Mary Ann Williams, gynecology head nurse, explains two of Barnes’ new radiation implant units.

New radiation equipment enhances overall safety

The largest installation of the most technologically advanced equipment in radiation oncology has placed Barnes Hospital among the world leaders in radiation treatment. The equipment, imported from Holland by the Mallinckrodt Institute of Radiology, was installed on Barnes nursing divisions in early February, and patient utilization is expected by the end of this month.

The units, developed to eliminate unnecessary exposure of hospital staff to radiation, to provide greater patient and nurse welfare and to increase control over treatment, greatly enhance treatment services offered by radiation oncology. Installed on Barnes’ gynecology and otolaryngology divisions, the units are used to treat cancers of the breast, cervix, endometrium and vagina, as well as head and neck.

“Radiation implant therapy has proved to be a very effective means of treating certain tumors. It is considered a conservative form of palliative or curative treatment with a minimal complication record,” explained Mary Ann Williams, gynecology head nurse.

Healthcare professionals, however, have continually sought to improve control of radiation exposure and to perfect dosage distribution. Carefully monitored, radiation exposure has always been well below the federal safety standards, but, with the new equipment, exposure of the healthcare worker is completely eliminated.

“The features of the units allow for much more personal and patient-specific care,” said Mrs. Williams.

BHSN students to study at College of Pharmacy

A March 30 ribbon-tying will symbolize a recent agreement between the St. Louis College of Pharmacy and the Barnes Hospital School of Nursing. Beginning in the fall of 1988, the College of Pharmacy will provide educational services for the 265 students enrolled in the nursing school. Science and liberal arts courses will be taught by the College of Pharmacy faculty on its campus just east of the Barnes Hospital complex. BHSN students previously attended the University of Missouri-St. Louis.

The St. Louis College of Pharmacy, with an undergraduate enrollment of 693 students, is a private and independent, nonsectarian college offering two undergraduate degrees—the five-year bachelor of science in pharmacy and the six-year doctor of pharmacy. The college also offers an evening program toward a master of science in pharmacy administration degree. Faculty numbers 35 full-time and 19 part-time members. It is accredited by the North Central Association of Colleges and Schools and the American Council on Pharmaceutical Education.

“We are pleased that two well-respected institutions are able to cooperate in this way. By taking their non-nursing courses at the St. Louis College of Pharmacy, our students will receive the benefits of a private education at a small college,” said Mary Jane Meyer, director of the School of Nursing. “Since our institutions are so close together, our students will be able to take advantage of each other’s facilities.”

“Affiliation with the nursing school evolved after exploratory dialogue to see how we could better interact with the people at the Washington University Medical Center,” said Sumner M. Robinson, president of the St. Louis College of Pharmacy. “At the College of Pharmacy, we pride ourselves in teaching the basics with healthcare in mind. Barnes nursing students, taking courses taught by our faculty, will receive that benefit. We believe our students, by interacting with and learning from each other, will begin to share perspectives about patient care.”

Barnes named military heart transplant center

Barnes Hospital/Washington University School of Medicine has been authorized by the Civilian Health and Medical Program of the Uniformed Services (CHAMPUS) as one of 16 cardiac transplantation centers in the nation. CHAMPUS provides healthcare in civilian hospitals for United States military personnel and their families.

The Barnes Hospital/Washington University School of Medicine heart transplant service was approved for Medicare coverage by the Health Care Financing Administration (HCFA) in October and was designated as a Medicare transplant center. Criteria for the CHAMPUS designation was established based on HCFA guidelines to authorize centers for the Medicare program.

According to the CHAMPUS criteria, designation is limited to facilities with proven experience and expertise in cardiac transplantation. Facilities must have an established program with high procedure volumes and survival rates, and must facilitate a patient-selection process based on critical medical need and maximum likelihood of survival.

