

what's happening

Maine Medical Center
Portland, Maine 04102

September 30, 1987

Vol. 19, No. 5

Volunteers speak at Open House

Five veterans of Maine Medical Centers' Volunteer Group spoke last week in an effort to acquaint community members with the vital role volunteers play and the existing opportunities for volunteer services.

The "Volunteer Opportunities" Open House was held to recruit volunteers who will join the ranks of the 325 men, women, and teens offering their services regularly throughout the hospital.

The audience of prospective new volunteers first learned from Mrs. Herbert S. Holmes, Jr., the first fulltime volunteer ever to become Chairman of the Board of Trustees.

"It's a privilege to be a volunteer, to be a part of this wonderful hospital with state of the art medical technology and the finest quality of physicians, nurses, and administrators," observed Holmes. "It's challenging, educational, and a great deal of fun."

Nan Higgins, who in her travels has volunteered at various hospitals all over the east coast, described her experience helping in the Emergency Room for the past year and a half.

"Working with families involved in a crisis situation is very rewarding. I bring them coffee, read books to the children, and keep them occupied to help reduce their anxiety. I really feel needed here and enjoy the warmth of the staff. It's a busy place but very special."

Bob Nelson, a recent retiree, told the audience he came to the hospital when he realized three things were lacking in his everyday life; people, challenge, and responsibility.

"My first job was manning the Information Desk. The contact with people from all walks of life fascinated me; and

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Paul Maniscalco, Senior Tech Chem, injects a serum sample into this instrument producing a graph from which the drug level can be determined. (A/V Photo)

The chemistry lab

Laboratory procedures performed in MMC's Conley Laboratory are critical in the diagnosis, treatment and follow-up care of patients. In Chemistry, the largest department of the laboratory, 46 medical technologists, working three shifts perform a wide variety of tests to aid the diagnosis of diseases such as cancer, diabetes, heart diseases, and kidney failure. Medical technologists are professionals with extensive background in education and training, usually a BS degree in medical technology, biology or other area of science, followed by one year of clinical training in a hospital. Successful completion of a registry exam after this clinical program ensures registration in the A.S.C.P., the American Society of Clinical Pathologists.

The Chemistry Department is subdivided into four smaller sections according to test specialization: Main Chemistry, Special Chemistry, RIA, and Clinical Microscopy. All sections are involved in the analysis of body fluids. The most common specimens required for processing are serum and plasma, blood products obtained by spinning whole blood in a centrifuge. This spinning process separates the heavier elements of the blood to the bottom of the tube, allowing either serum or plasma (depending on the type of tube used) to remain at the top for easy separation.

Main Chemistry is the busiest in terms of test turnaround time and specimen handling. Patients' bloods and other specimens, labeled with an identifying number and the tests to be done, are

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the medical terminology was certainly challenging. I got hooked and became a volunteer junkie," laughed Nelson. "Now I'm involved in a new visitor program on the Oncology floor to help families interrelate. I encourage them to exchange means of coping with pain. It's very worthwhile."

Linda Fulda, a volunteer who began her career in SCU, talked about her need to reciprocate for the warmth and support volunteers gave her family years ago.

"My five year old daughter was hospitalized for a lengthy period. It was a very trying time. The volunteers were so special. . . I decided this is the place I want to be," said Fulda. "The Special Care Unit gave me tremendous ex-

perience as a liaison between the nurses and the family. I found satisfaction in being there for people who are in need of emotional support.

Chuck Callanan a seasoned volunteer spoke of his years in Emergency and the Pediatric Playroom.

"Patients are vulnerable, and very often feel like they're all alone. Just having someone talk to them means alot. I'm here only one night a week and by the time I leave, I'm completely fulfilled.

The Volunteer's viewpoints were accompanied by a slide presentation featuring volunteers helping throughout the hospital. The Open House concluded with brief tours to several volunteer service areas. The program was sponsored by the Volunteer Services Department.



A group of prospective volunteers pause in the flower shop during a tour of volunteer service areas throughout the hospital. (A/V Photo)

New Employees

NURSING: Alison Andrews, Rhonda Bee, Linda Blazej, Linda Brewster, Laura Burke, Kimberly Coates, Susan Drummond, Fleonore Dumais, Jeanne Frank, Marie Gothrow, Judith Gowen, Barbara Grodin, Pamela Herrington, Persis Hope, Colleen Hutchinson, Cindy Kellie, Ronda Lenort, Nancy MacWilliams, Elizabeth McInnis, Katherine Merkel, Jolene Michaud, Rita Novak, Janet Psonak, Margo Reagan, Jennifer Stoneman, Carolman Sweet, Debora Tarsetti, Louise White.

