

# What's Happening

a newsletter for the employees of Maine Medical Center

April 6, 1994

Vol. 25, No. 7

## Women's health study results announced at MMC

A significant number of women who undergo hysterectomy for benign uterine conditions report substantial relief of symptoms and a marked improvement in their quality of life one year after surgery, note authors Karen Carlson, MD, Harvard Medical School, Buell A. Miller, MD, Maine Medical Center and Maine Medical Assessment Foundation, and Floyd J. Fowler, PhD, Center for Survey Research, in *The Maine Women's Health Study*.

Results of the study were announced at a news conference at Maine Medical Center Tuesday, April 5. This work is the largest prospective clinical study of hysterectomy in the United States to date.

The Maine study is an important first step in developing data to analyze the appropriateness of hysterectomy and its alternatives, the authors conclude. Hysterectomy is the second most common major operation in this country.

Many women who avoid hysterectomy and undergo alternative treatment for benign uterine conditions such as fibroids, abnormal bleeding, and chronic pelvic pain also find relief after such treatment. However, at least one quarter of these women will go on to have a hysterectomy to relieve symptoms within one year after conservative treatment.

Over 400 Maine hysterectomy patients treated for noncancerous conditions during the period June 1989 to January 1991 were interviewed three, six, and twelve months after surgery. The study group, representing patients of 71 percent of all Maine physicians who

**STUDY, SEE P.6**

## MMC's 1994 Goals: a closer look

### *Part I*

Maine Medical Center's goals for 1994 cover a range of areas, from clinical initiatives to health care reform. *What's Happening* presents the first part of a point-by-point look at the eight goals driving MMC's overall pursuit of its mission this year.

### **Goal #1 Develop and implement clinical program plans consistent with the strategies outlined in the MMC Long Range Plan.**

MMC's Strategic Plan was completed and approved by the Board of Trustees in February, 1992. A portion of that plan called for development of detailed plans to improve and expand specific clinical areas.

During 1993, work began in the first four of those areas: pediatrics, oncology, circulatory disease, and gerontology. Progress continues, but already the results have been positive. Subspecialists in important disciplines have been recruited in Pediatrics, for instance, and a multidisciplinary committee is reviewing the many facets of circulatory disease care. A multi-disciplinary committee is also ready to begin improving coordination of oncology care, with the help of a full-time staff coordinator. And a Gerontology Consultation Team will soon begin improving care of the elderly throughout the hospital.

In 1994, work will begin in five new areas: neurosensory / trauma, psychiatry, obstetrics / gynecology, medical / surgical, and ambulatory care.

### **Goal #2 Develop broad-based educational programs that are consistent with the Long**

**GOALS, SEE P.4**

For one night only -- a great night of fun and entertainment! See p.3.

Want to go to bat for MMC, have fun, and help out at the 1994 Annual Fund Kickoff BBQ June 22 & 23 -- all at the same time?

Call the Development Office, x2669, to find out how.

## Pediatrics and Adolescent Medicine director named

John F. Goodrich, MD, has been appointed Division Director for General Pediatrics and Adolescent Medicine at Maine Medical Center. He has been Director of the Division of Adolescent Medicine here since 1987.

Dr. Goodrich is a 1968 graduate of Brown University; he received his MD in 1972 from the University of Cincinnati. His pediatric residency was served at Maine Medical Center and he completed a fellowship in adolescent medicine at the University of Washington in Seattle. In addition, Dr. Goodrich served as a general medical officer with the US Public Health Service.

Formerly a medical staff member at Kennebec Valley Medical Center and a consultant staff member at the Augusta Mental Health Institute, Dr. Goodrich continues, since 1981, to be a member of MMC's medical staff.

Dr. Goodrich was a consultant in adolescent medicine on the Governor's Task Force on Maternal and Child Health in 1981; he served in that role as well for the Department of Human Services, the Kennebec Valley Health Education Project, and the Foundation for Blood Research. He organized and oversees MMC's Teen Clinic and is a Clinical Assistant Professor of Pediatrics, University of Vermont. He also sits on the Physician Advisory Committee of the Maine Childhood Lead Poisoning Prevention Program.

