

# what's happening

Maine Medical Center  
Portland, Maine 04102

July 16/23, 1986

Vol. 17, No. 50

## TPA tests at MMC aid heart attack victims

In the early stages of heart attacks, in the majority of cases, blood clots are forming, blocking arteries and often proving fatal. In recent years, researchers have developed and tested drugs which, if administered in time, can dissolve such clots, producing both immediate and far-ranging positive results.

Now Maine Medical Center is one of 25 hospitals nationwide actively engaged in treating heart attack victims with TPA, a new drug believed to be the best found for unclogging blocked arteries in the early stages of an attack.

The drug has proven effective for 80% of patients with blocked arteries, and that

degree of success has led to an aggressive final testing phase, according to Costas T. Lambrew, M.D., Director of MMC's Cardiac Intensive Care Unit.

"The treatment worked so well in preliminary tests started last August that researchers at the National Institute of Health (NIH) felt that they could no longer ethically withhold it from patients. They decided last March to eliminate the double-blind type of test (in which a control group of patients would not be given the drug) in the final phase," Dr. Lambrew said.

Maine Medical Center was invited to join the final test phase following a national competition in which quality of care, experience of staff, the ability to carry out a detailed treatment program,

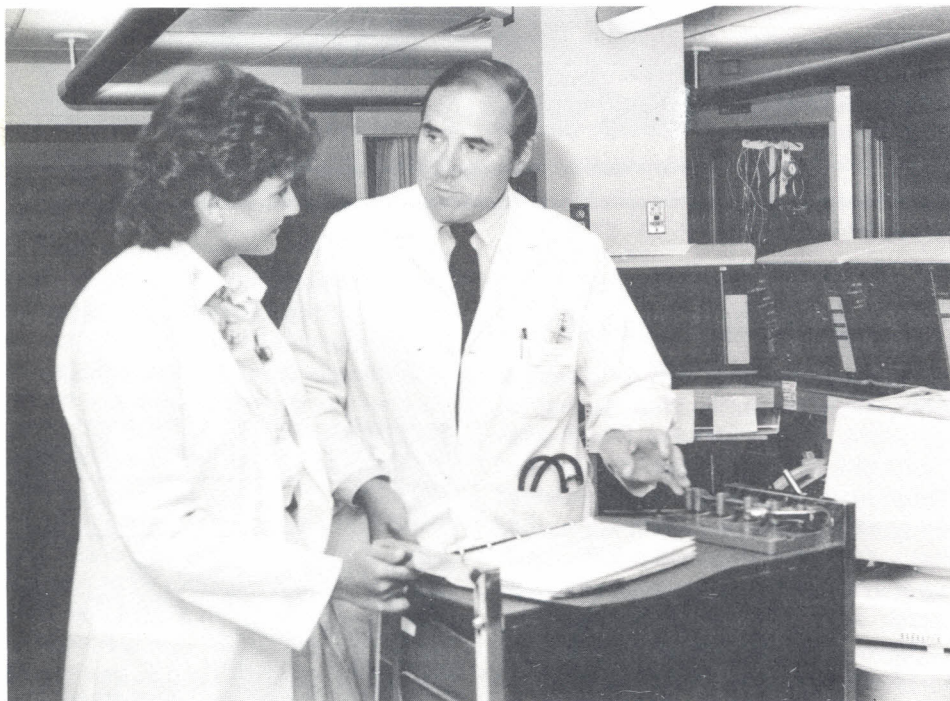
and patient resources were key qualifying factors. The testing, planned to continue for eighteen months under NIH direction, will include some 4,000 patients nationwide.

The testing, under the chairmanship of Eugene Braunwald, M.D., Chairman of Medicine at Harvard Medical School, has become known as the TIMI study. TIMI is shorthand Thrombolysis (clot-dissolving therapy) In Myocardial Infarction (heart attack).

Effective treatment requires the awareness of the general public, emergency medical personnel, and other hospitals as well as the staff and facilities of the investigating hospital. The clot-dissolving drug (Tissue-type Plasminogen Activator--TPA) must be administered within four to six hours of the onset of a heart attack. That makes early arrival at the investigating hospital essential.

