

BULLETIN

Barnes Hospital, St. Louis, MO
August 1989, Vol. 43, No. 8



Barnes School of Nursing administrators, (from left) librarian Kim Rutter, BSN coordinator Jan Barrett, associate director Sandy Lindquist, second-level coordinator Margie Nahrup and director Mary Jane Meyer, stand in front of the Missouri Capitol in Jefferson City on the day that the State Board of Nursing approved the establishment of Barnes College.

Nursing board approves four-year college

On June 23, the Missouri State Board of Nursing in Jefferson City approved the establishment of Barnes College, a four-year college at Barnes Hospital. The college will offer the bachelor of science in nursing degree, consistent with a trend toward preparing nurses for leadership roles in healthcare. The college's first students will enter in August 1990.

Nursing education has been offered at Barnes Hospital through the Barnes Hospital School of Nursing since 1955. The three-year diploma school will be phased out with the class that enters in August 1989 and is graduated in 1992, according to Mary Jane Meyer, director of the school.

Barnes College will be affiliated with the St. Louis College of Pharmacy, a private college, where the nursing students will take science and liberal arts courses. Beginning in their sophomore years, the students will receive extensive clinical experience at Barnes Hospital.

The proximity of Barnes College to the hospital and to the St. Louis College of Pharmacy will offer nursing students a unique opportunity to study and gain practical clinical experience within the medical center complex.

Front Cover: A 5-foot tall ice sculpture of the logo for Barnes Hospital's 75th anniversary was the center of attention at the reception honoring doctors for 25 years of continuous service on the hospital's active medical staff. Eighteen doctors were honored at the 13th annual award ceremony, which took place on July 26 in the Tower restaurant on the 17th floor of Queeny Tower. (See page 3.)

It is projected that more than 100 students will enroll in Barnes College each class year. Ms. Meyer said career opportunities for graduates of the college are expected to remain excellent both at Barnes and other healthcare facilities nationally.

Queeny gift to benefit renovation of BMT unit

With a gift from the Ethel S. Queeny estate, the Edgar M. Queeny Memorial Fund has been created at Barnes Hospital. Proceeds from the fund will be used to assist in the renovation and relocation of the bone marrow transplant unit.

The bone marrow transplant unit was chosen as the fund's recipient because of Barnes' role as a leader in the treatment of cancer and cancer-related diseases. The unit will be relocated from Rand-Johnson to Queeny Tower, which is named for Mr. Queeny. Mr. Queeny was chairman of the Barnes board of directors from 1961 until his death in 1968.

The renovation of the unit is necessary to maintain excellence in both technology and services. The work also will enable the bone marrow transplant unit to maintain its superior patient relations and caring environment, which is especially important because a patient's length of stay on the unit is at least six weeks and can be as long six months. The new unit's bigger rooms and rooms with views will make these longer stays more comfortable for the patients.

Armand Stalnaker, the current chairman of the Barnes board of directors, said, "Edgar and Ethel Queeny's impact on the healthcare of St. Louisans continues. With Mrs. Queeny's gift through her estate, we can see one more example of their dedication."

The gift comes from a trust that was set up for Mrs. Queeny's sister, Mrs. Florence Christensen, with any balance to go to Barnes in recognition of Mr. Queeny's great interest in the hospital. When Mrs. Christensen died in January, approximately \$1.6 million was distributed to Barnes.

Gynecologic oncology director named

Dr. Ming-Shian Kao, obstetrician/gynecologist, has been named director of the division of gynecologic oncology at Barnes Hospital and Washington University School of Medicine. He succeeds Dr. H. Marvin Camel, who will remain in the department.

Dr. Kao joined the staff at Barnes and the school of medicine in 1971, after serving a four-year residency at Barnes. Prior to that, Dr. Kao served an internship and residency in general surgery at the National Taiwan University Hospital and an internship at Methodist Hospital of Central Illinois in Peoria. He also served as a clinical fellow in gynecology at Queen's University in Kingston, Ontario, Canada.

