

# what's happening

Maine Medical Center  
Portland, Maine 04102

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## Safety team keeps tabs on radiation at MMC

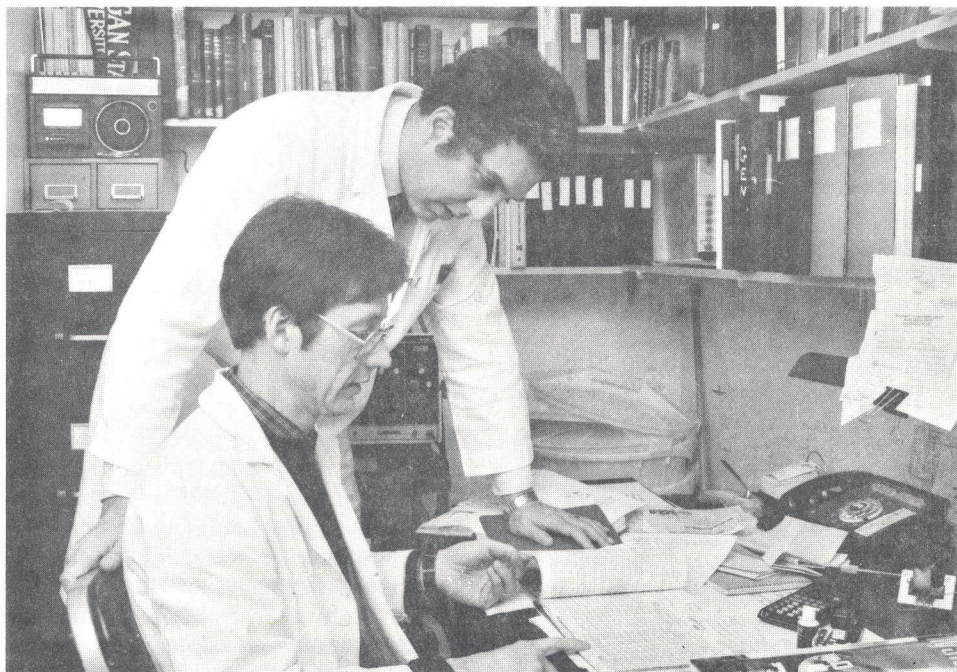
The little clip-on radiation monitoring badges -- called dosimeters -- seen mostly on Radiology personnel, are simple but effective tools in a low-key, ongoing program designed to make radiation use at MMC the safest possible. They are composed of a photographic film that registers the presence of radiation, and are monitored continuously by Radiation Safety Officer Joseph Blinick, Ph.D., and Radiation Safety Technologist Jeffrey Sanborn, B.A.

The badges are in themselves monitors, and reflect the effectiveness of the overall radiation safety program at MMC. Dr. Blinick reports that the average annual badge reading for an MMC employee is 100-200 millirems, and the highest ever recorded in 1981 was 500. The normal background radiation in Maine accounts for about 100 millirems annually, and the MMC readings are well below the Nuclear Regulatory Commission's permissible limit of 5,000.

Blinick and Sanborn are responsible for keeping those figures favorable, and they do it with a combination of testing, calibration, and education. Keeping the equipment -- X-ray machines, linear accelerators, and anything else that uses or measures radiation -- in top condition and properly adjusted is the first step. The machines are checked and calibrated at least annually, and after any repairs or part replacements.

The Radiation Safety function also includes regular surveys to look for radiation leaks and determine if shielding is adequate. "Our concern," says Blinick, "is for everyone -- the patient, the employee, and the general public. We don't want anyone to get more radiation than they absolutely have to." The department administers the

**RADIATION**, page 2



**JOSEPH BLINICK, Ph.D., AND JEFFREY SANBORN, B.A.,** are Maine Medical Center's Radiation Safety Team. Dr. Blinick, as Radiation Safety Officer, and Sanborn, as Radiation Safety Technologist, are responsible for ensuring that diagnostic and therapeutic radiation usage at MMC is done safely. (A/V Photo)

## Gift of Life sought more often at MMC

Blood drives will be coming to Maine Medical Center more often from now on. Blood is always in tight supply, but the demand has been growing at MMC and statewide. So, with the help of the Friends of MMC, who help staff the bloodmobile visits, and the commitment of the hospital's volunteer donor recruiters, the Red Cross will be able to increase its visits to MMC from four to six each year.

