

# what's happening

Maine Medical Center  
Portland, Maine 04102

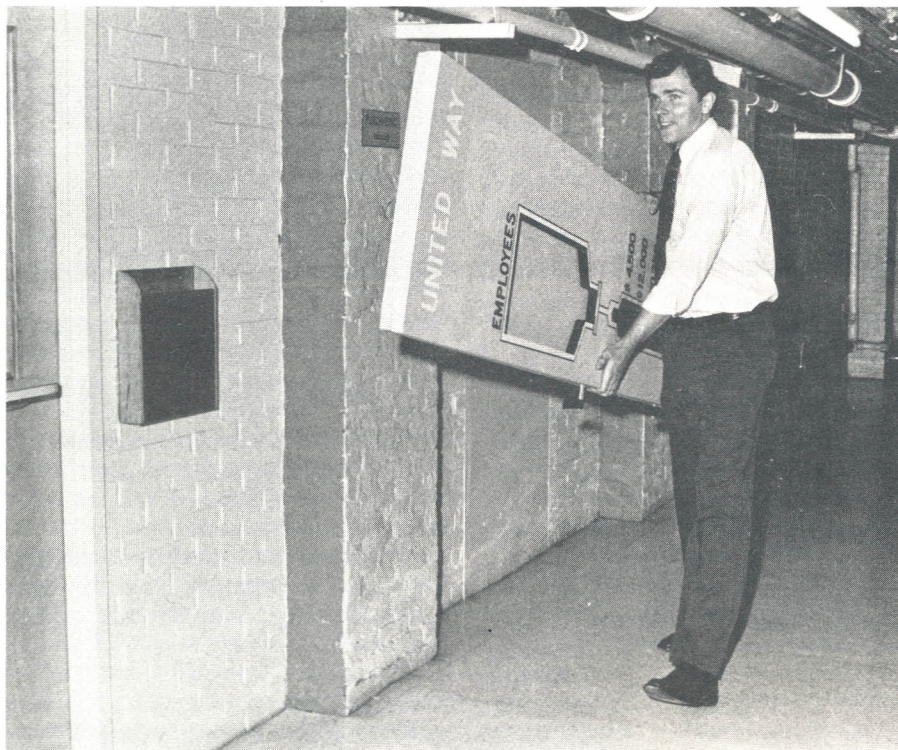
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October 21, 1981

## United Way Campaign '81: We're On Our Way. . .

Returns are coming in on Maine Medical Center's United Way 1981 campaign. Chairperson Judith T. Stone, RN, Vice President for Nursing, says we're looking good. She also says we have to look better before the campaign's end date of October 23.

At this point in time, MMC employees seem to be giving as generously as last year. It's interesting to note that the same departments already reporting -- some even completed -- are the ones which finished up quickly -- and successfully -- last year. It's also important to remember that this year times are tighter and life is tougher for those who need the help of United Way agencies. Those of us who are fortunate enough to be able to help must try to help harder than we have before. That's why the hospital's goal for 1981 has been set higher, at \$46,000.



Michael Swan (above) Director of Housekeeping, a volunteer United Way coordinator, moves MMC's trusty hypo display on its way to reporting results of the hospital's campaign. (A/V Photo)

## PCC proves ready for fluoride poisoning

While carrying on their daily work, the people who staff emergency services like the Maine Poison Control Center invest a lot of time in just being "ready". They refine procedures, anticipate problems, and even drill their operation to test response. All this is for the call that may never come, or can come at any second.

One such call did come in two weeks ago, from an elementary school teacher in Jonesboro, Maine. He explained that two dozen children and a few teachers were feeling ill and he thought the problem was an overdose of fluoride in the school's water system. The fluoridation unit had been shut down because of a malfunction the previous day but the school custodian checked the fluoride level after the children started feeling ill, and the needle went off the scale.

With nearly thirty people sick from an unknown concentration of a chemical, at a location more than 150 miles away, the PCC technician on duty was facing a difficult situation. He took as much information as he could and arranged to call the school back. The teachers were already giving the children milk, which the technician advised was a proper course of action for fluoride poisoning.

The biggest problem facing the Center was the unknown concentration of the fluoride. Using what sketchy information they had, Supervisor Bruce Campbell and Director Frank Lawrence, M.D., called on the MMC Pharmacy for help in calculating the dosage. The toxic range for fluoride is around 3-5 milligrams per kilogram of body weight, and they knew that the teachers had become ill after drinking two cups of coffee. Quick calculations showed that there must be a very high concentration of fluoride in the water to make an adult sick.