PHARMACY: Martha Canning, Jeffrey Drottar.

PERSONNEL: Tracy Clark, Elizabeth Flicker, Carol Scott.

ENDOCRINOLOGY: Louise Laroche, Christine Tarness.

HOUSEKEEPING: Paul McCaslin, Sandra O'Brien, David Smart.

PATIENT ACCOUNTS: Cheryl Maloney.

CARDIOGRAPHY: Linda Sawyer.

DEVELOPMENT: Mary Beth Stanhope.



This Fall, Maine Medical Center presents a new series of health information programs. "HealthTalks", developed to serve the community in health education and awareness, is free and open to the public.

The programs will be presented by members of MMC's Medical Staff who will share their knowledge and experience with us on the following topics;

Children & Emergencies

Wednesday, October 7, 1987

George L. Higgins, M.D.

One in every five children will need emergency medical care before reaching the age of 19. There is no way to absolutely "injury-proof" your child, but you can improve the odds. Dr. Higgins, MMC's Chief of Emergency Medicine, will talk about the most common childhood injuries and illnesses, how to prevent them, and what to do if they occur. He will be joined by Emergency Department Head Nurse Jean Atherton, RN, and Poison Control Supervisor Bruce Campbell, R.Ph.

Women & Health

Tuesday, November 10, 1987

Christine Northrup, M.D.

Women who play an active role in their own health have higher self-esteem and fewer illnesses. Dr. Northrup, a Portland obstetrician and gynecologist, believes the mind-body connection has an impact on all facets of a women's health. She will discuss body image, weight and health, eating disorders, and other important aspects of personal well-being. She will be joined by Marcel Pick, RNC.

AIDS & You

Thursday, December 3, 1987

Michael C. Bach, M.D.

The strongest ally the AIDS virus has is ignorance, and the strongest weapon we have against it, is knowledge. One of Maine's leading AIDS specialists, Dr. Bach will discuss what we know about the disease, how it is (and isn't) transmitted, and what we can do as individuals and as a society to deal with it.

Surgical Tech School recruiting next class

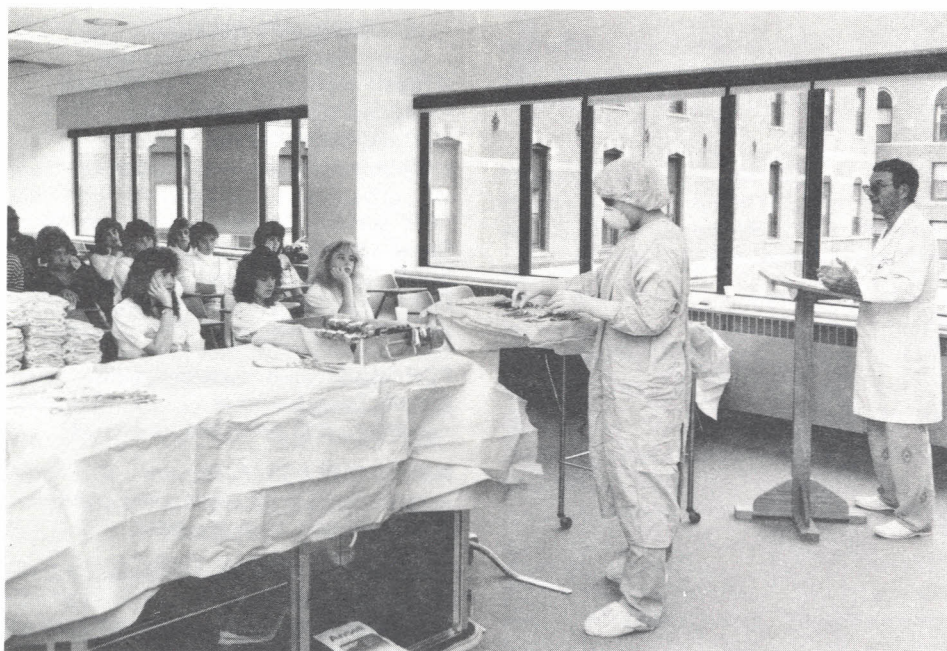
The Maine Medical Center School of Surgical Technology is accepting applications for the class of March 1988.

The school is designed to prepare highly qualified and motivated students as members of a modern surgical team supporting the operating room patient, the surgeon, the anesthesiologist, and the professional nurse.

The curriculum of the Surgical Technology program is divided into two six-month periods.

