

what's happening

Maine Medical Center
Portland, Maine 04102

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Social work is vital part of hospital care

A hospital patient's problems can extend far beyond the physical or emotional illness that brought him or her to the hospital. The recognition that the patient has "psychosocial" needs that must be met was responsible for the birth and growth of hospital social work, and has made the social worker an integral part of today's health care team.

Social workers play a unique role, concerned not only with the illness or injury itself, but with the effect it has on the ability of the patient and family to cope with the demands of everyday life. They help those involved adjust to their situation and its impact on their environment, and they serve as the "bridge" to the outside world of housing, finance, employment, insurance, home care, and an array of community resources.

At Maine Medical Center, 10 medical social workers and 20 psychiatric social workers cover all areas of the hospital. All share a common body of knowledge, but there are specialties: Outpatient and Emergency; Pediatrics, Intermediate Intensive Care, and Burn; Orthopedics, Pulmonary, and Alcoholism; Medical/Surgical; Nephrology; Oncology, Neurology, and Urology; Perinatal/Neonatal and OB/GYN; Rehabilitation and Closed Head Injuries.

The Psychiatric social workers work in the Therapeutic Nursery, which is the preschool portion of the Division of Child Psychiatry; in Child Psychiatry; in the adult outpatient mental health clinic; in the Day Treatment Center; in the Geriatric program; in the Emergency Department; and in the inpatient psychiatric unit on P6.

Director of Social Services Pamela Taylor, ACSW, LCSW, says social work at MMC is "built around the concept of self-determination -- having the patient and family make the decisions, with



SUSAN SOULE, ACSW, IS ONE OF MMC'S 30 SOCIAL WORKERS. She's assigned to Perinatal/Neonatal and Obstetrics/Gynecology cases. Above, Susan (right) talks with Crystal Frost, whose son Kurt is a patient in Neonatal Intensive Care. (A/V Photos)

guidance and support from the social worker. It's our job to help them deal emotionally with what's happening to them and with its effects on their situation. In the case of a traumatic injury, for example, it may be difficult for the patient to deal with the reality of his condition but there can be added problems with marital stresses resulting from role reversal and dependency, along with financial problems, insurance problems, and so on.

"On the psychiatric side," she says, "the ever-increasing emphasis on out-

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Siblings welcome at next parents' meeting

The next meeting of MMC's Parents of Handicapped or Chronically Ill Children group will be Thursday, March 21, at 7 PM in Classroom 4.

