

what's happening

Maine Medical Center
Portland, Maine 04102

January 15, 1986

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Dietitians make sure patients get nutrients

Illness or injury can have a dramatic effect on a patient's need for nourishment and ability to receive it. Some patients require more or fewer calories than usual, some have disruptions in the normal pathway of food intake, some have conditions in which their bodies cannot make adequate use of nourishment, and others simply lose their appetites. And some were already at nutritional risk before they were hospitalized.

The literature, according to Associate Director of Food and Nutrition Services Mary Keysor, RD, reveals that 10–20% of the patients in any hospital are malnourished. Maine Medical Center is no different, and our registered dietitians along with dietetic technicians and assistants are responsible for seeing that the nutritional needs of those patients are met. While they don't cook the food or take the menu orders, they know precisely what's in the food, how much of which nutrients their patients need, and how much they're getting.

Patients whose bodies are healing from surgery or trauma require more calories and more protein than normal. In general, patients need to maintain their body weight despite the ravages of illness or injury; the hospital is no place to begin losing weight, unless overweight is the reason for the hospitalization.

Any disruption in the alimentary or gastrointestinal tract can have an effect as well. An injury to the head or mouth can make it impossible for the patient to take in food. Abdominal injuries can reduce the ability of the stomach or intestines to process food, and conditions such as sepsis alter the body's ability to metabolize food. The unconscious patient, of course, is unable to eat at all.

The basis of a dietitian's work is the

DIETITIANS, page 3



THE NUTRITION TEAM for R4 confers at the nursing station. Left to right: Clinical Dietitian Debbie Blume, RD; Kathleen Spizzuoco, Dietetic Technician; and Diana Stuart, Dietetic Assistant. The team, under the direction of the Clinical Dietitian, is the core of the nutritional services program at MMC. (A/V Photo)

Annual Hockey Night for MMC, February 8

Remember the folks who gave us MMC Night at the Ballpark and the great time with friends and the Guides? They're back with an offer for this season, and one that sounds just as exciting:

It's MMC Night at the Rink! It'll be our first annual Hockey Night at the Cumberland County Civic Center, and it's all set for February 8.

We'll see the Maine Mariners host the

Nova Scotia Oilers, game time: 7:35 PM. The Mariners have reserved several sections for MMC employees, their families and friends. They've also given MMC a special ticket discount by offering regular \$6 tickets for \$4.

Tickets are on sale now --- 7 AM to 4 PM, Monday through Friday --- in the Employee Benefits office.

As an added bonus, ten lucky MMC ticket holders will win Maine Mariners hats or tee-shirts; the winners will be announced at the game.

Assistant Head Nurses named for new R7 unit

Jane Cleaves, RN, has been appointed Assistant Head Nurse for days, and Marjorie Nickerson, RN, has been appointed Assistant Head Nurse for evenings, on the future R7 medical unit.

Both presently hold Assistant Head Nurse positions, Mrs. Cleaves on P1A, and Ms. Nickerson on the present R7 unit. Their appointments were announced last week by Marie Turcotte, RN, MS, Head Nurse of the future medical unit.

Presently, the 7th floor of the Richards Wing is occupied by CICU and the Cardiac stepdown/progressive care unit. When those units, their patients and staffs move to new quarters on the 9th floor next month, R7 will be converted to a medical unit.

New Employees

FOOD SERVICES: Robin L. Alfonso

COPY CENTER: Richard J. Bayley

HOUSEKEEPING: Peggy Burnham

Surgical Tech school recruiting next class

The Maine Medical Center School of Surgical Technology is accepting applications for the September 1986 class. The school's 30-minute slide presentation, "What's It All About" will be shown Tuesday, January 21, at 11 AM in Classroom 7 and at 7 PM in the Noyce Auditorium in the Charles A. Dana Health Education Center.

For more information, call the school at 871-2141.

Living wills topic for oncology nurses

"Understanding Living Wills: Implications for Nurses" is the topic of the next meeting of the Southern Maine Oncology Nursing Society. Presenting the program is Marina Thibeau, staff attorney for Legal Services for the Elderly, Inc.

