FDA approves t-PA for general use

Tissue plasminogen activator (t-PA), a drug that has saved the lives of hundreds of heart patients in clinical trials at Barnes, has been approved for general hospital use by the Food and Drug Administration (FDA).

Barnes and Washington University researchers received FDA approval to conduct the world's first clinical trials of the drug on human patients in the early stages of heart attack more than three years ago. In the studies, t-PA stopped the attack within minutes by dissolving the blood clot that was causing it and restoring blood flow to the tissue beyond. T-PA also minimized the risk of increased bleeding elsewhere in the body that was associated with forerunners of the drug.

T-PA is an enzyme that occurs naturally in the cells that line blood vessels. It can be produced by the body in small quantities or genetically engineered. Administered intravenously during the early stages (the first one or two hours) of an attack, t-PA circulates in the bloodstream but is, in biological terms, relatively inactive until it comes into contact with a clot. There, it activates the body's natural clot-dissolving reaction in the immediate vicinity of the clot, thus stopping the attack, usually within seven to 30 minutes after injection. Blood flow resumes to areas beyond the clot that were deprived of blood during the attack.

Led by Dr. Burton E. Sobel, head of cardiology, the clinical trials have indicated that t-PA may save more than 100,000 lives each year in the United States alone if the drug is administered promptly during heart attacks. "Early treatment saves lives and limits damage to the heart," says Dr. Sobel, who adds that public education is the key to saving lives. Healthcare professionals, he says, must become more attuned in helping people recognize the early symptoms of heart attacks and emphasizing that they seek prompt treatment.

Barnes negotiates to lease or buy Boone

Barnes Hospital officials have entered negotiations to lease or purchase Boone Hospital Center in Columbia, Missouri.

Last summer, Boone's trustees announced an interest in receiving private bids for the 344-bed hospital, whose public ownership status makes competition with other hospitals difficult. Public ownership demands full public disclosure of operations and prohibits joint financial ventures and expansion beyond county lines—constraints that can seriously undermine a hospital's strength in the current healthcare climate.

The first of six original groups to present proposals to take over management of Boone, Barnes initially submitted a plan to purchase the hospital, but later added a lease arrangement to the proposal. The field of contenders was narrowed to two, Barnes and Christian Health Care Systems, Inc., by early October. On October 28, Boone's trustees voted unanimously to select Barnes, citing Barnes' long and distinguished healthcare history.

Barnes representatives have begun negotiations in order to develop an agreement with Boone's trustees. That agreement will be submitted to Barnes board for approval and then to the Boone County commissioners.

Auxiliary honored at MHA convention

The Barnes Hospital Auxiliary was named the state's "Auxiliary of the Year" in the large-hospital category of competition at the Missouri Hospital Association's annual convention in Osage Beach, Missouri, last month.

The award, presented by the Missouri Association of Hospital Auxiliaries, recognized outstanding contributions to Barnes during the past year. Auxiliaries for hospitals with 300 or more beds are eligible to compete. Barnes is licensed for 1,208 beds. Martha Eyermann, president of the Barnes Auxiliary, accepted the award.

To qualify for the annual recognition, an auxiliary must have demonstrated exemplary service and contribution. The Barnes Auxiliary has a 28-year history of support and, in April, presented the hospital with a one-year contribution of $400,000—one of the largest donations ever made by the group.

The Barnes Auxiliary, since its inception, has contributed more than $4.5 million to the hospital for projects that have included the Health Education and Screening Center, Barnes Lodge and renovation of the emergency department and cardiac care unit. The Auxiliary also supports scholarships at the Barnes Hospital School of Nursing and Washington University School of Health Care Administration.

The $400,000 donation given in April brought the Auxiliary to within $300,000 of its $1.3 million pledge toward the pedestrian bridge, currently under construction. The bridge spans Barnes Hospital Plaza and will link the hospital subsurface parking garage with the first-floor main lobby.

The Auxiliary makes its yearly donations to the hospital through the sponsorship of the Wishing Well Gift and Flower Shops, the Nearly New Shop, the Auxiliary Tribute Fund and baby photo service. The Auxiliary also sponsors the hospital's staff of almost 500 volunteers, who are assigned to departments and divisions throughout the hospital to provide visitors' information, office assistance, gift sales and patient assistance.

"Health Matters" segment tops program ratings

"After a Heart Attack," the premiere segment of the 1987-88 "Health Matters" season was diagnosed with top ratings by the Nielsen National Television Index. Airing October 10, the segment received an average nine percent total rating for the week in the local market—the highest rating for an individual "Health Matters" segment—and led its time slot.
“Health Matters” (Continued from page 1)

The weekly series, sponsored by Barnes Hospital, airs Saturday evenings at 5 p.m. on KSDK-TV, Channel 5, and features panel interviews with Barnes healthcare experts. “After a Heart Attack” featured Drs. Griffith Bowen and Allan Jaffe, cardiologists.

