Sherlyn H. Hailstone named associate VP

Sherlyn H. Hailstone has been named associate vice-president of nursing at Barnes Hospital. In this position, reporting directly to the senior vice-president of patient care, Mrs. Hailstone is responsible for nursing care delivered on all nursing divisions and in the emergency department.

Mrs. Hailstone, who joined the Barnes staff as a registered nurse 13 years ago, had served as director of medical nursing since 1982. In that capacity, she coordinated patient care delivery, managerial staff development, budget control and overall planning in the medical areas of the hospital. Those areas include 250 general care beds, 31 intensive care unit beds, a 13-bed bone marrow transplant unit, a six-station acute dialysis facility and endoscopy and dermatology surgery treatment areas.

Mrs. Hailstone came to Barnes in 1973 as a staff nurse and was named assistant head nurse and then head nurse of the respiratory intensive care unit in 1975. From 1980 until 1982, she served as an assistant director of nursing, primarily responsible to the director of medical nursing.

A 1973 graduate of Barnes Hospital School of Nursing, Mrs. Hailstone also holds a bachelor of science degree in nursing from St. Louis University School of Nursing which she completed in 1980. She is currently pursuing a master of science degree in nursing with a concentration in respiratory nursing.

Mrs. Hailstone resides in West County.

Home Health hosts St. Charles open house

Barnes Home Health will host an open house November 25 from 2 until 6 p.m. to mark the opening of its new center in St. Charles County. Barnes’ rapidly growing home health department, associated with the Irene Walter Johnson Institute of Rehabilitation, expanded service to St. Charles County last August and the new office at 1058 S. Cloverleaf Dr. will serve as headquarters for nurses, aides, therapists and other consultants visiting patients in that area.

The open house will offer St. Charles County area residents and doctors the opportunity to meet Barnes Home Health staff members and receive information about services available through the two-year-old hospital-based agency. Blood pressure, diabetes, hearing and pulmonary function screenings will be available to visitors and a registered dietitian will offer presentations on nutrition at 2 and 4 p.m. Refreshments will be on hand.

A Medicare-certified agency, Barnes Home Health in association with IWJ provides treatment for homebound patients in need of intermittent nursing care or personal care services; physical, occupational or speech therapy; and nutrition and social services. It also specializes in burn, hospice, respiratory and ostomy care, Parkinson’s disease treatment and intravenous therapy.

Barnes sets pace for Marathon activities

Hudlin Park across from Barnes Hospital will become a center of activity Sunday, November 23, when the 15th annual St. Louis Marathon gets underway at 8 a.m. Barnes again is serving as a major sponsor of the 26.2-mile event organized by the St. Louis Track Club and attracting runners from across the country.

On race day, Barnes will staff a medical station near the start/finish line and 10 smaller aid stations along the marathon course. The hospital ambulance also will be available to ensure emergency transportation if required.

Spectators may gather at the Barnes viewing area at the corner of Clayton and Euclid, along the Marathon route, to cheer on the runners as they pass the 20-mile mark. The viewing area will feature music by the Barnes/WUMS doctors’ band, the Hot Docs, and continental breakfast fare at 1904 prices to commemorate the first Olympiad that included a Marathon race.

Spectator packets containing items to promote the Marathon route, to cheer on the runners as they pass the 20-mile mark. The viewing area will feature music by the Barnes/WUMS doctors’ band, the Hot Docs, and continental breakfast fare at 1904 prices to commemorate the first Olympiad that included a Marathon race.

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Five Barnes residents receive Knowlton Award

Five residents in internal medicine were honored September 30 as the recipients of the Knowlton Incentive for Excellence Awards. In its second year, the annual award program was established by Charles J. Cella with a gift of $750,000 to honor Barnes physician Dr. Norman P. Knowlton Jr. Recipients are recognized for extraordinary excellence in the practice of medicine and patient care.

The 1986 recipients were Dr. William Claiborne Dunagan, Dr. Steven Edmundowicz, Dr. James Hansbrough, Dr. Robert Kopitsky, and Dr. Samuel Wickline.

