

what's happening

Maine Medical Center
Portland, Maine 04102

Vol. 13, No. 25

January 20, 1982

Johnson Foundation funds MMC program

Maine Medical Center has received a \$145,794 grant in support of a two-year study of hypothermia, hypotension, falls and functional status in the elderly. The study will be under the direction of Leonard Keilson, M.D., M.P.H., director of the division of ambulatory care in MMC's department of medicine.

Hypothermia is a condition of below-normal body temperature -- generally 95 degrees or lower. Accidental hypothermia can occur when an individual is exposed to severe cold without sufficient protection. In the elderly, however, hypothermia can occur after exposure to relatively mild cold.

Hypotension is a condition of low blood pressure.

"There is evidence that people who cannot control their body temperature also cannot control their blood pressure," Dr. Keilson says. "I think we are going to find that this combination in the elderly leads to increased risk of falls. They are vulnerable to sudden drops in blood pressure, especially if they move too quickly or move after an extended period of quiet."

The Robert Wood Johnson Foundation (of Princeton, New Jersey) awarded the grant under its Medical Practice Research and Development Program which included a national search for ideas that might help people impaired by disease, disorder or injury to conserve or more swiftly regain their ability to perform the important tasks of everyday living. Maine Medical Center and 22 other institutions received grants totaling \$3.1 million.

About 10 per cent of our elderly population walk around with a body temperature of 95 degrees (Fahrenheit), according to Dr. Keilson, with an estimated 2.5 million elderly at risk for hypothermia in this country.

"We know very little about hypothermia in the clinical setting," Dr. Keilson says. Most of the data we have comes from random studies done in England. The average mean temperature in England is 40 degrees, Dr. Keilson notes, and Maine's is similar, with added incidences of more severe cold spells. Maine is a logical location to initiate a study involving hypothermia, he says, not only because of its weather but also because of its patient population.

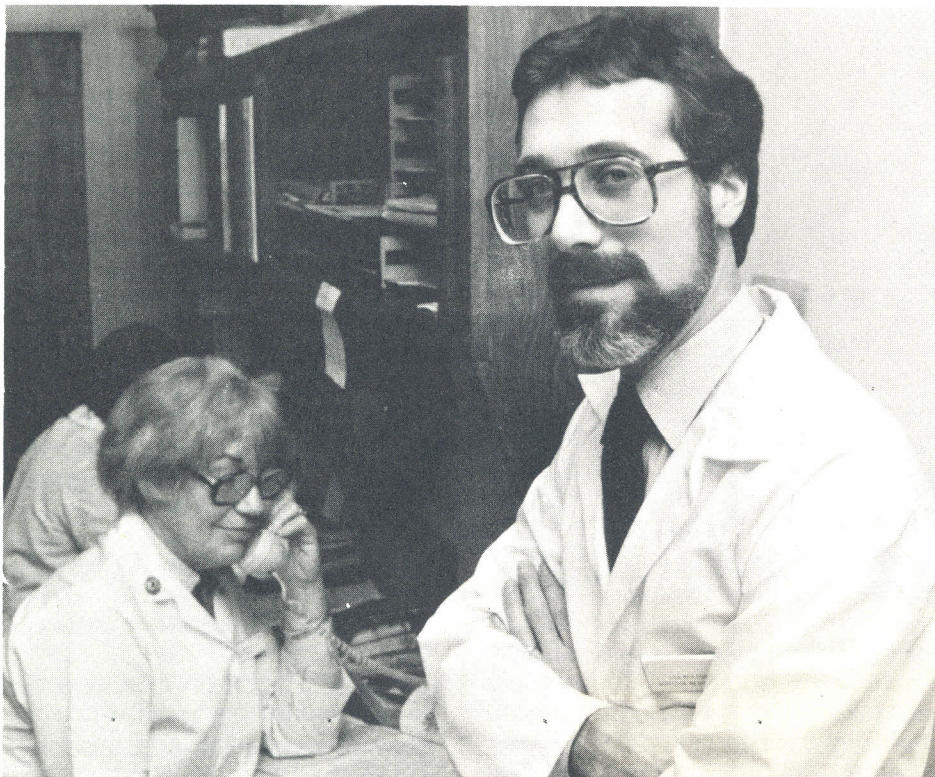
"At Maine Medical Center we provide outpatient clinic care to about 11,000 individuals annually, 40 per cent of whom are over age 65. The patients are primarily from Greater Portland, but also from four counties in Southern Maine and New Hampshire.

