Auxiliary presents second check to Barnes for emergency department

A $250,000 check was presented to Barnes Hospital board member Robert Hermann by Barnes Auxiliary president Dolores Shepard, which serves as the second installment on a $1 million pledge to design and build new emergency department facilities here. The check presentation was the highlight of the Auxiliary’s annual spring luncheon held on April 29 at Norwood Hills Country Club.

“It’s a pleasure to accept this check on behalf of Harold Thayer, chairman of the Barnes board, and the entire board,” said Mr. Hermann. “You’re the heart and soul of the hospital, and without you, we couldn’t exist,” he said.

“You’re doing a fine job on behalf of the hospital, but we don’t think about it only in terms of dollars,” Barnes president Robert E. Frank told the Auxiliary. “What you lend to Barnes is quality care, which is much more important.”

Mr. Frank told the group that the emergency department planning committee considered seven locations for the projected new emergency department facilities, but concluded the present location is best. He also commended the Auxiliary for initiating the new and successful Wishing Well flower shop. Barnes administrative advisor to the Auxiliary, Jim Hubbard, also commended the group for providing fine leadership.

New Auxiliary officers elected at the spring meeting are: Martha Eyermann, vice-president/finance, Billie Newcomb, assistant treasurer, and Jane Hunt, corresponding secretary. Officers re-elected to their previous posts are: Edith Curtes, vice-president/programs and hospitality, and Flossie Hartmann, treasurer.

Luncheon guest speaker Mary Margaret Richardson, consumer affairs officer of the federal Food and Drug Administration, spoke on “Partners in Consumer Protection: You and the FDA.” Ms. Richardson, who has been with the FDA since 1965, urged the audience to heed the agency’s warnings on recalled products since consumption could result in severe or irreversible damage. She advised consumers to be informed about the products they purchase, and read labels. Consumers should not be afraid to ask questions, especially about medicine their physician prescribes, she said.

Ms. Richardson said the public should become aware of the amount of sodium consumed through fast and commercially produced foods. Most people consume much more sodium than they need, and could receive their daily requirements of the element in just one fast food meal, for example, she said. Sodium intake can be reduced simply by restricting the amount of salt consumers use, said Ms. Richardson, adding that excessive sodium intake is one of the main factors responsible for hypertension.

Dunn, Hartmann and Shircliff named VPs

Rose Dunn, Marlene Hartmann, and Robert Shircliff were elected vice-presidents of Barnes Hospital at the April board meeting.

Mrs. Dunn has administrative responsibilities for medical records, dietary, Queeny Tower dining facilities, house staff and diagnostic laboratories. She first came to Barnes as director of medical records in 1974; she became an assistant administrator in 1979 and an associate administrator in 1980. She received her bachelor of sciences degree in medical records administration in 1974 from St. Louis University. She later received her masters degree in business administration and finance from St. Louis University in 1979.

Ms. Hartmann has been director of nursing at Barnes since 1980. She graduated from Barnes Hospital School of Nursing in 1968 and joined the Barnes staff as a nurse on the old 2418 medical ward that same year. She was subsequently promoted to assistant head nurse, then head nurse. In 1972 she transferred to the nursing office to work as nursing officer of the day; in 1975 she was promoted to associate nursing director for medicine.

During her career at Barnes, Ms. Hartmann attended St. Louis University, where she received her bachelor of nursing degree. She received her masters degree in nursing in 1981 from St. Louis University. She is the first BHSN graduate to become director of nursing here. She also published a NLN book, Pathways to Quality Care, and was elected a member of the Sigma Theta Tau National Honor Society upon graduation.

Mr. Shircliff is responsible for plant engineering, activity therapy, admitting, ambulatory care and the pharmacy. He holds a bachelor of science and commerce degree in management from the University of Louisville, in Kentucky. He received his masters degree in health care administration at Washington University School of Medicine in 1979 while serving as an evening administrator at Barnes. He is a native of Louisville, Kentucky.

The Barnes Hospital Society presents awards of merit

The Barnes Hospital Society presented its first two Awards of Merit to Jimmy Loines and Brooks Pumphrey at a special ceremony May 5 held on the East Pavilion ground floor. Mr. Loines worked in the hospital’s plant engineering department from 1960 to March 31, 1982, when he retired. Mr. Pumphrey has been a transporter in the dispatch department since 1966.

