equipment includes all electrical instrumentation used in the diagnosis, monitoring and treatment of hospital patients, such as fetal monitors, electrocardiographs, by-pass machinery and the artificial heart.

Prior to joining the Barnes Hospital staff as assistant director of clinical engineering in 1984, Mr. Hertzler was a clinical engineer and acting director of biomedical engineering at Hurley Medical Center in Flint, Michigan. A native of Goshen, Indiana, Mr. Hertzler received his bachelor of science degree in electrical engineering from Purdue University and served a summer internship in clinical engineering at Henry Ford Hospital in Detroit, Michigan.



Volunteer director Susan Collins lends a hand to volunteer Julia King.

Susan Collins named volunteer director

Susan B. Collins has been selected to direct the Barnes volunteer program, which comprises more than 400 adult and junior volunteers annually. Her responsibilities include recruiting and selecting volunteers to staff areas throughout the hospital that request volunteer services, and coordinating all volunteer activities. Barnes volunteers donate more than 50,000 hours of service to the hospital each year.

Ms. Collins, who holds a law degree, is former assistant director of Senior Citizens Legal Services in San Diego, California. In that capacity, she supervised the staff of a legal services program that emphasized problem-solving rather than adversarial approaches to senior citizens' legal problems. She also worked closely with senior citizen groups through speaking engagements, organization of coalitions, advocacy in the community, and coordination of program volunteers. Ms. Collins has also served as director of consumer projects for KIND Legal Services for Seniors in San Diego and as assistant general counsel in the department of human services in Knoxville, Tennessee.

Ms. Collins holds a bachelor of arts degree in history and political science, and a juris doctor degree from the University of Tennessee in Knoxville.

Informational programs set for June and July

Find out how to treat your feet June 24, and learn about arthritic hand surgery July 8 at free "Ask the Doctor" programs at Barnes Hospital. Both programs will be held at 7 p.m. in the East Pavilion Auditorium, located on the first floor adjacent to the Wishing Well Gift Shop. Dr. Vilray Blair, Barnes orthopedic surgeon specializing in foot problems, and Dr. Paul Weeks, chief of plastic and reconstructive surgery, will be the respective speakers.

Dr. Blair will discuss how to prevent foot problems, what treatments are available for problems ranging from ingrown toenails to bunions, and when surgery is necessary. Dr. Weeks will discuss surgical alternatives for persons suffering from severe arthritis in the hands, including synthetic joint implants. Both programs will

include slides and printed materials, as well as time for individual questions and answers.

Although the programs are free of charge, reservations are required. For more information or to register, call (314) 362-5290. Free parking is provided in the subsurface garage immediately south of the hospital.

187 employees honored for long-time service

A total of 187 employees representing 2,700 years of service to the hospital were honored for their dedication May 1 at the semi-annual service awards dinner and reception. Employees celebrating 35, 30, 25, 20, 15 and 10 years of continuous service between January 1 and June 30, 1987, were recognized with a dinner beginning at 7 p.m. at the Omni International Hotel at Union Station, followed by the awards program.

Five employees headed this year's list of honorees with 35 years of service each: Helen Keller, central service; Mamie McAllister, laundry; Charity Moore, nursing service; Marie Watson, operating rooms; and William Williams, pharmacy. In addition, six employees marked 30-year milestones, including Beatrice Anderson, central service; Yadwiga Belkin and Dolores Holly, operating rooms; Marie Goodwin and Carrie Young, nursing service; and Arethia King, food and nutrition.

Eleven employees marked silver anniversaries: Pat Berryman, administration; Emma Fentress, housekeeping; George Heine and Anne Tissi, pharmacy; Marva Johnson, food and nutrition; Magnolia Mason, clinics; Rosa McAlister and Mattie Perry, nursing service; Bob Rechten and Laverne Vassel, controller's office; and Vivian Redd, operating rooms.

