BHSN enrollment up amidst national decrease

Admissions for the Barnes Hospital School of Nursing have reached their highest mark in the school’s 32-year history. The 32 percent increase in enrollment comes at a time when headlines about declining nursing school admissions and near-critical nurse shortages are sweeping the nation.

A total of 123 first-year students and two licensed practical nurses, who have entered the school in the second year of the program, along with the school’s 133 second- and third-year students have filled the School of Nursing to near capacity. Private scholarships, including the Barnes Hospital School of Nursing, Barnes Auxiliary, Grace Louise Potter, Elizabeth Stevenson Memorial and Sheryl Stern Scholarships, are assisting some students with educational funding.

“This enrollment increase is a real tribute to our program and to Barnes. It is especially significant in light of the current national nursing crisis,” says Steve Turner, director of recruitment, admissions and financial aid for the nursing school. He points out that a high percentage of BHSN graduates go on to work for the hospital in various specialty areas.

Barnes Hospital School of Nursing, with the highest enrollment of programs in the area and one of the largest in the nation, is a three-year diploma nursing school affiliated with Barnes Hospital. Barnes’ status as one of the top ten hospitals in the country draws patients from around the world and offers nursing students one of the most comprehensive clinical training programs available.

“Health Matters” series returns to fall lineup

“Life after a heart attack” will launch the new 1987-88 “Health Matters” season October 10. Sponsored by Barnes Hospital, “Health Matters” focuses on current healthcare topics through documentary presentations and panel interviews with Barnes doctors and healthcare professionals. Telecast on the local PBS station for its first two years, the educational program returns for its second season on KSDK-TV, Channel 5, Saturdays at 5 p.m. Medical reporter Tom O’Neal serves as host.

Additional program topics for the upcoming season include colorectal cancer, acquired immune deficiency syndrome (AIDS), emergency medicine and children’s heart disease.

Produced by MedStar Communications of Allentown, Pennsylvania, the 22-program series will air through March. Repeat segments of the 1986-87 season will run through this month.

Barnes Hospital, St. Louis, Mo. September, 1987, Vol. 41, No. 9

The emotional support groups set this CIC apart from other centers, says Mrs. Howland. The V.I.P. (Very Important People) program, a support group for families of cancer patients, meets weekly to share common concerns, feelings and questions about having a loved one who has been diagnosed with cancer. CanSurmount is a program through which 46 trained volunteers—all of whom have had cancer—help newly diagnosed cancer patients cope with their feelings. An inpatient/outpatient one-on-one visitation support service, CanSurmount was formed in cooperation with the American Cancer Society and relies on doctors’ referrals for its patient participants.

Although the CIC is located within this medical center, we are a community resource,” says Mrs. Howland. “We are here to help anyone dealing with cancer.”

Can-recycling program to benefit burn center

Proceeds from a community-wide aluminum can recycling program slated to kick off in early October will benefit the Barnes burn center. Dubbed “Cans for Life,” the program will accept both individual donations and corporate sponsorships of employee can collection networks.

“We believe that most people are willing to save and recycle aluminum cans if they know the cans may be recycled to raise money for a worthy cause,” says Sara Schmeer, burn center social worker, who is coordinating the program with Norma Stern, a Barnes volunteer and recovered burn patient. They hope to make the program an annual event.

During October and November, aluminum cans brought to Container Recovery Corporation mobile recycling units or the Operation Brightside recycling center at Kingshighway Boulevard and Interstate 44 may be designated to benefit the burn center. Several local corporations have pledged support to “Cans for Life” by sponsoring employee “can recovery” days in early December, when trucks will be stationed at participating companies to accept employees’ aluminum cans. The corporate drive will include a drawing for prizes such as hockey tickets and restaurant gift certificates, for which donors are eligible.

A Barnes employee aluminum can collection day is slated for Monday, December 7, from 6 a.m. to 5 p.m. “Cans for Life” proceeds will directly benefit burn patients through provision of special care services not covered by insurance, and will support burn research, education, care and prevention funds at Barnes. The proceeds may supply special dressing changes, pressure garments to prevent scarring, equipment for therapy and family support assistance.