"When you know that clotting is the cause of the heart attack, it is logical to try to abort the process," says Dr. Lambrew, who is principal investigator for the TIMI study at MMC. "Once the attack begins, there is a time window in which the heart muscle is dying." Dr. Lambrew says that timely administration of the

TIMI, page 3



WRITING STANDARDS OF CARE is a major part of the TIMI study underway at MMC and 24 other major medical centers across the country. Principal Investigator Costas T. Lambrew, M.D., Director of the Cardiac Intensive Care Unit, and Research Nurse Coordinator Suzanne Vermilya, RN, check records of heart attack victims who have received the clot-dissolving drug, TPA. (A/V Photo)

## RESULTS of the June Blood Drive

231 presented  
199 donated  
including 17  
first-timers

**THANK YOU!**





THE PLEASANT STRETCH OF SIDEWALK above is one of the many treats waiting for noontime walkers in the area around MMC. The scene above is at the Western Promenade end of Pine Street. Above right, two walkers head down Chadwick Street, and at bottom right, the leaves of a Ginkgo tree--an asiatic native rare in Maine's climate--may be seen along the sidewalk on West Street. (A/V Photos)

## Hunt appointed AHN for Emergency Dept.

Emmy Hunt, RN, BSN, has been named Assistant Head Nurse for the Emergency Department. The appointment was announced by Ambulatory Nursing Director Kim Thomstad, RN, and Emergency Department Head Nurse Jean Atherton, RN.

Ms. Hunt has been with MMC since 1978, employed as a staff nurse on a surgical unit, in Special Care, and in the Emergency Department. She holds, in addition to her nursing degree, a Bachelor of Arts degree from Albertus Magnus College and a Master's degree from the Boston College of Social Work. She is currently enrolled in the University of Maine Graduate School of Nursing.

## 10 kilometer run to benefit kidneys

The second annual 10K for Kidneys road race is set for Sunday, August 3. The race is sponsored by Business Equipment Unlimited, and benefits the Kidney Foundation of Maine. Entry forms are available from the *HealthStyles* office, x2974, and MMC employees who run the 10K will receive *HealthStyles* t-shirts.

The race is set for 8AM, and begins and ends across from the Shop 'N Save Plaza on Baxter Boulevard. The course is flat and wheel-measured, and water stations will be provided. Pre-registration is \$6, registration on the day of the race is \$7. Prizes include a Minolta 35mm camera to the first-place finisher in the

men's and women's divisions, and all entrants will be entered in a drawing for another camera.

Call *HealthStyles* for more details.



## Continuing Education

Nursing Staff Development

- **The Blood Bank and the Medical Nurse** Irene Dempsey, RN  
Blood Bank Supervisor  
Wednesday, July 30  
11:30 AM-12:30 PM Classroom 9
- **"The Truth about SVO<sub>2</sub> (Mixed Venous Oxygen Saturation)"**  
Patrice Tripp, RN, CCRN  
Wednesday, July 23 6:00 PM  
SCU Conf. Room (1 CERP approved)



