

what's happening

Maine Medical Center
Portland, Maine 04102

July 23, 1980

Hospitals get new mental health plan

"We have an opportunity in southwestern Maine to develop a model of mental health services that is directed at the particular needs of the different patient groups, that is flexible, that emphasizes treatment at home and in the community whenever possible, and is cost-effective."

With those words, the Psychiatric Hospital Exploratory Planning Committee of the Southern Maine Association of Cooperating Hospitals submitted its final report to its members last week. The planning committee was formed a year ago to review the proposal of SMACH's six member hospitals to build a 100-bed, regional, non-profit psychiatric hospital. It concluded its study with a recommendation that the proposal be withdrawn and replaced with other options.

Committee chairman Donald E. Nicoll, MMC Vice President for Planning and Public Affairs, says the committee started its work "with the dream of a new facility that would meet the needs of several patient population groups and be a symbol of regional cooperation, but it soon became apparent the cost of creating that symbol was substantial and the benefits would be limited."

In light of its findings, the committee recommended that the member hospitals withdraw the Letter of Intent they had filed with the Maine Health Systems Agency and pursue a more decentralized approach. "The public interest will best be served," says the report, "by a prudent investment of funds in a combination of programs that will take advantage of existing resources, emphasize ambulatory care whenever possible, and stress coordination of available and newly-developed programs."

The committee focused on four pa-
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Pioneers donate scale to MMC's Burn Unit

The Portland Council of the Jasper Keller Chapter of the Telephone Pioneers of America has donated an "over-the-bed" scale to the Maine Medical Center Burn Unit. Making the presentation last week were Forrest Bryan, President of the Council, and Christine Thurlow, Past President.

The scale is designed to lift a patient off the bed in a prone position, requiring as little disturbance as possible. The patient is positioned on a canvas sling, and the scale attaches to a metal rail on either side. A hand-operated hydraulic lift then raises the patient, and a digital read-out gives the weight.

It is essential to weigh burn victims

often, according to Burn Technician David Wehmeyer, particularly during the first 72-hour period after the injury. During that time, the patient is given large quantities of fluids to prevent dehydration, and a careful watch must be kept on how much is retained.

The device will also be useful in raising patients off their beds long enough for a linen change, a difficult procedure if the patient cannot stand and if motion is painful.

The Telephone Pioneers have a long history of helping the Burn Unit. The organization, composed of 20-year employees of the Bell System, also donated the Unit's body tank. "Tanking" is a bath-like process intended to remove dead skin from burn wounds, an essential part of burn treatment.



BURN TECHNICIAN DAVID WEHMEYER operates the over-the-bed scale presented to the MMC Burn Unit by the Portland council of the Jasper Keller Chapter of the Telephone Pioneers of America. Looking on at right are Forrest Bryan, President of the Council, and Christine Thurlow, Past President. MMC Chief of Surgery Richard C. Britton, M.D., observes from the other side. Burn Unit patient Kevin Marcotte is on the scale, attended by Denise Stoner, R.N. (A/V Photo)

PLAN, from page one

tient groups in its study: children and adolescents, alcohol and drug abusers, adults, and the elderly. It found that all four groups do in fact require some degree of inpatient treatment, but that the majority of patients in all groups would benefit more from treatment in the home and in the community.

Generally, the committee's conclusions are compatible with those of the State Health Plan, developed by the State Health Coordinating Council. Both agree the treatment systems for the four groups are poorly integrated at present, and that additional acute psychiatric beds are not the answer.

Specifically, the committee's report says there is a need to treat children apart from adolescents, and to keep both groups apart from adult patients and substance abusers. For alcohol and drug abusers, the treatment of choice is believed to not be hospitalization in a psychiatric institution, but rather treatment in a general hospital setting.

Despite prior evidence to the contrary, the committee found that the need for additional adult psychiatric beds in Maine is minimal; what is needed is additional staffing and coordination of services. The additional need cannot justify the construction of a new facility, and the committee recommended the slow addition of individual beds at existing facilities over a period of time.