The BHS established the award as a way to honor those associated with Barnes who go beyond the ordinary performance of their duties to the hospital or its patients. Dr. George Tucker, BHS president and Dr. Richard Bradley, BHS past president, presented Mr. Loines and Mr. Pumphrey with $250 checks. Both also received the Award of Merit medal, in the form of a tie tack/ lapel pin. The specially designed medal is solid 10 karat yellow and white gold with five aquamarine stones. The Barnes logo is in the center with the BHS society name-plate above. The stones are set below.

Dr. Bradley compared the Award of Merit to a hybrid of the distinguished service cross and the legion of merit. He said he was impressed both with Mr. Loines as a person and with his service record. “You are one of the people who has enhanced your job description, and enhanced the medical center as well,” he said. Dr. Tucker said Mr. Pumphrey has always been a pleasant and responsible member of the Barnes Hospital staff, who has always treated patients well, and with special care.

“Thanks very much to everyone, I appreciate this,” said Mr. Loines. “It has always been a pleasure and responsibility to be a member of the Barnes Hospital staff,” said Mr. Pumphrey. “I hope that I can continue to be of service and help my fellow human beings.”

(continued on page 2)
Barnes Hospital President Robert E. Frank congratulated Mr. Loines and Mr. Pumphrey on their awards, and explained that their type of extra caring frequently determines whether a patient will return to Barnes or go to another hospital for care. Both of you represent the ideal the rest of us strive for,” he told the honorees. “Friendliness, helpfulness, unselfishness, cheerfulness, concern and caring. These are contagious; you can easily pass them on to another employee or to a patient or his anxious relatives. They lighten the load of the family facing an unknown diagnosis just as they make the day brighter for a fellow employee for whom everything seems to be going wrong at the moment.”

Anyone who is registered as a volunteer, staff member or employee of Barnes Hospital is eligible for the award. Any member of the Barnes Hospital community may submit the name of a candidate. The nomination must contain as complete a resume of the candidate as possible to permit the council to give a fair review of the candidate’s merit; the signature of the nominator, and the signature of the two councilors of the Barnes Hospital Society, obtained by the nominator as sponsors of the candidate. Selections are made only on the unanimous vote of all officers and councilors. Those selected for the award receive $250, and a tie tack/lapel pin for men, or a yellow gold serpentine chain with a disc for ladies, both of which carry the BHS medal. Their names will also be inscribed on a permanent plaque in Barnes main corridor.

The BHS is comprised of 800 doctors who are pledged to secure the development of Barnes as both a source of community service and as a center of medical progress.
New laser will help gynecological patients

A new carbon dioxide laser will be used to open closed fallopian tubes, correct endometriosis, and treat uterine lesions, according to Dr. Richard Gulick and Dr. Marvin Camel, Barnes/WU obstetricians/gynecologists.

The laser, which has been used for treatment of gynecological problems for several years, has been highly successful in opening closed tubes contributing to infertility, said Dr. Gulick. “The remarkable thing about the laser is the possibility of greatly reducing the need to operate.” This makes it an excellent piece of equipment for reconstructive surgery on scarred tubes, which also contribute to infertility. There is little or no bleeding,” he said.

Dr. Gulick explained that “laser,” which stands for “light amplified by stimulated emission of radiation,” often makes people think of Luke Skywalker in Star Wars, but stressed that patients receiving such treatment are “tremendously safe.” A microscope is used with the laser, and the area to be treated is surrounded with a dampened sponge. In the treatment of genital warts in or outside the vagina, Dr. Gulick said the laser can actually vaporize the problem area.

Lesions in the pelvis which cause scarring of the tissue, better known as endometriosis, can also be treated with the laser, according to Dr. Camel. Other major uses will include treatment of precancerous lesions of the cervix and treatment of external lesions on the genital area, he said.

Parenteral nutrition handbook published

A new handbook on parenteral nutrition is now available through the Barnes digestive disease clinical center. The handbook, which was produced through the collaborative efforts of dietary, nursing, medical, surgical and pharmaceutical staff serving on the hospital’s parenteral nutrition committee, was recently written to update Barnes’ parenteral nutrition techniques.

The use of parenteral nutrition is now increasing with treatment of digestive disorders like Crohn’s disease, according to Dr. Ray Clouse, Barnes/WU gastroenterologist who heads the 1981-82 parenteral nutrition committee at Barnes. Dr. Clouse explained that “parenteral” refers to nutrition which the body receives through sources other than digestion. “This is, intravenously. He believes a multidisciplinary approach to producing such a handbook is appropriate since many of the hospital’s departments use parenteral techniques.