# New Employees

**HEMATOLOGY:** Lisa S. Stearns

**HOUSEKEEPING:** Julie G. Anderson

**FOOD SERVICE:** Deborah L. Babb, Brain S. Bodman, Andrew L. Goodwin

**CAFETERIA:** Kimberly M. Darling, Michelle D. Decesere

**FOOD SERVICE:** Paul C. Darling, Laura C. Kilmartin, Linda L. McCarty

**HOUSEKEEPING:** Duc Van Chu, Deborah L. Hoar, Gregory Roast, Jr., Matthew D. Weidemann

**MEDICAL REHABILITATION:** Marc D. Brann

**NURSING:** Billie S. Baker, Christine D. Harper, Lou Ann Meade

**OB/GYN CLINIC:** Marie B. Tirabassi

**OR:** Katrina Bruns

**PHLEBOTOMY:** Kathy J. Allen

**PHYSICAL THERAPY:** Mary A. DeMarsh

**FOOD SERVICES:** Deborah L. Babb, Brian S. Bodman, Andrew L. Goodwin

**CAFETERIA:** Kimberly M. Darling, Michelle D. Decesere

**MEDICAL RECORDS:** April L. Heatley, Desiree M. Pullen, Wendy M. Webb

**PHARMACY:** Paul R. Lefavore, Paul V. Zolla

**PULMONARY MEDICINE:** Michelle M. Spear

**PHYSICAL THERAPY:** Barbara F. Brocato

## Foundation elects Trustees, officers

The Kidney Foundation of Maine has elected its 1986-1987 Board of Trustees, which includes several Maine Medical Center people. They are Phyllis Bastone, RN, Head Nurse, P1C; Wayne Clark, Public Information (President); Nancy Lord, MSW, Nephrology Social Worker; and Bruce White, Transplant Coordinator, Nephrology. Three physicians on Maine Medical Center's Medical Staff were also elected as Trustees: Samuel Broadus, M.D., T. James Hallee, M.D., and William Herbert, Jr., M.D. Dr. Hallee also chairs the Foundation's Medical Advisory Board.

**TIMI**, from page one

drug can accomplish several things: 1) it decreases the acute MI death rate, 2) it decreases the incidents of arrest in the acute phase, 3) it decreases the occurrences of heart failure, and 4) it preserves a substantial amount of heart muscle function, thereby reducing chances of chronic disability.

"When we can stop the clotting process the patient is left with less disability, and the possibility of recurrent attacks is substantially reduced. We need to get the patient early," Dr. Lambrew says, "to start the proper sequence of interventions. The clock on the TIMI study starts with the patient's caregiver at the onset of symptoms."

Patients eligible to receive TPA who are not brought to MMC initially may be transferred by another hospital. Whether or not TPA may eventually be administered in other local hospitals will be determined as the TIMI study progresses, but patients may still need to be transferred to MMC for continued treatment and follow-up care. MMC is currently working with Mercy Hospital—since cardiologists participating in the study are on the staffs of both hospitals—to in-

clude patients who have been admitted to Mercy's CICU in the TIMI program.

The development of standards of care is part of the TIMI study. "We know the drug works," Dr. Lambrew says. "What we are now concerned with is setting down the protocols for its administration. The study will give us definitive answers and we will be helping to write the standards of care."

The TIMI study team at MMC, in addition to Dr. Lambrew as principal investigator, includes 12 coinvestigators--Warren D. Alpern, M.D., Richard A. Anderson, M.D., D. Joshua Cutler, M.D., John P. Driscoll, M.D., John C. Love, M.D., Peter K. Shaw, M.D., Paul W. Sweeney, M.D., Cathel A. MacLeod, M.D., Paul R. Minton, M.D., Harold L. Osher, M.D., Russell C. Briggs, M.D., Robert L. Morse, M.D., George L. Higgins, M.D., and Michael Arsenian, M.D.--with Research Nurse Coordinator Suzanne Vermilya, RN, and technicians in the Cardiac Catheter and Nuclear Medicine laboratories.

Maine Medical Center treated its first TIMI study patient early in April; to date, 22 patients have received TPA and are in various stages of follow-up care.

# More Marketplace

**FOR SALE:** 15 ft. aluminum Starcraft with 30 HP Evinrude. Approx. 60 hrs. Trailer included. Also, 1972 Gran Torino, 4 dr.; 3-pc. girl's pink luggage. Call Susan Hehet at 774-9231 anytime; 883-8414 M-F, 9-5.

**FOR SALE:** 16 foot aluminum Starcraft open fishing boat, center steering console, 1981 electric start 25 HP Johnson outboard, good trailer, 2 gas tanks, 2 life preservers, mounted compass, CB antenna, floor gun kit, auxiliary electric motor. \$1,900 for entire package. Call 727-3910.

**FOR SALE:** Boy's Huffy 12 spd. bike, \$100 or best offer. RCA video disc player, \$175. 4 video discs, \$15/each. Butcher block table with wine rack, \$150. Two 8 track players, \$45 and \$55. Copal alarm clock, \$35. Continental color flash 250 camera, \$30. Call 871-7076.