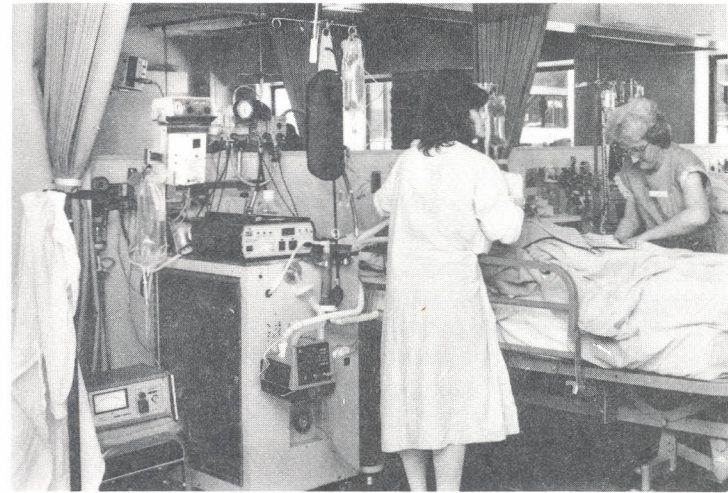
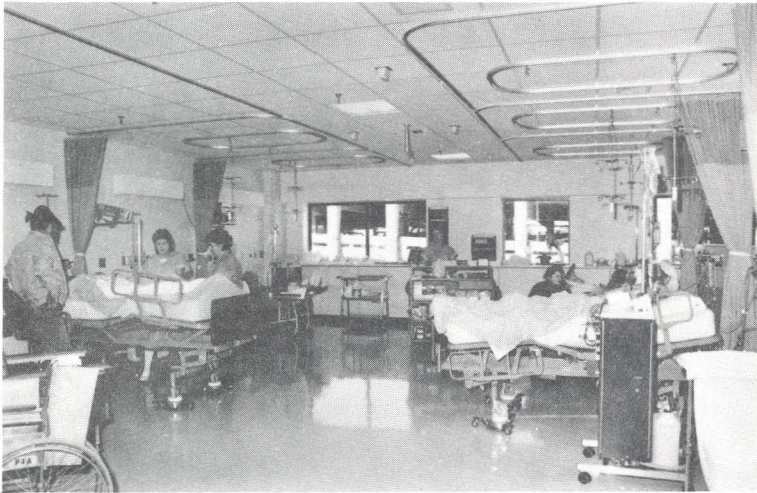
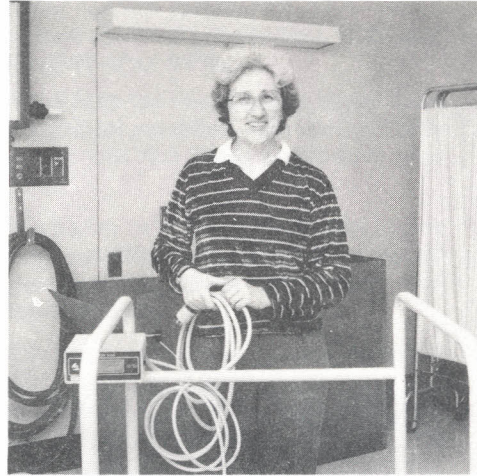
Especially invited for this evening are the brothers and sisters of handicapped children. Parents are urged to bring siblings for a program designed for families. Program facilitators will be Deborah Cole from the Infant Development Center, and Connie Korda, Group Facilitator at MMC.

Parents planning to attend are asked to call a few days ahead, if possible, to give the number and ages of children attending. Contact numbers are: Ms. Cole at 773-2928, and Ms. Korda at 871-2477.

Happy First
Day of Spring!



THE DIALYSIS UNIT move began March 6 as (clockwise from right) Head Nurse Simone Blanchette, RN, winds up matters in the old Richards unit; and the staff tackles a clutter of beds, boxes and equipment, unpacking in the new Bean building unit. It ended smoothly on March 7 with the spacious new treatment rooms and staff ready for the morning's busy schedule of patients and visitors -- all of whom expressed admiration for the new unit. (A/V Photos)



SOCIAL WORK, from page one

patient care means you have more and more people trying to cope with the demands of everyday life on a continuing basis. Regular, intensive psychotherapy from the psychiatric social worker, and a strong liaison with community support services can help these people function more successfully."

The counseling function of the social worker is the least visible part of the work. Social workers spend much of their time talking with the patient and family, assessing how they are coping with illness, determining where there is support and where there isn't, identifying needs for education and assistance, and helping them talk through issues like chronic illness and death. On both the psychiatric and medical sides, the use of support groups is growing as a therapeutic tool. In all settings, the social worker is part of the interdisciplinary team.

The more visible portion of the social worker's role is in referrals to communi-

ty services, discharge planning, and patient advocacy. They work with local and state government agencies, nursing homes, community health agencies, insurance companies, and a myriad of other resources. They may make arrangements for placement in an extended care facility, advocate for insurance coverage or disability benefits for the patient, or perform any of dozens of other tasks.

Social workers at Maine Medical Center all hold four-year degrees, and many hold master's degrees. All have at least minimum state licensure, and seven recently passed the Maine Licensed Clinical Social Worker examination, the highest level of licensure for social workers in Maine.

Protestant Lenten Meditations are continuing in the MMC chapel, every Wednesday until Easter. Services start at Noon and last until about 12:20 PM.