Dr. Goodrich is a Board Member of the Maine Chapter of the American Academy of Pediatrics, a member of the Cumberland County Child Health Initiative, and a member of the American Academy of Pediatrics, serving on the Provisional Committee on Native American Child Health.

## Husband and wife share special bond

The first living non-related kidney transplant in Maine was performed at Maine Medical Center Tuesday, March 8. In the past, only cadaver and biologically-related donations have been transplanted here. Maine Medical Center is the only hospital in Maine where whole organ transplants are performed. Transplantation of kidneys from living non-related donors has occurred only about 300 times in the United States.

On the 8th, Roger Heroux donated one of his own kidneys to his wife Sandra. Sandra had been on dialysis for two and a half years as a result of severe hypertension. The dialysis treatments took over most of the functions of her failed kidneys, cleaning most waste products from her blood.

Organ donation rates have been dropping in Maine and nationally, but the need for organs has not. There are long lists of patients waiting for kidneys and other organs. In

**KIDNEY, SEE P.3**

*The 25th Annual Spring  
Surgical Symposium*

Friday, April 22

*The Isaac M. Webber, MD  
Surgical Lecture*

### **Gastroesophageal Reflux Disease: Principles Affecting the Outcome of Therapy**

Tom R. DeMeester, MD  
Professor and Chairman  
Department of Surgery  
University of Southern California  
Los Angeles, California

Dana Health Education Center  
Auditorium

Presented by Department of Surgery  
For details, call x4078.

## MMC Team prepares for WalkAmerica '94

What are you doing April 24? How about going for a walk for a good cause? Maine Medical Center will have an official team in WalkAmerica, the annual benefit for the March of Dimes. The walk route is a 10-kilometer course that begins at 0900 at Hadlock Field (home of the Portland Sea Dogs), winds around scenic Back Cove, and returns to Hadlock Field.

Team members raise pledges (no minimum amount!) from family, friends, and co-workers, then take part in the fun on walk day. The walk is easy, the company good, and the cause worthwhile. The March of Dimes is the "healthy baby" organization, dedicated to preventing birth defects and infant mortality.

The Honorary Chairman for WalkAmerica in Portland this year is MMC President Don McDowell. And yes, he *will* be walking with our team on Sunday, April 24.

MMC Team members who turn in a sponsor envelope will receive a special edition MMC scrub shirt (not the kind with "hospital property" stamped all over it!) and be eligible for incentive prizes from the March of Dimes. To sign up, contact team co-captains Wayne Clark in Public Information, x2196, or Jean Kahn in Labor/Delivery, x4852.

## Take your daughter to work

On April 28, girls across the country aged 9 to 15 will go to work. They'll participate in "Take Our Daughters to Work Day", created by the Ms. Foundation for Women to bring girls into the workplace and build self-esteem by showing them job choices for women.

This year, the second for this program, adolescent boys will have a chance to learn about babies by spending the day at child-care centers.

Talk to your supervisor about bringing *your* daughter to work at Maine Medical Center!

For one night only!

Maine Medical Center's  
Children's Miracle Network  
presents

***The Telethon Kickoff Gala***  
Saturday, April 30  
State Theatre, Portland  
Doors open at 1830

The Telethon Kickoff Gala is the ***Great Beginnings*** reception, twenty of Portland's finest restaurants, a very special ***Silent Auction***, Maine Humorist ***Tim Sample***, opening for

***Stephen King*** and  
***the Rock Bottom Remainders***,

a band featuring authors

David Barry, Amy Tan, and

a long list of friends,

including Al Kooper, former member  
of The Blues Project and  
Blood Sweat & Tears.

Tickets \$35.00 per person  
Show only tickets \$25.00 per person  
Doors open at 2100

For ticket details or information about  
Maine Medical Center's  
Children's Miracle Network, call x2101.

## KIDNEY, FROM P.2

Maine, 75 people are waiting for kidneys; for New England, the number is 1,100. Nationally, 31,000 people are on waiting lists for various organs; 20,000 of these need kidneys. Living non-related transplantation represents one possible solution to the shortage in some cases.