WUMS student selected for REF scholarship

Gordon E. Lintz has been named the second recipient of the Robert E. Frank Scholarship in Hospital Administration at Washington University School of Medicine. The scholarship was established by the Barnes Hospital Auxiliary in June, 1984, to pay tribute to Mr. Frank, Barnes president from 1966 through June, 1986. According to Auxiliary president Darlene Roland, the scholarship was established to recognize his support of Auxiliary and volunteer efforts at the hospital that enabled the two groups to “take a meaningful role to help effect the hospital’s success and to enhance patient care.”

The one-year scholarship is awarded annually to a full-time student in the second year of the health administration program at WUMS. Mr. Frank serves as an instructor in the program.

Mr. Lintz, who hails from Madison, North Carolina, was selected on the basis of his professional promise and academic performance. He earned his bachelor of science degree in May, 1985, at Wake Forest University in Winston-Salem, North Carolina.

The scholarship was presented at an October 24 luncheon attended by Mr. Lintz, Dr. Mr. Frank, Mrs. Roland, Barnes board chairman Armand Stalnaker, Barnes president Max Poll and director of the health administration program, James Hepner.

Front cover: Otolaryngologist Dr. Stanley Thawley, who became a first-time chief editor with publication of Comprehensive Management of Head and Neck Tumors, is among recent doctor-authors featured in “Medicine’s Mentors,” pages 4-5.
CPR guidelines undergo revision

“Twenty-five years have passed since the introduction of external chest compression offered hope for substantially reducing the nearly 1,000 pre-hospital sudden deaths per day in the United States,” states the introduction to the guidelines for cardiopulmonary resuscitation and emergency cardiac care published in the June 6, 1986, *Journal of the American Medical Association*. The combination of chest compressions and ventilations, commonly known as cardiopulmonary resuscitation (CPR), recently underwent new revisions following recommendations by an emergency cardiac care subcommittee of the American Heart Association. Barnes cardiologist Dr. Allan Jaffe, subcommittee member, was responsible for the advanced cardiac life support guidelines.

“Cardiopulmonary resuscitation is not a static procedure,” said Dr. Jaffe. “Emergency cardiac care is a dynamic discipline that continues to develop through ongoing research and experience.”

“Statistics show that 60 to 70 percent of sudden deaths caused by cardiac arrest occur before hospitalization. In addition, a 1983 study indicated that two thirds of the adult U.S. population had an interest in CPR training. In this sense, the continued development of CPR guidelines is paramount.”

The recent practical changes are being taught through the text and structure of emergency cardiac care training courses, including CPR for lay persons and special emergency training for healthcare professionals.

Some of the major changes that will be taught to the community in training and annual re-certification courses include changes in support of ventilation, prolonged duration of ventilations, the elimination of two-person training for lay persons and the recommendation of the Heimlich maneuver for obstructed airways.

Eye surgery is focus of free program

The latest trends in vision-correcting surgery will be the subject of a free informational program open to the public Wednesday, November 19, at 7 p.m. in the East Pavilion Auditorium at the hospital.

Dr. Stephen R. Waltman, Barnes ophthalmologist, will discuss radial keratotomy to correct nearsightedness, “living” contact lenses for people who can’t wear traditional contact lenses due to other eye problems, as well as other vision-correcting surgery. Dr. Waltman, head of the Barnes corneal transplant program, has been among the first surgeons to use these new vision-correcting techniques in the St. Louis area.

The program will include slides and printed material, as well as time for individual questions and answers. One of a series being presented by Barnes physicians and surgeons, the program is designed to give interested persons an opportunity to explore options, learn about charges and insurance coverage, ask questions and hear about the latest advances available today—without the expense of an office visit.

Although there is no charge for the program, advance registration is required. Call (314) 362-5290. Free parking will be provided in Barnes’ subsurface garage.

Dr. Virgil Loeb becomes ACS president

Dr. Virgil Loeb Jr., oncologist, was inducted as national president of the American Cancer Society November 7 at the association’s annual board meeting in New York City. Dr. Loeb will serve a one-year term as president of the non-profit, volunteer organization comprising more than 2.5 million board, delegate and volunteer members.

The American Cancer Society, considered the world’s largest volunteer health agency, raises money to fund programs in cancer research, patient service, professional and public education, and all respects of cancer control.