Dr. Kao received his medical degree from the National Taiwan University Faculty of Medicine in 1961. He is a fellow of both the Royal College of Surgeons of Canada and the American College of Obstetricians and Gynecologists, and he is a

diplomat of the American Board of Obstetrics and Gynecology and its subspecialty of gynecologic oncology. Dr. Kao has written numerous papers about studies related to gynecologic oncology.



Demonstrating the use of the emergency department's special table for heatstroke victims, medical director Dr. Gary Quick (center) monitors a patient's vital signs while R.N. Patrick Nooney packs ice around him and R.N. Joyce Brown sprays him with water.

Emergency develops table for heatstroke

This summer has proven to be a sweltering one, with many area residents falling victim to the high temperatures. According to Dr. Gary Quick, medical director of the Barnes Hospital emergency department, this summer and last summer have been the two worst years for heat-related illness since the early 1980s. As of July 13, the St. Louis Health commissioner's office recorded 73 people treated in area hospitals for heat-related illness and eight heat-related deaths.

Dr. Quick says there are three stages of heat illness. In the first, victims, often athletes who are exercising outdoors, experience heat cramps in their muscles because of salt and water depletion. In the second stage, victims experience heat exhaustion as detected by nausea, a drop in blood pressure, and possible fainting. The third stage of heat illness is heatstroke. In this stage, victims' lives are threatened. Heatstroke carries an immediate threat of death.

Dr. Quick says the signs of heatstroke, which most often affects the elderly or those in a high-heat environment, include skin that is red and hot to the touch, an absence (in most cases) of sweating, and signs of altered consciousness, such as confusion, slurred speech, paralysis or a comatose state. A victim of heatstroke immediately should be placed in a cool environment,

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Heatstroke

Continued from Page 1

and emergency aid should be summoned. According to Dr. Quick, a victim of heatstroke has to be cooled immediately because many aspects of their physiology have been damaged by the heat.

To bring heatstroke victims' temperatures down fast, the Barnes emergency department developed a special table. The table, originally used for nuclear decontamination, works on the principle that water conducts heat away from the body 20 to 25 percent faster than air. The patient is laid on the table and covered with a wet sheet. Water that is between 70 and 75 degrees Fahrenheit is then sprayed on the body. Very cold water, says Dr. Quick, causes shivering, which builds heat back up in the body again. Ice packs are placed around the patient, and fans are run to enhance cooling.

Dr. Quick says that the department used the table approximately 15 times last summer and five times already this summer. With a few more weeks of hot weather left, the table's work probably isn't over yet.

Together group helps women with gyn cancer

Having gynecological cancer can be a frustrating, emotional experience. Changes due to surgery may affect not only a woman's body, but her family and sexual relationships as well.

In an effort to set up a network of emotional support and encourage the sharing of information among women with gynecological cancer, Barnes Hospital has established "Together." The new support group's meetings provide a forum for women to speak openly and share experiences with other women in similar circumstances. Interaction with women who share concerns can help participants deal with day-to-day problems, whether large or small.

Together meetings include a brief presentation by members of the healthcare team, such as clinical nurses, oncology specialists, dietitians and nursing representatives. Physicians are available to answer questions. In addition, the informal sessions are led by professionals with extensive experience in group discussion. Participants may share their experiences and feelings, or simply listen.

Together meetings are free and open to gynecological cancer patients and their spouses. Meetings are held the first Tuesday of every month in the Health Education Center conference room on the first floor of Barnes' East Pavilion. For more information about Together, call Karen Gorman, gyn/gyn oncology head nurse, at (314) 362-4040.