If you would like information about organ donation or obtaining an organ donor card, please call the Maine Transplant Program, 1-800-870-5230.

## GOALS, FROM P.1

### Range Plan and supportive of the need for primary care practitioners in the state.

The Long Range Plan also called for continued support of educational programs. These include medical education, health professions education, and community health education. During 1994, the educational goal emphasizes primary care -- the "first line" of health care. MMC will seek accreditation of its proposed residency program in Emergency Medicine, approved by the Trustees last year. We will continue developing rural rotations of residents in primary care residencies such as Family Practice and Pediatrics.

MMC will also expand its long-standing commitment to outreach educational programs supporting hospitals and health care practitioners throughout the state. Clinical teaching experiences for health care professionals other than physicians will also be expanded, with an emphasis on primary care.

### Goal #3 Review the status of our Research program and set institutional goals for the next five years.

The research emphasis at MMC over the past six years has been the development of a program that supports patient care and the education of physicians and others. External support for research activities has grown dramatically in the past two years, and is now supported by a combination of external support and unrestricted philanthropic gifts to the hospital.

The 1994 goals call for a formal review of the research program, and for fully integrating health services research and nursing research activities.

Look for more of MMC's goals in the next issue of *What's Happening*.

Many people still don't have the **Maine Children's Cancer Program's** new address. Here it is:  
295 Forest Avenue  
Portland, Maine 04101  
775-5481

## MMC's vascular lab receives accreditation

One American dies every 32 seconds of cardiovascular disease, disorders of the heart and blood vessels. Cardiovascular disease is the leading cause of death in the United States. Stroke, a disorder of the blood vessels to the brain, is the third leading cause of death and disability in this country, with 500,000 new strokes occurring each year.

Although life threatening if undetected, early detection of these diseases is possible with the use of noninvasive vascular testing techniques performed at vascular laboratories.

Maine Medical Center's is among the first 400 vascular laboratories in the U.S., Canada, and Puerto Rico to be granted accreditation by the Intersocietal Commission for the Accreditation of Vascular Laboratories.

Accreditation status signifies that the facility has been reviewed by an independent agency which recognizes the laboratory's commitment of quality testing for diagnosis of vascular disease. Participation in the accreditation process is voluntary and demonstrates the laboratory's concern for high quality patient care and attention to quality assurance.

### Join some losers!

A new Weight Watchers At-Work series starts April 12 in Dana Center Classroom 2. Meetings are held Tuesdays, from 1200-1300. Sign up at the first meeting! Questions? Call Martha Davoli, Public Information, x2196.

## Help others just by running, walking, or rolling

Would you like to help the Maine Special Olympics? You can by taking part in a 5K Road Race or a 2K Race/Walk/Roll on Sunday, May 22, at 0900. The route will take you around Back Bay in Portland.

If you're interested in the Race, or in being MMC's team captain, contact Joe Seger in Human Resources, x2106.

## Kids help the MCCP help kids

Students at Freeport Middle School recently donated \$400 to the Maine Children's Cancer Program. The students raised the money at a school dance in February. Members of the school's Student Council, along with the Student Council Chairman, visited the MCCP to present their contribution and tour the Portland-based treatment center.

"These generous students have demonstrated that there are opportunities for people of all ages and at all levels of support to make life easier for the children and families served by the program," said the MCCP's Debra Sampson. "In this case, it's kids helping kids!"

All contributions help support the comprehensive services provided by the Maine Children's Cancer Program. Approximately 50 new patients between the ages of birth and 21 years, from throughout the state, enter the MCCP each year, with over three hundred families currently being served. Services include medical treatment and a lifeline to the latest developments in clinical research. For information about the Maine Children's Cancer Program, call Debra Sampson, x6274.

The Staff of the  
Post Anesthesia Care Unit  
invite you to join in a celebration of  
the completion of the  
*Pediatric Area Renovation Project*

Please join us for coffee on  
April 14, 0800-0930.