“Cans for Life” is affiliated with a highly successful national program sponsored by the Container Recovery Corporation, the aluminum can recycling subsidiary of the Anheuser-Busch Companies. The campaign will run through early December. For more information, call 362-1025.
New scholarships offered at School of Nursing

Three new scholarships have been established at Barnes Hospital School of Nursing to assist future registered nurses in pursuing education for their careers. The one-year scholarships will be awarded annually to students exhibiting academic promise and financial need.

The Grace Louise Potter Scholarship was recently established by Pat Potter, director of nursing practice here, in memory of her mother. Ms. Potter is a Barnes School of Nursing graduate and once taught on the school’s faculty. The scholarship will be awarded to a student who has completed at least one year of study at the school with a “B” average and who agrees to accept employment at Barnes after graduation if offered.

The Elizabeth Stevenson Memorial Scholarship was established by Mr. and Mrs. Marvin Turner in memory of Mrs. Turner’s sister. Students entering any year of the three-year diploma program will be eligible to receive the Elizabeth Stevenson Memorial Scholarship.

The Barnes Hospital Auxiliary recently pledged $10,000 annually toward a Barnes Hospital Auxiliary Scholarship to be awarded each year to students entering the school. The number of recipients may vary from year to year, and each recipient will agree to accept employment at Barnes after graduation if offered. The goal of the Auxiliary in establishing the scholarship fund is to assist in student recruitment, to help prospective nurses to achieve their career dreams, and to assist Barnes Hospital with staffing.

“We are pleased to be able to offer these additional scholarships to prospective nursing students,” said Steve Turner, coordinator of recruitment, admission and financial aid at the school. “Federal funds, in the form of grants and loans, are not as readily available as they once were and many students require financial assistance to pursue the education necessary for their careers.”

Other scholarships recently established at the nursing school include the faculty-funded Barnes Hospital School of Nursing Scholarship, The Alumni Scholarship and the Sheryl Stern Nursing School Scholarship. To learn more about establishing a scholarship fund or to contribute, call the admissions office at (314) 362-1571.

Barnes hosts Marathon clinics as co-sponsor

Barnes Hospital will serve as a co-sponsor of the 16th Annual St. Louis Marathon, organized by the St. Louis Track Club and scheduled for Sunday, November 22. The 26.2-mile race draws distance runners from across the nation.

Barnes for the third consecutive year will host a series of pre-marathon clinics for runners considering participation in this year’s competition. The free program, designed primarily to offer information and support for first-time marathon runners, is conducted by Barnes and Washington University School of Medicine staff.

The first preparatory clinic, “Conditioning and Diet,” was held in August. Remaining clinics will be held from 7 to 9 p.m. in Wohl Auditorium in the Barnes complex. These clinics include “Injuries and Prevention,” September 15, with Shirley Sahrmann, Ph.D., Washington University neurophysiologist and tri-athlete; “The Psychological Aspects of Running,” October 20, with Dr. Carol North, Barnes psychiatrist; and “Race and Approaching the Race,” November 10, with Dr. Wade Martin, Barnes cardiologist and distance runner. Free parking for participants will be provided in the subsurface garage, across the street from the hospital.

The final clinic, “Final Preparation and Recovery,” will be held November 21 at the Chase Park Plaza Hotel, 212 N. Kingshighway. Dan Sebben, president of the St. Louis Track Club, and Dr. Scot Hickman, Barnes internist, will be the speakers.

More information about the clinics is available by calling Barnes public relations, (314) 362-5290. Entry forms and more information about the Marathon can be obtained by calling the St. Louis Track Club, (314) 862-7582.

Surgery patients offered autologous transfusions

Patients preparing to undergo surgery at Barnes Hospital may elect to donate their own blood weeks in advance for transfusion, with the permission of their doctors. Called autologous blood transfusion, the practice eliminates the potential risks of transfusion reactions and disease transmission.

The option has been offered at Barnes for many years, but is receiving increasing attention in light of public concerns about communicable diseases such as hepatitis and acquired immune deficiency syndrome (AIDS) that are commonly associated with blood products. According to Ellis Frohman, assistant administrative director of Barnes’ blood bank, the number of people who have had their own blood collected prior to surgery is 97 percent higher this year than it was last year at this time.