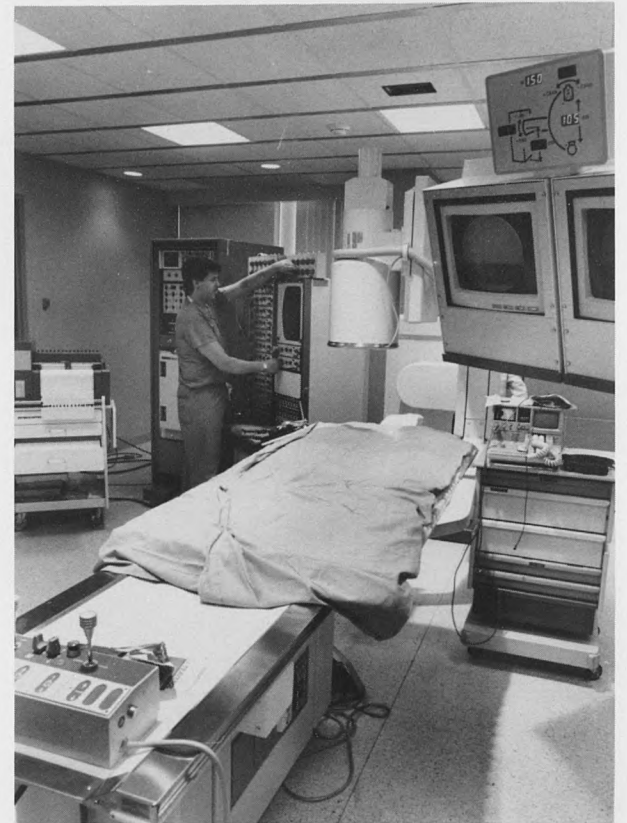
Independence Center to co-host seminar

The Independence Center, a nationally recognized psychiatric rehabilitation facility located in St. Louis and managed by the psychiatric services department at Barnes Hospital, will co-host the fifth international Seminar of the Clubhouse Model later this month. More than 600 participants from the United States and seven other countries are scheduled to attend.

The Independence Center is one of only four training facilities in the world to use the "clubhouse model" of psychiatric rehabilitation. Pre-vocational day programs, employment opportunities, housing, recreation, education and other services provide support to assist mentally disabled adults with living in the community independently and with dignity.

Founded by a group of five St. Louis families who personally experienced the pain mental illness can cause, the Independence Center has served more than 1,350 mentally ill St. Louisans in its eight-year history. The services are offered at two locations, one in St. Louis City and one in St. Louis County.

The average daily attendance at the two facilities is more than 168. The employment programs enable over 40 members to go to work each day in regular places of business, earning competitive wages as an integral part of the rehabilitation process. The housing program provides residences to 38 members.



Electrophysiology technician Joe Loslo plays back the tape of a patient's electrophysiology study in the new facility. The expanded unit showcases the talents of a well-organized team of doctors, nurses and technicians, all of whom have a single focus—investigating and eliminating arrhythmias.

Barnes expands electrophysiology service

In May, a new electrophysiology laboratory opened on the second floor of Queeny Tower. The facility, which is operated by Mallinckrodt Institute of Radiology, houses all diagnostic services within the unit, making services more convenient for both patients and medical personnel, according to Judy Osborn, nurse coordinator. Dr. Michael Cain is the medical director.

All phases of the electrophysiology process can be completed in the new facility. It showcases the talents of a well-organized team of doctors, nurses and technicians, all of whom have a single focus—investigating and eliminating arrhythmias.

Although some arrhythmias have only a mild impact on the lives of heart patients, others are serious and can exhibit a variety of unpredictable and frightening manifestations. In fact, arrhythmias claim more than 400,000 lives each year.

The expansion of Barnes Hospital's electrophysiology service allows Barnes cardiologists to: determine the mechanism exhibited by arrhythmias in individual patients; decide, while patients remain in the hospital, the most effective therapies for controlling or eliminating arrhythmias; use catheters and electrodes positioned on the heart for precise cardiac mapping, localizing areas of the heart responsible for abnormal heart rhythms; determine if a pacemaker is needed, and, if so, implant the type most suited; surgically care for common arrhythmias; conduct outpatient evaluation and therapy follow-up; and provide newly developed surgical and drug therapies.