Special recognition will to those who  
helped make this happen:

Maine Medical Center's  
Children's Miracle Network  
and

Ann Fontaine-Fisher, MMC Architect

## Parenting classes offered this Spring

CARESHARE will present a Spring mini-series of parenting workshops in May. The workshops are offered free of charge to all MMC employees and will take place in Dana Center classrooms from 1200 to 1300. Mark your calendar for these dates:

*Helping Parents Cope with Everyday Stresses*  
Carol DiAnna, Parents Anonymous

Wednesday, May 4, Classroom 3

Without stress, life would be dull and unchallenging, and while we may not be able to avoid it, we can learn to use stress in a positive way to energize ourselves and prevent it from becoming *distress*.

*Winning Ways to Communicate with Children*  
Joan Martay, Trainer, Consultant, Counselor

Thursday, May 12, Classroom 9

Focus on ways to build and improve relationships between adults and children. Learn skills to use in order to listen more effectively; learn how to express your feelings and ideas in constructive ways that will be heard by your children.

Advance registration is not necessary, but please feel free to call the Benefits Office at x2973 with any questions.

## Employees help local food pantries

The "Food Drive for Hunger", sponsored by MMC's Department of Food and Nutrition Services during National Nutrition Month, was a great success! Portland food pantries received 205 pounds of food donated by MMC employees.

Many thanks to all who participated by donating food and to those who will be volunteering their time to help in area soup kitchens.

## STUDY, FROM P.1

regularly perform hysterectomies, was largely white, employed, and insured.

Researchers also examined nonsurgical treatment for the most common benign uterine conditions. Among their findings, they learned:

- women who underwent hysterectomy had suffered from severe symptoms and multiple conditions that adversely affected their quality of life;
- hysterectomy resulted in a high range of symptom relief for most patients and a marked improvement in quality of life; and
- hysterectomy did not cause many side effects.

## TAR WARS comes to Maine

Many area respiratory therapists, physicians, nurses, and other health care providers have become teachers in fourth and fifth grade classrooms throughout Greater Portland and the U.S. to present the TAR WARS program. The one hour TAR WARS curriculum actively involves students and focuses on the short and long term effects of tobacco use, why people smoke or use tobacco, and tobacco companies' advertising and promotional methods.

This presentation and a follow-up poster contest for students are attempts to present an honest picture of the pressures on kids to use tobacco and the consequences of their actions.

During this second year of TAR WARS in Maine, 130 health care providers will visit 125 schools and instruct over 5,000 fourth graders about important tobacco use issues. The posters students create will be displayed in shopping malls and other sites.

The participation of many MMC respiratory therapists, family practice residents, physicians (including AMA President Robert McAfee, MD), and others in this important disease-prevention educational effort are much appreciated.

If you'd like more information about this program, please contact Tim Blanchette in Pulmonary Medicine, x2662, or the Family Practice Residency Program.

## Shape up on your lunch hour!

A ten-week series of ENERJOY freestyle aerobics classes begins soon!

**Where:** McGeachey Hall

**When:** April 25 - July 1  
Mon-Wed-Fri

**Cost:** Three times a week: \$90  
Two times a week: \$70  
Payroll deduction is available

**Instructor:** Liz Bradford, ACE certified ENERJOY Health/Fitness Programs

**To register:** Call Sue Spear, x2610, in the Psychiatry Occupational Therapy Department.

## Third Annual

*Phillips M. Payson Nursing Lecture*

## Publishing: A Dimension of Professional Practice

Ever think of writing an article? Nursing Services is looking forward to this year's annual *Payson Nursing Lecture*. All health care providers are invited to attend this offering Friday, April 29, from 0900 to 1600, in the Dana Health Education Center. If you want to become a published author in journals and books, you should attend!

Upon completion of the workshop, you'll be able to describe the major steps in submitting a manuscript for publication; identify strategies to increase the probability of acceptance of a journal article; list the specific requirements for manuscripts submitted for publication; and utilize and incorporate into practice factors that influence an editor's decision to select an author's manuscript for a clinical journal.

