Kardos named Francis F. Ahmann Professor of Chemical Engineering

John L. Kardos, Ph.D., professor and chair of chemical engineering, recently was installed as the Francis F. Ahmann Professor of Chemical Engineering during a ceremony in the Lopata Hall Gallery.

Kardos came to Washington University in 1965 after receiving his doctorate from Case Western Reserve University. He became professor of chemical engineering in 1974 and was appointed department chair in 1991.

From 1971 to 1991, Kardos was director of the Materials Research Laboratory and chair of the Graduate Program in Materials Science and Engineering. His research efforts primarily are in composite materials, including structure-property prediction, interface modification, process modeling and material characterization. Kardos is active as a consultant to the U.S. government and industry in reinforced plastics. He serves on the editorial boards of the Journal of Applied Polymer Science, Composites Science & Technology, and Polymer Composites.

Ahmann received his bachelor's (1924) and master's (1926) degrees from Washington University in chemical engineering. He worked in his family's office supply business, Ahmann's, in St. Charles, Mo., for nearly four decades before selling it in 1984. He helped finance the School of Engineering and Applied Science's Five-Year Plan (1988-92) and established a scholarship fund for the Department of Chemical Engineering.

Ahmann also sponsored four term-endowed engineering scholarships during his lifetime. His estate has provided additional funds to endow scholarships in perpetuity. In 1991, he was awarded the Robert S. Brookings Award, which is presented to individuals who, by their commitment and generosity, exemplify the alliance between Washington University and its community.

Researchers find that family care may be inadequate for one in four elderly patients

Despite the best efforts of discharge planners to help patients access and meet their post-hospital needs, concern remains about the ability of families to cope with caregiving responsibilities, say Morrow-Howell.

Enola Proctor

"It's a tough job," added Proctor. "Taking care of a sick, elderly patient — especially during a heavy-need period like hospital readmission — would be a challenge to the best of caregivers."

Released quicker, sicker

Some 80 percent of all elderly patients recover from a hospital stay with family or friends, a number that has increased over the past decade, in part because of Medicare's Prospective Payment System. The system, enacted in 1983, pays hospitals a set fee for treating a Medicare patient, regardless of the hospital length of stay.

Consequently, hospitals allot less time for patients to recuperate. The result: Families often are left to deal with large gaps in post-hospital needs, Proctor said. "It's a tough job," added Proctor. "Taking care of a sick, elderly patient — especially during a heavy-need period like hospital readmission — would be a challenge to the best of caregivers.

In This Issue...

Controlling diabetes: Researchers find that regulating blood sugar levels prevents and delays complications of diabetes

The art of comparison: William Jones, J.S.D., effectively contrasts Chinese and Western law to his students

Building hope: Gloria W. White leads project to build homes for Westlawn and East St. Louis residents
Diabetes discovery

Study shows intensive treatment may delay or prevent serious complications

School of Medicine researchers recently helped sniff out a decades-old debate about diabetes treatment in one of the most important diabetes studies ever conducted.

In the large, multicenter study researchers found that strictly controlling blood sugar levels prevents and delays the ravaging complications of diabetes.

"The good news is that the majority of patients, with the current technology available and a modest investment of effort, can achieve a degree of metabolic control that will reduce the likelihood of serious long-term complications by 50 to 75 percent," said Julio Santiago, M.D., professor of pediatrics and medicine and principal investigator of the Washington University trial.

Neil H. White, M.D., associate professor of pediatrics, was co-principal investigator of the Washington University trial. Santiago said, many insurance companies were not willing to cover intensive treatment, in terms of long-term change.

The intensive therapy group were three times more likely to suffer low blood sugar, or hypoglycemia, than those receiving conventional treatment.

The researchers also found that intensive treatment prevented or delayed the progression of diabetic kidney disease by 35 to 56 percent and lowered the risk of diabetic nerve disease, when compared to conventional therapy, by 60 percent.

Diabetes in the intensive therapy group were three times more likely to suffer low blood sugar, or hypoglycemia, than those receiving conventional treatment.

In the late 1970s, several advances in diabetes treatment laid the groundwork for a clinical trial. Some of these included the insulin pump and ways to self-monitor blood sugar.