**FOR SALE:** Wooden clarinet in very good condition, \$100 or best offer. Call 775-6739 eves. and weekends.

**FOR SALE:** Rockwell 10 in. motorized table saw; older, virtually unused, \$350. Call 688-4003 after 6 PM.

**WANTED:** Loving, experienced, non-smoking child care person in our home to care for 1-4 young children for approx. 25-30 hours per week, starting Aug./Sept. Refs. essential. Call 774-8137 or 773-9600.

**WANTED:** Mature, responsible adult needed for occasional babysitting of 2 mo. old and 2 yr. old children; preferably in my home in Pine Point area. Refs. required. Call 883-3135 anytime.

**WANTED:** Sitter needed in Rosemont area house, 3 days per week (MTW), for 2 yr. old and infant. Refs. needed. Call 775-2613.

**WANTED:** Loving, experienced, non-smoking child care person for 1-4 young children for approx. 25-30 hours per week, starting August/September. Refs. essential. Call 774-8137 or 773-9600 day or night.

**WANTED:** Garage for 16 ft. boat for winter months. Also, 26" English bike frame for sale. Call 767-3438.

**FREE:** Lg. white male cat, altered, needs a home of its own. Also, 3 colored females need homes. Call 773-4217 days.

**CARPENTRY:** Over 25 years experience. KT and bathroom remodeling; restoration work; new work; porches, etc. Quality work. Call Marty at 625-8276 after 5 PM.

**CHILD CARE:** Infant day care by Pediatric nurse. Excellent care and refs. So. Portland. Call 799-6514.

**TREE CARE AND LANDSCAPING:** Free estimates; reasonable rates. Call Jim at 767-2794 after 4 PM.



# Marketplace

**FOR RENT:** Newly renovated 3 BR apt. near MMC. Hardwood floors, off-street parking. \$525/mo. plus utilities. Avail. soon. Call 774-1455 days; 603-569-3437 eves.

**FOR RENT:** Cape Elizabeth house. 3 BR, LR, DR, 2-car garage. Private, quiet area, five min. to ocean. Completely redecorated. Prof. couple or 2 single females preferred. Avail. 9/1. Refs., sec. dep. \$850/mo. Call 871-0190, or leave message at 767-5391.

**FOR RENT:** 2 BR duplex in Rosemont area. 1½ baths. \$550/mo. unheated. Sec. dep. Call 772-7011 eves.

**FOR RENT:** 3 BR house in Yarmouth. Two full baths, stove, refr., DW, disposal, W/D, frpl., woodstove, deck. Avail. 8/1. Lease, sec. dep., no pets. Call 846-5966.

**FOR RENT:** Nine-month rental, Sept.–May. Lovely, unique furnished home on Wolf's Neck, Freeport, 30 min. to MMC. Oceanfront, magnificent view of islands, 2 BR, loft, woodstove, all appliances, oil heat, carpeted, lovely gardens and lawns. No pets. \$650/mo. Call 865-6916.

**FOR RENT:** West End, sunny 2 BR apt. Hardwood floors, large walk-in closets, off-street parking. Avail. 8/1. Sec. dep. Call 774-1894.

**FOR RENT:** Completely remodeled raised ranch. 3–4 BR, garage, parking, short walk to Broad Cove and Crescent Beach. Avail. 8/1/86–8/1/87. No pets. Lease, sec. dep. \$1,200/mo. Call 799-5610.

**FOR RENT:** 340 Eastern Prom. 2 BR furnished apt. W/D in apt; rec. room and sauna on premises. Off-street parking. \$600/mo. plus utils. and sec. dep. Avail. Oct. 1–May 31. Call 774-4465.

**FOR RENT:** 2 BR apt. within walking distance to MMC. Hardwood floors; 2 working fireplaces. \$535/mo. heat included. Call 799-5577 after 5 PM.

**FOR RENT:** 47 Heather Rd., So. Portland. Apt. in home. Particularly interested in nurse. 2 BR with bath, KT privileges and laundry facilities. \$250/mo. Call 799-5790.