A total of 31 employees were honored for 20 years of service, including Doris Atkinson, Jo Ann Bray and John Chisolm, pharmacy; Doris Bost, Donna Granda and Azie Griffin, operating rooms; Carol Bulliner, Carmeletta Calhoun, Shirley Green-Williams, Earline Jones, Myrlene Moore, Violet Moore, Doris Nowden, Mary Ann Sansevere, Centa Schmitz, LaVonda Spencer, Bertha West and Laverne Weston, nursing service; Edward Chaffin, clinical engineering; Annie Foggy and Billie Nelson, central service; Marlene Hartmann, administration; Samella Jacobs, cashiers; Kathleen Johnson, laboratories; Dorothy McClure and Ethelrine Wingo, housekeeping; Shirley Meister and Mary Tumulty, human resources; and Stella Norman-Cook, Tommia Russell and Naomi Williams, food and nutrition.

Employees celebrating 15-year anniversaries totaled 52: Dorothy Blaylock, Earline Conell, Willa Delaney, Sara Hodge, Magnolia McKinney, Ann Monroe, Jean Peoples, DeLynn Pounders, Joyce Roerman, Jay Sachs, JoAnn Sim, Johnnie Sevier, Lois Scott and Sarah Wallace, nursing service; Renee Britton, Cecilia Gardner, Nathaniel Heavens, Patricia Hobson, Joyce Johnson, Vincent Lee, Jimmy Mahones, Mary Mallory, Martha Mason, Alice Owens and LeRoy Watson, food and nutrition; Mary Chapman, Anna Hall, Annie Hennings, Magnolia Humphries, Jean Market, Willie Mobley, Severa Robinson and Barbara Wilson, housekeeping.

Colette Chase, home health; John Clark and Sam Morgan, security; Erma Dungs and Loretta Watson, laundry; Grace Faszholtz, admitting; Eugene Foeller and J. Keith McQueen, plant engineering; Vicki Hensler, controller's

office; Dorothy Hollenbeck, Wishing Well; Denise Kelley, mailroom; Nancy LaFiore, operating rooms; Gloria Lopez, telecommunications; Henry Middendorf, clinical engineering; Blandine Morris, medical records; Charles Robinson and Melvin Wright, laboratories; Nellie Tolliver, clinics; and Mary Ann York, dispatch.

Ten-year honorees, totaling 82, included Terry Abrams, Bridget Blair, Carol Blakely, Pia Botani-Hacker, Terralon Brown, Stacy Brzezinski, Nancy Bubenik, Jacqueline Cook, Eileen Constantinou, Barbara DeWalle, Karin Fagan, Terri Fick, Pamela Glasper, Barbara Green, Elizabeth Hughes, Mary Jacobi, Kathie Johnson, Susan Lynch, Rita Moss, Laurie Pellett, Shawn Ray, Jean Reed, Mary Reeves, Donald Shannon, Nancy Stein, Mary Stoverink, Donna Strain, Kathryn Swiderski, Janis Towers, Diane Watson, Nancy Weiss and Janet Westmoland, nursing service.

Deborah Allen, Joverna Daniels, Mary Downs, Bonnie Halk, Ruben Jackson, Nancy Nelson, Charles Rhone, Belton Smith, Alvin Stayton, and L.C. Watson, housekeeping; Tina Bailey, medical records; Nancy Bitter, accounts payable; Susan Blustein, Martha Brown and Sara Schmeer, social work; Angel Boone, Karen Bumb, Mary Goodman, Terry Hill, Brenda Hollander, Ronay Jackson, Michael Jakich, Carol Peters, Laurie Richards and Lori Wooldridge, operating rooms; Nancy Bradley, Dorothy Brown, Alta Jobin, Theola Smith and Derry Walker, food and nutrition.

Janice Chaney, Michael Daft, Beverly DeSchepper, Patricia Dougherty, George Granich, Anthony Grillo, Brenda Lauer, Carrie Lee, Adrain McClellan and Carmen Peirick, laboratories. Paula Czarnecki, administration; Sharon Dickens and Annette Tetrault, patient accounts; Lisa Ecker, home health; Mary Kazarian, respiratory therapy; Wally Klein, education and training; Stephanie Ogle, nursing education; Linda Smith, dispatch; Kenneth Yancheck, pharmacy; and Rosemary Zakrzewski, cashiers.



Terrific Nurses Touted: May 6 marked the release of 2,000 helium balloons in celebration of National Nurses Week, May 3-9. "It Takes a Tender Heart to Make a Terrific Nurse" was the theme at Barnes, where members of the nursing staff were saluted with posters, buttons and an advertisement in the St. Louis Post-Dispatch. The following week, all Barnes employees were honored with carnations, posters and refreshments in celebration of National Hospital Week.