Dr. Loeb is only the second St. Louisan to be named president of the 73-year-old society founded to “disseminate knowledge concerning the symptoms, treatment and prevention of cancer; to investigate conditions under which cancer is found; and to compile statistics thereof.” The first St. Louis president of the agency was former Barnes oncologist, the late Dr. Wendell Scott, in 1964.

Volunteers are guests at program, reception

Maturing actively and beautifully was the focus of the 1986 volunteer program October 28. Dr. Harold Wolff, Barnes psychiatrist, opened the program with a discussion of the psychological aspects of aging and its effects on individuals. Following Dr. Wolff, Sandy Luttrell, training and promotional assistant coordinator for Esteé Lauder cosmetics, offered tips on make-up application and color selection and performed a beauty makeover on volunteer Katherine Steele. A luncheon in the cafeteria concluded the annual volunteer program.

All volunteers will be honored December 12 at the annual appreciation reception hosted by Barnes’ board of directors and administrative staff. The reception and dinner, to be held in Queeny Tower, pays tribute to the more than 300 adult volunteers who have contributed over 50,000 hours of service this year in departments throughout the hospital.

Employee retirements

September 26 marked an end and a beginning for laundry employee Leoma Anderson when the 16-year veteran embarked on her well-earned retirement. Mrs. Anderson received a certificate of appreciation from hospital president Max Poll at a retirement gathering in her honor that day.

Retirement plans for Mrs. Anderson, who says she is proud of her age, include rest, travel and visiting her daughter. When asked if she thought she would send out her laundry, Mrs. Anderson laughed, “I’ll do my own.”
Pride in longevity marks service dinner

The following words were excerpted from hospital president Max Poll's remarks at the October 24 employee service award dinner honoring 178 longtime employees celebrating 10, 15, 20, 25, 30 and 35 years of service.

Welcome. It is a special delight for me to be able to share this evening with you and to thank each of you for the important role you have played and are playing at Barnes.

I remember when I was growing up in Fremont, Michigan, how proud my family was when I was honored on his service anniversary at the nursing home where he worked. It was a pride shared by our whole family, a milestone that confirmed that my father and his contributions were important. I hope each of you are feeling that same sort of pride tonight.

Can you imagine what it would be like if everyone at Barnes had been here only a year or two? (One thing for sure, we'd all be lost!) It is the employee with 10, 20, 30 years of experience who provides the stability, the bridge between old and new as inevitable changes are made. You are the ones who help teach the rest of us, who train us for our roles, no matter what that role or job may be. No manual can hold in its lifeless pages even a fraction of the knowledge and insight you can impart in a brief conversation.

It is this group here tonight—and hundreds others like you—who are indeed the foundation on which Barnes' success is based. I rely on you. I hope you are as proud of yourselves as I am.

Thank you.

Family member sends thanks to nursing staff

The following letter was sent to the staff of Barnes' burn center by Kim Horst, the daughter of a former patient, who developed a strong and special bond with the nurses during her mother's lengthy stay. Following her mother’s death, she wrote to share her feelings with those who were important. I hope each of you are feeling that same sort of pride tonight.

There are many things in life that are not easy to accept or understand, and death is certainly one of those things. While each of you deals with death more often than I, somehow I am sure it never gets easier.

My mother was a very special person and I realize as I look back that, with all of her physical limitations, she communicated her special qualities to each of you without ever being able to speak. At the moment when she was honored on his service anniversary at the nursing home where he worked. It was a pride shared by our whole family, a milestone that confirmed that my father and his contributions were important. I hope each of you are feeling that same sort of pride tonight.

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Thank you.

Computer graphics enhance facial surgery

New computer technology that enables doctors and patients to compare "before and after" appearances days or weeks before surgery begins has lifted facial plastic surgery to a new dimension. The computer allows the capture of life-like pictures on the video screen and provides the capability to re-do contours as patient and doctor discuss together the location and degree of the proposed change.

The greatest benefit of the computer technology, says Dr. J. Regan Thomas, otolaryngologist specializing in facial plastic surgery, is the enhanced communication between the person desiring a change and the surgeon providing that change. Dr. Thomas offers the computer imaging as part of the surgical evaluation in his office.