Barnes, which is considered a leader in the highly-specialized field of electrophysiology, conducts 500 to 600 electrophysiology studies annually.



SAFE Money To Help Burn Victims: The St. Louis Area Fire Educators (SAFE) donated \$1,000 to the burn unit at Barnes Hospital. SAFE representatives James Moody (right), deputy fire marshal of the Creve Coeur Fire Department, and Frank C. Schaper, battalion chief of the St. Louis Fire Department, presented a check to Bev Weber, head nurse of the burn unit, on July 17. SAFE collected the money at a "quarter-drop" game booth that they sponsored at the VP Fair. The hospital will use the donation for its burn/trauma unit nurse education fund. SAFE, which has been organized for about one year, is made up of fire fighters who are in the safety and public education department of each fire district. The group works to educate the public on fire safety, share ideas and create generic decals, such as "tot finders," that will increase the chance of victims' survival.

Silver Jubilee

Doctors celebrate 25 years in Barnes Hospital's 75th year.



Honorees for the 1989 doctors' silver anniversary celebration included (from left) Drs. Robert E. Kuhlman, Thomas B. Ferguson, Richard G. Sisson and Edwin D. Wolfgram. Not pictured is Dr. William S. Costen. Unable to attend were Drs. Benjamin A. Borowsky, Sven Eliasson, Richard H. Fallon, Ronald C. Hertel, Saul J. Klein, W. Edward Lansche, Douglas R. Lilly, J. Russell Little, Marvin R. Mishkin, Edward Okun, Carlos Perez, William Shieber and Bernd Silver.



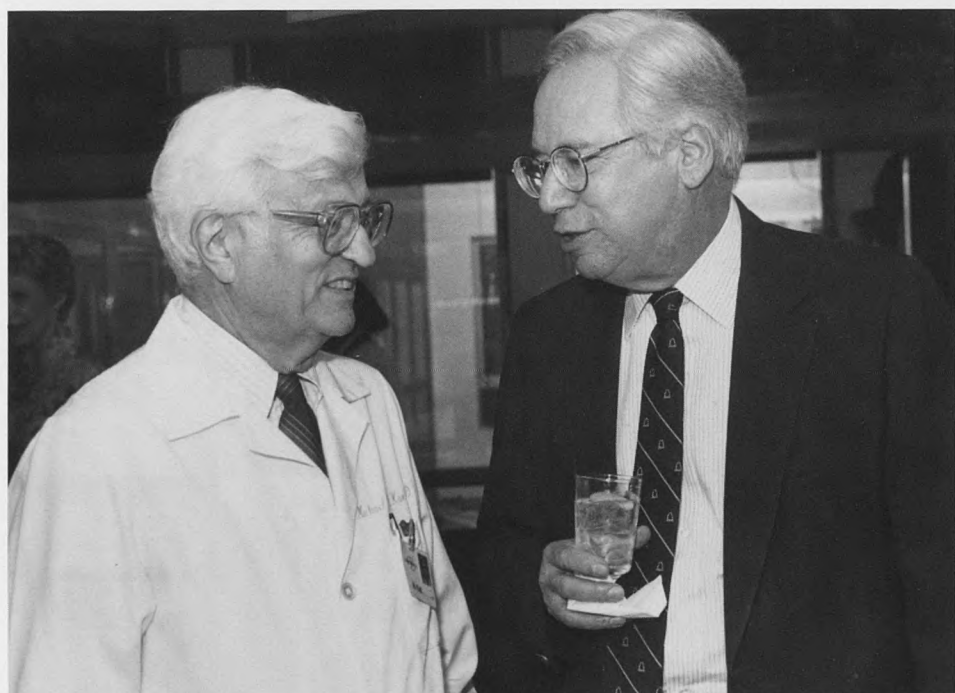
Dr. William Costen shares an anecdote with his wife and another guest at the silver anniversary celebration.