The meeting, January 23 from 5 to 6:30 PM, will be in Classroom 4 of the Dana Health Education Center. All nurses are welcome; there is a \$2 guest fee for non-members.

More thank you notes for holiday kindness

Not surprisingly, more holiday acts of generosity and kindness have come to light since a "thank you" list was printed in the January 1 issue of *What's Happening*. So, we now say a late but nonetheless sincere "thanks" on behalf of all our patients to:

- The Windham High School Key Club members who came in to sing Christmas carols to patients and staff.

- Ron Campbell of Knotty Things in Scarborough, who brought a variety of games and toys to Pediatric patients.

- The employees of St. Johnsbury Trucking Company who were once again so generous to our Pediatric patients, delivering a Coleco Adam Computer, and a check to buy additional programs.

- Members of the Visiting Board of Children's Hospital who made their traditional presentation of gifts on Christmas Eve.

- Mr. and Mrs. Charles Swift of North Windham, who came in on Christmas Eve to bring gifts to Pediatric patients.

- Ted Ney of Goose Pond Company, who gave MMC a supply of Christmas ornaments, each individually boxed and in sufficient quantity to give to each patient on Christmas day.

Please Note

The Board of Trustees of Maine Medical Center has approved the following appointments within the Medical Staff.

Howard P. Sawyer, M.D., retiring from the Attending Staff is appointed to the Consulting Staff, Dept. of Anesthesiology.

Talivaldis Rubins, M.D., retiring from the Attending Staff, is appointed to the Consulting Staff, Dept. of Anesthesiology.



TWO REGISTERED NURSES graduated from MMC's Operating Room Nursing Internship program last week. Above, from left, MMC Vice President for Nursing Judith T. Stone, RN, graduates Diane Hynes, RN, and Tina Driscoll, RN, and Director of Operating Room Nursing Cathy Cohen, RN. The two will join MMC's OR Nursing Staff. (A/V Photo)

RESULTS

December Blood Drive

169 presented

151 units donated

7 first-time donors

DIETITIANS, from page one

order given by the patient's physician. It is the dietitian's task to translate instructions like "modified fat" or "Diabetic" or "high protein diet" into food. In all cases, they must provide a diet that the patient can and will eat.

For the conscious patient who can eat more or less normally, the nourishment may take the form of ordinary foods provided in specific quantities. If the patient cannot swallow regular food, there are other options: liquid foods, tube (enteral) feeding, or intravenous (parenteral) feeding.

Liquid foods may be regular foods that have been liquified, or prepackaged foods in cans bearing names like Metracal or Isocal. There are many formulations for different nutritional needs, and there are also supplements with which the dietitian may customize the mixture to satisfy individual taste.

If the patient is unable to take liquid food by mouth, a tube can be placed so the food is delivered directly into the stomach or the small intestine. Taste is not a factor in tube feeding, but the formulations are basically the same. Both liquid and tube diets are prepared in the Formula Lab in Food Services.

Intravenous feedings are used for patients who are completely unable to take in or process nourishment. The IV solutions are composed of essential macro and micro nutrients, and are administered directly into the bloodstream.