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Washington University, which is one of only six Diabetes Research and Training Centers in the United States, pioneered many of the advances that were used in the DCCT. In addition to developing the insulin pump, discoveries about the diabetes of hypoglycemia and suggesting patients could benefit from three or four injections a day, the medical school was one of the first to integrate nurses, social workers and dietitians in the overall team approach to diabetes treatment and education.

"These health professionals may be more cost-effective than physicians in providing the bulk of the supervision needed by IDDM patients being treated intensively," said Santiago.

Diane Duke
Jones' resilience leads to success in Chinese law

I was not at first sight for Professor William Jones and the Chinese law specialty to which he is so dedicated. Actually, I didn't describe the relationship in its beginning stages. I had no idea, in my B.S.L.D., now the Peter Nagel Professor of International and Comparative Law, has served the Washington University School of Law in many capacities since 1955. He has represented plenty of disappointment along the way to becoming what he is today — a locally, nationally, and internationally known expert on Chinese legal matters.

One of the greatest disappointments came in 1965, when he almost lost his teaching position. Jones, J.S.D., now the Charles Nagel Professor of International and Comparative Law, has served the Washington University School of Law in many capacities since 1955. He has represented plenty of disappointment along the way to becoming what he is today — a locally, nationally, and internationally known expert on Chinese legal matters.

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Exhibitions

"Goddesses, Queens and Women of Adversity: A Century of Creative Ventures From the Wulfin and Bixby Collections." Through July 3. Gallery of Art, lower level, Steinberg Hall. Hours: 10 a.m.-5 p.m. Monday-Friday, 1-5 p.m. Saturday, 1-3 p.m. Sunday. For more info, call 935-4523.

"Tales and Traditions: Storytelling in Twentieth-century American Craft." Through Aug. 15. Hours: 10 a.m.-5 p.m. Tuesday-Friday, 1-5 p.m. Saturday-Sunday. Tours available at 1:30 p.m. Wednesday, Saturday and Sunday. Gallery of Art, Steinberg Hall.

Film

Calendar guidelines

Events sponsored by the University — its departments, schools, centers, organizations and its recognized student organizations — are published in the Calendar. All events are free and open to the public, unless otherwise noted.

Calendar submissions should state time, date, place, sponsor, title of event, name of speaker(s) and affiliation, and admission cost. Quality promotional photographs with descriptions are welcome. Send items to Deborah Parker at Box 1070 (or via fax: 935-6200).

The deadline for all entries is Monday noon two weeks prior to publication. Late entries will not be printed. The Record is printed every Thursday during the school year, except holidays, and monthly during the summer. If you are uncertain about a deadline, holiday schedule, or any other information, please call 935-5235.

Calendar

Fridays

Friday, July 23
8 p.m. Dept. of Music and Gateway Festival Orchestra of St. Louis present Gateway Festival Mosaics Chamber Music concert. Cost: $5 for general admission, $3 for students and senior citizens. Graham Chapel.

Monday, July 26
8 p.m. Dept. of Music and Gateway Festival Orchestra of St. Louis present Gateway Festival Mosaics Chamber Music concert. Cost: $5 for general admission, $3 for students and senior citizens. Graham Chapel.

Sunday, Aug. 1
8 p.m. Dept. of Music and Gateway Festival Orchestra of St. Louis present Gateway Festival Mosaics Chamber Music concert. Cost: $5 for general admission, $3 for students and senior citizens. Graham Chapel.

Miscellany

The Dept. of Athletics is sponsoring the following Beers '93 Children's Youth Summer Program - Soccer Camp.

Monday, July 12-Friday, July 16
8 a.m. to 8 p.m. weekdays and 9 a.m. to 5 p.m. weekends. Through Labor Day, the gallery is closed on Monday.

Music

Sunday, July 18
8 p.m. Dept. of Music and Gateway Festival Orchestra of St. Louis present Gateway Festival Mosaics Chamber Music concert. Cost: $5 for general admission, $3 for students and senior citizens. Graham Chapel.

Monday, July 19
8 p.m. Dept. of Music and Gateway Festival Orchestra of St. Louis present Gateway Festival Mosaics Chamber Music concert. Cost: $5 for general admission, $3 for students and senior citizens. Graham Chapel.

Craft exhibit has a story to tell

A full-color, 96-page catalog accompanies the exhibit. The catalog, printed in an edition of 1,000, is available to the public and can be ordered by contacting the Gallery of Art.

If you are uncertain about a deadline, holiday schedule, or any other information, please call 935-5235.