The Barnes heart transplant team, headed by Dr. R. Morton Bolman, cardiothoracic surgeon, has performed more than 85 transplants since the program began in 1983. Barnes patients have a survival rate of 91 percent at one year and 83 percent at two.

Barnes, as an authorized transplantation center, qualifies for reimbursement for heart transplants performed on CHAMPUS patients.

Barnes ends negotiations to lease or buy Boone

Barnes Hospital has withdrawn from negotiations to lease or purchase Boone Hospital Center in Columbia, Missouri.

Citing market conditions in the Columbia area that would require significant resource commitments beyond those anticipated in early stages of discussions, Barnes president Max Poll announced the withdrawal in a letter to the chairman of Boone’s board of trustees in late January.

“Our commitment to the common goal of a high quality continuum of care for patients in the Boone County region continues, however, and we have offered to assist Boone Hospital Center with medical, professional and management support,” said Mr. Poll.

Barnes entered negotiations with the 344-bed, publicly-owned facility in late October.
New obstetrics service focuses on parenting

Mother/baby nursing, the latest concept in obstetric care, is one of the newest specialty services offered by Barnes Hospital. A family-centered concept, mother/baby nursing focuses on the individual wishes and care needs of each mother.

Registered nurses, who previously specialized in either postpartum or nursery nursing, have been cross-trained to care for both the mother and baby. Rather than separating the babies from their mother by caring for them in a nursery, this concept offers mothers the opportunity to room with their children.

"The mother can participate in the child's care as much or as little as she desires. There are many options to the system, including the conventional care method through which the baby remains in the nursery. The mother and her physician decide what is best for her, and the family and staff create an individualized plan of care," explains Kathy Hanold, director of ob/gyn nursing.

"Immediately involved in care of the newborn, parents more quickly learn about the unique characteristics of their child, which promotes bonding, instills confidence in parenting skills and prepares parents for discharge. When the mother and baby are cared for by the same nurses, continuity of care is also assured," she adds.

"The concept, originally developed in the mid-1970s and established at a number of hospitals across the country, has a proven record of patient satisfaction," says Ms. Hanold. "The flexibility of family-centered care gives people more control over their hospital experiences."

Currently, another cross-training program is being explored for antepartum and labor-and-delivery nurses. This program will focus on areas including fetal monitoring and complications of pregnancy and delivery.

"The forecast in maternity nursing over the next five years includes a decrease in length of stay, as well as a single-room concept for labor, delivery, recovery and postpartum care. Mother/baby nursing is the first step in the conversion process from the conventional, medical model to a complete family-centered model," says Mrs. Hanold.

As an added service to new parents, Barnes now offers a free, mother/baby 24-hour hotline to answer questions or ease concerns. To reach the obstetrics division nursing staff, call (314) 362-MOMS.

Scholarship renewed, two established at BHSN

Two new scholarships have been established at the Barnes Hospital School of Nursing, and a $10,000 pledge from the Barnes Hospital Auxiliary has renewed the Auxiliary scholarship for 1988-89.

The Auxiliary also pledged an additional $10,000 to establish the Barnes Hospital Auxiliary Scholarship for Especially Talented Students. The recipients, to be known as Barnes Hospital Auxiliary Scholars, will be selected on the basis of their test scores on the American College Test (ACT).

The Washington University School of Nursing Alumnae Scholarship has been established by Helen Wells. Ms. Wells, who received her bachelor's degree in nursing from Washington University in 1947, served as an operating room nurse, supervisor and consultant to the Air Force Surgeon General as a member of the United States Air Force, positions she held throughout the world. Ms. Wells has also held positions as an educator, author and consultant on operating room procedure. The Washington University School of Nursing was established in 1905 and disbanded in 1969.

For more information about Barnes Hospital School of Nursing scholarship opportunities, call Steve Turner, director of recruitment, at (314) 362-1571.

Hospice program joins Barnes Home Health

In an effort to increase and improve the scope and quality of services offered, Barnes' hospice program has come under the organizational structure of Barnes Home Health.