Poison Control

The colorful irises, gently swayed by the mild summer breeze, bobbed their heads invitingly at the little toddler. He reached out to touch one and, instinctively, brought the flower to his mouth to taste it. . . .

The elderly widow's slightly shaking hands struggled to loosen the cap from the bottle of medication. At least this cap was easier to remove than the one on the original container, she thought. She didn't remember her pills being yellow, like these, but she took her normal dosage anyway. . . .

The young man had been caring for neighbors' lawns since he was 12 years old, and he still enjoyed working in the early summer sun. He carefully arranged his mowing equipment and reached for the bottle of weed killer. As he tipped the container, the lid fell away and the potent toxin spilled over his hands. . . .

Any of these scenarios or numerous others like them could lead to a trip to the local emergency department for poison treatment. With the



Many common house and yard plants contain a wide variety of poisons that may cause symptoms ranging from a mild stomach ache or skin rash to swelling of the throat or damage to vital organs. Many plants do not cause toxicity unless ingested in very large amounts.

summer's mixed blessings gearing up for full swing, it's time to guard against the season's unexpected maladies. For with warm weather's welcome freshness come unpleasant possibilities: barefoot walks cut short by insect stings, summer outings marred by tainted picnic snacks, seasonal housecleaning exposing unattended children to the temptation of dangerous cleaning products.

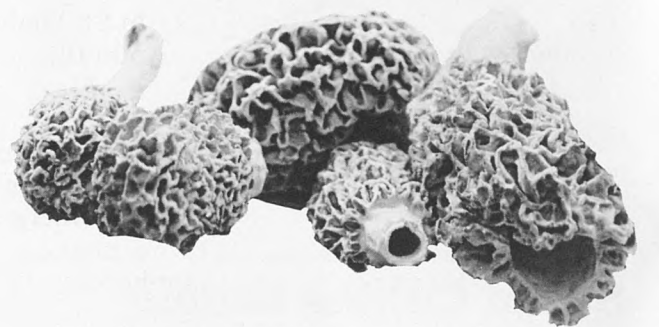
An estimated one million poisonings occur in the United States each year. No one is immune to poisoning, and young children are especially at risk.

The culprits involved in accidental poisonings range from houseplants and cleaning products to medications and wild mushrooms. And while most poisonings are associated with swallowing or ingestion, poisonous substances also can harm the body through inhalation, skin contamination, eye contact or insect stings.

Healthcare professionals say the single most important thing to remember if a poisoning occurs is to remain calm in order to communicate clearly with a poison control center or physician about the poisoning. Accurate information must be conveyed quickly for healthcare professionals to recommend appropriate emergency treatment and follow-up instructions.

To assist in this vital transfer of information, a regional poison center network exists in St. Louis and surrounding areas. As part of that network, based at Cardinal Glennon Children's Hospital, Barnes Hospital can access a library of toxicology information within a matter of minutes on a 24-hour-a-day basis. Network hospitals, totaling 35, share the informational resources of computerized information, toxicology journals, Food and Drug Administration and manufacturer bulletins, government product information cards, specialized texts and consultation with a poison information specialist.

Barnes joined the network a year ago to enhance the emergency department's capability to deal with poisonings as quickly as possible. "The regional poison center network is a great time-saving system," says Joe Burke, administrative director of the emergency department.



Above: Microbiologists say most wild mushrooms should not be eaten raw or in large quantities because they are difficult to digest.

"The network enables emergency department personnel to concentrate entirely on treating the patient, without losing time tracking down information about complex chemicals that might be involved in the poisoning."

A simple phone call sets the network wheels in motion with an initial verbal explanation of the poison and symptoms. At the network center, all available information about the toxin and its treatment is drawn up by computer and transferred by telecopier to the area network-member's emergency department. Within minutes, a printout is produced to which emergency department personnel can refer for clinical information. That printout then accompanies the medical chart to a nursing division if the patient is admitted.

In addition to the reference library, the poison network provides consultation with a poison



The Barnes Hospital emergency department, a regional level poisonings during 1986.

specialist experienced in interpreting clinical data. A board-certified toxicologist also reviews the treatment protocols quarterly to ensure maintenance of accurate poison information.