Steedman Fellowship applications available

The Steedman Fellowship is available to any architect who has been awarded a Steedman Traveling Fellowship. The fellowship is open to anyone who has not received a Steedman Traveling Fellowship. The deadline for applications is October 15 of the year in which the fellowship is awarded.

Applications are currently being accepted for the 2000-2001 academic year. For more information, call the School of Architecture at 935-6200.
Summer sports camps offer youths a way to sharpen skills

Each summer hundreds of children, dreaming of professional sports contracts or just seeking fun, come to Washington University-sponsored camps. This year, about 1,500 athletic hopefuls were accepted into 17, new and returning Bears 1993 Children/Youth Summer Program taking place in June and July. Participants hone their skills in football, basketball, soccer and volleyball, all under the expert tutelage of the University's top coaches and support staff.

Children come from the St. Louis area, as well as western Illinois. The coaching staffs for these camps are even more diverse, coming from Bears in Las and assistant team coaches to area high school coaches and top players and coaches from local colleges and local professional athletic teams.

Kindbom-Meyer Passing Camp
Possible future Heisman Trophy winners may be honing their skills this summer. Kindbom-Meyer Passing Camp was run by Louisa Manske. She enjoyed the camp so much she plans to attend next year's camp.

Basketball Camp
Area youths had the opportunity to work on their basketball skills this summer. The camp, which just completed its fifth year, began with 20 area high school students. It was designed to gain exposure for Washington University, Kindbom said, but because of its helpfulness to kids, the camp has grown significantly during its brief lifetime.

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Gloria White leads housing project to aid local residents

Gloria White and Schmitz are trying to raise $600,000 through the efforts of nearly 200 local residents. They have already started to approach community leaders to raise the money for the project, which has been planned by Freeman R. Bosley Jr., mayor of St. Louis, Gordon D. Bush, mayor of East St. Louis, and Buzz Westfall, St. Louis County executive.

Three faculty members receive grants in fine arts

The three artists, photographers Jennifer Colton and Schmitz, and painter Patricia Schuchard, were among nine from Missouri to receive $5,000 each. The awards were made by the University School of Fine Arts faculty recently were awarded grants by the Mid-America Arts Alliance (MAA) in partnership with the National Endowment for the Arts.

During Larry Kindbom's summer football camp, 17-year-old Tom Mills (center), a student at Breez (III) Central High School, runs a square-end route. Kindbom provides one-on-one coverage.

HIT Volleyball Camp
"Our general philosophy is to give the kids as much contact with the volleyball as possible," Clemens said, emphasizing the fact that the kids are being overcoached at this level. Campers spend most of their time during practice and playing. Clemens said campers move from court to court playing each other to much that would probably play on every court during the course of a day.

The campers, from second to ninth grade, get separated by age group into classes called Dreams, Believers, Achievers, and Elite Achievers. The average ratio of coaches to campers is 1:3.

"My idea is to provide a service to the community," said Clemens, a 10-year camp head veteran. The last eight of those years have been spent at Washington University. "It's never been my purpose to expose the (college) program. That just happens naturally."

— David Ackerman, LA '95
Since June 20, high school students have come to St. Louis for Washington University's Architecture Discovery Program to draw sketches. James R. Harris, (center kneeling), assists a student during the sketching session. Through the program, high school students from across the country learn firsthand about architecture.

Study assesses family caregivers

Study assesses family caregivers — from page 1

To assess the adequacy of care patients receive at home, Proctor and Morrow-Howell studied data taken from interviews with hospital discharge planners who facilitated the discharge of 212 elderly patients. All patients were 65 years of age and were hospitalized for either a stroke, hip fracture or congestive heart failure, common ailments among the elderly.

The discharge planners rated the adequacy of information about the patient's needs, caregivers' ability to set up meeting rooms and similar social support. Most of the caregivers were the patients' adult children, about 33 percent were daughters, daughters-in-law or sons. The rest of the patients were cared for by spouses or a patchwork of other relatives and friends.

The discharge planners were social workers charged with helping patients assess their post-hospital needs and devising plans to meet those needs. The discharge planners were interviewed within 48 hours after a patient's discharge so they could more easily recall specific details of the informal care situation.

"Because discharge planners are trained professionals, they were able to give us an objective assessment of the patient's informal care situation," said Proctor. "They are skilled at assessing the adequacy of a care plan."