"As a division of Barnes Home Health, The hospice program will build a specialized team of nurses, aides and other homecare professionals to provide a more comprehensive program, ensuring a greater continuity of care," explains Paula Gianino, social worker and hospice manager.

The hospice program provides unique, specialized care to meet the physical, emotional and spiritual needs of terminally ill patients. Care is provided primarily in the home by an interdisciplinary team of medical professionals, including doctors, registered nurses, social workers, pastoral care counselors, dietitians, pharmacists and trained volunteers.

The hospice office is now located in the Clayton/Newstead building on the corner of Clayton and Tower Grove Avenues. After renovation of 12100 nursing division, a satellite office will be established on the division for the hospice team to meet with physicians, patients and families.

To reach the hospice program, call (314) 362-5496.

New program will train the handicapped

Barnes Hospital, along with several St. Louis companies, agencies and institutions, has joined Goodwill Industries and the International Business Machines Corporation in a new program designed to train severely handicapped people as capable computer programmers.

Barnes will provide guest lecturers for the program, scheduled to begin in September at Goodwill. Those who complete the nine-month program will be eligible for a three-month internship at one of the participating organizations, including Barnes. Employment opportunities are open for graduates, who may receive placement assistance.

"IBM has an established track record with 33 similar programs in 24 states, and its placement record is excellent," explained Christopher Macmanus, Barnes vice-president for information management, who will serve on the program's business advisory council and as chairman of its evaluation committee. "It's a worthwhile program that allows Barnes to do something extra for the St. Louis community. By participating in this program, we help to provide a way for the handicapped to return to the mainstream."

A high school degree is required to enroll in the program, open to paraplegics, quadriplegics, those with cerebral palsy and those with hearing and vision impairments.

Hospital notes

The Barnes Hospital School of Nursing recently received full accreditation by the National League for Nursing. The board conducted an on-site survey of the school in the fall of 1987 and announced the accreditation in January.

Dr. Charles B. Anderson, general surgeon-in-chief, was the keynote speaker at the Japan Clinical Transplantation Society meeting in Fukuoka, Japan, January 28 through 30. Dr. Anderson was also an invited lecturer at Kyushu University, Hiroshima University, Osaka University and Tokyo Women's Medical College, where he spoke on donor-specific transfusions and azathioprine immunosuppression prior to kidney transplantation, eicosanoids in the mechanism of renal allograft rejection and vascular surgery.

The Barnes Hospital School of Nursing's class of 1990 participated in a capping ceremony February 25 at the Third Baptist Church.

Steven Turner, director of recruitment, admissions and financial aid at the Barnes Hospital School of Nursing, authored "A Good Reputat-
Oncologist analyzes high rate of breast cancer

A recent study completed by the National Cancer Institute reports the highest incidences of breast cancer in United States history and an increase in deaths from breast cancer among white women under age 50.

"One reason for the increased incidences of breast cancer may be linked to early detection," said Dr. Jay Marion, Barnes-oncologist. "Today, there is a greater public awareness of breast cancer and, from a medical standpoint, there are ways to diagnose breast cancer in earlier stages. This leads to an increase in the number of cases reported.

"Two primary risk factors women should be aware of are family history and pregnancy history," explained Dr. Marion.

Familial occurrences increase the possibility of a woman developing breast cancer. One out of every 10 or 11 women will deal with breast cancer in her lifetime. If a woman's mother, daughter or sister have had breast cancer, her chances of developing it are increased to approximately one in eight. If two or more of those first-degree relatives have had breast cancer, or if one of those relatives developed breast cancer in the premenopausal stage, the woman's risk is even higher.

According to Dr. Marion, a woman's childbirth history ranks as the second greatest relative risk factor. It appears as if breast tissue is more susceptible to cancer if hormone levels remain monotonous. Therefore, if a woman has never experienced the hormone fluctuations which accompany pregnancy, she could be at a greater risk of developing breast cancer. The relative risk drops considerably for those women who have had quite a few children, starting at an early age.