STUDY, page 2

Teen program looks at prenatal care

The Maine Region I Adolescent Pregnancy Program continues its Forum on Adolescent Issues series this month with "Psychological and Social Care of Pregnant Teens." The session is scheduled for Monday, January 25, noon-1 PM, in Classrooms 3 and 4 at MMC.

Participants in the panel discussion are: Enes Henegar, MSW, Client Services Coordinator with the Adolescent Pregnancy Program; Candance King-sley, MSW, Individual and Group Counselor of Adolescents with the Community Counseling Center; Pat Todorich, RN-CNS, Parent-Child Nurse Specialist at Maine Medical Center; and Kathy Winslow, a social worker with the Portland School Department. There is no registration fee, and the discussion is open to the public.



LEONARD KEILSON, M.D., M.P.H., Director of Ambulatory Care.

STUDY, from page 1

"Our patients are a mix of urban (about 65 per cent), suburban (25 per cent) and rural (10 per cent). About 70 per cent of them have some form of health insurance or receive medical care on a sliding scale or free."

The elderly who are at risk for hypothermia, Dr. Keilson believes, are also at risk for falls, and the study will seek them out.

"About 10 per cent of our elderly patients will have a body temperature of 95 degrees or lower," he says. "All outpatients over age 65 will have their temperatures taken when they enter the clinics. Those with temperatures at or under 95 degrees will be invited to take part in the study."

The screening process itself is part of the study, and Dr. Keilson and his investigative team will devise a precise screening protocol. Generally it will include three study areas:

- *Clinical characteristics:* the individual's medical history and current physical statistics.
- *Functional status:* the individual's social and economic status, degree of mobility, nature of any physical impairment.
- *Home-based assessment:* a view of the individual's living space, eating habits, type of home heat-

ing; a record of maximum and minimum temperatures in the home.

Dr. Keilson would like to monitor the individual's body temperature over a 24-hour period, but the apparatus to do that does not exist. Perhaps devising such a monitor will become part of the study, he says.

More than 200 studies were submitted when the Robert Wood Johnson Foundation announced its Medical Practice Research and Development Program last July. Designed to encourage early small-scale projects focusing on the actual process of medical practice, the program will encourage practitioners to use existing biomedical knowledge more effectively in restoring an individual's ability to function in everyday life, rather than concentrate on the development of knowledge itself.

"We have noted the beginning of what we hope will be a trend on the part of patients and health professionals alike to expand their focus to include the patients' functional abilities," says Dr. Leighton Cluff, the foundation's executive vice president in charge of the program. "We hope our program can strengthen and accelerate this trend."



MMC'S PEDIATRIC UNIT benefits yearly from the generosity of the Cumberland County Association of Medical Assistants. This year, the Association presented four pediatric-size desks to the Pediatric Playroom, being tried out above by patient Tracie L. Bourgoïn. Making the donation, from left, were: Vicky Bell, president, Cheryl Ferris, and Cindy Noyes. Head Recreational Therapist Helen Goodrich, right, accepted the gift on behalf of the Playroom. (A/V Photo)

Order ahead against storeroom inventory

The MMC Storeroom will be closed for inventory 8:00 AM-4:30 PM Friday, January 29. Orders scheduled for regular Friday delivery will be delivered Thursday afternoon. Orders not received by then will be delivered Monday, February 2. Only emergency requisitions will be accepted during the inventory, and must be routed through the Materials Management office.

Please anticipate your department's Friday needs.

Interlibrary loan charge increases

The regional interlibrary loan service -- of which MMC's Health Sciences Library is a part -- has increased its loan charges. MMC will have to do the same. The interlibrary loan fee goes from \$2.00 up to \$3.00, effective immediately.