National Nutrition Time

???Ask Your Nutritionist???

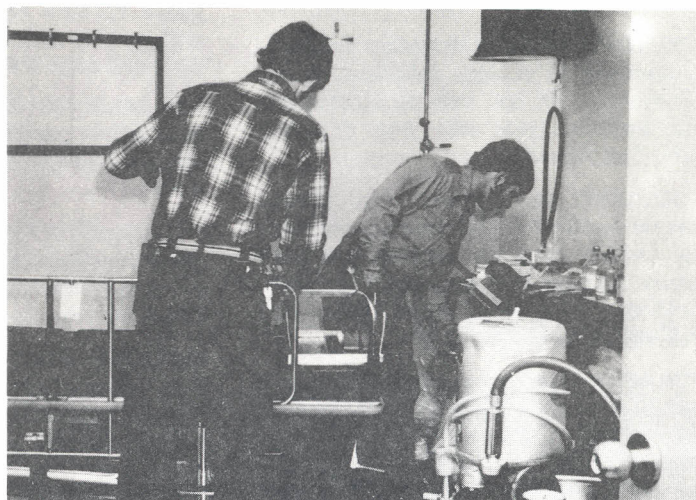
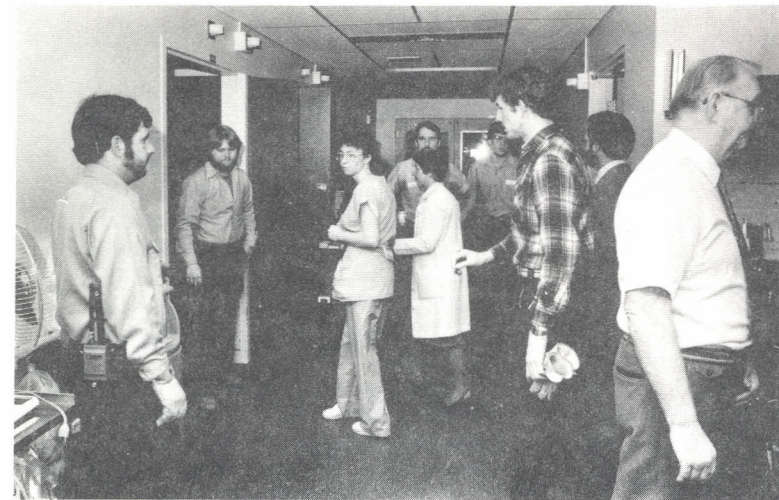
Q What is fiber?

A Dietary fiber is food components that cannot be broken down by digestive enzymes. These include cellulose, hemicellulose, lignin, pectins, and gums. The most common sources of fiber are whole grains, fruits, and vegetables.

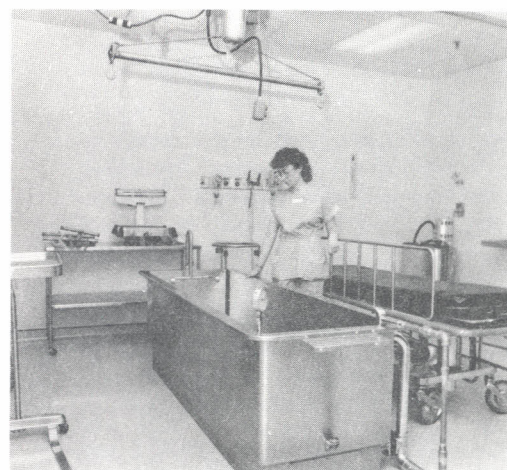
Q How can I decrease my intake of sodium?

A Removing the salt shaker from the table and decreasing intake of processed foods are the most important steps in reducing intake of sodium. Use herbs and spices instead of salt to flavor foods. Avoid processed foods such as commercial soups, ready-to-eat and canned foods, pickles, and cured meats to which salt is added in appreciable amounts.