**FLUORIDE**, page 2



## MMC has new tool for medical education

A sample of the most advanced video playback technology available has come to Maine Medical Center, in the form of a laser videodisc system for use in medical and nursing education. The Miles Learning Center system, donated to MMC and 200 other hospitals across the country, is a self-instructional system consisting of plastic videodiscs, a computerized playback unit, a color television monitor, and a hand-held remote control. It will be housed in the Audio/Visual Resources Study Center.

Director of Audio/Visual Resources William Cohen explains that "videodisc technology uses a laser beam to pick up information from the disc and transfer it to the television screen. The discs in this system are 12 inches in diameter, virtually indestructible, and provide up to 54 minutes of full-color motion picture action with stereo sound." The manufacturer says that in the 54 minutes of microgrooves are over 100,000 individual "frames," each one of which is numbered and may be instantly located and stopped for study by the viewer.

Miles Pharmaceuticals plans to issue a continuing series of discs, each about a medical or surgical topic, containing an instructional film and a summary quiz. The microprocessor in the playback unit allows the user to interact with the program, so that he or she can answer the quiz questions. A correct answer elicits a positive response from the program, while an incorrect answer automatically sends the disc back to the portion of the film in which the answer is covered. The system may also be used to examine individual medical/surgical slides, thousands of which can be recorded on a single disc.

"The new system will be available for use soon in the A/V Study Center," according to A/V Librarian Jan Glover, "under the same guidelines as other equipment and resources in the center." Information on the location, hours, and policies of the Study Center is available by calling x2424. Discs currently available are: the surgical management of recurrent Crohn's Disease, the technique of emergency appendectomy, an in-depth illustration review of hematologic disorders, including uncommon physical signs, and a series of World Health Organization oncology slides.



**THE NEW VIDEODISC medical education system donated to MMC by Miles Laboratories was delivered recently. Explaining the system to Costas T. Lambrew, M.D., Associate Vice President for Health Education, center, were Miles representatives Marshall Meyers, left, and Donald A. Uliano. (A/V Photo)**

## FLUORIDE, from page 1

The Poison Control Center was back on the phone with the school within fifteen minutes, suggesting that all the affected children and teachers go to the nearest hospital for evaluation and treatment. The Center then contacted Downeast Community Hospital in Machias, explained the situation, discussed treatment, and coordinated transport of the victims. The Center stayed in contact with the hospital throughout the treatment of the patients.

After arranging for the victims to be treated, the Poison Control Center called the Maine Department of Human Services' Bureau of Public Health and advised them of the situation. Shortly afterwards, a team from the Bureau was on its way to Jonesboro.

Meanwhile, the Center was still refining its estimates of the fluoride concentration. They knew it was too high to measure directly with the equipment available at Jonesboro because the custodian's meter -- which only went as high as 10 milligrams of sodium fluoride per liter -- had gone off the scale. At the Center's suggestion, Downeast Community staff physician Toby Acehson, M.D., performed a dilu-

tion so the meter could be used. His estimate was 232 milligrams per liter of sodium fluoride, roughly half of which is elemental fluoride, the chemical of concern. This is about twenty times the desirable concentration.

According to PCC Supervisor Bruce Campbell, fluoride is not a particularly dangerous chemical, especially in normal concentrations. At very high levels it can be deadly, but the body tends to eliminate the poison by vomiting before serious harm is done. Mild to moderate fluoride poisoning causes nausea, vomiting, diarrhea, and general discomfort. Of the sixty pupils and teachers seen at Downeast Community Hospital, only fifteen pupils and three teachers were treated and all were released the same day.

"This wasn't a life-threatening emergency, as it turns out," says Dr. Lawrence. "The beauty of it is the way the system worked." He says that everything, from the initial call by the teacher to the fast reaction of state officials, went exactly the way it should have. "Now we know the procedures are good, regardless of distance," he observes, "and we also know that people know the Center is here and ready to help."



## Mrs. Donald Reed is new Friends president

Mrs. Donald N. Reed of Gorham was elected president of the Friends of Maine Medical Center at the auxiliary's annual fall meeting. Elected to serve with Mrs. Reed were: Mrs. Henry Saunders, Westbrook, first vice president; Mrs. John Keenan, Cumberland, second vice president; Mrs. James E. Gagan, Westbrook, recording secretary; Mrs. William Hale, Portland, corresponding secretary; Mrs. Harold Fraich, Cape Elizabeth, treasurer; and Mrs. George Lord, Falmouth Foreside, assistant treasurer. Mrs. Paul F. Larrabee and Mrs. James W. Richards, both of Gorham, were elected delegates-at-large.