The premiere week’s average, reflecting that nine percent of all televisions in the viewing area were tuned to “Health Matters” October 10, translates into a 26 percent market share. Market share indicates the number of televisions actually in operation that were tuned to “After a Heart Attack.” The 26 percent market share represents 112,000 households that watched the segment.

This year’s segments are scheduled to run through April 2, 1988. Some segments may be preempted by network programming, but all segments will appear.

Media spotlight
As a national leader in patient care and medical research, Barnes Hospital serves as an information resource center. To date in 1987, more than 1,100 queries from broadcast and print media representatives were made to the public relations department requesting that Barnes medical and professional staff explain current healthcare concerns and discoveries. Highlights of the media’s coverage of Barnes during the last month include the following:

The designation of Barnes Hospital as a Medicare heart transplant center on October 21 brought requests from the metro media to interview Dr. R. Morton Bolman, head of the heart transplant program. The designation makes Barnes one of 11 such designated hospitals in the nation.

Dr. M. Wayne Flye, head of the liver transplant program, was interviewed by the Muncie (Indiana) Star for an October 23 story. Muncie resident Amy Tucker, 20, received a liver transplant in an operation headed by Dr. Flye. He explained that Miss Tucker’s own liver was severely damaged by Wilson’s disease, a rare hereditary condition in which the body cannot metabolize copper, a trace element in the diet.

A decision on October 28 by the Boone Hospital board of trustees in Columbia, Missouri, to select Barnes Hospital for negotiations for sale or lease of the Columbia hospital prompted numerous requests for interviews. Max Poll, Barnes president, answered questions from both the Columbia and St. Louis metro media.

“Are You Born to be Fat?” was the question asked in a series on KMOV-TV by reporter Al Wiman November 2 through 4. “Heredity does make the weight control more difficult for some people, but not impossible, Barnes doctors said. Those interviewed included Dr. John S. Daniels, internist, who stressed that obese people must find help to lose weight. He said people who ‘go it alone’ are doomed to fail. Dr. Richard W. Clement, plastic and reconstructive surgeon, explained how fat suction liposcopy can remove pockets of diet-resistant fat, while Dr. John D. Halverson, general surgeon, explained the role of stomach stapling as a last resort tactic.

The report describes a new method for electronically monitoring compliance with medication. The report describes a new device, “Ask the Doctor,” which appeared in September. “Ask the Doctor,” a combination of a device and software, was designed to provide self-help and professional guidance. Participants learn to deal with their situations from staff members as well as each other. “People receive mutual support from each other, and that can make the loss of a loved one a little easier to deal with,” she adds.

Now is the time for persons at risk for influenza complications to get vaccinated. Dr. Peter G. Tuteur, pulmonary specialist, said on KMOV-TV November 9. Dr. Tuteur said the influenza vaccine takes about three weeks to become effective. The protection is most needed in January and February when the virus tends to strike, he said.

The topic of circumcision was discussed in a report on KTVI-TV November 10. Urologists interviewed for the story found some medical reasons for the procedure, while perinatologist Dr. Roy H. Petrie, a critic of routine circumcisions, noted that the College of Obstetrics has found no medical justification for the procedure.

Barnes receives awards in state competition
Barnes’ public relations department was honored with two awards in the Missouri Association for Hospital Public Relations and Marketing’s annual “Muleshoe” competition. The winners were announced November 3 at the Missouri Hospital Association’s annual convention in Osage Beach, Missouri.

Barnes Health News, the hospital’s quarterly magazine, was recognized for excellence in external publications, and “Stop the Merry-go-round,” an article on Meniere’s disease, was honored for excellence in writing. Written by public relations communications specialist Kathy Hollem, “Stop the Merry-go-round” appeared in the spring 1987 issue of the Barnes Health News.

Free subscriptions to Barnes Health News and Bulletin are available through the public relations department by calling (314) 362-5290.

Zane E. Barnes resigns from board of directors
Zane E. Barnes, chairman and chief executive officer of the Southwestern Bell Corporation, resigned from Barnes Hospital’s board of directors October 28, citing personal reasons.

Mr. Barnes, who was elected to the board in 1975, is well known in the St. Louis area for his leadership in community affairs, business and the communications industry.

Chairmanship of the board’s compensation and benefits committee, formerly held by Mr. Barnes, has been assumed by board member Frederick S. Wood, executive vice-president of General Dynamics Corporation.