Lack of time, not concern

The researchers note that inadequate care stems more from the caregivers' lack of time and money than from their lack of concern.

For adult children who help a recuperating parent, the responsibility of administering pills and changing the bed often is piled on top of a job, child care and other everyday duties. For the spouse who helps sit at her loved one's side, the physical and emotional stamina required to help the patient may be too great an added burden.

The researchers found that confused or disoriented patients may be at the greatest risk for receiving inadequate post-hospital care. Proctor and Morrow-Howell suggest that but for these patients, discharge planners target caregivers of heavy-care patients for special training prior to discharge.

One of the surprising findings of the study was that spouses are not necessarily better caregivers. The researchers found little difference in how the discharge planners rated the ability of spouses, adult children and other relatives or friends who administer care. Adult children, however, were seen as better caregivers when the patient was confused or not mentally alert because they can be more objective about such an emotionally charged situation than can a spouse.

The researchers say their findings highlight the need for well-trained discharge planners. While the discharge planner has no authority over when the patient goes home, the planner can help the patient anticipate post-hospital needs and the strengths and weaknesses of the care arrangements.

Proctor and Morrow-Howell said that the role of discharge planners has not always been appreciated by hospital administrators. "It was seen more as shipping and receiving," said Proctor. "But hospital administrators should be given the tools to do discharge planning as a professional function best handled by a social worker."

Social workers, they say, are uniquely trained and skilled to work with community agencies as well as families — all skills needed in developing a discharge plan.

Nancy Maye

Summer guests provide jobs for many — from page 1

Some groups need extra assistance, and that is where the student staff is most useful. The Housing Office hires 13 students to work over the summer, three as summer desk clerks who check in guests at the Eliot Hall desk, and 10 as conference managers. The aides, who can be seen cruising the South Forty in a taxi-yellow golf cart, are responsible for setting up meetings rooms and supplying information to guests whenever they need it. In addition, the students serve as floor monitors, delivering messages and making certain that all of the guests' needs are met.

These programs provide jobs for housekeepers and food service personnel, also for Washington University students, who may not otherwise work over the summer," said Williams.

The programs, which Williams has been involved with for 18 years, started with only three groups in their summer sessions. "By word of mouth, I'm happy to say that we've expanded to as many as 50 groups per summer," Williams said. The program grew to be so successful that after a few years, other universities approached and asked Williams and her staff for advice on launching similar summer programs.

This year is a bit different, Williams explained, due to factors such as the economy and people who are out of work. Approximately 100 students continue living on campus through the summer, ac-

The beautiful monuments in Bellefontaine Cemetery in North St. Louis provide an excellent opportunity for participants in the Architecture Discovery Program to draw sketches. James R. Harris, (center kneeling), assists a student during the sketching session. Through the program, high school students from across the country learn firsthand about architecture.

Program gives high schoolers architectural experience

The Architecture Discovery Program to draw sketches. James R. Harris, (center kneeling), assists a student during the

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The National Cancer Institute has awarded a $153,587 per year renewal grant to a project led by Dr. David S. Carter, an associate professor of family medicine at the University of California, San Diego. The project, titled "Patient-Physician Communication in Cancer Care," received a renewal grant in 1989, and is now entering its second phase of a seven-year project.

During the annual meeting of the American Heart Association, Dr. T. J. Price, a resident in neurology at the University of California, San Diego, received the 1993 Outstanding Research Award from the American Heart Association.

Mr. John Hoal, a registered civil engineering consultant, received the American Society of Civil Engineers' Young Investigator Award for $25,000.

Dr. Robert J. Huggins, a professor of medicine at the University of California, San Diego, was one of the recipients of the American Society of Clinical Oncology's Greater St. Louis chapter's Distinguished Service Award.

Mr. David A. S. C. Patterson, an assistant professor of computer science, was honored for his contributions to the Metropolitan St. Louis Women's College of Medicine and director of the Center for Women's Health.

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Dr. Michael J. Shoenberg, associate professor of medicine and director of the Division of Bone and Mineral Diseases, received a "Good Ideas" award from the Metropolitan St. Louis Women's Political Association's Greater St. Louis chapter.