More than 150 Friends and guests attended the October 9 meeting in Classrooms 3 and 4. Mrs. George W. Foley, Cape Elizabeth, now immediate past president, opened the meeting and introduced MMC president Edward C. Andrews, Jr., M.D., who welcomed the group to the hospital.

The program of the morning was one of practical and popular interest: a MMC panel of professionals explained the "Cycle of Personal Health Care." Costas T. Lambrew, M.D., Associate Vice President for Health Education, Judith T. Stone, RN, Vice President for Nursing, and Leonard Keilson, M.D., Director of Adult Primary Care, illustrated the cycle, following an individual from health, through illness, convalescence, and back to health. Emphasis was on the importance of helping the individual to become an active advocate for his or her own health.

Mrs. Lyle Clevenger, Cape Elizabeth, was program chairman for the meeting.

## BC/BS enrollment now open at MMC

The last open enrollment period to be offered by Blue Cross/Blue Shield runs from October 1 to October 30. All MMC employees scheduled to work twenty or more hours per week who have not already signed up may now enroll themselves and/or their dependents without providing evidence of good health.

MMC's Group Health Insurance has recently been upgraded and for those who enroll in the open enrollment period, coverage will be effective November 1. For more information, contact the Employee Benefits Office at 2973.



**FRIENDS SCHOLARSHIP** awards were on the auxiliary's annual meeting agenda. From left: new president Mrs. Donald N. Reed and School of Surgical Technology Director Diane Dussault congratulate student winners Holly M. Davies and Earl S. Driscoll. Scholarship winner Anne Marie Nealand was not able to attend the presentation. (A/V Photo)

## Dinner books are now for sale by the EAC

The Employee Activity Committee now has Dinner Books for various area restaurants. These are not part of the Employee Discount Program, but the EAC is making them available for the convenience of employees. The offer is: when you buy dinner for two at a participating restaurant, the lowest priced of the two meals is free. The book costs \$20.00 and contains 18 coupons.

Participating restaurants are: Baker's Table, Cascade Inn, Press Room, Grizzly Bear, Westcustogo Inn, Downtown Holiday Inn, Chebeague Inn, Crescent Beach Inn, Gabbiano's, Village Cove Inn, Spurwink Country Kitchen, Chappie's, Homewood Inn, The Landing, Squire Morgan's, Boone's, The Downeaster, and the Kennebunkport Inn.

The Dinner Books may be obtained from Gladys Posnick, 2824 or 2106.

## Nursing students may now apply for help

The Scholarship and Loan Committee of the Department of Nursing will be accepting applications for scholarship aid after October 7, 1981. Any MMC employee enrolled in an accredited nursing program may apply. Details may be obtained from the Secretary to the Vice President for Nursing. Deadline for application is November 2, 1981.

## Please Note

The Employee Activity Committee is having a Bake Sale in the Admitting Lobby Friday, October 23, beginning at Noon.

The Southern Maine Chapter of Critical Care Nurses is having a Bake Sale in the Admitting Lobby Friday, October 30, beginning at Noon.

RNs and LPNs licensed in Massachusetts must provide documentation of approved continuing education attendance for renewal of their Massachusetts licenses in 1982. Not all continuing education programs meet the requirements, so if you have any doubts, please check with your Staff Development Instructor or the Staff Development Office, 2397. Staff Development will be happy to assist with relicensure preparation.

The Red Cross reports that blood levels are running below normal throughout the state. Donors are urgently needed. The Portland Red Cross Blood Center is open 10:30 AM - 6:00 PM Monday, Wednesday, and Friday, and 12:30 - 8:00 PM Tuesday and Thursday. For information on eligibility or other locations for donation, call the Blood Center at 775-2367 or 1-800-482-0743.



# Marketplace

**BABYSITTING:** In my home, days or nights. Call 773-7911.

**CAIRN TERRIER:** 7 mo. AKC registered male. Good, small dog. Very bright and trained. Reasonable offer. Call 772-3999.

**FOR RENT:** 3 large rooms on second floor. Spacious bathroom, stove and refrig. \$325/mo. including utils. Call 774-1371.

**FOR RENT:** Third floor 5 rm. apt. Two blocks from MMC. Stove and refrig. \$350/mo. including utils. Call 774-1371.

**FOR RENT:** 5 bdrm. house in So. Portland. Woodstove. \$425/mo. plus utils. Avail. in Nov. Sec. dep. Call 799-8748.

**FOR RENT:** 3 bdrm. house on Shore Rd. in Cape Elizabeth. Private beach, garage, frpl. Avail. until July. \$380/mo. plus utils. Call Sue at 883-3603 after 5 PM.