Armand Stalnaker, chairman of Barnes Hospital's board of directors, congratulates Dr. Robert Kuhlman.



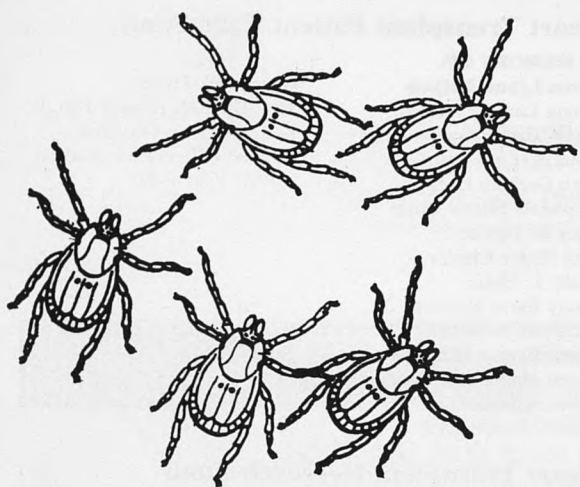
Dr. Edwin Wolfgram accepts his commemorative pin from Barnes president Max Poll.



Past honoree Dr. Virgil Loeb Jr. chats with another past honoree, Dr. Michael Karl.



Vice president Sherilyn Hailstone and Dr. Thomas Ferguson enjoy the conversation after the celebration.



Although they are tiny, much smaller than pictured here, parasitic ticks can spread Lyme disease, which causes enormous problems for its victims.

Lyme disease ticks pose little threat in area

Lyme disease has been making headlines in many national newspapers and magazines recently. However, the disease does not seem to pose a serious threat in the St. Louis area.

Spread by infected parasitic ticks that live in and near wooded areas, tall grass and brush, Lyme is a debilitating disease that can cause symptoms of arthritis, heart arrhythmias, facial palsy, severe headaches and loss of sensation. Sometimes the joint and neurological damage Lyme causes are irreversible.

According to Barnes physician Dr. J. William Campbell, the kind of ticks that spread the disease are not found in this area. He says he has not seen any cases of Lyme in St. Louis. "The majority of cases occur in Minnesota, Wisconsin and the Northeast," says Dr. Campbell.

Area residents who travel to the wilds of these areas should take precautions to minimize the risk from the ticks that spread Lyme disease. These precautions include: avoiding tall grass and low brush; tucking trousers into long socks and long-sleeved shirts into pants; wearing clothes in light colors and tightly woven fabrics; and spraying an insect repellent containing the ingredient DEET on your skin and clothing. After being in a wooded or grassy area, travelers should check themselves for ticks and use tweezers to remove any ticks that are found.

These precautions should also be followed when venturing into wooded and grassy areas around St. Louis. Even though the ticks that cause Lyme are not prevalent here, other ticks that are found in Missouri, such as those that spread Rocky Mountain spotted fever, can pose serious health risks.

Media spotlight

As one of the top five hospitals in the United States, Barnes receives extensive news coverage from the metro and national media. More than 100 media inquiries are coordinated through the public relations office each month. Highlights of the media's recent coverage of Barnes include the following:

Dr. **Lee T. Ford**, orthopedic surgeon, explained the role of **chemical injections to treat herniated back discs** in a report on KSDK-TV July 6. Dr. Ford said that the Intradiscal Therapy Society has found chemical injections to be as effective as surgery in certain types of cases.

A new blood screening test for prostate cancer was covered on KMOV-TV June 29. Dr. **William J. Catalona**, urology chief, said the blood test

examines antigen levels, and appears to be the most promising prostate screening method to date. He noted that prostate cancer has surpassed lung cancer as the most frequently diagnosed cancer in men 50 years of age and older.