According to emergency department professionals, the system saves precious moments that can spell the difference between life and death. During 1986, the regional poison center network responded to 33,538 calls concerning poison exposures and 8,450 calls requesting information, for a total of 41,988 calls. The network, established in 1974, currently comprises six hospitals in St. Louis city, four in St. Louis county, 22 in outstate Missouri, two in Illinois and one in Kansas.

"It is vitally important to keep up-to-date on current poison treatment," says Mr. Burke. "But that amount of information is overwhelming for each individual hospital to maintain, based on the ever-increasing number and variety of potential toxins. By centralizing the most current and complete library of toxicology information possible, and making that resource accessible to other hospitals, the regional network improves the efficiency of each emergency department and, ultimately, improves the capability of providing the best and quickest treatment possible for poison victims."

Poisonous substances can be found in the least-expected places: the liquor cabinet, medicine chest, cosmetic bag, perfume tray, workbench, tackle box, greenhouse and, of course, cleaning supplies cabinet. The regional poison center offers pamphlets on poisonous plants, food poisoning, insect stings, what to do if a poisoning occurs, safety tips for new parents and syrup of ipecac. The center also offers sheets of "Mr. Yuk" symbols, which pictorially warn a child of poisonous substances.

According to poison center statistics, the top five poisonous agents treated in 1986 were cleaning products, analgesics, cosmetics, cough and cold medications, and plants. Eighty-five percent of poisonings reported that year were accidental and about 65 percent of poisoning victims were under the age of five.



I trauma center, treated 253 cases of accidental or intentional



Medications and other personal care products should always be stored in their original containers, preferably with child-resistant caps, out of the reach of children, natural explorers.

Safeguarding the Home

1. Obtain one ounce of syrup of ipecac, a medicine that induces vomiting, from the pharmacy.
2. Lock all medicines, in child-resistant containers, out of a child's reach.
3. Store cleaning supplies out of sight and reach of a child.
4. Always store food, medicines and household products in their original containers.
5. Request the doctor and pharmacist to label all prescriptions in detail.
6. Always administer medications in a well-lit room to check proper dosage and avoid mistakes.
7. Do not mix different medications or vitamins in the same containers.
8. Flush old medications down the toilet.
9. Rinse empty liquid medicine or household products containers before disposal. Do not crush, bend or puncture the container.
10. Communicate clearly with other adults caring for a child to prevent accidental overdoses of medications.
11. Know the botanical names of all house and yard plants.
12. Remember that some poisons take time to be absorbed by the stomach. Do not assume things are all right if symptoms are not immediately evident.

If a Poisoning Occurs:

1. Remain calm.
2. Call the poison center or physician with the following information:
 - Patient age
 - Name and phone number
 - Name of product and ingredients
 - Amount involved
 - Time of poisoning
 - Symptoms
3. Follow instructions of the poison center or physician. Induce vomiting **ONLY IF INSTRUCTED TO DO SO.***

*If vomiting is recommended to interrupt the absorption of poison by the stomach, remember that syrup of ipecac is the safest and most effective method. Ipecac is available in one-ounce quantities without a prescription from the local pharmacy and will keep for several years if stored at room temperature unopened. The poison center will offer complete instructions for dosage, which varies for infants, children and adults.

Regional Poison Center
772-5200
1-800-392-9111

Media spotlight

As a national leader in patient care and medical research, Barnes serves as an information resource center. In 1986, more than 1,800 queries from broadcast and print media representatives were made to the public relations department requesting that Barnes medical and professional staff explain current healthcare concerns and discoveries. Highlights of the media's coverage of Barnes during the last month include the following:

An **innovative drug treatment** for people suffering from eye and facial muscle spasms was reported April 6 by Lisa Allen of KTVI-TV. Dr. **Ronald M. Burde**, neuro-ophthalmologist and one of the chief investigators nationally, explained that the drug is made from the toxin, botulinum-A, and causes a local paralysis of the spasmodic muscles.

Spring breezes bring sneezes and media interviews with allergy specialists at Barnes. KMOV-TV's Al Wiman on April 7 interviewed Drs. **H. James Wedner** and **Anthony Kulczycki**.