"Many women today are delaying child-bearing to participate in the work force and, consequently, are having fewer children; some are deciding not to have children at all. The majority of this subset of the population are white women in their mid- to late-30s. These women need to be informed of the increased risk, practice breast self-exams and discuss the timing and frequency of mammography with their doctors," said Dr. Marion.

"The actual death rate among younger white women that is attributable to breast cancer has not necessarily changed. The death rate may have only increased in proportion to the increase in diagnosed cases," he explained.

Linda White named operating room director

Linda Dickey White has been appointed operating room director at Barnes Hospital and will assume her position in mid-April. She replaces Donna Granda, operating room director for seven years, who has been appointed director of resource utilization. As director of the operating rooms, Mrs. White will be responsible for management and direction of the entire operating room program at the hospital, including inpatient and outpatient surgery, recovery and the anesthesia supply service. She will report to the vice-president for ancillary services.

Mrs. White comes to Barnes from California's University of California at San Francisco and her bachelor's degree in social welfare from the University of California at Berkeley. Mrs. White is the published author of numerous articles, including "Nursing Audits, A Learning Tool for Students," "The Perioperative Role" and several book reviews for the American Association of Operating Room Nurses. She is a member of the Association of Operating Room Nurses and the American Association of University Women.

Mallinckrodt opens mammography center

The Mallinckrodt Institute of Radiology has opened the nation's first mammography screening facility in an enclosed shopping mall—downtown's St. Louis Centre, 515 North 6th Street. Designed to make mammography as convenient as shopping or eating out, Mallinckrodt's Mammography Screening Center offers accessible and affordable breast cancer screening services.

"The need for this service is critical, and our decision to construct this new and important facility was made with a sense of urgency," said Dr. Ronald G. Evens, MIR director and Barnes radiologist-in-chief. "Until screening becomes a routine preventive practice, deaths from breast cancer will continue as a serious health problem.

It is estimated that the screening center, located on the fourth floor of the mall, could benefit approximately 60,000 women working downtown by providing convenient and readily available mammography screening. The cost of the mammography screening is $50.

For more information about the Mallinckrodt Mammography Screening Center, call (314) 362-2866.

Wound center scheduled to open in April

A center specializing in the treatment of chronic wound problems is scheduled to open April 1 at Barnes Hospital. The wound center, located on the second floor of the Wohl Clinic building, will be directed by Dr. Thomas Mustoe, plastic and reconstructive surgeon, and Laurel Wiersema, surgical nurse specialist.

The center, the first of its kind in St. Louis, has been established to treat wounds resistant to healing and will offer a comprehensive, interdisciplinary treatment plan. According to Dr. Mustoe, the two primary types of wounds the center expects to treat are pressure sores, common among the immobile, and lower leg ulcers, usually related to vascular disorders. "There are a number of physicians in the area who encounter these types of chronic wounds, so there is a real need for this type of facility," he explained. "Our goal is to fill that need by offering innovative solutions, using new therapies and dressings. We plan to be at the forefront in clinical research for chronic wound treatment.

Both self-referrals and referrals from physicians will be accepted. Appointments, scheduled for Wednesday afternoons and Friday mornings, may be called by calling (314) 362-9104.
Zula Ellison undergoes therapy for what is commonly known as "tennis elbow" in the hospital's physical therapy department.

"Suite beginnings," a unique family-centered maternity service that allows for labor, delivery, recovery and postpartum care all to take place in the privacy and comfort of the same room, opened in December at St. Peters.

Radiology houses a computerized axial tomography (CAT) scan, used for diagnostic testing. The scan attains a series of detailed visualizations of tissue at any depth.