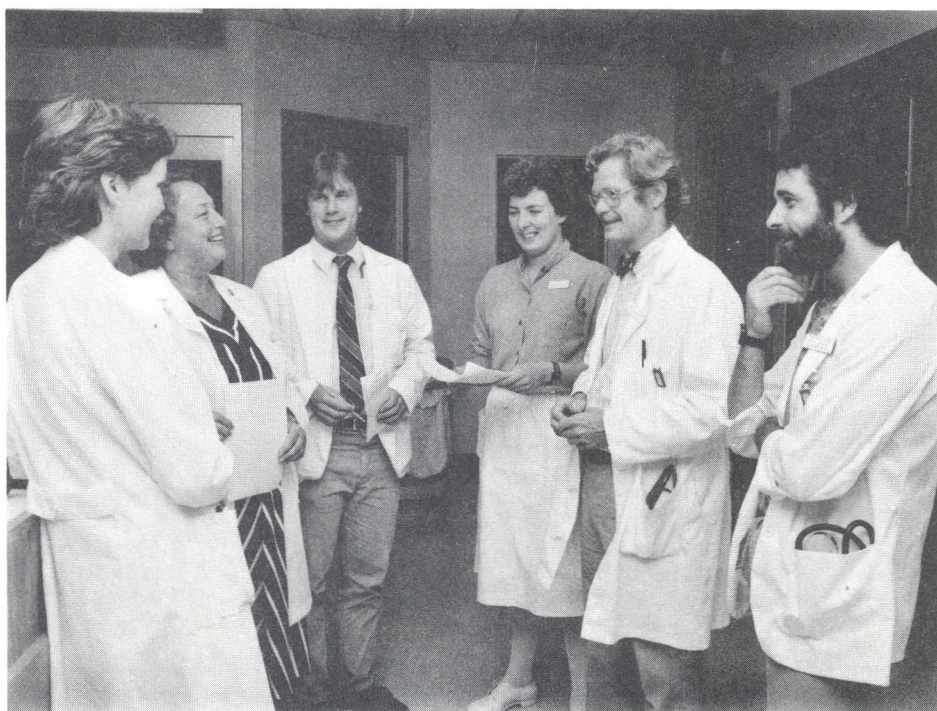
MMC's dietitians are responsible for specific units, and so develop expertise with certain types of patients: Rosellen Taylor, Surgical Services; Pam Perkins, Thoracic and GYN; Joan Rodgers, Burn and SCU; Sheila Millington, Nephrology and Oncology; Debbie Freeman, Psychiatry, Orthopedics, Oncology; Barbara Corriveau, CICU and Cardiology; Mary Buteyn, Pediatrics, Neurological and Urological; Debbie Blume, Rehabilitation and Maternity; and Jackie Merrill, Outpatient Department.

Nutritional follow-up care is available after discharge through the Outpatient Clinics. Nutritional help for outpatients tends to be long-term in nature, and is geared to educating patients on what foods to eat, how to shop for them, and how to prepare them while complying with nutritional modifications.

A new role, that of Nutrition Consultant, is filled by Kathy Halpin, RD. She sees patients referred by private physicians, providing follow-up care and early intervention not previously available to



CLINICAL DIETITIAN Sheila Millington, RD, left, discusses a nutrition plan with P1C Head Nurse Phyllis Bastone, RN. (A/V Photo)



SCU CLINICAL DIETITIAN Joan Rodgers, RD, and Clinical Dietitian Debbie Freeman, RD, join rounds in SCU. From left, Freeman, Rodgers, medical student John Chomyn, SCU Assistant Head Nurse Sarah Rockwell, RN, Attending Physician J. Mark Kjeldgaard, M.D., and Gerry Dougherty, Critical Care Manager for Pulmonary Medicine. (A/V Photo)

private outpatients. Most of her cases tend to be specialized, such as cases of Parkinson's Disease, diabetes, gestational diabetes, and medical rehabilitation.

All the dietitians have a role in educa-

tion, not only of patients but of hospital employees and the public. They are working with *HealthStyles* to present Lunch 'n Learn sessions on nutrition-related topics, including an upcoming presentation on osteoporosis.

Marketplace

FOR RENT: 258 Spring St. 3 room apt. Newly renovated, w/w carpet. \$350/mo. plus utils. Call 871-8261

FOR RENT: Walking distance to MMC. New 2 BR apt. with high security system, parking, laundry, new appliances, fireplace. \$575/mo. plus utils. and sec. dep. Call 772-1755 or 657-2172.

FOR RENT: Allen Ave. 2 BR apt. with fully applianced KT with dishwasher, den with hardwood floors, w/w carpet, storage, parking \$475/mo. plus utils. Call 797-2408.

FOR RENT: 3 BR apt. with fully applianced KT, large yard, storage, w/w, parking. \$525/mo. plus utils. Call 797-2408.

FOR RENT: Avail. immediately. Woodfords area apt. with LR, DR, 3 BRs, galley KT with appliances, full bath, plenty of parking, no pets. Refs., lease and sec. dep. \$550/mo. plus utils. Call 799-8364 eves.

FOR RENT: 1 BR heated apt. near MMC. Beautiful Back Bay view, fireplace. \$525/mo. includes all utils. Call 772-7880.