Long-time Blood Donor Recruitment Chairman William Gousse, Assistant Director of the MMC Pharmacy, will have some help from now on as well. Co-chairing the committee will be Michael Swan, Director of Housekeeping. Gousse says he and Swan will be

intensifying their recruitment efforts, and are looking for several dozen new recruiters. They are particularly interested in people from larger departments, where recruiters have been overburdened in the past.

Red Cross guidelines allow a donor to give blood once every 56 days (eight weeks). The new six-drive-a-year schedule at MMC will call for a drive once every eight weeks or more, so donors will have no difficulty. The crucial factor in making the stepped-up effort possible was the involvement of the Friends of MMC, who help with recruitment, registration, escort, and refreshment duties. Their willingness to staff two more drives each year was essential to the new schedule, according to Gousse.

**BLOOD**, page 3



## MMC capital campaign goal is made public

The \$11.2 million public campaign goal for the Maine Medical Center Capital Campaign "To Meet The Need" was announced at a press conference last week by Campaign Chairman and MMC Trustee Vincent B. Welch, Esq. Also delivering prepared remarks at the press conference were The Honorable Linda Abromson, Mayor of Portland and MMC Trustee, and Perry Hudson, Chairman of the Board of the Greater Portland Chamber of Commerce. Their statements follow:

### **Statement by the Honorable Linda Abromson, Mayor Of Portland and Trustee Of Maine Medical Center, January 17, 1983:**

The people of Portland and the surrounding area have always responded generously to appeals from our philanthropic institutions. At this time, it would be difficult to think of a better investment for each of us as individuals, and as citizens of Portland, than the Maine Medical Center capital project. The renovation and modernization project is urgently needed to maintain our high standard of health care.

About 200 permanent MMC positions will be added to the Portland economy. In addition, the construction work will mean as much as 175-200 short-term jobs for local contractors at the peak of construction -- between October 1983 and October 1984.

### **Statement by Perry Hudson, Chairman of the Board, Greater Portland Chamber Of Commerce, January 17, 1983:**

The Maine Medical Center enjoys an excellent reputation with the Maine business community as a comprehensive and sophisticated referral center which offers services comparable to those at leading university medical centers. It has been nearly twenty



years since MMC has gone to the business community for a major capital fund raising campaign. Realizing this and how much MMC adds immeasurably to the quality of life for all who live and work in the area, I feel certain that the business community will respond positively to this important project.



**A PRESS CONFERENCE** was called Monday, January 17, to announce the public goal for the MMC Capital Campaign To Meet the Need. The \$11.2 million goal was announced to representatives of local and statewide print and electronic media. Speaking to the press was Campaign Chairman Vincent B. Welch, Portland Mayor and MMC Trustee Linda Abromson, and Greater Portland Chamber of Commerce Chairman Perry Hudson. (A/V Photo)

## **RADIATION**, from page 1

dosimeter program, which includes between 300 and 400 badges. The number of badges has increased as concerns by staff in various parts of the hospital who deal frequently with radiation or radiation patients have increased. Blinick is quick to respond to those concerns, and says that is what makes the program work.

Some areas generate low-level waste, in the form of nuclear materials, gauze pads, gloves, syringes, etc. Blinick says most are "short-life" materials which decay to a harmless state within a couple of days, and that the rest take a year or two to reach that point. All materials are stored in a secure location on-site until they are harmless and can be disposed of as regular waste.

The biggest part of the program, according to Blinick, and perhaps the most important, is education. He and Sanborn regularly present safety information to employees, beginning with the orientation program attended by all new employees. Regular updates are given to various departments, and ongoing training and assistance is provided to people working directly with radiation.