St. Peters Hospital, a 119-bed facility in St. Charles County, was purchased by Barnes Hospital in late January as part of a strategic plan that calls for broader coverage of services to local and regional healthcare markets. In addition to the hospital, two medical office buildings are included on the 21-acre site. St. Peters employs approximately 400 staff members and has an active volunteer program of about 90 junior and adult volunteers. The medical staff consists of more than 200 doctors, representing 30 medical and surgical specialties.

The comfortable day room of the St. Peters stress unit is open to patients as a recreation area. Staff also use the room to conduct patient evaluations (above). The New Horizons program, for alcohol- and drug-dependent persons, is part of the stress unit.
Barnes goes west

A NEW FRONTIER

St. Peters Hospital, a 119-bed facility in St. Charles County, was purchased by Barnes Hospital in late January as part of a strategic plan that calls for broader coverage of services to local and regional healthcare markets. In addition to the hospital, two medical office buildings are included on the 21-acre site. St. Peters employs approximately 400 staff members and has an active volunteer program of about 90 junior and adult volunteers. The medical staff consists of more than 200 doctors, representing 30 medical and surgical specialties.

A St. Peters physician and technician guide a patient through a stress test in the cardiopulmonary department.

The trauma room of the emergency department is decorated in soothing earth tones. Another room for children's emergencies sports race cars and trucks.

The comfortable day room of the St. Peters stress unit is open to patients as a recreation area. Staff also use the room to conduct patient evaluations (above). The New Horizons program, for alcohol- and drug-dependent persons, is part of the stress unit.
Dr. Jay Marion (right) reviews the National Cancer Institute study with KSDK-TV medical reporter Tom O’Neal as a cameraperson stands by before a recent interview.

Media spotlight

As a national leader in patient care and medical research, Barnes serves as an information resource center. In 1987, more than 1,300 queries from broadcast and print media representatives were made to the public relations department requesting that Barnes medical and professional staff explain current health care concerns and discoveries. Highlights of the media’s coverage of Barnes during the last month include the following:

Contrary to some studies, type A personalities may not be at higher risk for heart disease, according to Barnes cardiologist Dr. Allan Jaffe, who was interviewed for a St. Louis Post-Dispatch January 8 story. Dr. Jaffe said the type A characteristics of agitation and urgency can be channeled in ways that do not produce unhealthy stress. Also interviewed was Robert Carney, Ph.D., a behavioral medicine specialist.

Body contouring by fat suction lipectomy can remove areas of fat that cannot be lost through diet alone, Dr. Richard W. Clement, plastic and reconstructive surgeon, said on KMOX Radio January 20. Dr. Clement answered listener call-in questions during an “At Your Service” program.

Dr. R. Morton Bolman, head of the heart transplant service, and Connie Cance, R.N., heart-replacement coordinator, answered questions from the Rolla News January 21. Dr. Bolman, Mrs. Cance and heart recipient Thomas Moore were in Rolla as guests of the U.S. Geological Survey and also spoke at a Rotary meeting.

Retin-A, a prescription gel widely prescribed for acne, may reverse the skin aging process, but is not the fountain of youth, Dr. Jerome M. Aaroneberg, dermatologist, told KTVI-TV’s Lisa Allen January 21. He said the drug may also cause irritation in some patients.

More than two-thirds of epileptic seizures can be controlled with medication, Dr. David B. Clifford, neurologist, told KHTR-FM reporter Kay Quinn January 24. Dr. Clifford was interviewed for an in-depth program about epilepsy.

A study published in the New England Journal of Medicine January 27 found that aspirin can reduce the risk of heart attack. Cardiologist Dr. Edward Geltman, in commenting, said aspirin should not be overused but that “one aspirin every other day does appear to be a benign way to reduce risk.”

Dr. Jay M. Marion, oncologist, was called on for perspective when a National Cancer Institute February 2 study revealed that the rate of breast cancer is rising. Dr. Marion said one reason may be that more women delay having children until after age 30, which can increase the risk of breast cancer.