FOR RENT: 2½ BR in So. Portland near beach/SMVTI. W/D. Pets okay. Avail. Feb.-June. \$525/mo. plus utils. Sec. dep. Call 767-3691.

FOR RENT: Sunny, 1½ and 2 BR apts. with porches overlooking harbor, fenced-in yard, quiet dead-end street. \$425 and \$475/mo. with utils. included. Call 1-625-4451.

FOR RENT: Walton St. 3 BR penthouse apt. Offers stove/refrig., hot water, heat, and parking. Call Dot at 773-1815 early AM or eves.

ROOMMATE WANTED: Female wanted to share 2 BR apt. Quiet, neat, nonsmoker. Avail. Jan. 15. \$325/mo. includes all. Call 773-8313, home; 626-0020, work.

ROOMMATE WANTED: ASAP. M/F to share ½ of large, sunny 2 BR apt. with fireplace, off-street parking, quiet, convenient location. Walking distance to MMC. Call 774-0734 after 6 PM. Please keep trying.

FOR SALE: Must sell. 1972 Ford Gran Torino in good condition. Reliable, 4-dr., auto., AM radio, A/C. \$750 or best offer. Call 774-9231 anytime; keep trying.

FOR SALE: 1982 Honda Civic hatchback. Silver, 5-spd., rust proofed, AM/FM stereo cassette, 1 owner, excellent condition. \$4,000. Call 761-1641 eves. and weekends.

FOR SALE: 1978 silver Delta 88 Oldsmobile with P/B, P/S, AM/FM, crushed velour interior, 51,000 miles. Asking \$2,800. Call Dan at 772-8602.

FOR SALE: 1974 Porsche 914. 5-spd., excellent condition, southern car, new sticker. \$3,495. Call 767-3411 after 6 PM.

FOR SALE: 1977 Chevette in excellent condition. Auto., low mileage. \$1,400 firm. Call 772-1696 and keep trying.

FOR SALE: 1974 Rupp American snowmobile. 40 hp., very good condition. \$450. Call 772-2600.

FOR SALE: Teak DR table with 4 matching chairs; only 1 yr old, \$600. Toyo 40 watt receiver and speakers, \$25. Dolomite, size 7 ladies' ski boots, \$10. Infant and toddler clothes and shoes - many sizes. White bridal hat with veil, \$10. Call Betsy at 797-0339 after 5 PM.

FOR SALE: Century 300 baby car seat. Call 967-4266.

FOR SALE: Concepts in Comfort butcher block love seat with brown strip and neutral cushions, \$100. Also, single maple bunk bed without mattress, \$25. Call 883-4812.

FOR SALE: Beautiful ½ carat marquise shaped diamond ring in gold setting, \$500 best offer. Call 775-0268 or 883-6472.

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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: Radar detector in excellent condition, \$60. Call 871-7105.

FOR SALE: Double snowmobile trailer in excellent condition. \$150 firm. Call 773-1861.

WANTED: Live-in mother's helper. Salary, liberal free time, large private room with color TV, private entrance. 2 well behaved boys ages 4 & 6 yrs. old. Large home on ocean in Cape Elizabeth. Call 799-3544.

WANTED: Someone to car pool with from Dayton/Goodwin Mills area. Day shift only. Call 499-2483 after 5 PM.

BABYSITTING: Will trade babysitting time with someone in Westbrook/Gorham area. For more information call 892-5804.

FREE: Adorable, affectionate baby bunnies. 4 wks. old, assorted colors, some with lop ears, great for children, may be litter box trained and kept indoors or out. Call Michelle at 1-926-3386.

FREE: 11 baby bunnies in all different colors. Call 998-4332 or 998-4769.

PORTRAIT AND COMMERCIAL PHOTOGRAPHY: Family portraits including children. In your home or studio. Competitive rates. Call David Garrett Engel at 797-0339; if no answer, leave message.

CARPENTRY, PAINTING: Top quality; lowest rates. Call Brad Horn at 766-2304.

DAY CARE: Openings on Central St., Westbrook. 6 mo. - yr. olds. Call 854-4842 anytime between 7 AM - 5:30 PM.

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