The first semester is devoted to classroom study and instructional sessions on the operating room. Courses include; Introduction to Surgical Technology, Anatomy and Physiology, Microbiology, Patient Care and Safety, Operating Room Techniques, and Surgical Procedures. The second semester is spent on rotation through the various surgical services, where classroom knowledge is applied.

This educational program is approved for Pell grants, Guaranteed Student Loans, the VA, and for scholarships through the Naval Reserve. For more information, call the school at x2141.



Tracy Mahoney, SST, in OR scrubs, sets up the instrumentations for a surgical procedure while Don Bailer, CST, explains the process to a group of prospective students at a recent information sharing session held by the Surgical School of Technology. (A/V Photo)



**United
way**
Fun Run

A Fun Run will be held October 6, 1987 to launch the 1987 United Way campaign. Participants in the run are encouraged to be at one of the starting locations, Deering Oaks, the Ferry Terminal or Jack Jr. School, at 11:30 AM. The runners will then follow a 1.1 mile course to Monument Square where there will be a rally to initiate the campaign.

MMC personnel who wish to participate in this run should sign up by calling Robin Rand at x2201. There will be T-shirts available for the first 60 people to sign up.

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received in Main Chemistry, logged in, centrifuged, poured over, and split for tests at various workstations. This is done at a rate of 800-1000 specimens daily. Electrolytes, creatinines, and blood sugars are examples of routine tests. Electrolytes are important for the treatment of patients with a history of heart disease. Creatinine, a measure of kidney function, is crucial in tracking patient progress after a kidney transplant, or a worsening condition in patients with kidney malfunction. Blood sugar levels, either high or low, can indicate a diabetic condition.

The ACA (Automated Clinical Analyzer) and SMA (Sequential Multiple Analysis) are two instruments located in Main

Chemistry. The ACA is often used to identify possible substances in drug overdose cases, measuring levels of ethyl alcohol or determining the presence of barbiturates for example. The SMA is a screen that groups up to 17 different tests in one analysis, giving the physician a means of spotting potential problems in key areas without ordering many more specialized tests at the outset.

Special Chemistry is the hub of determinations of drug levels and heart attack related tests. The myocardial enzyme profile (MEP) is a test to show damage to the heart muscle by measuring the amounts and patterns of enzymes released by damaged tissue into the bloodstream during a heart attack. Conversely, the MEP can rule out heart damage and point to other enzyme sources, (liver, skeletal, muscle) as problem areas. Another heart related test is the lipid profile, that measures levels of cholesterol in the blood. Heart attack risk can be calculated using lipid results.

Close monitoring of long term use of drugs, such as antibiotics are crucial to ensure that patients are receiving optimum therapeutic dose levels and not toxic or sub-therapeutic levels of medication. Many factors, such as metabolism, and body weight can affect a person's ability to utilize a drug. A patient's blood is drawn before and after the dose is administered. It is then possible to determine whether or not the body can effectively clear itself of the drug within a reasonable time.

RIA, or Radio Immuno Assay, is the third specialized section within Chemistry. Here, radioactive isotopes are used as tracers to measure minute amounts of chemicals in blood or tissue samples. There are a variety of tests performed in this area. Among them is the hepatitis test to determine if a person currently has hepatitis or has been infected with the virus in the past. A new test has been added to the RIA roster, namely the HIV, or AIDS virus test.

Watch for the second half of the *Chemistry* article in the next issue.

REMINDER!

Carpooling can save you money in the MMC parking ramp. Cars carrying two or more people pay half-price for parking (not available for payroll deduction parkers). So save some money and save a parking space for someone else!

Marketplace

FOR RENT: Oceanfront home in Freeport. Modern kitchen, living, and dining room, den, 3 BR, 2½ bath, 2 car garage, tennis court. 25 minutes from Portland. Call days 773-0788, or 338-5553 after 6 PM.

FOR RENT: Home in Pine Point. 20 yds. to beach. 3 BR, 2 baths, fireplace, porch, large yard, W/D. \$525/mo. plus utils. Avail. 10/3/87-6/1/88. Call 883-2235 or 603-622-9067.

FOR RENT: Small medical or paramedical office near MMC. Call days 774-2381.

FOR RENT: Cape Eliz. 4 RM, full bath down, 2 RM, full bath up. Woodstove, garage and parking. Furnished w/appliances. Ocean view, boat mooring. Private sandy beach. \$1200/mo. plus utils. Call 799-3984.

FOR RENT: Apt. in North Deering Duplex on busline. 3 BR, W/D hook-up, off-street parking. Storage, lg. backyard. \$500/mo. plus utils. Call 797-9130.