Many of Radiation Safety's activities are required by laws and regulations.

Dr. Blinick lists the Nuclear Regulatory Commission, the Food and Drug Administration, several state agencies, the Environmental Protection Agency, the Department of Transportation, the Occupational Safety and Health Administration, and the Joint Commission on the Accreditation of Hospitals as a few of the agencies with an interest in radiation.

MMC would do most of the activities even if not required, Blinick says, because of its commitment to safety. He points out that even though under the law no special training is required to operate an X-ray machine, MMC hires only registered Radiologic Technologists. It's part of a philosophy that insists on the greatest possible safety, and commits the hospital to keeping radiation exposure ALARA. That is the Nuclear Regulatory Commission's acronym for As Low As Reasonably Achievable.

Radiation Safety also serves as a resource for radiation information. Dr. Blinick urges anyone with a question about how radiation is used in the hospital or with a concern about what they think may be a safety problem to call his office. He and Sanborn are ready to assist in any way they can.



## **BLOOD**, from page 1 \_\_\_\_\_

The first Blood Drive of 1983 is February 4. A recruitment table will be in the Admitting Lobby during that week, and departmental recruiters will be signing up donors right along. Anyone interested in helping with the recruitment effort should contact Bill Gousse or Mike Swan, or any departmental recruiter.

Gousse also reminds donors that some times are better than others to donate. He says first thing in the morning is the least busy time, but that recruiters will be able to tell donors the best time to come to avoid having to wait. Any questions about eligibility can be answered by either departmental recruiters or the local Red Cross, 775-2367.

## **Conversion of locks at MMC is completed**

The MEDECO lock conversion at MMC is complete. Now, every door in the hospital is protected by a MEDECO high-security lock. The project was started in June of 1979, and Locksmith Robert Miller completed the final phase just this month. All told, over 1,200 locks were installed.

The MEDECO system features pick-proof and drillproof locks that have a unique locking mechanism and keys that can only be duplicated by the manufacturer. All the locks installed at MMC can be opened by a single key, the "grand master," which is essential for safety reasons. "Area masters" will open groups of locks, "departmental masters" smaller groups, and individual keys only single locks. This system makes it possible to restrict access to the greatest possible extent.

Miller says he sandwiched the conversion work in between his regular duties, which include repairs, installation, and troubleshooting for all locks in the hospital, whether they be on doors, cabinets, or equipment. He reports that his "regular" customers were quite patient while he was trying to balance the routine work and the conversion.

Most installations were fairly straightforward, but some required the replacement of entire locksets and even the physical alteration of doors. No sooner was the bulk of the conversion in the main buildings completed, than McGeachey Hall with its locks was opened, and other locks were added in the main buildings. But now, the entire complex is finished -- and secure.

## **Nursing Continuing Education Programs**

- *Documentation in Nursing Practice: Legal Aspects*, Panel Discussion. (1 CEARP requested)

February 2, 1983  
2-3 PM R9 Conf. Rm.

February 3, 1983  
8-9 AM R9 Conf. Rm.

For further information, please contact Staff Development, Ext. 2397.

## **Missing Library Books**

Anyone knowing the whereabouts of the following MMC Health Sciences Library books is asked to see that they find their way home:

**The Effective Health Care Supervisor**, Charles R. McConnel, 1982.  
WX 159 M478e 1982

**Nursing Profession: Views through the Mist**, Chaska, 1978, WY 16 C38 1978

**Crohn's Disease of the Gastrointestinal Tract**, Joseph Schacter, Howard-Kirsner, WI 512 S291c, 1980

**Pediatric Drug Handbook**, Harry C. Shirkey, WS 366 Sh6p 1977

**Moving Up to Supervision**, Broadwell, HF 5549 B854 1979

**Reducing Diarrhea in Tube-Fed Patients**, Karen Haller, WB 410 R321 1981

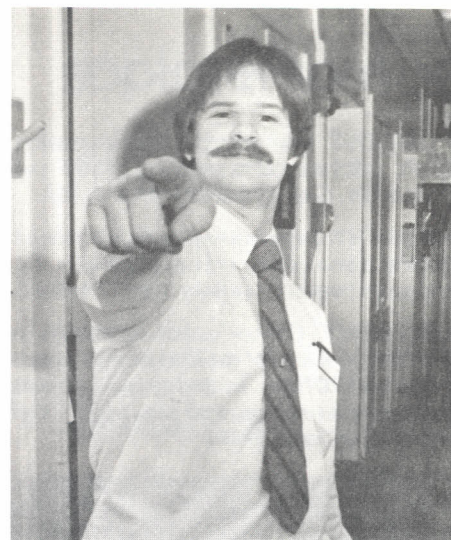
**Reece - Chamberlain Manual of Emergency Pediatrics**, Robert Reece, WS 155 R25 1978 c.1

**Manual of Clinical Problems in Infectious Disease**, Nelson Murray Gantz, WC 100 615 1979

**Chest Physical Therapy and Pulmonary Rehabilitation**, Donald Frownfetter, editor, WF 145 F93 1978

**The Stress of Life**, Hans Selye, QZ 160 Se4s 1956 c.1

**The Cardia and Hiatus Hernia**, Harold D. Johnson, WI 950 J 63 1968



**THIS MAN WANTS YOU** to get your act together and sign it up for the Employee Activity Committee's upcoming variety and talent show, **The Good Old Days**. All kinds of acts are needed, with the only limitations being the laws of the land and the dictates of good taste. (A/V Photo)

## **The Good Old Days are coming soon**

You may have heard -- The Good Old Days are coming back. They'll be back in April in the form of a variety show sponsored by the MMC Employee Activity Committee. And they'll be featuring talent of all types: comedy acts or singles, music and dance, dramatic skits or monologues. The talent, of course, is you and your friends and people in other departments you haven't even met yet.

The theme is to be The Good Old Days, and those are any days of your choosing: the Gay 90s, the Roaring 20s, the Fabulous 50s, or just last year. Pick an era from history or from your fondest memory.

Most employees will remember variety shows staged here in the mid-1970s which played to rave reviews and featured all kinds of surprising hospital talent from a mix of departments, and included a rather remarkable physicians' rock group.

This is the first call for talent to sign up with the EAC, and a plea for people to join on as "stagehands" or general helpers in the effort to bring back The Good Old Days.

Michael Kotch, Project Developer with the Department of Rehabilitation Medicine, is the show's Master of Ceremonies; he's also the one to call now (x2343) for further information or to arrange an "audition" for your act.

MEDICAL SERVICES  
FEDERAL CREDIT UNION  
Annual Meeting  
February 12, 1983  
Italian Heritage Center  
6:30 PM-12:20 AM  
Dinner, dancing to Horizon,  
door prizes  
\$8.50 per person  
Tickets at MSFCU office



# Marketplace

**FOR RENT:** Munjoy Hill, 3 large rooms. Bath, kitchen, and parking. \$300/mo. plus utils. Call 775-3621 after 6 PM.

**FOR RENT:** 3 rooms and bath, unheated. Newly decorated with appliances. Located between hospitals. Call 774-3453.

**FOR RENT:** Office space available in Exchange area for mental health practitioner. \$120/mo., includes rent, phone, answering service, and electricity. Call Jane Ryan at 773-9551.

**FOR RENT:** Large basement apt. Available Feb. \$325/mo. plus utils. Parking avail. Western Prom area. Refs. Call 773-4486 eves.

**HOUSE FOR RENT:** Scarborough, quiet dead-end street. 3 BR ranch, large KT, hardwood floors, large yard, minutes to beach, 10 min. to Portland. \$450/mo. plus sec. dep. No pets. Call 799-6386. Available immediately.

**HOUSE FOR RENT:** House in Two Lights area of Cape Elizabeth. Cozy 1 BR log cabin, ideal for one or two adults. Partly furnished. No pets. \$395/mo. plus utils. Call 797-2184 eves.