The elderly psychiatric patient, according to the committee, benefits far more from treatment in familiar surroundings than from hospitalization. The committee recommended the development of a home-oriented treatment system similar to that used in Great Britain. According to psychiatrist Lawrence Herst, M.D., the British model of bringing services into the community and using acute hospitalization only when necessary is seen to be more successful and cost-effective than placing elderly patients in a general psychiatric hospital.

The committee recommends the formation of four new planning committees, each addressing one of the specific patient groups, to develop specific programs for the future. It suggests a broader base for these committees, including representatives from local and regional agencies, the Department of Mental Health and Corrections, the Department of Human Services, and the Maine Health Systems Agency. Of particular urgency,



CANDYSTRIPERS ON NURSING Unit assignments this summer have been trained to assist in many areas including discharging patients, helping with meals, making beds and walking with patients. Patti Dwyer of Westbrook (right) works on R3 in the morning, and spends the afternoon taking the Shop Cart to all floors. Janine Valliere of Portland works on R7 and also in Medical Rehabilitation. (A/V Photos)

according to the committee, are the needs of children and adolescents and substance abusers.

The report of the Exploratory Planning Committee brings to a unique conclusion a venture that has been unique since the beginning. It was the first cooperative construction project proposed by a consortium of independent hospitals in Maine, and would have required an unprecedented level of cooperation. For the proposal to be withdrawn, because it was found not to be in the best interest of the public and not the best approach to patient care, was an unexpected and unique conclusion.

"Perhaps the most exciting part of the study process," says Nicoll, "was the way in which the hospitals, institutions, and agencies started work on one proposed solution but always kept an eye on patient needs. It was a sincere desire on everybody's part to find the best possible solution to the problem that led to the turnabout. We're not in the business of 'empire-building;' our goal is the delivery of mental health services in the most appropriate setting, with well-coordinated support services, and at the lowest cost."

The members of the Southern Maine Association of Cooperating Hospitals are: Maine Medical Center, Osteopathic Hospital of Maine, Mercy Hospital, Henrietta D. Goodall Hospital, York Hospital, and Webber Hospital Association. The Maine Medical Center Joint Conference Committee voted approval of the final report on July 14.

• 1980 •

SUMMER

tag sale

Thursday & Friday
July 24 & 25
VAUGHAN HALL
9 am - 6 pm

Smoking Ban Takes Another Step

Since February of this year, a restrictive smoking policy has been in effect at Maine Medical Center. Hospital employees have been informed of the policy, and most departments have designated smoking areas. Cooperation seems to be good throughout the hospital, say members of the Smoking Policy and Education Committee.

The most recent step in advancing the restriction on smoking was to provide advance notification to patients and their visitors. Patients now receive an insert in the information booklet provided prior to or at the time of admission. The insert is a temporary measure, meant to serve until the current supply of booklets has been exhausted. When the newly printed run of booklets goes into service within a few weeks, the notice will be part of the text. It reads as follows:

Restrictions on Smoking At Maine Medical Center

Maine Medical Center is a health care institution concerned with the well being of its patients, employees and visitors. It has had a policy of discouraging smoking since 1977. In February 1980 the Board of Trustees adopted a revised policy to severely restrict smoking within the hospital. It includes the following:

Patients

Patients may not smoke while hospitalized unless specifically allowed to do so by their attending physicians. Should a physician determine that abrupt withdrawal would be detrimental to a patient's emotional well being, that patient may smoke --- but only on the doctor's orders and only if a dedicated smoking room is available.

Visitors

Visitors may not smoke in any patient rooms, lobbies, corridors, or waiting or patient care areas. Those who are visiting critically ill patients and therefore remain at the hospital for a prolonged period of time may, if they must smoke, use the designated smoking areas of the cafeteria or coffee shop.