The Fourth of July holiday weekend brought seasonal warnings from retinal surgeons and emergency physicians on **avoiding eye injuries**. Bottle rockets and firecrackers are the most dangerous items and should not be handled by children. Up to 30 percent of eye injuries from fireworks result in permanent loss of vision. Dr. **Gary Quick**, medical director of the emergency department, told the *St. Louis Post-Dispatch* June 29 that a victim should not rub the injured eye and should seek immediate medical help.

The first outbreak of **90-degree plus temperatures** on June 26 brought media crews to the emergency department for medical advice and warnings. Dr. **Calvin Terrell**, general surgeon in the emergency department, told KSDK-TV that the elderly are especially vulnerable to heat and should take extra caution. Dr. **Gary Quick**, medical director of the emergency department, explained on KTVI-TV that a special bed of ice water is used to rapidly cool down hyperthermia victims. Dr. **Michael J. Holtzman**, pulmonary specialist, discussed the effects of the heat and air pollution in a report on KMOV-TV.

State approval for Barnes College, a new bachelor degree nursing program, was covered by the metro media June 23. School officials who were interviewed included **Mary Jane Meyer** in the *West End Word* and on KLOU-FM and **Jan Barrett** in the *St. Louis Post-Dispatch*.

Hospital volunteer **Peggy Ledbetter's** work at Barnes was profiled in the *South County Journal* June 21. She has worked in the **hospice program** since 1981. She frequently visits with patients to allow family members time away from the hospital.

Terry Jo Gile, assistant administrative director of laboratories, discussed her **tour of Russia** for a June 21 *Suburban Journals* story. Gile combined tourism and professional travel, including visits to three hospitals.

The majority of people with **sensitive, dry skin** "do not need an \$8 bar of soap," Dr. **Jerome M. Aronberg**, dermatologist, told the *Suburban Journals* June 14. Dr. Aronberg recommended brand-name soaps, such as "Dove," "Tone" or "Caress," to relieve minor dry skin problems.

Hospital notes

Max Poll, Barnes president, attended the Association of American Medical Colleges' ad hoc committee on nursing and the teaching hospital's meeting in February. Mr. Poll has served on the committee for a year. The next meeting of the committee will take place on October 8.

Drs. **Leonard Berg**, Barnes psychiatrist and neurologist and director of the Memory and Aging Project at Washington University School of Medicine, and **John C. Morris**, Barnes neurologist and associate director of the Memory and Aging Project, presented a two-day seminar on Alzheimer's disease June 24 and 25 at the Brain Center in New Seabury, Mass. This was the inaugural seminar in a series of meetings for the general public sponsored by the Doreen Grace Fund for brain research.

Shirley Deuser has been promoted to sales manager for Barnes/Sutter Healthcare Inc. She will be responsible for supervising all sales and promotional activities for the downtown, Fenton and west county Barnes/Sutter facilities.

Drs. **Harvey R. Colten**, Barnes pediatrician, and **C. Robert Cloninger**, Barnes psychiatrist-in-chief, have been elected members of the Institute of Medicine of the National Academy of Sciences. They are two of 40 new members of the institute, which was created in 1970 to examine public health policy matters. New members are chosen by active members for major contributions to health and medicine or related fields. Election to the institute is both an honor and an obligation to work on behalf of the organization, its governance and its studies.

Drs. **William H. Daughaday**, Barnes physician, and **Emil R. Unanue**, Barnes chief of pathology, have been elected fellows of the American Academy of Arts and Sciences. The academy is one of the nation's oldest societies of leaders in science, scholarship, the arts and public affairs.

Employee retirements

Three long-term employees recently retired with a combined total of 83 years of service to Barnes Hospital. **Izetta Baskin**, R.N., and **Mildred Brocksmith**, R.N., nursing service, and **Ledora Surgeon**, laundry, each received a certificate of appreciation from hospital president Max Poll at receptions in their honor.