In the past, when patient and doctor met to discuss the goals of a plastic surgery procedure, communication was hampered by a limited ability to share and compare perceived desired effects. The computer, which freezes the "before" image on the screen, enables patient and doctor to sit side-by-side and visualize the same facial alterations. Split screen imaging allows the doctor to use a wand to paint and air-brush desired contours and allows the patient to see the overall effect long before the surgery begins. The before and after images are stored on computer disk and reviewed by the surgeon before the scheduled operation.

"This new technology greatly improves doctor-patient communication so we can discuss common goals," says Dr. Thomas. "Not everyone has the same ability to accurately visualize proposed changes, and the computer reinforces the image the patient has of the post-operative look. We can also identify alternatives to the change the patient previously thought was what he or she wanted."

The computer imagery is not exact, emphasizes Dr. Thomas, but it offers a firm idea of the patient and surgeon share the same image. "The best possible communication is essential to successful plastic surgery. Even a technically perfect operation is not a true success if the patient is not satisfied with the results."

Much gratitude,

Kim Horst

Barnes employees raise $110,884 for United Way

Barnes employees surpassed the hospital's 1986 United Way goal by more than $5,000, raising $110,884 for the annual campaign to benefit more than 120 local human service agencies, including the American Cancer Society and the American Heart Association. Barnes had set its goal at $105,000. Following a formula of success in previous years, this year's slogan was "a dime a day can go a long way," and encouraged employees to pledge at least 10 cents a day, or one dollar per pay period, to the United Way fund.

Barnes again participated in the United Way pilot program to set the pace for the area-wide fund raising campaign. This year's city goal was set at $37 million, a $2 million increase over the $35 million amount raised in 1985.

Volunteers sought for two blood fat studies

Researchers at Washington University School of Medicine are currently seeking volunteers to participate in two separate studies of cholesterol and triglyceride levels. Barnes physicians Drs. Stephen Crespin, Gustav Schonfeld and Anne Goldberg are leading the studies.

Persons between the ages of 18 and 72 with cholesterol levels of greater than 250 mg. may be eligible to participate in Dr. Crespin's study of a new drug's effect on lowering cholesterol levels. Participants, who must be otherwise healthy and taking no significant medications, will receive a free, comprehensive physical examination. For more information, call Dr. Crespin at 432-1128.

Triglycerides, another type of blood fat, are the focus of a lipid research study led by Drs. Schonfeld and Goldberg. The goal of the outpatient study, open to persons aged 18 to 69 with high triglyceride levels, is to lower those levels through diet and medication. Participants must be otherwise healthy and meet restricted medication requirements. The free, 16-week study includes physical exams, resting EKGs and a series of blood tests. For more information, call the Lipid Research Center at 362-3500.
Medicine’s Mentors

"...To consider dear to me as my parents him who taught me this art; to live in common with him and if necessary to share my goods with him; to look upon his children as my own brothers, to teach them this art if they so desire... to impart to my sons and the sons of the master who taught me and the disciples who have enrolled themselves and have agreed to the rules of the profession, but to these alone, the precepts and the instruction..." Hippocrates (460-377 B.C.)

These ancient words of the Greek physician known as the Father of Medicine are lent renewed life by each medical school class, traditionally and solemnly uttered at graduation ceremonies over the last 2,000 years. While most often associated with the physician’s commitment to patient care, the Hippocratic Oath also implores its charges to share the knowledge, the art, the gift of medicine.

This teaching facet of a doctor’s commitment to the profession heralded by Hippocrates is perhaps best personified at hospitals such as Barnes affiliated with highly respected medical universities that emphasize education and research as well as patient care. Barnes’ 1,000-member medical staff contributes literally hundreds of journal articles and textbook chapters each year. Many work with distinguished colleagues across the country to write books from which other doctors learn.

Dr. Marvin Levin, diabetes specialist, is currently working on the fourth edition of The Diabetic Foot with co-editor Dr. Lawrence O’Neal. Demand for the book that has come to be known as the definitive text on care of the diabetic foot has steadily increased since it was first published in 1973. It was translated into Spanish that year and was revised in 1977 and 1983. The fourth edition will appear in 1987. The single-volume, 397-page text is directed toward internists, family practitioners, surgeons, orthotists, podiatrists and students in those fields.