FOR RENT: Furnished 1 BR apt. 100 yds. from beach. All utils., included, color cable TV, parking. No lease, no pets, \$365/mo. plus security dep. Avail. 9/1/87 to 6/20/88 only. Call 934-4062.

FOR RENT: Enjoy the autumn foliage in beautiful N.H. vacation condo, North Conway. Call 797-5151.

FOR RENT: Enjoy sharing roomy, recently remodeled apt. 1 block from MMC w/professional male. Off-street parking, W/D inside. Quiet neighborhood. \$312.50/mo. plus ½ utils. Call days 1-985-2944, or 871-7051 after 6:30 PM

FOR RENT: 1st floor 2 BR apt. with full bath on Gilman street avail. 11/1/87. No pets, references required. Call 775-0153 days, or 774-4134 after 5 PM.

ROOMMATE WANTED: M/F to share 2 BR apt. in east Deering. \$240/mo. includes heat and water. \$200 security dep. Call 772-5201, leave message.

ROOMMATE WANTED: M/F to share 2 BR condo with fantastic view located on eastern promenade. \$325/mo. plus utils. 15 minutes from MMC. Call 879-4769 days, or 879-1635.

ROOMMATE WANTED: Female wanted to share large renovated 2 BR apt. w/professional woman, located in Broadway, 5 minutes from MMC. \$237.50 plus ½ utils. Call 799-7186 after 6 PM. Move in 10/1/87 or 11/1/87.

WANTED: Young female professional relocating in the greater Portland area, looking for an apartment to share. Non-smoker, prefer Portland, South Portland, Scarborough. or Cape Eliz. Call 1-934-9356 evenings or weekends.

WANTED: Ride to Westbrook Gardens at end of shift. Work 4 PM-12 midnight. Willing to help with gas expense. Call 845-2792 before 3 PM.

WANTED: Ride for Foster Grandparent over million dollar bridge to MMC, between 7:30 and 8 AM, Monday through Friday. Any days helpful. Call 879-4051.

WANTED: Person for live in position to care for handicapped woman in a pleasant Gray/New Gloucester farm house, light duties. Call 892-4190 evenings or weekends.

SITUATION WANTED: Homes to clean. No job too big or too small. References available. Call 774-9195 evenings.

FOR SALE: Ashley wood stove, Olympic Franklin stove, Southern oak dining room set with 6 chairs, brown recliner with heating unit, brand new hot water heater. All in excellent condition. Will take reasonable offers. Call 839-3725 before 8 PM.

FOR SALE: 2 round trip, or 4 one way tickets on Continental Airlines to any US destination. Valid until 12/17/87. \$180 round trip. Call 767-5731 after 5 PM.

FOR SALE: Estate car, maroon 1985 Buick, somerset-regal sedan, automatic, am/fm radio, 16,000 miles, excellent condition. Asking \$7000. Call 829-5633.

what's happening

WHAT'S HAPPENING is published every Wednesday at Maine Medical Center, Portland, Maine 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 Public Information Office, MMC, Portland, ME 04102. Telephone: (207) 871-2196.

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FOR SALE: Beautiful house in Saco. Stone's throw to Ocean. Upscale neighborhood. L-shaped cape, solarium, 6 furnished rooms, expandable second floor, beautifully landscaped. Call 284-7817.

FOR SALE: Crib, mattress, and crib pad, \$30.00. Dressing table \$20.00. All in good condition. Call 282-1383 after 3 PM.

FOR SALE: 1977 Mallard, 27', Self-contained. New 19' awning. Excellent condition. \$6,900. Call 774-9046.

FOR SALE: 1979 Ford Granada, AM/FM radio, rear defroster, automatic. 87,000 miles \$800 or best offer. Call 797-8595 after 5:30 PM.

FOR SALE: Vito B flat clarinet, very good condition, great student band instrument. \$150 firm. Call 774-3506.

FOR SALE: 1985 Ford Ranger, 4x4, 5 speed, 24,000 original miles, am/fm, stereo/cassette, cablights, bugshield, new tires, bed liner, very clean, never abused. Asking \$7995, or take over payments. Call 428-3519.

FOR SALE: 1976 Chevrolet Nova. 6 cylinder, 60,000 miles, mechanically sound. \$1200 or best offer. Call evenings 839-3109.

FOR SALE: Sanyo GTX, 707 stereo system with speakers and stand. 6 mo. old, \$125. Invalid supplies, shower chair with back, \$25. Bathtub safety rail with suction cups, \$25. Large carton Attends, size large, \$30. Call 781-3567 evenings.

MISSING: From MMC library, Gynecologic Oncology, v.24/25, 1986. The return of this valued periodical would be greatly appreciated.

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