**FOR RENT:** O.O.B, 1 & 2-room efficiency, \$60/wk. includes heat and utils. No pets, sec. dep. Call 934-5753.

**FOR RENT:** Near Mercy Hospital. Exceptional 2 BR apt., panoramic harbor view. Sunshine, privacy, charm and antiques. \$450/mo. Heated. Call 773-5314.

**FOR SALE:** Custom-made silk couch. "Just tired of looking at it," \$200; Rosewood table lamps, \$25 ea. Call 871-2919 or 774-8137 after 6 PM.

**FOR SALE:** Guild 35 guitar with grover machines, right-handed. Asking \$300. Contact Gwynne Taggart, 775-1788.

**FOR SALE:** Copper-colored automatic Monarch oven plus 4-burner stove combination, \$175; green tweed all wool Olin rug, 9 x 12, \$30. Call 283-3932 after 6 PM.

**FOR SALE:** Pair of white clogs, size 8, very good condition. Worn only twice. \$15 or best offer. Call 883-9898 after 6 PM.

**FOR SALE:** Heavy-duty two-drawer filing cabinet. Outside dimensions: 1' 3" W x 2' 15/16" H x 2' 2 1/2" D. Good condition. Asking \$80. Call Jan at 772-2418 eves.

**FOR SALE:** 1978 Ford Fiesta, 40,000 miles, 4-speed, AM/FM cassette. Original owner. Call 774-2642.

**FOR SALE:** Split foyer house, excellent Boulevard location. 3 BR, 2 baths, family room, 2 fireplaces, all hardwood floors, attached 2-car garage. Low \$70's. Call 772-7207.

**FOR SALE:** Island waterfront cottage, Portland Harbor overlooking Casco Bay. Private pier, deep-water anchorage. 3 BR, 1 1/2 baths, sunroom. Low \$70's. Call 772-7207.

**WANTED:** Pair of roller skates, women's size 8, in good condition. Also drafting table, preferably small. Call 766-3347 after 6 PM.

**WANTED:** Female looking for same to share apt. near MMC & USM. \$125 plus 1/2 utils. Call 774-1455, keep trying.

**WANTED:** Female roommate to share 3rd-floor apt. with 37-yr.-old female and 10-yr.-old boy who lives there alternating weeks. Stevens Ave./Deering High area. \$150 plus 1/2 utils. No smoking, no pets. Call 773-3043.

**WANTED:** Child care; working parents in Western Prom area looking for someone to care for four-month-old baby in our home, beginning March 1. Two full days and one half-day each week. Must be nonsmoker and have experience with infants. Call 775-0443 after 5 PM.

**WANTED:** Babysitter. Loving, patient, mature and entertaining person to care for 2 boys in my home. About two eves. per week, 2:30-8 PM and 2:30-12 midnight, need to be flexible, not the same eves each week. Call 781-2567 between 11-1 PM and 8-9 PM.

## 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.

Barbara Burns, Editor.

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**DAY CARE HOME,** Danforth St., licensed. Children 2 weeks to 2 yrs old. Call Joyce at 774-5531.

**BABYSITTER WANTED:** Nonsmoker to care for 2 children in your home. Rosemont/Capiscic St. area. Call 773-8352 after 5:30.

**INTERIOR PAINTING & PAPERING,** reasonable rates. Call Joe at 773-0934.

## New Employees

**NURSING:** Barbara E. Colby

**QUALITY ASSURANCE:** Nancy Tordoff

**COMPUTER MAINTENANCE:** Jolene A. McLellan

**HOUSEKEEPING:** Brenda M. Leeman, Bonnie S. Robinson, Diana J. Watts

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## what's happening

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Portland, Maine 04102

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## Morphology

### HAWKINS' THEORY OF PROGRESS

*Progress does not consist of replacing a theory that is wrong with one that is right. It consists of replacing a theory that is wrong with one that is more subtly wrong.*

### MURPHY'S LAW OF THERMODYNAMICS

*Things get worse under pressure.*