“Although current testing practices to detect such diseases have made today’s blood supply the safest it has ever been, some surgery patients are still very concerned about receiving transfusions,” says Mr. Frohman. “Autologous blood transfusion can relieve that anxiety and help to set people’s minds at ease during an already stressful time in their lives.”

Under some circumstances, a person who is to undergo surgery may donate an average of one unit of blood each week, beginning five weeks before surgery. The units of blood, which may be stored for up to 35 days, are then tagged and stored for the patient’s upcoming surgery, if needed. The number of units drawn is determined on an individual basis by each patient’s doctor. Each blood donation session lasts approximately 30 to 45 minutes in Barnes’ outpatient transfusion center on the hospital’s second floor.

Autologous transfusions are administered only by prescription. For more information or to schedule a prescribed autologous transfusion appointment, call the outpatient transfusion center at (314) 362-1489.

Deaf adults needed for cochlear device study

Profoundly deaf adults, whose hearing loss dates from birth or early childhood, are being sought as candidates for expanded study in the cochlear implant program at Barnes and the Washington University School of Medicine.

Doctors hope that the implant will provide the expanded patient group with the ability to detect sound, and that discrimination between speech sounds may be possible.

Candidates for the program must have a profound hearing loss in both ears; have been deaf since birth or from at least the age of five; currently be at least 18 years old, and use spoken English and speech reading as a primary means of communication.

Alternative therapies are available for people who are not interested in being evaluated for the cochlear implant and for those who do not meet the criteria. For more information, call (314) 362-7245.

Free course offered on chronic lung disease

A free course on coping with chronic lung disease is being offered by Barnes Hospital for people with lung disease and for their families. Classes are from 1:30 to 3:30 p.m. every Wednesday from September 2 through October 7 in the Health Education and Screening Center, just off the ground floor main lobby of the hospital.

The course is designed to help people with emphysema, chronic bronchitis, bronchiectasis and asthma learn more about their disease and its treatments, improve nutrition, develop a more positive self-image and reduce the need for hospitalization. Members of Barnes’ respiratory care team will teach the classes, which include pulmonary hygiene, exercise, medications, diet and coping with obstructive lung disease.

For more information or to register for the course, call (314) 362-1390. Free parking is provided in the subsurface garage, directly south of the hospital.

Three free seminars offered in September

Asthma, temporomandibular joint (TMJ) dysfunction and wellness will be the topics of three free seminars during September at Barnes.

Asthma and current strategies for care will be the focus of “Community Outreach for Asthma Saturday, September 12, from 8 a.m. to 12:30 p.m. Asthma, a chronic respiratory disease that affects about seven million adults and children in the United States, is a common illness that can often be controlled with proper treatment and education.

Safety First: Nurses from Barnes Hospital’s maternity and nursery divisions staffed a booth focusing on child safety measures at the Parenting Fair, held August 8 and 9 at Washington University’s Athletic Complex. The booth focused on burn safety, proper car-seat usage, poison control and immunization.

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Seminar topics to be discussed by Barnes doctors and nurses include "What is asthma?", "Strategies for care," "Allergy and asthma," "Children and asthma," "Exercise and asthma" and "Coping with asthma." For more information or to register call (314) 362-1390.

TMJ, a disorder affecting one of the tiny joints connecting the jaw to the temporal bone of the skull, will be highlighted at a seminar Saturday, September 19, from 8:30 a.m. to 4:30 p.m. The seminar, led by Barnes doctors and nurses, will explore diagnosis and treatment of TMJ, radiographic studies, bite restoration, joint surgery, anti-inflammatory medications, physical therapy and alternatives for pain management.

Practical tips for improving health and preventing disease by adopting a healthier lifestyle will be emphasized at a wellness symposium Saturday, September 26, from 8:30 a.m. to 4:45 p.m. Health professionals, including doctors, nurses and therapists, will discuss such topics as the connection between nutrition and major diseases, early detection of cancer, the importance of exercise, stress and disease, smoking and its relationship to cancer and heart disease, and alcohol and drug abuse. Participants also may obtain a free cholesterol reading.