The workshop presenters are well-known lecturers and widely published authors. Gail Lenahan, MSN, RN, is editor of the *Journal of Emergency Nursing* and a psychiatric clinical nurse specialist at Massachusetts General Hospital. Susan Sheehy, RN, MSN, is the trauma clinical nurse specialist at Dartmouth Hitchcock Hospital.

To register, call Nursing Resources, x2397.

## MARKETPLACE

In order to ensure that everyone has an opportunity to use the "Marketplace," ads may be placed *once only*. Repeats will be allowed only on a space available basis.

### FOR SALE

1983 Chevy Celebrity, 2 door, auto. Good cond., 106 K miles, \$1,000. Call x2477 days, or 767-1918 eves.

1988 Chevy pick-up, PS, new brakes, all around new shocks, extended cab w/back seat, sunroof, running boards, 8 ft. body, new sticker. All good rubber, red and black. Good cond. \$7,500 or BO. Call 797-6057 eves.

Ladies' metal golf clubs, fine cond. Sewing machine, rarely used. Pressure cooker, never used. Canoe. Call 839-4585.

Fully electric home hospital bed used only 2 mo. \$700. Call 797-7617 or 773-7660.

Custom-made aquariums, incl. everything, 70 gal., 25 gal. \$300. 135 gal. aqua terrarium w/cabinet, \$200 or BO. Call 283-1394.

Rosignol (170s) Excel downhill skis w/women's boot, size 8 1/2, Tyrolia bindings and poles. Very good cond. \$150 or BO. Call 774-9104.

Boy's Rallye Challenger bike (red/black) w/training wheels. Perfect for 3-4 YO just starting out. Bike is 2 YO, great cond. Asking \$25. Call 892-0812.

1985 Sunline self-contained camper, 22', sleeps 5-6, stove, oven, heater, refrig/freezer, storage. Honey wagon and jacks incl. \$4,200 or BO. Call 892-2495.

17' MFG fiberglass boat w/Mercury 500 Kiekefer engine and Taylor trailer. All for \$800 firm. Call 829-6619.

70 gal. aquarium. High marine or fresh. Comes complete, custom-made. \$300 or BO. 135 gal. aquarium. \$250 or BO. Call 283-1394.

Round-trip airline ticket to Nashville, TN, for one male, leaving Portland Tuesday, 5/17, returning Saturday, 5/21. \$100 or BO. Call 799-6226 before 9 PM.

17' MFG boat, 50 HP Evinrude motor. New canvas top, side curtains, new trailer. \$3,100. Call 797-4420.

### FOR RENT

1st floor, 2 BR apt. near USM Law School 1/2 of 2 family, W/D hook-up, quiet, clean. Avail. 5/15. \$565/mo. + utils. Call 284-2135. eves.

Apt. avail. 5/1 near Back Cove. 6 large rooms w/office, all recently refurbished. Hardwood, carpeted and tile floors. Baseboard heat. No pets or smoking, off-street parking, backyard privileges. \$650/mo. + utils. Call 773-3358.

Cape Elizabeth bungalow, 3 BR, LR w/fireplace, DR w/built in china cabinet, fully applianced K, 1 bath, all rooms painted white, hardwood floors, W/D, full basement, 1 car garage. \$900/mo. + utils. and 2 mo. sec. dep. req. Avail. 6/1. Call 799-3224 from 10 AM-8 PM.

Quiet 2 BR apt. N/S preferred. One block from MMC. Parking. \$500/mo. incl. heat, hot water. Call 761-7988.

MMC area. New, owner-occupied bldg. Quiet 2 BR. Small neighborhood, very convenient to necessities. 3 min. walk to MMC. Private entrance, dishwasher, storage, hardwood floors. \$595/mo. incl. heat, hot water. Call 775-0763.

The deadlines for announcement-length items and **MARKETPLACE** April 6 for the April 20 issue and April 20 for the May 4 issue.

All items must be in writing.

### ROOMMATE WANTED

30+ M/F to share 2 BR condo in SP. \$200/mo. + 1/2 utils. refs. and sec. dep. Gas heat, must like cats. Call 767-5134.

Person to share small Cape Elizabeth home. Avail. 5/1. \$335/mo., incl. utils. Call 883-6377.