Dr. Clouse believes the hospital is fortunate to have been able to produce such a handbook without outside resources or assistance. The handbook is available for the cost of $1.

Patient praises Barnes dietary department

The following letter was sent to the Barnes dietary department recently by Dr. John Mathis, who is a former patient.

We do not know who you all are, nor where you are. But we do know what you are, and we appreciate you as wonderfully kind and thoughtful people who are doing a tremendous job for your hospital and its many guests. Thank you! Be proud of yourselves!

Security officers use Red Cross training

In two separate occasions recently, Barnes security officers used their Red Cross training in saving the lives of three individuals.

One evening, Officer Brian Pruellige responded to a call to help a woman in the West Pavilion ground floor lobby. Her arm was bleeding profusely. The woman was an outpatient from the Jewish Hospital kidney dialysis unit and had been driving home when her shunt ruptured. She pulled in front of the West Pavilion, entered the main lobby and collapsed in a wheelchair where officer Pruellige found her.

“I immediately recognized that there was too much blood flowing for the bleeding to be caused by a superficial injury. Seeing the skin graft, I knew that the shunt had ruptured. I had to stem the blood flow and get her quickly to emergency. While she was wheeled to the emergency department, I used both my hands to clamp her brachial artery.”

According to Dr. Hillel Skoff, general surgery junior attending resident on duty that evening, “Officer Pruellige acted appropriately to put pressure on the patient’s arm. The shunt is similar to an artery when burst open. By decreasing the blood flow and bringing the patient to emergency immediately, he prevented further complications from developing.”

“Had it not been for taking the Red Cross course required for Barnes security department officers, I wouldn’t have know how to stop the bleeding or even have known what was causing it. It was a good feeling knowing that I was able to help the woman. She had been really scared.”

While off-duty and shopping at the Crestwood Sears with his wife, Officer Gary Schrader heard a loud crash in the department next to where they were standing. “When I reached the area, an elderly man was lying on the floor unconscious, with another shopper giving cardiopulmonary resuscitation,” said Officer Schrader. “I told her I could help. While she gave a chest massage, I gave the man mouth-to-mouth resuscitation. We were only working for about two minutes when he started gasping for air and finally began breathing on his own.”

“The gentleman had a cut on the back of his head from the fall, so I put a compress there,” said Officer Schrader. “Before long, a rescue squad arrived and gave oxygen and took him to the hospital.

“This was the second time I’ve used my Red Cross training,” said Officer Schrader. “Once before, an eight-year-old girl was hit by a car near my home. Her leg was broken and I was able to keep her from going into shock by seeing that she was kept still and warm. I told standers-by to keep her from going into shock by seeing that she was kept still and warm. I told standers-by to clear the area and sent someone to call an ambulance.”

“I think the courses we take are very important,” said Officer Schrader. “They’ve certainly come in handy and have helped me a lot.”

In most of the instances, the victims involved were whisked away by ambulances without being able to meet their “lifesavers.” All three officers agreed that they would do it all over again. “The responsibility placed on a person who has Red Cross training is great, but the knowledge is also a relief and comfort. You don’t feel helpless in an emergency situation,” said Officer Pruellige.
A simple test to detect extremely high levels of salt in the sweat enables doctors to diagnose cystic fibrosis. Here Dr. Donald Strominger, Barnes/WU pediatrician, does the test on a young patient in his Queeny Tower office.

Under the reign of Louis XVI, the French people found themselves one step closer to a revolution when the salt tax became exorbitant. As a protest against the high taxes placed on salt by the British, Colonial Indian Mahatma Gandhi led a pilgrimage of his followers to the seaside in 1930 to make their own salt.

Salt was once so scarce that it was used for money, and Caesar’s soldiers received part of their pay in salt, from which comes the word “salary.” History books also tell us that an incompetent worker who received his pay either totally or partly in the white stuff “was not worth his salt.”

Salt is necessary for proper functioning of cells, which also contain salt in their fluid. Blood, sweat and tears are also salty. Salt helps the body maintain the proper water balance and regulates blood volume. It is an important constituent of bones and teeth and is essential for maintaining

America’s tastebuds have a love affair with salt—or at least so it would seem. Most commercially produced food products contain the grainy white stuff, not to mention the prominent placement salt shakers enjoy atop dining tables everywhere. It can be found underground in mines, in sea or ocean water, or can even be pumped to the surface by wells. And even though salt, also known as sodium chloride, has had its ups and downs throughout the ages, it remains an essential ingredient for good health, since body cells must have it to live and function.