Units On The Move



THE BURN UNIT move came on March 11 as (clockwise from above) nurses, engineers, carpenters and unit managers manned their stations for the one-day move; a crew disassembled equipment in the old tank room in the Richards unit; Head Nurse Mary Blanco, RN, checked the installation in the new tank room in the Bean building unit; and Sue Campbell, RN, checked the dressing for a patient who made the move along with the Burn Unit. (A/V Photos)



New Employees

DIAGNOSTIC RAD.: Susan L. Brichetto
PLANNING AND PUBLIC AFFAIRS: June M. Deakyne
PATIENT ACCOUNTS: Dawn H. Fosbrook
PARKING: Barry M. Metcalf
HOUSEKEEPING: Phoeuy Tray
FOOD SERVICE: Wendy J. Geaudreau
PHARMACY: Gary P. LeBrun

Language Bank needs some specific help

The MMC Language Bank, which furnishes volunteer interpreter services to non-English-speaking MMC patients, is in need of additional interpreters in one particular language: Cambodian. If you are able to interpret Cambodian, or know of someone in the community who would be willing to do so on a voluntary, on-call basis, please contact the Public Informa-

tion Office, x2196, days or Unit Manager Ed Moore, RP253, nights.

There is always room in the Language Bank for interpreters of all kinds, on all shifts. Areas of specific need include Spanish, Polish, and Vietnamese. Additional interpreters would also be useful for French and Korean. Volunteers will be put in touch with a health care professional for a briefing on the duties and responsibilities of interpreters.

Strictly Personal

Jennell Marianne Edson was born at Maine Medical Center on February 21, 1985 -- making one very proud, first-time grandfather of MMC's Associate Vice President for Data Management Jerry Edson.

The daughter of Jay Michael and Sandra Ann Hatch Edson, Jennell weighed in, happy and healthy, at 7 pounds, 8 ounces.



Continuing Education

Nursing Staff Development

- *Nursing Care of the Patient with Neuro Trauma*
All Day Workshop (prior registration only)
Tuesday, March 26
(7 CERPs requested)
Contact Staff Development, x2397, for further information.

- *Shock: A Clinical Syndrome*
All Day Workshop (prior registration only)
Wednesday, March 27
2 CERPs requested
Contact Staff Development, x2397.
- *Nursing Grand Rounds: "Herpes Simplex in the Immunosuppressed Patient,"* presented by P1C/
Dialysis nursing staff
Wednesday, March 27
12:30 - 1:30 PM Dana Classroom #1

Marketplace

FOR RENT: MMC area Victorian. Couple or roommates to occupy delightful, newly renovated 2 BR apt. with off-street parking. \$435/mo. plus utils. Sec. dep. and refs. Call 761-1810.

FOR RENT: So. Portland. Professional people wanted for 2 BR, newly remodeled apt. which includes parking and yard space. No pets. Sec. dep. and 1 yr. lease. \$450/mo. plus utils. Avail. 3/23. Call 767-5606 after 6 PM.

FOR RENT: West End apt. Owner occupied building. Newly renovated 2 BR with extra small BR or office. \$410/mo. heat included. Call Dan at 775-5401 x749 days or 775-2563 eves.

FOR SALE: Spacious Cape Elizabeth 4 BR home with 2 fireplaces, 2 baths, 2-car garage. Beautiful yard with new deck. \$96,000. Call 799-6566 eves.

ROOMMATE WANTED: Prefer mature female to share apt. in Eastern Prom area. 2 rooms of your own, shared KT, bath and back yard. Working person or student. \$210/mo. includes everything. Call 761-0688 eves.

ROOMMATE WANTED: Female to share furnished 3 BR townhouse. 3 miles from Scarborough beaches. \$200/mo. plus 1/3 utils. Call 883-6509 after 6 PM.

FOR SALE: Queen-size box spring, mattress, headboard and frame, \$80. Call 657-4612 after 6 PM or weekends.

FOR SALE: Women's size 8 dark brown Bean boots, Brand new; never worn, \$50. Call 772-4310 after 5 PM.