A study of **common items which may cause cancer** was the subject of a KSDK-TV report April 17. The list included peanut butter and the air in an average home, although the risk was said to be extremely small for either. Dr. **Virgil Loeb Jr.**, Barnes oncologist and president of the American Cancer Society, told reporter Kathy Leonard that he will continue to eat peanut butter but urged more concern about tobacco, the cause of 30 percent of all cancer.

An article in the *Journal of the American Medical Association* about the **value of breast self-examination** in early cancer detection was covered by KTVI-TV April 24. The article noted that the value of self-examination has never been proved in a controlled study. Dr. **Jerome Levy**, surgeon and breast cancer specialist, in an interview urged self-examination based upon numerous patients he has seen who found their cancers early. **Lynn Drake**, nurse/instructor, used breast form models to demonstrate proper self-examination techniques.

Donation of a **kidney from a living donor to a non-related recipient** is occurring more often, especially among spouses, Dr. **Charles B. Anderson**, general surgeon-in-chief, said on KSDK-TV April 28. The story, which ran during Organ Donor Awareness Week, explained that the technique is possible through a series of blood transfusions from the donor to the recipient prior to the transplant. The transfusions "trick" the recipient's body into more readily accepting the donor organ.

Jerry Faupel, a Barnes volunteer, was depicted in a series April 29 and 30 on KMOV-TV about "**good news**" in St. Louis. Mrs. Faupel's volunteer work ranges from helping eye patients to read food menus to spending many hours in the hospital lobby assisting patients and visitors with directions.

A story on KTVI-TV April 30 profiled Scott Churchman, 18, who had slept under ultraviolet lights nearly since birth to control an **enzyme deficiency that causes jaundice**. Dr. **M. Wayne Flye**, who performed a liver transplant on Scott to correct the potentially fatal problem, said the light treatment had never been used successfully for more than a few years.

A new, **percutaneous technique for removal of damaged lumbar discs** was explained by Dr. **Arthur B. Jenny**, neurosurgeon, in a report by KPLR-TV's John Schieszer May 5. A suction cutting probe that looks similar to a needle is

used to remove the disc. Dr. Jenny said the technique is not yet widely used, but may cause fewer complications than open surgery.

Barrier contraceptives may result in reduced tubal infections and tubal infertility, according to a May 8 article in the *Journal of the American Medical Association*. KMOV-TV reported the study and interviewed Dr. **Jacob Klein**, obstetrician/gynecologist.



Kimberlee Workman

Committee selects 1987 Gold Medal honoree

Kimberlee Workman, registered nurse on 14300, has been selected as the 1987 recipient of the Hospital Association of Metropolitan St. Louis (HAMSTL) Gold Medal Award for Barnes Hospital. The Gold Medal is awarded annually to an employee from each HAMSTL member hospital who demonstrates extraordinary concern for the well-being of others by a significant humanitarian act or a long-term commitment to caring for those in the community.

Ms. Workman, who has worked at Barnes for two years on a psychiatry nursing division, was selected by a committee of her peers on the basis of her genuine selflessness in serving less fortunate individuals in the community. For her, giving to others is something that comes naturally, according to her head nurse, Helen Russell, who nominated her for the award.

Much of Ms. Workman's free time is devoted to assisting the homeless in the St. Louis community in a very tangible way. She uses her days off to provide nursing care at a local winter shelter or to work in the shelter's office and resale shop. Ms. Workman also cleans transitional housing locations in preparation for a homeless family's arrival, and assists the families with the move, often using her own car for their transportation. In her own words, she "will do anything that needs to be done."

Ms. Workman will be honored with other HAMSTL hospital Gold Medal awardees at a luncheon June 24 at the Omni International Hotel in Union Station.

Barnes' Gold Medal committee selected Ms. Workman from a group of nine nominations. Other Barnes employees recognized by their co-workers with nominations for the 1987 award include Mary Elliot, R.N., for her work with the American Cancer Society in Illinois; Bev Ervin, R.N., for her medical work each summer in the remote villages of Haiti; Frank Gully Jr., security officer, who went door-to-door to alert apartment residents that their building was on

fire; Patti Kennedy and Linda Shay, R.N.s who administered cardiopulmonary resuscitation to a man they found collapsed on the street; Fred Manning, housekeeper, who visits patients on his lunch hours and gives assistance to his neighbors; the medicine head nurse group for their community work through Barnes' speakers bureau; Laurel Wiersema, clinical nurse specialist, for her work with a hospital support group; and Janet Worley, R.N., who for the past four years has regularly donated blood products to a child with leukemia and who works on bloodmobiles.