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University issues guidelines to control sexual harassment

In 1980 Washington University adopted and published its sexual harassment policy. The policy states, "The Equal Employment Opportunity Commission (EEOC) guidelines provide that harassment is unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature that creates an offensive, intimidating or hostile environment. Such behavior is not limited to situations where one person has authority over another. No form of sexual harassment is explicit. Examples include: requests for sexual favors, rubbing or touching another's body, sexual innuendo, or insulting or offensive written or verbal communication."

Hilltop Campus regarding these and other positions may be obtained in the Office of Human Resources, Room 126 North Brookings Hall, or by calling 935-5996.

The following is a list of positions available at Washington University, as of Jan. 12, 1994. The salaries shown apply to applicants with a college degree, unless otherwise specified.

### Medical Campus

- **Medical Student Assistant**
  - Responsibilities: Assist medical students with clinical instruction.

- **Medical Student Researcher**
  - Responsibilities: Assist medical students with clinical research.

- **Medical Student Coordinator**
  - Responsibilities: Coordinate medical student activities.

- **Medical Student Intern**
  - Responsibilities: Intern in clinical or research settings.

- **Medical Student Volunteer**
  - Responsibilities: Volunteer in clinical or research settings.

- **Medical Student Fellow**
  - Responsibilities: Fellow in clinical or research settings.

- **Medical Student Scholar**
  - Responsibilities: Scholar in clinical or research settings.

- **Medical Student Resident**
  - Responsibilities: Resident in clinical or research settings.

- **Medical Student Internship**
  - Responsibilities: Internship in clinical or research settings.

- **Medical Student Practitioner**
  - Responsibilities: Practitioner in clinical or research settings.

- **Medical Student Practitioner Fellow**
  - Responsibilities: Fellow in clinical or research settings.

- **Medical Student Practitioner Intern**
  - Responsibilities: Intern in clinical or research settings.

- **Medical Student Practitioner Volunteer**
  - Responsibilities: Volunteer in clinical or research settings.

- **Medical Student Practitioner Scholar**
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- **Medical Student Practitioner Practitioner Practitioner Resident**
  - Responsibilities: Resident in clinical or research settings.

- **Medical Student Practitioner Practitioner Practitioner Internship**
  - Responsibilities: Internship in clinical or research settings.

- **Medical Student Practitioner Practitioner Practitioner Practitioner**
  - Responsibilities: Practitioner in clinical or research settings.

- **Medical Student Practitioner Practitioner Practitioner Practitioner Fellow**
  - Responsibilities: Fellow in clinical or research settings.

- **Medical Student Practitioner Practitioner Practitioner Practitioner Intern**
  - Responsibilities: Intern in clinical or research settings.

- **Medical Student Practitioner Practitioner Practitioner Practitioner Volunteer**
  - Responsibilities: Volunteer in clinical or research settings.

- **Medical Student Practitioner Practitioner Practitioner Practitioner Scholar**
  - Responsibilities: Scholar in clinical or research settings.

- **Medical Student Practitioner Practitioner Practitioner Practitioner Resident**
  - Responsibilities: Resident in clinical or research settings.

- **Medical Student Practitioner Practitioner Practitioner Practitioner Internship**
  - Responsibilities: Internship in clinical or research settings.

- **Medical Student Practitioner Practitioner Practitioner Practitioner Practitioner**
  - Responsibilities: Practitioner in clinical or research settings.

- **Medical Student Practitioner Practitioner Practitioner Practitioner Practitioner Fellow**
  - Responsibilities: Fellow in clinical or research settings.

- **Medical Student Practitioner Practitioner Practitioner Practitioner Practitioner Intern**
  - Responsibilities: Intern in clinical or research settings.

- **Medical Student Practitioner Practitioner Practitioner Practitioner Practitioner Volunteer**
  - Responsibilities: Volunteer in clinical or research settings.

- **Medical Student Practitioner Practitioner Practitioner Practitioner Practitioner Scholar**
  - Responsibilities: Scholar in clinical or research settings.

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  - Responsibilities: Volunteer in clinical or research settings.

- **Medical Student Practitioner Practitioner Practitioner Practitioner Practitioner Practitioner Scholar**
  - Responsibilities: Scholar in clinical or research settings.

- **Medical Student Practitioner Practitioner Practitioner Practitioner Practitioner Practitioner Resident**
  - Responsibilities: Resident in clinical or research settings.

- **Medical Student Practitioner Practitioner Practitioner Practitioner Practitioner Practitioner Internship**
  - Responsibilities: Internship in clinical or research settings.