### CHILD CARE

Licensed mother w/many years exp. and training will care for infant full-time weekdays. Fenced yard and playroom. Call 772-2085.

Young professional couple seeks nanny 3-5 days a week for 3-month old. Call 688-2226.

### WANTED

Restoration and remodeling projects for exp. home builder. Call 773-4481.

Canoes, 16' or greater. Aluminum and fiberglass preferred, but will consider others. Fair prices paid. Call 878-5946.

16 YO German high school student seeks host family for fall semester 1994 as paying guest. Call 775-6028.

Medical transcription jobs. Pick up and delivery. Computerized system with laser-finished work. Call 839-3725 or 797-2697.

Housecleaning jobs. Exc. refs. Call 767-5752.

### Learn more about health care reform

If you would like to learn about federal health care proposals under consideration by lawmakers in Washington, D.C., stop by the Public Information Office, or call 871-2196, for a chart that compares them point by point. And watch future issues of *What's Happening* for more information about health care reform.

## What's Happening at MMC

- Apr. 6 MMC Cyclists team meeting, ALA Trek Across Maine. Dana #5, 1200-1300.
- Apr. 7 MCCP Fashion Show, 1900, Sonesta. Call x6274.
- Apr. 8 *Children's Miracle Network Musical Chairs*. Call x2101.
- Apr. 12 New Weight Watchers series starts. Dana #2, 1200. Call x2196.
- Apr. 22 *25th Annual Spring Surgical Symposium*. See p.2.
- Apr. 24 March of Dimes WalkAmerica. 0900. Call x2196.
- Apr. 25 New ENERJOY series begins. See p.6.
- Apr. 27 EAC meeting, 1400, Dana #5.
- Apr. 28 *Take Our Daughters to Work Day*. See p.2.
- Apr. 29 **Publishing: A Dimension of Professional Practice**, Third Annual Phillips M. Payson Nursing Lecture. 0900-1600, Dana Center. Call Nursing Resources, x2397. See p.6.
- Apr. 30 Children's Miracle Network **Telethon Kickoff Gala**. Call x2101 for ticket info. See p.3.

## Study subjects needed

Healthy adults, aged 18 and up, will be paid \$20 for their participation in approximately 2 hours of psychological testing. In order to participate, subjects need to meet the following criteria:

- a minimum of a ninth grade education, with no more than a Bachelor's degree;
- the absence of major psychiatric or neurologic disease;
- the absence of major systemic disease, such as hypertension, diabetes, or cardiac problems;
- the absence of major developmental learning disorders; and
- no history of alcohol or drug abuse.

The study will involve the administration of tests of memory, language, perception, problem solving, and mood. If interested, please contact Howard Kessler, MD, x4061, to inquire.

- Change name or address as shown on address label.
- Remove my name from your *What's Happening* mailing list.

Please return this address label in an envelope to the Public Information Dept.

## What's Happening

Maine Medical Center, 22 Bramhall Street, Portland, ME 04102-3175

*What's Happening* is published every other Wednesday at Maine Medical Center for members of the hospital community and for friends of the institution throughout Maine and northern New England. Comments, questions, and suggestions may be addressed to the Office of Public Information, MMC, 22 Bramhall Street, Portland, Maine 04102-3175. (207) 871-2196. Editor: Wayne L. Clark.

## NEW EMPLOYEES

**CENTRAL SUPPLY DISTRIBUTION:** Michael Nixon

**LINEN PROCESSING:** William Van Horn, Jr.

**MEDICAL RECORD SERVICES:** Marcia Chadwick

**PATHOLOGY:** Guergana Tzonev

**REHABILITATION MEDICINE:** Janet Brown

The next meeting of the  
**Employee Activity  
Committee**  
will be Wednesday, April 27,  
1400, in Dana Classroom 5.

*Note the change in time.*

**Dial S - O - U - P**  
(that's x7687)  
to find out what's for lunch!  
You'll hear a recording of the  
day's specials in MMC's  
Coffee Shop.

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
Portland, Maine  
PERMIT NO. 35