One of the earliest written references to salt can be found in the Bible’s Book of Job which asks, “Can such an unsavory thing be eaten, that is not seasoned with salt?” In fact there are over 30 references made to salt sprinkled throughout the Old and New Testaments. One of the more memorable is found in the Book of Genesis where two angels of the Lord command Lot’s family to abandon the sin-ridden city of Sodom, and not look back. Lot’s wife, however, a person of little faith, disobeyed God and was turned into a pillar of salt.

At one time the seasoning was thought to be a symbol of purity, rubbed on infants by the Hebrews to insure good health. In the Christian faith, salt has been considered a metaphor for the wisdom and grace of Christ. The apostle Matthew referred to those blessed as “The salt of the earth.” And in Leonardo da Vinci’s painting of The Last Supper, Judas is shown with an overturned saltcellar.

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Before refrigeration, salt was widely used in preserving food and is still used today for such procedures as curing ham or making sauerkraut. Most processed foods contain a large amount of salt, and salt is found naturally in many fresh foods.

Salt is one of America’s most popular seasonings.
SALT TALK

the normal irritability of muscle and nerve cells and for the coagulation of blood. Salt makes up 0.9 percent of the body's blood and cells and that is why doctors frequently mix medicines into a saline solution containing sterile water and 0.9 percent salt before injecting them into the body.

As far as salt and the body are concerned, however, Dr. Robert Stine, Barnes emergency department director, believes Americans consume too much of it. "Many American adults have a daily salt intake of 6,000 to 18,000 milligrams, when they could do with 800 to 1,000," said Dr. Stine. "Oversalting food is one reason people consume too much, I know I like to salt my food. We often get used to salted food when we're children, and we continue salting when we become adults."

Dr. Stine said in societies that use little salt in their daily diets, hypertension is rarely a problem, and the longevity is greater.

With summertime here, athletes and construction workers in particular may lose a lot of salt through excessive sweating. This is sometimes replenished by salt tablets. However, Dr. Stine said salt tablets are unnecessary if those who sweat excessively just use enough salt. In fact, he advises that such tablets be used only under a physician's supervision.

A little salt—but not too much—is just right. Overuse of the element can be addicting believe some. But certainly, it is a problem that can be modified, if not shaken.

Salt is found in saline solution, which doctors often use for mixing medicines.

Salt tablets should be used only under the supervision of a physician.
New emergency dept. procedure in effect

A less costly, more efficient system has been developed for the treatment and convenience of Barnes emergency room patients, according to emergency department director, Dr. Robert J. Stine. Under the new policy, only emergency patients will be treated, while non-emergencies will be referred to either the clinics or evening ambulatory service. Non-emergency patients who come to the emergency department after the EAS closes at 11 p.m. will be instructed how to make a clinic appointment.

The new procedure was designed to speed treatment in true emergency situations, said Dr. Stine. It will also cut costs for those patients who could be better served at a clinic. “Only about 14 percent of emergency room patients are treated and admitted, which means about 86 percent of the patients are treated, then released. Many of these patients are using the service in place of a doctor’s office or clinic. This runs up costs, makes for delays, and could slow treatment of true emergencies. We want to correct these problems and better serve everyone,” said Dr. Stine.

Patients with doctors on staff at Barnes who are advised to come to the emergency department by their physician will still be treated there.

Safety: a key issue for new parents

Safety. That’s the key word parents-to-be must keep in mind when purchasing new items such as car safety restraint seats, cribs and playpens, says Barnes/WU pediatrician Dr. James Turner at the Medical Care Group. “We’re especially aggressive about safety restraint seats and preventive safety measures here between the mattress and crib sides or ends,” said Dr. Turner.

“Mesh playpens are best and are the only safe place besides the crib where babies can be left temporarily unattended,” according to Dr. Turner.

Taking just a few precautionary measures in the purchase of items for a newborn baby can make the time spent between parent and child safer and more enjoyable.

Constant-wear contacts offer wearers convenience

Constant-wear contact lenses can offer selected patients greater convenience and flexibility than conventional lenses, believes Dr. David W. Meltzer, Barnes/WU ophthalmologist. Daily lens cleaning and removal can be difficult or impossible for some patients, but these new lenses offer an alternative for those who still desire contacts.

Constant-wear lenses are made of recently developed silicone plastics and high water content polymers which allow transmission of oxygen to the eye. It is this improved oxygen transmission which allows the lenses to be used even during sleep without impairing the normal function of the eye, according to Dr. Meltzer.