For more information on the TMJ or wellness symposiums, or to register, call (314) 362-4024.

Free parking is available for all three programs.

Award ceremony honors junior volunteers' service

More than 50 junior volunteers were honored for their service to Barnes at an awards ceremony August 28 in Wohl Auditorium sponsored by the volunteer department and the Auxiliary. Junior volunteers lend their services to departments and nursing divisions throughout the hospital complex each summer.

As part of the ceremony, each JV received a service bar representing length of service. A total of 34 JVs completed their first year of service, 12 their second year, six their third year and one, Aaron Hoyle, his fourth. In addition, 23 junior volunteers were awarded 100-hour pins, while Yolanda Calvin and Ron Cassler received service awards for 300 hours. Tie bars were presented to Kevin Robinson (600 service hours) and Aaron Hoyle (700 service hours).

The junior volunteers also were treated to an evening at a St. Louis Cardinals baseball game by the Auxiliary in July.

Researchers seek patients with rare skin disorder

Washington University School of Medicine is one of four centers taking part in a massive national campaign to locate patients with a rare skin disorder called epidermolysis bullosa (EB). The centers are creating a national patient registry on EB that will compile information about the disease and provide a list of patients who might be eligible to participate in research projects. EB occurs so rarely that it is difficult for a single center to compile statistics and interpret data.

EB is a genetic disorder that causes painful blisters over almost the entire body, as well as in the mouth, and in the digestive and urinary tracts. The slightest touch, such as the friction of clothes or a warm bath, can create blisters.

For more information about EB or to enroll in the patient registry, contact Sheila Gibbons at (314) 362-2304.
Currently, several nursing divisions in Queeny Tower are undergoing complete renovation and are being redecorated in mauves, teals and grays.

Auxiliary president Martha Eyermann (left) and past presidents Darlene Roland (1985-87) and Mary Ann Fritschle (1983-85) tour construction site of the new pedestrian walkway with project superintendent David Kopp.

The corner of Kingshighway Boulevard and newly-named Interstate 64 (Highway 40) has seen vast physical changes since Robert A. Barnes’ bequest to construct “a modern, general hospital for sick and injured persons” was realized on December 7, 1914. From the original four-story Barnes structure to the Rand-Johnson building, from innovative Queeny Tower to the expansive East and West Pavilions, physical growth has been as dynamic a part of Barnes Hospital’s history as the expansion of medical knowledge.

The thrust of current construction and renovation at Barnes centers on increased accessibility for patients and visitors. That focus has laid the groundwork for projects that will create new access to and from the subsurface parking garage, redesign the first floor lobby and relocate some indirect patient service departments and administrative areas off-site to free needed space within the immediate hospital complex. In addition, ongoing renovation modernizes and refurbishes patient rooms, Queeny Tower hotel and self-care rooms, and nursing divisions throughout the hospital.

The first step in the comprehensive plan to facilitate easier access to Barnes became boldly visible when framework for the 180-foot-long pedestrian bridge was installed in late July. The 10-foot-wide by 14-foot-high pedestrian bridge will connect a newly constructed atrium that houses elevator and escalator access to the garage, with the main hospital lobby.

A $1.3 million pledge from the Barnes Hospital Auxiliary initiated the $6.9 million bridge project. The Auxiliary has donated more than $1 million toward that pledge since earmarking funds for the bridge in 1984, and the final installment will be made at the organization’s annual meeting next spring.

The pedestrian bridge is just the first step in an overall plan that calls for interior changes at the hospital designed to centralize services commonly used by patients and visitors on a first floor “mall.” Those services include the Wishing Well Gift and Flower Shops, health education centers, outpatient laboratory facilities and admitting department. The interior renovation also will create a single, straight-end corridor from the main first floor lobby at Barnes Hospital Plaza to the emergency department and clinics at Audubon Street one block north.