After 23 years of working in the special care nursery, Mrs. Baskin has many stories to tell. Perhaps the funniest incident occurred when a doctor was called in the middle of the night regarding one of the babies. "We obviously woke him up," says Mrs. Baskin, "because he told us to send the baby to the Empire State Building!" Although Mrs. Baskin says she will miss Barnes, she says that, like a gambler, she knows when it's time to fold 'em up and walk away. She will spend her free time doing a little traveling, visiting with her three granddaughters and taking classes in ceramics and cake decorating.



Mrs. Brocksmith started working at Barnes while she was in school in 1949. She says things were quite different then. "There was no orientation or anything," she says. "You just started work." Mrs. Brocksmith says she has no definite plans for her retirement and doesn't plan to commit herself to anything. However, she does expect to sleep two to three hours later in the morning and says she will probably come back to visit at Barnes.



Mrs. Surgeon didn't plan on staying in St. Louis when she came, more than 16 years ago. "My job at Barnes was temporary, just for over the summer. Then I was going to go home to Mississippi," she says. "After three months my supervisor told me I was a permanent employee." Although she wasn't exactly sure that she wanted the job to be permanent, Mrs. Surgeon stayed on at Barnes and made her home in St. Louis. Now that she is retiring, Mrs. Surgeon finally will make her way back to Mississippi. She plans on moving there in the near future.



Community calendar

Wednesday, August 9

The treatment of obsessive compulsive disorders will be the subject of a free community seminar presented by Dr. Terrence Early, psychiatrist. The seminar will begin at 7 p.m. in the East Pavilion Auditorium. For further information on free seminars, or to make reservations, call (314) DOC-TORS (362-8677).

Thursday, August 17

Practical information on breast feeding is provided in a two-hour class that teaches the art and techniques to new mothers. This program is also recommended for parents who have not yet decided on breast or bottle feeding, as an aid in the decision-making process. Call (314) 362-MOMS for information.

Thursday, August 24

The basics of caring for a newborn are covered in a two-hour class for new parents. Information discussed includes bathing and dressing, tips on how to soothe a fussy baby, infant safety issues, common concerns of new parents, and hints on how to play with and get to know the new addition to the family. Call (314) 362-MOMS.

Monday, August 28

Prepared childbirth classes are taught by registered nurses at Barnes as a six-week program for mother and coach. The series includes information on Caesarean birth and a tour of Barnes' delivery and maternity facilities. Tuesday and Wednesday classes are also available throughout the year. Call (314) 362-MOMS for more information.

Wednesday, September 12

Diabetes and its complications will be the subject of the first lecture in Barnes' fall 1989 diabetes lecture series at 7 p.m. at the Cliff Cave Library, 5430 Telegraph Rd., in south St. Louis County. Dr. Michael Berk, Barnes endocrinologist, will be the featured speaker. Call (314) 362-1390 to register.

Gifts to Barnes Hospital

Listed below are the names of persons (honorees in **boldface**) who made contributions during June 1989 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.

Donations to the hospital may be made through the Barnes Hospital Auxiliary or the development office. The Auxiliary coordinates the Tribute Fund, which is used for specific hospital projects.

Cordonnier Lecture Fund

Juan Fernandez, M.D.

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Susan Goen, Editor

BARNES Barnes Hospital
at Washington University
Medical Center

Barnes Hospital Tribute Fund

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**Special Birthday of Eli
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Sheryl & Tom Dobbin
Norma Stern

Elizabeth Stevenson Scholarship Fund

Steve Turner

St. Louis County Zonta Club Scholarship

Zonta Club of St. Louis County
Charter 158



Little Cutups: Two of the young children from Barnes Hospital's new child care center cut the ribbon at the center's official opening on June 26. Armand Stalnaker, chairman of the Barnes board of directors, lent a hand to Ann Larowitz, daughter of Michael and Mary Larowitz, and Donald Westerhausen, son of Donald and JoAnne Westerhausen, who used safety scissors to make the ceremonious snip.