This charge applies only to materials obtained from outside Maine Medical Center. There is no charge for materials copied or borrowed from within the institution.

Discount program adds more food and fuel

Two businesses have joined the Employee Activity Committee's Employee Discount Program. Bonanza Family Restaurant, at its Congress Street and Maine Mall locations, will grant Photo ID-carrying MMC employees and retirees (and their families) a 10 percent discount on all menu items. The offer is good through April 21 of this year, and does not apply to promotional items.

Exit 7 Citgo, next to the Merry Manor in South Portland, is offering a two-cent-per-gallon discount on gasoline and a labor charge of \$11 per hour (regularly \$15 per hour). On the initial visit a Photo ID will be required; a sticker will be issued for future use.

New Employees

ANESTHESIA: Robert Agan, M.D., Thomas R. Verlee, M.D.

FOOD SERVICE: Marie Couture, Bert A. Ferris, Fred L. Lipton, Susan Shaw

HOUSEKEEPING: David L. Brown

RADIOLOGY: Wesley A. Fultz, Kathleen McHugh

MMC is helping UNH students learn trade

Two third-year Health Administration and Planning students from the University of New Hampshire have arrived at Maine Medical Center for a three-month internship. Robin Lemka and Susan Folis will serve as Administrative Interns, supplementing their classroom learning with dynamic, on-the-job experience.

Ms. Lemka will work under the preceptorship of Associate Vice President for Finance Michael Kilmartin, and Ms. Folis will work with preceptor Susan Williams, Assistant Director for Training and Development in the Personnel Department. Though they are each assigned to specific areas, both will be exposed to all parts of hospital administration during their time at MMC.

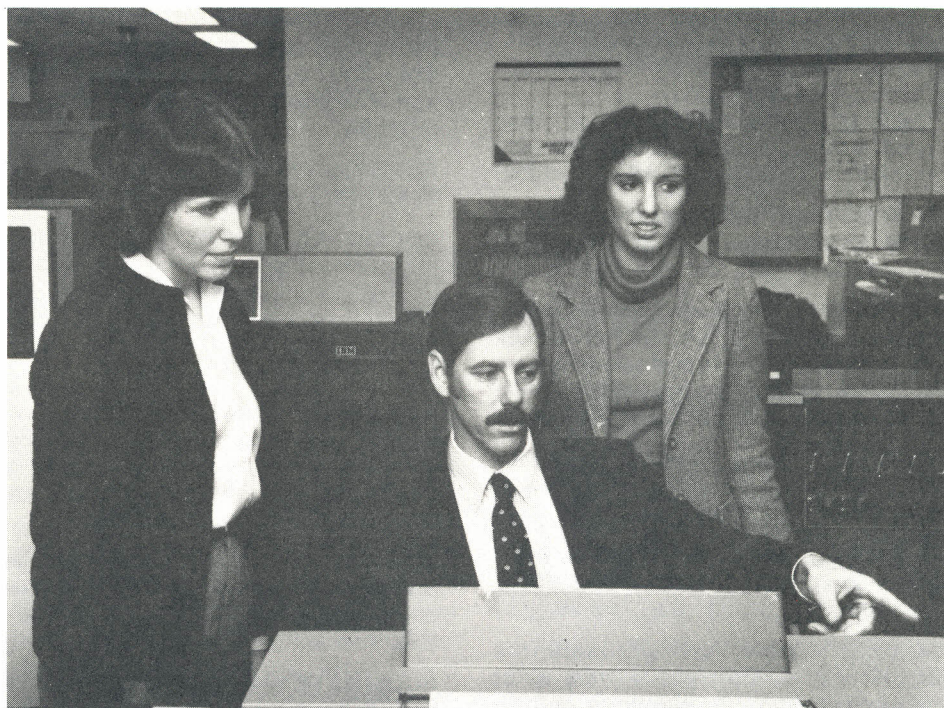
The University of New Hampshire program offers a Bachelor's degree in Health Administration and Planning. Three UNH students participated in the internship program at MMC last year, adding "hands-on" experience to their academic work. They were assigned to Finance, Planning, and Risk Management.