Enhanced accessibility is an integral part of the hospital’s short- and long-range plans. “As a national leader in healthcare, Barnes draws patients from around and beyond the United States,” says Max Poll, president. “Sometimes, the sheer physical size can be a goal, as planners and as every patient—whether from St. Louis County, southern Illinois or beyond—wishes to be as comfortable as possible sources within the hospital.

With redesign of the service mind, Barnes last summer leased the new Tom Boy, Inc., warehouse section of Clayton and Newstead building, located on a 10-acre West End’s industrial area. The 100,000 square feet of space that, after house the security office, mail accounting, human resources data processing department.

Barnes Home Health was the to move into new quarters at the new building, located on a 10-acre West End’s industrial area. The 100,000 square feet of space that, after house the security office, mail accounting, human resources data processing department.

Construction and renovation often calls for extraordinary maneuvers, such as this helicopter airlifting of air conditioning equipment onto the roof of the Clayton-Newstead Building.

Laundry employees, who processed some 10 million pounds of laundry in 1986, will gain more than 35,000 square footage equipped with new machines when the department moves to the Clayton-Newstead building.
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as comfortable as possible. By conveniently
centralizing commonly used services near a
main elevator bank, Barnes can ensure that pa-
tients and visitors can easily locate needed re-
sources within the hospital.”

With redesign of the service-oriented “mall” in
mind, Barnes last summer purchased the for-
mer Tom Boy, Inc., warehouse near the inter-
section of Clayton and Newstead Avenues. The
building, located on a 10-acre site in the Central
West End’s industrial area, provides 233,000
square feet of space that, after renovation, will
house the security office, laundry, purchasing,
accounting, human resources, planning and
data processing departments.

Barnes Home Health was the first department
to move into new quarters at the Clayton-New-
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Recently renovated hotel and self-care rooms in Queeny
Tower offer spacious accommodations with a relaxing,
softly muted decor and spectacular view of Forest Park.
Journals have compounded the shortage of available doctors, medical and professional staff explain current concerns.

Ken Hetlage, an associate vice-president, was interviewed on KMOX Radio July 31 about the joint helicopter ambulance service, which avoids duplication of area hospital services. He explained that Barnes and other adult Level I trauma centers in the metro area have formed a not-for-profit helicopter consortium, Area Rescue Consortium of Hospitals, Inc. (ARCH).

Pat Potter, R.N., clinical director of surgical nursing, and Paula Goldberg, R.N., nurse specialist, were guests on KMOX Radio August 4. They explained changes in the nursing profession, including the rising levels of skills and pay.

Learn your cholesterol level as a guide to how many eggs you can safely eat, Mary Ellen Beindorff, registered dietitian, said in a *West End Word* story August 6. A moderate intake of eggs may not be harmful to people whose cholesterol levels are normal. She said convenient cholesterol testing is available in the Barnes Heart Center.

Dr. J. Blake Goslen, dermatologist and director of the Mohs and Dermatologic Surgery Center, answered live, call-in questions about skin concerns on KMOX Radio August 6.

Dramatic advances in organ transplantation have compounded the shortage of available donors, Dr. M. Wayne Flye, head of the liver transplant program, said in a *St. Louis Suburban Journals* July 14 story. Dr. Flye urged increased awareness that organ transplants can return people with life-threatening illness to productive, active lives. Susan Boyle, R.N., organ procurement coordinator, discussed the organ shortage August 3 on KTVI-TV following the death of a heart transplant candidate. She said nearly 30 Barnes patients await new hearts.

A follow-up report on KMOV-TV July 14 found Missourian Jack Watkins making progress with his reattached left hand. Dr. Bruce Kraemer, plastic and reconstructive surgeon, explained that Barnes serves as the major referral center in the Midwest for reconstructive surgery following trauma. Mr. Watkins two months earlier had been the victim of a brutal robbery attempt during which his left hand was severed.

Dr. Joseph F. Ruwitch, cardiologist, was among doctors interviewed for a *Riverfront Times* story about outdoor exercise during hot weather. Dr. Ruwitch said hot weather places additional stress on the cardiovascular system and in a small percentage of joggers can cause an unknown coronary problem to trigger a heart attack.