BULLETIN

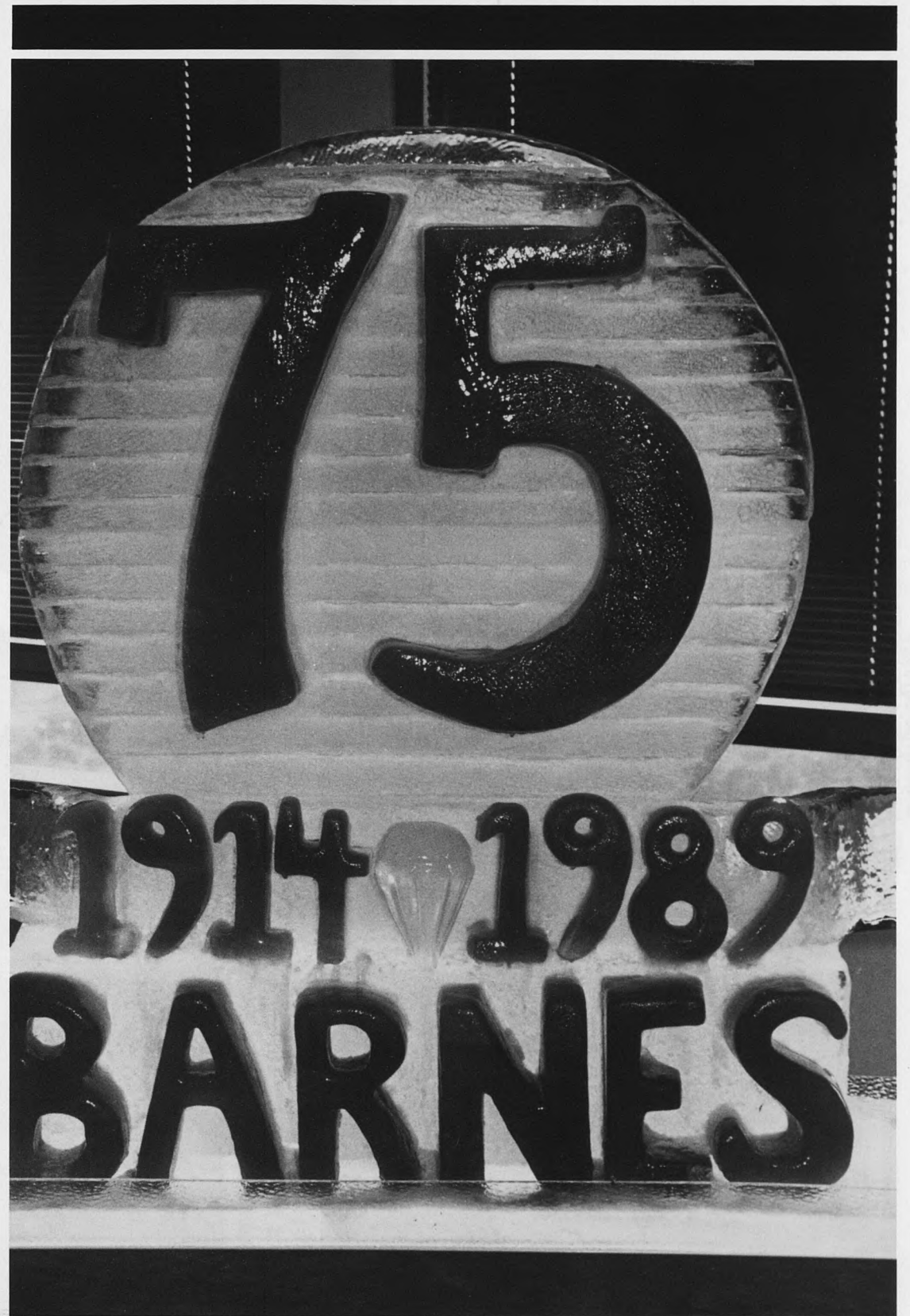
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BARNES



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