Barnes’ St. Louis maps available through PR
An illustrated pocket map of the St. Louis metropolitan area, imprinted with information about Barnes Hospital and its community services, is available to doctors’ offices and individuals through the hospital’s public relations department.

The full-color maps feature many of the city’s landmarks and businesses, including Barnes and the Washington University Medical Center, for distribution to out-of-town patients or visitors. Information highlights outpatient programs, including “Ask the Doctor,” “Brown-Baggers,” speakers bureau and health screenings, along with educational materials and publications. The Heart Center and its services also are included.

The St. Louis maps are available through the public relations department by calling (314) 362-5290.

Employee retirements
Two long-term employees retired recently with a combined total of 37 years of service to the hospital. Fannie Cherry, housekeeping, and Liz Mullen, nursing service, each received a certificate of appreciation from Barnes president Max Poll at receptions in their honor.

Mrs. Cherry, whose retirement day just happened to fall on her birthday, spent all of her years at Barnes working the night shift in Queeny Tower. “I’ve enjoyed every minute working at Barnes,” she says. She plans to relax for a while and then do some traveling during her retirement. She also hopes to spend more time with her five grandchildren.

Miss Mullen, R.N., began her tenure at Barnes 19 years ago in the burn unit of the old Barnes building. “I’ve seen a lot of changes at Barnes over the years,” she remembers. Miss Mullen, who has already traveled extensively, plans to spend the first months of her retirement “organizing and reorganizing my house.” She hopes to learn some new recipes, and says she may even write a book.

Group offers support, guidance for bereaved
A bereavement support group for families of Barnes Hospital patients has been organized by the social work department, the chaplain’s office, the hospice program, the bone marrow transplant unit and the Barnard Cancer Center, assisted by the departments of education and training and food and nutrition. “The group grew out of specific concerns from a number of hospital departments about those who have had a loved one die at Barnes,” says Paula Gianino, hospice coordinator. “The bereaved have many, many needs not addressed by the community.”

According to Ms. Gianino, the group was designed to provide self-help and professional guidance. Participants learn to deal with their situations from staff members as well as each other. “People receive mutual support from each other, and that can make the loss of a loved one a little easier to deal with,” she adds.

The support group meets on the first Tuesday of each month at 7 p.m. in the private dining area of the Barnes Hospital cafeteria. For more information, call the hospice program at (314) 362-5496.

Hospital notes
Assistant vice-president for facilities John Hunker co-authored “Monitoring Medication Compliance: Description of a New Device,” which appeared in The Journal of Compliance in Health Care. With Seth A. Eisen, M.D., Larry W. Kreuger, Ph.D., and Michael Gerd, engineer, the report describes a new method for electronically monitoring compliance involving tablet medications through the use of a device that automatically records the date and time medication is removed.

Dr. Jack Hartstein, ophthalmologist, was invited to serve as visiting professor in the department of ophthalmology at the University of
Dr. Phillip Venable, ophthalmologist, recently returned from an extended tour of Helsinki, Finland, and Moscow, Tbilisi and Leningrad, Soviet Union, where he made an on-site study of the racial, cultural and social patterns of the cities in an attempt to determine why the incidences of Acquired Immune Deficiency Syndrome (AIDS) are so low. Dr. Venable was one of the first ophthalmologists in the country to discover that the earliest signs of AIDS may occur in the cornea, eye lids, iris and retina.

Valerie Yancey, instructor at the Barnes Hospital School of Nursing, recently completed "Spiritual Care: Attitudes and Practices," a research project presented at Barnes Hospital Research Day and the Annual Research Conference at St. Louis University. Ms. Yancey also participated in a workshop held at St. Louis University in September titled "Integrating Spirituality in Health Care Delivery."

Dr. Carlos A. Perez, radiologist, spoke on "Biological Basis of Radiotherapy," "Quality Control in Treatment of Cancer" and "Radiation Therapy in Carcinoma of the Lung" at the meeting of the VII Congreso de Cancerologia Colombiano in Bogota, Colombia, September 30 through October 3.

Lue Koerber, financial aid officer for the Barnes Hospital School of Nursing, served as guest speaker at the fall conference of the Missouri Association of Student Financial Aid Personnel at Lake of the Ozarks November 1 through 3. Mrs. Koerber spoke on the reauthorization of the Hard Choices at the George Washington University Hospitals’ workshop on biomedical ethics October 21 through 23 in Washington, D.C.

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### 1988 Pay Schedule

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**Home for the Holidays:** Thanksgiving had extra special meaning for Dale Tripp this year. Mr. Tripp, the second person to receive a heart-lung transplant at Barnes Hospital, was discharged in time to spend the holiday with his family in Van Buren, Missouri.