**FOOD SERVICE
EMPLOYEE OF THE WEEK**

is

**ALDEN WHITNEY
ASSISTANT BAKER**



BEFORE THE BRAMHALL entrance moved around the corner to Charles Street, MMC employees, visitors and neighbors were able to wait for buses indoors, see them approaching and get to the curbside stop in ample time. Since the bus stop could not be moved close to the new entrance, MMC requested that the Metro install a shelter for waiting Bramhall passengers. Installation was completed early this month, and Metro commuters are grateful. (A/V Photo)

New Chaplaincy Fund Honors Miss Moore

Charlotte Roe Moore celebrated her 80th birthday on July 9. Several friends visited her on that day and presented her a special gift in the form of a tribute from many of her friends. The letter they gave her said, in part, "Upon the occasion of her 80th birthday, a group of her friends has established the Charlotte Roe Moore Chaplaincy Fund in honor of Miss Moore and in recognition of her devoted interest in and service to the Maine Medical Center and its chaplaincy program. The Fund, which is made up of gifts in Miss Moore's honor, may be spent at the discretion of the Director of Pastoral Services for improvements and appropriate appointments for the Chapel and to support programs of religious and professional education in conjunction with the Department of Pastoral Services."

Miss Moore is one of the most devoted friends of the Medical Center, with one of the longest records of services to it. She is a Corporator, a member of the Women's Board and past president of that organization, and for many years has been an active volunteer in many capacities at the Medical Center, including World War II service in the wards and long service in the Coffee Shop.

She has taken an active interest in the chaplaincy program and has for many years managed the night and weekend coverage for the Department of Pastoral Services. She has served as a member of the Annual Fund Committee and is presently a member of the Deferred Giving Committee and the Pastoral Services Advisory Committee. She is also vice president of the Greater Portland Interfaith Hospital Chaplaincy Board and a member of the Protestant Hospital Ministry Board.

To date 48 donors have made gifts totalling \$965, and more are coming in every day. Anyone wishing to add to this fund may make a check payable to the "MMC C. R. Moore Fund" and send it to the Development Office, Maine Medical Center, 22 Bramhall Street, Portland, Maine 04102.

You're invited to come say "hello"

Rita Mitchell, MS, CCC-SP, Division Director of Communication Disorders, is leaving Maine Medical for a new position in Ann Arbor, Michigan. All MMC employees are invited to a coffee for Rita, to be held in the Department of Rehabilitation Medicine on Wednesday, July 30, from 8:30 AM to 10:30 AM.

Marketplace

FOR RENT: Luxury 3 BR, 2 bath Condo in Falmouth. Private tennis court & pool. \$600/mo. & utils. Call 774-3874 after 5 PM.

FOR RENT: 3 BR ranch in nice So. Portland area. \$400/mo. & utils. Sec. dep. Call 775-0281 after 6 PM.

FOR RENT: 1 BR apt. near MMC. Newly decorated, new appliances, \$250/mo., heat included. Avail. Aug. 1. Call 773-9622 after 5:00 PM.

FREE: 2 female cats, approx. 6 mo. old. Had all shots. Call 799-2677 after 5 PM.

FOR SALE: Need a second car? 1974 Chevelle Malibu, 2 dr., little rust, great on gas. \$500 firm. Call 657-3394 after 6 PM.

FOR SALE: 1977 AMC Hornet, 6 cyl., standard, fine cond., and 1973 Dodge Cornet, automatic, superb shape. Call 799-7264.

FOR SALE: GE 38" elec. stove, nearly new cond. \$100. Call 797-3344 eves. and weekends.

FOR SALE: Small motorbike like new. Great gas mileage and fun transportation. Call 799-4255 after 6 p.m.

FOR SALE: 1976 Pontiac Grand Prix in good cond. A/C, AM/FM, power windows and seats, new Mich. tires. \$2,200. Call 839-3897 after 6 PM.