Ms. Lemka, from Castleton, New York, is concentrating on economics in her academic program. She is an honors student and a member of Chi Omega sorority. Ms. Folis is from Manchester, New Hampshire, and was a National Honor Society student. She is a member of Alpha Xi Omega sorority.

Please Note

The Special Care Unit waiting area can be a lonely place, and children in particular need a way to pass the time. The MMC Volunteer Office requests donations of coloring books, crayons, and puzzles for use in the area. Donations may be delivered to the Volunteer Office.

The Occupational Therapy gym area at McGeachey Hall is a patient care area, but when not being used for that purpose it is available for use by employees. Several loosely organized volleyball teams have used the facility recently, and basketball hoops are available as well. Prior reservations are essential, and may be made by contacting Renee Leavitt, OTR, at 2610. The gym is available only during normal McGeachey Hall operating hours.



ADMINISTRATIVE INTERNS Robin Lemka, left, and Susan Folis receive a basic explanation of MMC's Medical Information System from Associate Vice President for Data Management Jerry Edson. (A/V Photo)

Pregnant PCP users also endanger fetus

Recent medical research has shown for the first time that the frequently abused drug PCP -- "angel dust" -- can transfer from a pregnant mother to her fetus. The drug, known chemically as phencyclidine, was found in the urine of two newborns whose mothers were PCP users, according to a report published in a recent issue of *Pediatrics*.

In one of the case histories cited in the study, a 20 year old mother had used PCP fifteen to twenty times during pregnancy. In the other, the mother had used the drug on weekends during pregnancy, and last took it the night before she delivered. Both infants exhibited some of the same withdrawal symptoms experienced by adults: jitters, irritability, and tremors. The newborns also had digestive problems, one had respiratory and heart problems, and one had an abnormally small head.

The medical team -- working at Miller Children's Hospital of Long Beach in California -- concluded that physicians caring for newborn infants should be alert for signs that the mother used PCP during pregnancy. Symptoms are similar to those found in infants whose mothers used narcotics such as heroin and methadone. They also point out that the presence of the drug may be easily determined by a urine test.

PCP was originally developed as an

anesthetic for human use, but the findings of psychotic behavior as a side effect has relegated it to use as a veterinary anesthetic only. It is relatively simple to make and distribute, and has become a popular street drug -- and the cause of many emergency room visits across the country.

Nursing Continuing Education Programs

- *Southeast Asian Culture: Childbearing and Childrearing Practices*, Donna Roy, Director, Resettlement Program, and two representatives of the local Southeast Asian community. January 28, 1982 2-3 pm R8 Conference Room

For further information, please call Staff Development at ext. 2397.

Library looking for two lost volumes

Two bound volumes have been declared missing from the Library. Long overdue and probably buried on someone's desk, somewhere, are:

- *Journal of the American Medical Association (JAMA)*. Vol. 242, October-December 1979, bound in brown with gold lettering.
- *Nurse Practitioner*, Vol. 2, 1976-77, in a bright yellow binding.

Marketplace

FREE TO GOOD HOME: Lhasa Apso (dog), 5 months old. Reason - allergies in family. Call 865-4394 after 5:30 PM.

BABYSITTING: Will babysit nights, after 5 PM. Experienced. Call Janice at 774-0853 after 5 PM.

FOR RENT: 2 BR apt. on Dartmouth St., convenient to MMC. LR, DR, frpl. including woodstove, stove, and garage space. \$325/mo. plus utils. and sec. dep. 774-8715, leave message. Available Feb. 1.

FOR RENT: Near MMC. 2 efficiency units. Heat and utils. included. See at 32 Ellsworth St. Mornings only.

FOR RENT: Rooms with kitchen privileges in Cape Elizabeth. Ideal for 2 students. \$38.50/wk. Call 799-2928.

FOR RENT: Third floor apt., Waterville St. View of harbor, porch, very quiet building. Call Lynn, evenings at 775-2112.

FOR RENT: 2nd floor of 2-family home in Falmouth near shopping centers. 4 rooms and bath, partially furn. \$300/mo. heated. Refs. and serious inquiries only. Please call 781-4280.