**FOR RENT:** New, energy efficient 4 bdrm. cape on large lot near Crystal Lake. 20 minutes from Portland. \$325/ mo. plus utils. Call 797-6053.

**FOR RENT:** 1 and 2 rm. efficiencies in OOB. Utils., parking and linen included. \$48 to \$60/wk. Call 934-5753.

**FOR SALE:** Moving, must sell stereo. Yamaha receiver, turntable and head phones. 2 large Advent speakers. \$500. Call 773-3930.

**FOR SALE:** 1980.5 Datsun 210. Five speed, AM-FM stereo radio, tinted glass, undercoated and polyglycoated, 2 new snow tires. \$4,800. Call 829-3648.

**FOR SALE:** 1980 Thunderbird Coupe. Silver and black, cloth interior, AM-FM stereo, power seats and windows, power brakes and steering. 255 cu. in. V-8, 26 mpg in city, 30 mpg highway. Lists for \$7,800 - will sell for \$6,200. Also Takara 10-speed bicycle, \$80. Call 883-6820 after 5 PM.

**FOR SALE:** Zenith hearing aide. Behind the ear model. \$100. Call 883-2278.

**FOR SALE:** 2 picture windows. Excellent for greenhouse or sun room. Both for \$50. You haul! Call 934-4998, mornings.

**FOR SALE:** 8-track tape player in ex. cond. with 2 small speakers. Also, a case of 8-track tapes. If interested, please call Sadie or Donald Marr at 774-1254, evenings before 9 PM.

**FOR SALE:** Children's clothing, size 2: denim blue snowsuits for boys or girls, ex. cond., \$15 each. Corduroy pants and tops, \$3 each. Winnie the Pooh baby walker, ex. cond., \$12. Crib mattress, hardly used, \$10. Also, woman's navy blue leather coat, ex. cond., size 15-16, \$40. Maroon velvet pantsuit, size 14, ex. cond., cocktail dress, size 14, and various other size 14 items. If interested, call 772-5103.

**FOR SALE:** Kitchen set. Butcher block table and matching chairs, \$125. Please call 773-3930 after 5 PM.

**FOR SALE:** Darkroom equipment. 1 enlarging easel, 2 developing tanks. Best offer takes all. Call 934-4998, mornings.

**FREE:** 2 10-week old kittens. One male, one female. Both dark tigers. Call 772-6176 after 5 PM.

**HOUSEMATE WANTED:** Mother with 13-year-old son seeking mature, non-smoking M/F to share spacious home by water on Cousin's Island, Yarmouth. Possible commute with other MMC person now in house. \$200/mo. includes utils. Call Marcia at 846-5223.

**ROOMMATE WANTED:** Female roommate for spacious, attractive apt. within walking distance of MMC. No pets. Avail. Nov. 1. Call Nini at 772-5654, eves.

**WANTED:** Monocular microscope in fair to good condition. Contact Mary Morse at 772-8439.

**WILL BABYSIT:** In my MMC-Westgate area home during the day. Fee negotiable. Ages 3 and older. Call 773-5916.

## FIRST LAW OF DEBATE

*Never argue with a fool - people might not know the difference.*

## 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 the Editor, Public Information Office, MMC, Portland, Me., 04102. Barbara Burns, Editor.

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## Nursing Continuing Education Programs

- *Chemotherapeutic Agents and Their Effects on the Cell*, Ethel Murphy, RN. October 27, 1981 4-5 PM Classroom 2  
Approved for 1 CEARP.

- *The Woman with Cancer (Staging and Treatment)*, Mary Ellen Fenn, M.D. October 28, 1981 4:00-5:30 PM Classroom 2.

For further information, contact Staff Development at x2397.

## New Employees

**COFFEE SHOP:** Evelyn Nadeau

**CSD:** Edward Curran

**FAMILY PRACTICE:** Patricia Hemingway, Doreen J. Duval

**FOOD SERVICE:** Darlene Chadbourne, Gloria Fernandez, Pamela J. Reny

**HOUSEKEEPING:** Gary Burgess, Sherry Dow, Donald A. Richardson

**NUCLEAR MEDICINE:** Debra Christianson, Barbara Mitchell

**NURSING:** Gail Cox, Constance Verville

**PHLEBOTOMY:** Pamela Witham

**PHYSICAL THERAPY:** Vicki Vadas



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**United Way**  
of Greater Portland

We're not just here for the other guy.  
We're here for you.