FOR SALE: Child's bike. Kent Trail Climber 16", black with red trim, has training wheels, in excellent condition, used only 1 full season, \$45. Call 642-4814 after 5:30 PM.

FOR SALE: Ethan Allen round table and 4 chairs, \$150. 19" Zenith solid state color TV, \$175. Call 854-5603.

FOR SALE: Black/gray herculon hide-a-bed couch, \$50. Airtight woodstove, \$100. 250cc Yamaha motorcycle, \$500. Men's antique bike with balloon tires, \$120. Call 929-8405 after 6 PM.

FOR SALE: 1981 Ford Escort Super Sport in excellent condition. Sun roof and rally stripes. Call Bob Baker at 655-4676 after 5 PM.

FOR SALE: 1977 green VW Rabbit in very good condition. Must be seen to be appreciated. \$1,700 or best offer. Call 784-4858 eves.

FOR SALE: 1976 Chevy Camaro. Standard, 2-dr., comes with Mag wheels, low mileage, excellent condition and well maintained. Call 854-1966 days and 871-1542 eves.

FOR SALE: 1972 270Z Datsun with no rust, in good condition. \$2,900. Call 854-5603.

FOR SALE: 35mm camera with wide angle and telephoto lenses. Flash and camera case also included. \$100 or best offer. Call 797-7014.

FOR SALE: Kenmore apt. size dishwasher. 4 yrs. old, excellent condition, \$85 or best offer. Universal sewing machine, cabinet, 10 yrs. old, excellent condition, \$50. Call 839-4695 after 5 PM.

FOR SALE: Radial tires: P175/80 R13; P165/80 R13; P175/70 R13. Goodyear, Firestone and Lee. All in good condition, \$10 each. Hammond organ, E-100 series, excellent condition, bench included, \$2,000 or best offer. El Patio gas grill in good condition, \$50 or best offer. Call 655-4240.

FOR SALE: RCA stereo video disc player and 48 movies, \$625 or best offer. Queen size bed rail, \$10. Fencing, 5 ft. tall, 80 ft. long, plus gate, \$200 or best offer. Call 637-2971 after 6 PM or x2596 and ask for Ed.

FOR SALE: Hotpoint 14 cu. ft. refrigerator, \$100 or best offer. Call 846-4476 eves.

WANTED: Ride from Saco to MMC and back on a daily basis. Call 282-0628.

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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.

Barbara Burns, Editor.

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WANTED: Child's seat for bicycle and high chair. Call 929-6099 (collect) after 6 PM and ask for Meg or Jon.

WANTED: R.N. wants 2 BR apt. to share with non-smoking female. Prefer Portland location. Call 775-0017.

WANTED: Babysitter for 7 yr. old 3-4 nights/wk., 2-4 hrs./night. Deering High area. Will pick you up; own transportation needed when through. Call 773-2463, 7:30 AM - 8 AM or after 6 PM.

WANTED: Professional couple relocating to MMC in late March. Seeking 2 BR apt. or house in South Portland or rural area within 20 mins. Refs. avail. Please contact: Tim Gillen, 215 5th Street, Glenwood Springs, CO 81601.

PAINTING AND WALLPAPERING, ceilings repaired. Excellent refs. Call Joe at 773-0934.

MEDICAL SECRETARY will do typing at home. 19 yrs. experience in area hospital. Call 998-2887 anytime.

PROTECT your property and loved ones with alarm systems, smoke detectors, fire extinguishers and water purification. Call for demo; no obligation. Bob Miller at 998-2887 after 5 PM.

NEEDS A GOOD HOME: A.K.C. male Colie puppy. 8 mo. old, has shots and has been eye checked. Both parents have been shown extensively and are on the premises. Show quality, very friendly and loves children. New owners must have fenced in pen and must agree to take good care of him. Write to: Advertiser, PO Box 2509, West Buxton, ME 04093.

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