FOR SALE: 1972 Buick Electra, 4 door, A/C, PS, PB, 55,000 miles. Call 799-5461 after 5:30 PM.

FOR SALE: 1974 VW Dasher. 2 dr., 4 spd. AM/FM, 30 mpg, no rust good con. \$2,195. Call 799-2793.

FOR SALE: 2 pressed-back chairs and matching ladies' rocker. \$80, ex. cond. Call 772-7021 after 6 PM.

FOR SALE: Teledyne Mark V gas pool heater, 175 BTU's. Used one year, ex. cond. Call 772-5346 after 3 PM.

FOR SALE: Dalmation pups whelped June 16th. Purebred. Both parents champions. \$200 for show quality and \$100 for pets. Call 854-5959 eves.

WANTED TO RENT: Small summer cottage within 30 min. of Portland. Needed Aug. 17 - Sept. 8 by new physician staff member. Must be under \$150 per week. Call 871-2526, ask for Ethel Cleaves.

WANTED TO RENT: House or apt. within 20 min. of Portland for month of Sept. or 2 weeks mid-month. Call 774-0813.

ROOMMATE WANTED: Prefer female, over 25. Woodford's Corner area. Large, sunny, comfortable apt. Please call 773-8883 bet. 5 and 7 PM. Ask for Patty. Avail. now.

ROOMMATE WANTED: Professional female looking for person to share 2 BR apt. in So. Portland, beginning Sept. 1. Rent is \$142.50 incl. heat and util. Call 767-4161 after 4 PM.

ROOMMATE WANTED: Non-smoking female to share modern Portland apt. Call 797-2160.

ROOMMATE WANTED: M/F to share large 7 room apt. with 2 others, own room, \$90 sec. and \$90/mo. for Aug. and Sept. Call 775-0167.

NOTICE TO ADVERTISERS: Deadline for Marketplace listings is 9 AM on Wednesday for the following week's issue. Listings submitted after the deadline will automatically run two weeks later unless withdrawn.

New Employees

CENTRAL SERVICE Susan S. Chellis

DEVELOPMENT Jessica Nicoll

ENGINEERING Normand Beaudoin

FOOD SERVICE Beth Corcoran, Judith Glassock, Patricia Ward

HEART CATH. Seth W. Minton

HOUSEKEEPING Vernon Hovey

MIS REPAIR Peter Bettencourt, Wesley Brydon, John Iatesta

NURSING Nancy Jackson, Laurie Tardif

PHYSICAL THERAPY Dana Hildreth, Paul Simonsen

PSYCHIATRY Elizabeth Hyde

RADIOLOGY Dale Morin, Constance Rogers

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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"BIRDS"

The following poem first appeared in the weekly *Wise Guide*, in Rosemary Clifford Trott's column "A Taste of Salt." The writer, 13-year-old Stacy-Lynn Daniels of Durham, is a patient at MMC, dying of cancer. She understands and accepts her disease, and wrote the poem to express her feelings.

Stacy-Lynn has many admirers among the Pediatric staff, and they asked What's Happening to waive its policy against publishing poetry.

BIRDS

*I'm a bird trying to survive!
I'm a bird with lost feathers.
I'm a bird that needs a vet's help.
I'm a bird that can't live without water.
I'm a bird that has a family in a big nest.
This family has other birds too.
We are called God's birds.*

*I will leave the nest before the others.
I'm a little different from most birds.
I'm a bird that carries a worm with me everywhere.
It doesn't like dirt but loves a bath every other day.*

*I'm a bird with a loving family, waiting for me,
To come home from the nest of other birds.*

*And when the teacher dismisses
Me from my class, I will know I
Have passed the real test, and
I can go on to college!*

what's happening

Maine Medical Center
Portland, Maine 04102

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

The MMC Men's Softball Team defeated the WJBQ All-Stars last week, 15-7.