“Although the new lenses can be left in place for four to six weeks at a time, it is generally better to remove and clean them once a week,” said Dr. Meltzer. He stresses the importance of meticulous care and regular follow-up examinations with these lenses.

Breast cancer conference scheduled at Barnes

The Barnes Hospital department of social work and the breast cancer support group S.H.A.R.E. (Support Has A Reinforcing Effect) will sponsor a Breast Cancer Conference on Saturday, June 19, from 8:30 a.m. to 4 p.m. in Wohl Auditorium.

Doctors, nurses, oncology specialists, social workers, dietitians and the public are invited to attend the conference. Featured speakers will include: Dr. Marc Wallack, Barnes/WU surgical oncologist, on the topic, “current treatment of breast cancer;” Donna King, Medical Care Group social work director, will discuss “self image and sexuality;” Dr. Jeffrey Marsh, Barnes/WU plastic surgeon, will speak about “breast reconstruction;” and Mary Griffin, nurse oncologist, will discuss “side effects of chemotherapy and radiation therapy.” Two panel discussions will be given by women discussing their experiences with breast cancer and the benefits of belonging to a self-help group.

Besides the group of speakers, exhibits will be sponsored by the American Cancer Society, Cell Gaskill Medical Supplies, Peregrine Society, the Barnes Cancer Information Center, the Wellspring Counseling group for cancer patients and Encore, the YWCA postmastectomy rehabilitation program.

Pre-registration, including a $5 fee, is required to attend the conference. For registration forms, brochures or further information, contact Maureen Magrath, Barnes surgical oncology social worker, at 454-3101.

Former Barnes leukemia patient remembered

Former Barnes leukemia patient Danny Reitz will always be remembered as a courageous young man who could make the best of any situation. Danny, who was in his 20s, was hospitalized at Barnes for the final time, and died on November 27, 1981. Danny was first transferred to Barnes from another St. Louis hospital in 1979 because he developed a nosebleed that would not stop. Tests revealed that he had leukemia, a malignant disease attacking the body’s blood cells. When Danny’s need for blood became known through his neighbor who had a relative on the St. Louis Board of Police Commissioners, more than a dozen St. Louis police converged on Barnes to give blood for the young patient.

“The saying is that only the good die young,” Danny joked in 1979, “so I have that going for me along with my doctors, nurses, and the friends I didn’t know I had.” He demonstrated a strong desire to survive, and was also an aspiring poet. The following was found in his bedroom by his mother shortly before his death. She agreed it should be shared.

ANY REGRETS? THEY ALL ASK.
I AM NO, NOT REALLY. (BUT THEN),
I THINK.
YES, THERE ARE SOME.
MISHAP TRAVEL... MOSTLY.
WHAT I DON’T DO,
ARE MY REGRETS.
DOES ANYONE KNOW HOW I FEEL
ABOUT THEM?
DO I SAY WHAT I WANTED TO SAY?
I KNOW I THOUGHT IT LOTS.
BUT,
WHO READS MINDS?
I RAISED LOTS OF SEEDS
IN MY YEARS.
I ALWAYS WANTED TO SEE THEM GROW,
TO SEE WHAT THEY’D BE, AND WHERE THEY’D GROW TO.
NOT MANY NEVER GREW.
AND I WANTED TO HELP THEM ALL.
I’M SORRY I’M LEAVING.
NOT FOR ME.
FOR YOU.
YOU HAVE TO LIVE ON
THROUGH WHATEVER.
MY TRAITS ROLLING OUT
BEFORE THE SUN
COMES UP TOO MANY MORE TIMES
AND SETS.
TO SAY GOODBYE TO SOMEONE
YOU’LL NEVER SEE AGAIN,
HAS TO BE ONE OF THE HARDEST.
TASTES AWAY HAS TO DO
BECAUSE TELLING SOMEONE,
I’M SORRY

DANNY REITZ
NOVEMBER 20, 1981
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M/M Martin V. Mitchell
Thomas R. Montgomery,
Sara Lee Valucat
Arthur C. Lichtenberger
Joseph M. Lombardi
M/M Ray T. Tenley
Albert M. McPherson
Henry Mezyk
Elizabeth Florence Miller
M/M Louis W. Miller
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The annual Barnes Nursing School Alumni luncheon was held April 24 in the Queeny Tower Restaurant Library. Alumni enjoyed reminiscing with former classmates and meeting other alumni. Following the luncheon, Al Wiman, KMOX-TV’s medical and science reporter, spoke to the group expressing his admiration for the nursing profession.