Hospital notes

The following doctors are reported on staff: Drs. **Debra L. Birenbaum** and **David G. Mutch**, assistant obstetricians/gynecologists; Dr. **Gerold N. Borodoch**, assistant anesthesiologist; Drs. **Robert D. Fry** and **Ira J. Kodner**, assistant surgeons; and Dr. **Anthony J. Wilson**, assistant radiologist.

Dr. **Virgil Loeb**, Barnes oncologist and national president of the American Cancer Society, met with President Ronald Reagan in Washington, D.C., last month to present the ACS Courage Award to entertainer Minnie Pearl. Ms. Pearl, a former cancer patient, was recognized for her commitment to and active involvement in the ACS with a plaque signed by President Reagan and Dr. Loeb.

Emergency room administrative director **Joe Burke** was elected one of nine directors on the board of the newly formed Society for Ambulatory Care Professionals, a chapter of the American Hospital Association.

Dr. **Keith Bridwell**, orthopedic surgeon, recently offered presentations on the surgical treatment of spinal disorders at the annual meetings of the American Academy of Orthopedic Surgeons and Mid-America Orthopaedic Association.

Dr. **Jack Hartstein**, ophthalmologist, presented a paper on his technique for manual irrigation aspiration at the annual meeting of The American Society of Cataract and Refractive Surgery, and served on the faculty at the Tulane-Ellender Contact Lens Course during April.

Dr. **Ronald G. Evens**, chief of radiology and director of Mallinckrodt Institute of Radiology, has been named president-elect of the Association of University Radiologists. He will begin a one-year term as president of the 1,500-member organization in April, 1988.

Dr. **Michael Karl**, physician, recently received an Award of Merit from the Jewish Center for the Aged for his long-term professional and community leadership of the Jewish elderly.

Bulletin

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BARNES HOSPITAL
AT WASHINGTON UNIVERSITY MEDICAL CENTER

Gifts to Barnes Hospital Funds

Listed below are the names of persons (honorees in **boldface**) who have made contributions during the period March 20 through April 30, 1987, 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 patients.

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40th Anniversary of Mr. and Mrs. Sam Rosenbloom
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Cancer Research

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Debra & Stephen, Jeffrey & Jared Jonas

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Bette, Laura & Julie Freedson

Honor bestowed upon Mr. Sidney Rich
Gayle Flood
Anniversary of Debra & Stephen Jonas
New Grandson of Mr. & Mrs. Bernie Bornstein
New Granddaughter of Mr. & Mrs. Barry Soloman
Birth of Daughter to Neil & Peggy Palacios
Birthday of Sandy Cotlar
Birthday of Jeffrey Jonas
Birthday of Debra Jonas
Birthday of Peggy Palacios
Birthday of Mother of Mrs. Debra Jonas, Shirley Shacat
Graduation of Sybille Bierer
Graduation of Brad Burde
Graduation of Caryn Cutner
Graduation of David Frederick
Graduation of Naomi & Sara Kaskowitz
Graduation of Susan Kopp
Graduation of Mark Manlin
Graduation of Debbie Meyer
Graduation of David Rubenstein
Marriage of Charles Goldberg
Speedy Recovery of Ida Rose
New Grandson of Mr. & Mrs. Marvin Seidler
Marriage of Leigh & Jeffrey Vittert
New Job of Mr. Les Wagner
The Stephen Jonas Family
Recovery of Sidney Kessler
Recovery of Ms. Bette Jane Freedson
Woman of Year, Bertha Fogel
Esther G. Jonas
Recovery of Family of Faye and Danny Schultz
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The "Tree of Life," planted April 30 by the Heart Transplant Association (HTA) at Barnes, stands in Hudlin Park across from the hospital as a symbol of hope for the future. The HTA, comprising Barnes heart transplant recipients, candidates and their families, planted the tree during Organ Donor Awareness Week in memory of patients who died while awaiting donor organs for transplant and to symbolize hope for future organ donor recipients.

Bulletin

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