

what's happening

Maine Medical Center
Portland, Maine 04102

Vol. 11, No. 46

June 18, 1980

Bright new station opens on Pediatrics

The new Nursing Station for Maine Medical Center's Pediatric Unit on P2C&D officially opened at dedication ceremonies June 11. The Visiting Board of the Children's Hospital funded the \$26,000 project, which included complete re-design and reconstruction of the station. Visiting Board president Mrs. Waldo P. Strahan and MMC president Edward C. Andrews, Jr., M.D., unveiled a bronze plaque thanking the Board.

The purpose of the new station is to provide a more attractive, home-like atmosphere for the pediatric patients and more efficient working conditions for the staff. The Visiting Board has also refurbished the pediatric playroom and the parents' waiting room on the unit.

Chief of Pediatrics George W. Hallett, M.D., speaking at the dedication ceremonies, called the Visiting Board "invaluable" to the department. "We can always count on the Board to handle special projects," he said, "and the result of its work is a high level of morale on the unit and attractive, efficient surroundings for patient care."

The design of the new Nursing Station was a cooperative effort, with input from the nurses, doctors, and other staff, and professional design assistance from Stevens Architects. The wooden counters are rounded in pleasing contours, and are low enough to the floor so the average-size pediatric patient can relate directly to the nurses on the other side.

To enhance the home-like, comfortable atmosphere, the decor includes displays of toys and books, bright posters, mobiles, and a beautiful floor-to-ceiling mural of the seacoast. There is plenty of room behind the counter for the staff, an important point since the nursing station is the nerve center of any patient unit.



GEORGE W. HALLETT, M.D., MMC Chief of Pediatrics; Jan Grysk, R.N., Head Nurse on P2C&D; and President of the Visiting Board of the Children's Hospital Mrs. Waldo P. Strahan, in front of the new Pediatric Nursing Station, renovated with a grant from the Visiting Board. (A/V Photo)

MMC Corporators meet the "new nurse"

The Corporators met the "new nurse" last week, both in theory and practice. Performing the introduction was Judith T. Stone, RN, newly appointed Vice President for Nursing. As featured speaker at the semi-annual meeting of the Board of Corporators of Maine Medical Center, she chose the topic: "Nursing -- It's Coming of Age," and said she wanted her audience to know about nursing in its present form, as a profession caught up in a "growth and development surge."

To put the "new nurse" of the 80's in sharp perspective Ms. Stone first recalled the nursing image of old: "Because training schools for nurses were established during the Victorian era, the ideology of that period was transferred as the appropriate and expected demeanor of the nurse," she said. "Nurses were to be virtue personified--

little more than starched white, rather pristine figures moving efficiently through the hospital wards and operating rooms.

"Other attributes included moral sensibility, purity and maternal affections. Some suggested that if the individual had a pleasing manner that her mental abilities were secondary.

"I would wish not to be misunderstood," Ms. Stone continued. "I believe in morals, virtue, and cleanliness. I also believe in skill, and in inherent or intrinsic rewards for one's work. I even believe that there are very appropriate dependent functions within nursing practice. But I also am committed to the fact that nurses must be intelligent, knowing thinkers and are responsible for a realm of independent functioning within their role.

"The 'new nurse' is resultant of many contributing factors. The current role emerges partly as an outcome of the

NURSE, page 3

Kiwanis supports MMC's Burn Unit

Division 22 of the Kiwanis Council of Maine has donated \$1,169.50 to the Maine Medical Center's Burn Unit. The money was raised in a cooperative effort by the seven clubs in the Division: Portland, South Portland, Pride's Corner, Westbrook, Windham, Old Orchard Beach, and Sanford.

The check was presented last week to Maine Medical Center Chief of Surgery Richard C. Britton, M.D., by Ralph Johnston, Lieutenant Governor of Council 22; Norman Mitchell, Portland Kiwanis Club; and Merle Porell, Sanford Kiwanis Club.

The donation is earmarked to subsidize television viewing for burn patients who can't afford the rental. Many burn victims spend weeks in the hospital, and need some stimulation and relaxation. According to Dr. Britton, "television will benefit the mental health of long-term patients, providing a therapeutic service not covered in the hospital's daily room rate."