A July 17 *St. Louis Suburban Journals* story outlined probable health problems of the future. Dr. William Campbell, an infectious disease specialist, said AIDS will be a major concern for decades. Dr. P. Eugene Rubin, a psychiatrist, said Alzheimer’s Disease, a brain disorder that affects primarily older persons, will be a major concern as the number of elderly Americans continues to increase. Dr. Rubin said optimism that breakthroughs in prevention and treatment will occur.

Dr. Edward M. Geltman, cardiologist, gave perspective to a July 23 KTVI-TV report about the benefit to the heart from moderate beer drinking. Dr. Geltman said findings that one to two beers a day can lower cholesterol are intriguing but inconclusive. He stressed that alcohol is very harmful when consumed beyond moderation, thus researchers hope to find a more benign agent that has the same cholesterol-lowering effect.

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Referrals will be served and door prizes awarded at the fair, which runs from 9 a.m. to 3 p.m. For more information, call (314) 362-5630 from St. Louis or 1-800-345-5630 from St. Charles County.

Employee retirements
Three long-term employees retired in July with a combined total of 86 years of service to the hospital. Marie Watson, operating room, and Mary Bolden and Fannie Trussell, nursing service, each received a certificate of appreciation from Barnes president Max Poll at receptions in their honor.

Mrs. Watson began her 35 years at Barnes in the gown and instrument areas of the operating room. “I’ve been here many, many years, and I’ve enjoyed every one of them,” she says. Mrs. Watson’s plans for retirement include traveling to visit family members across the country and spending time with her five grandchildren and three great-grandchildren here in St. Louis. “They’re going to keep me very busy!”

Mrs. Bolden, unit aide, originally started at Barnes in 1960 as a nurse’s assistant. In 1977, she became a unit clerk and in 1983 was appointed a unit aide, a position she held until her retirement. “I’ll miss everyone here at Barnes,” says Mrs. Bolden, who is hoping to do volunteer work for the hospital and for her church. She is also planning to spend time with her three grandchildren.

Mrs. Trussell, unit aide, who had been with Barnes since 1963, spent 22 years as a nurse’s assistant on 7400 before becoming a unit aide in 1985. “It’s been lovely. I’ve enjoyed it very much... I might jump up on Monday and decide to work,” she says. Although she is looking forward to relaxing for awhile, Mrs. Trussell wants to stay active in her retirement. She plans to work two days a week through a local nurses registry and to volunteer one day at an area nursing home.

Hospital notes
The following doctors are reported on staff: Drs. Michael E. Leavell, J. Evan Sadler, III, Arthur J. L. Schneider and David J. Woddy, assistant anesthesiologists; Drs. Clara N. J. Applegate and Lee W. Tempel, assistant neurologists; Dr. Juergen G. Ei simmer, assistant obstetrician/gynecologist; Dr. Stephen W. Hiatt, assistant oral/maxillofacial surgeon; Dr. Timothy N. Kaiser, assistant otolaryngologist; Drs. Eliza-
beth M. Brunt and James Owen Palmer, assistant pathologists; Drs. George J. Broze, Micki Klearman, Cathy J. Lazarus, Timothy J. Ley, Stephen B. Leggett, Samuel A. Wickline and Robert A. Wolf, assistant physicians; Drs. James R. Mikołajek, Carol S. North, Jose V. Parado and Abby L. Wasserman, assistant psychiatrists; and Dr. Susan J. Shapiro, assistant radiologist.

Barnes president Max Poll has been appointed as a member of the general public to a Missouri General Assembly Committee to study health-care for financially and medically needy persons in the state by senator John E. Scott, 3rd district. The committee was authorized by past legislative sessions.

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A new air ambulance service took to the skies last month with the formation of ARCH, Area Rescue Consortium of Hospitals, Inc. The provision of regional helicopter ambulance service is the goal of the newly formed consortium, composed of the city’s three adult Level I trauma centers: Barnes Hospital, St. John’s Mercy Medical Center and The University Hospital. ARCH representatives see the joint venture as an opportunity to provide services needed by all three trauma centers.

 Bulletin
Barnes Hospital Plaza
St. Louis, Missouri 63110