"The problems of the diabetic foot touch all specialties," relates Dr. Levin. "Before this book was published, one had to consult four to six different texts for a comprehensive picture.

"There are 11 million diabetics in this country and 35,000 to 40,000 each year undergo amputation of a limb. The Diabetic Foot is designed to educate people in the pathophysiology of diabetic problems and how they are managed to reduce the number of amputations. In clinics where these principles are applied, amputations have decreased by 50 percent.”

As co-editor, Dr. Levin appreciated the broadening of knowledge demanded by the task. “Examining all aspects in great detail offers better understanding of the total problem,” he says.

While Dr. Levin is a relative “old pro” at penning scholarly manuscripts, otolaryngologist Dr. Stanley Thawley in September published his first book, Comprehensive Management of Head and Neck Tumors, as chief editor. The two-volume text designed for practicing physicians involved in care of the patient with head and neck cancer was four years in the making.

Dr. Thawley, who had served as a guest editor of a quarterly, 200-page journal, in 1982 had no idea he would soon embark on the coordination of a 1,900-page text. Asked by the publishing company to critique several proposals for such a comprehensive book, Dr. Thawley complied. The publishers, W. B. Saunders and Co. of Philadelphia, Pennsylvania, were impressed with his critique and asked him to submit his own proposal, which was reviewed by professional

Ophthalmologist Dr. Michael Kass (center) is following in the footsteps of colleagues Dr. Allan Kolker (right) and ophthalmologist-in-chief Dr. Bernard Becker with his edition of Becker-Shaffer’s Diagnosis and Therapy of the Glaucomas to be published late next year. Drs. Becker and Shaffer wrote the first edition in 1961 and the second in 1965. Dr. Kolker produced editions in 1970, 1976 and 1983.
Dr. James Felts, anesthesiologist and medical director of Barnes Outpatient Surgery Center, was guest editor of Clinics in Anaesthesiology: Anesthesia and the Geriatric Patient, published by W.B. Saunders Co. in Eastbourne, E. Sussex, England.

Dr. Felts worked closely with colleagues across the country. Thus, Dr. Stan Thawley became Dr.-editor Stan Thawley.

"This textbook was designed to be a good source book for a multitude of professionals, including pathologists, radiologists, general and plastic surgeons, otolaryngologists, prosthodontists, nurses and speech therapists," says Dr. Thawley. "This broad scope was essential to the book's effectiveness, yet it presented a tremendous difficulty, demanding a great number of highly qualified contributors. The outstanding commitment of the co-editors—surgeon Dr. Bill Panje, pathologist Dr. John Batsakis and radiotherapist Dr. Robert Lindberg—in obtaining the contributors in their areas was paramount to the book's completion and success."

Some doctors, such as gynecologist Dr. Ernst Friedrich, are called upon for skills that go beyond writing and editing. Dr. Friedrich recently was asked to translate a medical text from German to English, which demanded meticulous adaptation. The book, a manual of operative pelviscopy (known as pelvic laparoscopy in English), was written by Dr. Kurt Semm, considered the foremost authority in the field of pelviscopy and a leading designer of the surgical instrumentation. It was published in Stuttgart, Germany, in 1984 and Dr. Friedrich's edition is expected out later this year.

A number of other recent Barnes doctor-authors include psychiatrist-in-chief Dr. Samuel Guze who edited one of ten major sections of Psychiatry with Dr. John Helzer; dermatologist-in-chief Dr. Arthur Eisen who co-edited Dermatology in General Medicine with Drs. Thomas Fitzpatrick, Klaus Wolff, Irwin Freedberg and Frank Austen; physician Dr. Saulo Klahr who is working on the fourth volume of Contemporary Nephrology with co-editor Dr. Shaul Massry; and radiologists Drs. Jay Heiken, Harvey Glazer, Joseph Lee, William Murphy and Mokhtar Gato who co-edited Manual of Clinical Magnetic Resonance Imaging.