**FOR RENT:** 3 BR house in Cumberland, 15 min. to Portland. W/D, DW. \$815/mo. plus utilities. Call 829-5160.

**FOR SALE:** By owner. Portland 3 BR split with eat-in KT; DR with sliders to deck; fireplace in LR; 2 woodstoves; large fenced-in yard. \$109,900. Call 774-2724.

**ROOMMATE WANTED:** Female non-smoker looking for same to share 6 room apt. in East Deering area. \$225/mo. plus ½ utils. Call Laurie at 774-8663 and keep trying.

**ROOMMATE WANTED:** Share beautiful apt. with lots of privacy. \$275/mo. plus utils. No pets; no smoking. Call 774-0852.

**ROOMMATE WANTED:** M/F to share nice 2 BR apt. in Back Cove area in quiet building. Off-street parking avail.; on bus route. \$275/mo. includes heat and elec. Sec. dep. of \$275. Call 773-4875 eves.

**ROOMMATE(S) WANTED:** M/F, parent and child, or couple. 2 adjoining rooms with closets in owner-occupied Portland home. Garage; storage; sunroom; woods nearby. \$325/mo. includes heat. No smoking or pets. Call 773-9724.

**ROOMMATE WANTED:** M/F to share house in Scarborough with 2 females. Own bath. \$250 includes all. Sec. dep., laundry available. Call 767-4141 after 8 PM.

**ROOMMATE WANTED:** Room with private bath available in apt. with one other person and cat. Third floor apt. in Western Prom area, 5 min. walk to MMC. \$225/mo includes everything. Call 772-5193 before 7:30 AM or after 9 PM, keep trying.

**ROOMMATE WANTED:** Female, non-smoker, to share 3 BR apt. with two men. Hardwood floors, off-street parking, kitchen being refinished. Very reasonable. Call 871-1323.

## 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.

Barbara Burns, Editor.

Contributors to this issue:

Wayne L. Clark, Public Information  
Lidia Dill, Public Information  
Rick Beebe, A/V Resources  
Larry Gorton, A/V Resources  
Judy MacKenzie, A/V Resources  
Leigh Whittemore, A/V Resources  
Sandy Walling, Print Shop  
Mark Eversole, Print Shop  
Henry J. Guiod, Jr., Print Shop

**HOUSESITTING WANTED:** Responsible adult female will house sit August and/or September, within reasonable commute of MMC. Call 892-4190.

**FOR SALE:** 1981 Toyota Tercel with 42,000 miles. One owner. AM/FM; 4-spd.; very good condition. \$2,995. Call 775-1213.

**FOR SALE:** 1982 Subaru DL with 44,000 miles. Metallic blue; very good condition. Ziebart and Rusty Jones rust proofing. \$3,800. Call 767-5857.

**FOR SALE:** 1978 Mercedes 240D. PS, PB, A/C, central locking system, AM/FM stereo cassette, 30 mpg. Exc. cond., \$6,000 negotiable. Call 926-4864.

**FOR SALE:** 1980 Datsun 210, 2-dr. hatchback, 5 spd., new muffler, AM/FM. \$1,250. Call 775-2613.

**FOR SALE:** 1980 Pontiac Sunbird, 4 spd., low mileage, new rear tires, AM/FM stereo cassette. Asking \$1,595. Call 774-5334 after 5 PM.

**FOR SALE:** 1983 Kawasaki 750 LTD motorcycle. Mint cond., \$2,000. 1982 Honda CX500, 5,000 miles, extras. Good condition. \$1,000. Call 773-0479 after 5 PM.

**FOR SALE:** 1982 Kawasaki CSR 750 with 4,300 miles. Good condition. \$850 or best offer. Seen at Brake Center, 570 Forest Ave. after 5:30 PM or call 934-9205 eves.

**FOR SALE:** 1982 CB 900 F Super Sport with low miles. Must be seen. Call 773-5018 days only.

**FOR SALE:** 25 ft. Starcraft. Sleeps 4; inboard-outboard. Call 799-0011 from 8–5; 799-2865 after 5 PM.

*continued inside*

## what's happening

Maine Medical Center  
Portland, Maine 04102

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