FOR RENT: 4 BR house in Portland, Woodfords area. Ex. school location. All appliances including washer/dryer. \$400/mo. plus utils. Sec. dep. and refs. Call 772-6872.

FOR SALE: 2 end tables. Sears Open Hearth design. Ex. cond. Also, 2 lamps, white with antique brass trim, \$100. Call evenings at 774-3261.

FOR SALE: Vermont maple syrup available by order. Please contact Jayne Marsh at 829-5035 after 5 PM.

FOR SALE: Early bird special on 16-ft. Corson boat and canopy. 65 hp Evinrude, 1 Holshaw split trailer, lifejackets, 2 gas tanks, water skis equipment. Complete. \$2,000 or best offer. Call 892-6351.

FOR SALE: 1975 Ford Mustang II, new snow tires, new battery, good gas mileage. Fair cond. \$700 or best offer. Call 892-6351.

FOR SALE: 48-in. round oak table. \$100. 774-7479 between 5 and 9 PM.

ROOMMATE WANTED: Feb. 1. Single, professional female, 20 to 30 years old to share 3 BR house across from Fort Williams park. \$133/mo. plus utils. Call Jean or Mary at 799-6335 between 8 and 10 PM during the week.

ROOMMATE WANTED: 29-year-old woman seeks roommate to share large 6 RM apt. with lovely view of water on Portland's Eastern Prom. Mature and neat, please. Call 774-8159.

ROOMMATE WANTED: Female to share South Portland home with Christian mother and 2 children. Room and board, \$50/weekly. Call 767-4082.

ROOMMATE WANTED: For large 3 BR apt., 2 blocks from USM. Share a co-operative, non-competitive home. No tobacco or TV. \$133/mo. plus 1/3 utils. Call 772-2398, eves.

WANTED: Used car needed at once. 1978-1979 model, in good cond., please. Call 883-2730.

Credit Union now has IRAs for its members

1982 is the year of the Individual Retirement Account, and the Medical Services Federal Credit Union is now offering IRAs at competitive interest rates. New legislation has made it possible for any employed individual to enjoy the benefits of a tax-sheltered retirement account, benefits previously available only to individuals not covered by any other retirement plans.

An IRA is a unique investment plan that allows you to place part of your annual income in an interest-earning

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.

Contributors to this issue:

Wayne L. Clark, Public Information
Cary Johnson, Public Information
Mary Corey, A/V Resources
Charlotte Hurd, A/V Resources
Judy MacKenzie, A/V Resources
Leigh Whittemore, A/V Resources
George A. Drew, Print Shop
Henry J. Guiod, Jr., Print Shop
Jim Stewart, Print Shop

account and at the same time defer taxes on the income. Individuals may contribute up to 100 percent of their earned income, up to a maximum of \$2,000 each year, and deduct that amount from their taxable income for that year. Money deposited in an IRA and the interest earned on it is not taxed until withdrawn.

The Medical Services Federal Credit Union is paying 7 percent on IRA balances up to \$500, 9 percent on balances from \$500.01 to \$1,500, and 12 percent on balances over \$1,500. These rates will fluctuate with the market. Members may contribute to IRAs by payroll deduction, sporadic deposits, lump sum deposits, or by "rolling over" an IRA from another institution. MSFCU IRAs are insured by NCUU up to \$100,000.

You may begin withdrawing funds from your IRA when you reach 59½ years of age, and at age 70½ you may elect a monthly withdrawal or a lump sum withdrawal. As benefits are drawn, they are taxed as ordinary income. Even though taxes must be paid on the IRA benefits, most people realize an overall tax savings because they are in a lower tax bracket at retirement. The tax burden from a lump-sum distribution at age 70½ may often be lessened by income averaging, depending on income levels in the preceding years.

Members of the Medical Services Federal Credit Union may open three kinds of IRAs: Contributory, Spousal, and Rollover, and may deposit for the 1982 tax year at any time until April, 1983. Contact the Credit Union at 871-2811 for more information.

what's happening

Maine Medical Center
Portland, Maine 04102

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

MRS. ESTHER L. COUNTS
174 MARGARET ST.
SO. PORTLAND, ME

04106