Other health professionals at Barnes, including members of the food and nutrition, education, laboratory and nursing service departments, also share their expertise through the contribution of articles and chapters to educational texts.

Pat Potter, director of nursing practice, is currently working on her fifth nursing text with local colleague Anne Perry. The pair's first book, 1,500-page Nursing Fundamentals, was published less than two years ago in January, 1985. Since then, the two have produced a skills textbook, published in January, 1986; a handy, pocket-size reference guide which was an edited version of the skills book's physical assessment chapter; and a modified paperback edition of the skills text.

Currently, Ms. Potter and her partner are in the final stages of production of a condensed Nursing Fundamentals, a full-color text geared for students in shorter (non-baccalaureate) nursing programs.

"Many nurse specialists here at Barnes have contributed to these nursing texts," says Ms. Potter, "and it's rewarding to get everyone involved. I think it's important for nursing texts to be written from a combined clinical and theoretical perspective to represent a realistic picture of nursing to the student. It's a challenge to accomplish that blend of academic and practical knowledge."

Dr. Levin adds "It gives me a good feeling to contribute to wide-read literature that benefits many people. The Diabetic Foot has whetted the appetites of many who ask to be taught more."

"...if I keep this oath faithfully may I enjoy my life and practice my art respected by all men in all times."

Hippocrates
Media spotlight

As a national leader in patient care and medical research, Barnes serves as an information resource for the media. To date in 1986, more than 1,500 queries from broadcast and print media representatives have been made to the public relations department requesting that Barnes medical and professional staff explain current health care concerns and discoveries. Highlights from the media’s coverage of Barnes during the last month include the following:

“Medical Marvels” was the topic of a nationally syndicated program which included a 20-min-ute feature story about heart transplants at Barnes Hospital. The show depicted the “marvel” of energetic heart transplant recipients. Those interviewed included Clay Hyland, heart recipient and his association support group, and Dr. R. Morton Bolman, head of the heart transplant service. The show, produced by WTVD-TV, Channel 13, Toledo, Ohio, was broadcast in Toledo, Boston, Atlanta, Cleveland, Milwaukee, Detroit and San Diego.

The wearing of seatbelts should not be discontinued during pregnancy, advised Dr. Jacob Klein, obstetrician, in a September 12 report by KMOV-TV medical reporter Al Wiman. Dr. Klein said pregnant women sometimes stop wearing their seatbelts for various reasons. The seatbelt should be worn low across the abdomen during pregnancy.

David Venker, pharmacist, was interviewed for a story in the fall Operating Room Satellite Pharmacy Bulletin. The Barnes pharmacy provides medications for 60 operating rooms, one of the largest such distributions in the country.

The treatment of eating disorders was presented by Dr. H. Mitchell Perry Jr., assistant anesthesiologist; Drs. Robert K. Parker, Sidney J. Bennett, and Robert K. Wiman. Dr. Parker, an assistant director of nursing, was a guest on the KDNL-TV, Channel 30, public affairs program, “East Side, West Side.”

Procedures to reverse sterilizations in women were explained by Dr. Ernst R. Friedich, gynecologist, in the St. Louis Globe-Democrat. October 20. Dr. Friedich said some success has been achieved in reversing tubal ligations, but that a woman considering having a tubal ligation should still consider the sterilization to be permanent.

Organ donation was the topic October 19 on separate programs. Dr. M. Wayne Flye, head of the liver transplant program, was interviewed on the national Sacred Heart Radio Network. Pat Potter, an assistant director of nursing, was a guest on the KDNL-TV, Channel 30, public affairs program, “East Side, West Side.”

Dr. Jeffrey Danziger, psychiatrist, was asked on KSDK-TV October 2 about approval of a new tranquilizer, buspirone hydrochloride, which might replace Valium in the treatment of some tranquilizer, buspirone hydrochloride, which might replace Valium in the treatment of some...
A Winning Team: The Barnes heart transplant softball team traveled to Waynesville, Missouri, October 18 to take on a team of local challengers and came up victorious in a 13-11 decision. Above, Walter Schatz, heart recipient and Barnes purchasing director, is interviewed by Channel 13 of Jefferson City as the game gets underway.