The new Lifeline service, a personal emergency response system, was explained on KSDK-TV February 9. Reporter Tom O’Neal interviewed Kim Cherry, physician referral manager and Lifeline coordinator. She said the service allows health professionals to monitor for any emergency in the home.

What may have been the coldest night of the winter, February 11, brought KMOS-TV to the emergency department for tips on avoiding hypothermia. Dr. Craig Reynolds was interviewed. He said older people are especially susceptible, and he advised keeping at least one room in the home at 70 degrees.

The cold virus may be transmitted by hand to hand contact, Dr. J. William Campbell, an infectious disease specialist, said during an interview with a Chicago-based radio syndicate. He advised frequent hand washing. He also said studies have found that exposure to low temperatures does not cause a cold; rather, the ailment is brought on by a virus.

Computers and medicine were discussed by Dr. Mark E. Frisse, internist, February 7, for the Lifetime cable television medical program. Dr. Frisse was interviewed in Los Angeles.

Employee retirements

Hortense Robinson, nursing service, recently retired after 24 years of service to the hospital. She received a certificate of appreciation from Barnes president Max Poll at a reception in her honor last month.

Mrs. Robinson, unit clerk, began her tenure at Barnes in 1963 on 2200 and retired from 10400 January 29—the same day her husband retired from the Post Office. “We plan to relax for a while, but then we want to travel,” said Mrs. Robinson.

Community calendar

Wednesday, March 23

Heart surgery is the topic of this month’s free “Ask the Doctor” program at 7 p.m. at Barnes Hospital in the East Pavilion Auditorium. Dr. James L. Cox, cardiovascular surgeon, will host the informal program that includes information on the latest technologies and surgical procedures, including bypass, valve replacement and arrhythmia procedures. Following a slide presentation and lecture, Dr. Cox will be available to answer any questions. Registration is required; call (314) 362-5290.

Thursday, March 24

“Diabetes in Youth”—another in the free series of monthly lectures on diabetes presented by Barnes healthcare professionals—will be presented at 7 p.m. at Meramec Community College, 11333 Big Bend Blvd. Dr. Julio V. San-

Two long-term Barnes employees die

Paul Hartwell, Barnes chief cashier since 1971, died February 17, and Richard Mansfield, security’s assistant director for special services, died February 21. Mr. Hartwell, 59, suffered from heart disease. Mr. Mansfield, 49, died of cancer.

A 1983 recipient of the Hospital Association of Metropolitan St. Louis (HAMSTL) Humanitarian Award and 1984 recipient of the Barnes Hospital Society Award of Merit, Mr. Hartwell was known throughout the hospital not only for his leadership in the cashier’s office, but also for his continued concern for the hospital’s patients through creative coordination of Barnes’ monthly blood drives. He took over chairmanship of the drives in 1978 and his ingenuity and enthusiasm toward the project, particularly through his trademark “bloodbound” theme, led Barnes to be named among the community’s top blood-donating organizations in several years that followed. Mr. Hartwell also organized the first city-wide blood-a-thon in St. Louis in 1980 and served as coordinator in 1981.

Mr. Hartwell, a long-time south St. Louis County resident, is survived by his wife, Irma “Lee,” and three sons.

A 17-year employee of Barnes, Mr. Mansfield served as acting security director from October 1985 to March 1986. He was named assistant director in the late 1970s.

Mr. Mansfield, a resident of University City, is survived by his wife, Beverly, and a son and daughter.

Donations may be made to the Barnes Hospital Tribute Fund in memory of Mr. Hartwell and to the Hospice Memorial Fund in memory of Mr. Mansfield.

Bulletin

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Anne Dailey, Editor
Kimberly Kitson, Managing editor
Daisy Shepard, Director
Sentiments in snow: The snowfall just before St. Valentine's Day provided the perfect medium for a giant love letter. The message, just across Barnes Hospital Plaza, was visible from the upper floors of Barnes' East/West Pavilion.