RICHARD C. BRITTON, M.D., Chief of Surgery, accepts a check for the MMC Burn Unit from Ralph Johnston, Lt. Gov. of Division 22 of the Maine Kiwanis Council. Looking on are Norman Mitchell of the Portland Kiwanis Club, left, and Merle Porell of the Sanford Kiwanis Club. (A/V Photo)



GRADUATES of an intensive four-week course in critical care nursing given at MMC are pictured above. Standing, from left: Lisa Carver, RN, Rumford Community Hospital, Rumford, Maine; Jacqueline Waterman, RN, New Gloucester, Maine; Eileen Perry, RN, Rutland Hospital, Rutland, Vermont; Robert Demarco, RN, Rutland Hospital; Kerry Lane, RN, Rutland Hospital; Katherine Fowler, RN, Rutland Hospital; Beverly Smith, RN, MMC-SCU; Elaine Enochs, RN, Osteopathic Hospital of Maine; Louise Stauble, RN, MMC-CICU; Joyce Bragdon, RN, MMC-Recovery Room. Seated, from left: Susan Hanchitt, RN, MMC-CICU; Margaret Nuzzolo, RN, Rutland Hospital; Lois Meyers, RN, MMC-R7, and Sandra Saucier, RN, Venice Hospital, Englewood, Florida. Not in the photo is Carolyn Koepke, RN, MMC-SCU.

(A/V Photo)

Chronic pain next topic in PBS series

The relatively new medical discipline of "pain management" is the subject for the next episode of public television's consumer self-care series *Here's To Your Health*, to be telecast Sunday, June 22, at 7:30 p.m. ET on MPBN's Channel 26. Since disease frequently is accompanied by pain, the medical community has recognized that full treatment means treating not only the causes of disease but also symptoms, the most distressing of which is pain.

Here's To Your Health will visit the pain evaluation treatment clinic at The University of Texas Health Science Center at Dallas to investigate the latest techniques used in alleviating chronic pain. Viewers will also see Dr. Raymond Courtin, director of the pain therapy association, administer a nerve block, a treatment which has had remarkable results in reducing the suffering of chronic pain victims.

Guest host Peter Graves will join co-hosts Drs. Al Roberts and Anne Race to explain the difference between acute and chronic pain, as well as discuss who should seek treatment for chronic pain, the pro's and con's of self-treatment, and the role of drugs in pain management. Also featured is a look at phantom pain, which is usually the result of limb amputation.

Bus may be answer to commuting blues

In a search for alternatives to commuting with a personal car, the bus is the first to enter the picture. Greater Portland's METRO bus system is a quasi-public corporation serving Portland, South Portland, and Westbrook with diesel-powered, 45-passenger buses.

All rides on the METRO are 40¢, including transfers (the only stipulation is that transfers not be used for round-trips). This means that for a daily round-trip from any point on METRO's route, the cost is 80¢. With gas at \$1.20/gallon, just a short car ride can be more expensive than the bus.

There are other reasons to take the bus, of course: no parking hassles or costs, no frustration with traffic, and time to relax on the way to and from work. With boarding points at convenient intervals, shelters at many locations, and a dependable timetable, the bus may be the most convenient form of transportation available to city-dwellers.

Several special services are available through the METRO. Certified Senior Citizens and handicapped persons can ride for half-price, and the Bus & Buy program gives you a free ride home when you take the bus to shop at a participating merchant.

METRO's biggest bargain is the \$15.00 monthly pass. At 80¢ per round trip, you break even with 19 trips, and the rest are free. Each month averages 20 working days, and with shopping and miscellaneous trips, the regular rider comes out ahead.

The Downtown Area Short Hop (DASH) is between Congress Square and Monument Square on Congress Street. You may ride the bus in that area at any time free, by asking for a DASH card when you board.

The METRO is a logical choice for any MMC day-shift employee living on the route. There is a boarding point outside the Bramhall entrance, and negotiations are underway to have a shelter built there. Arrival and departure times will fit any work schedule.

If you're curious, why not give it a try just one day? The first step is to call METRO at 774-0351, and talk to their Information Specialist. Tell them where you are, where you want to go, and what time you want to be there. They'll tell you which bus to catch and when. If you want to do some research first, the Public Information Office here at MMC has timetables and route maps.

NURSE, from page one
nurse practitioner or nurse clinician movement which extends the scope of the nurse's responsibility to include broader clinical and counseling functions with patients and their families as well as incorporates aspects of physical assessment and health management in their practice.

"There is also the 'primary nurse concept' which changes the relationship between the nurse and the patient," she said. "This relationship demands the ability to assess, make nursing care judgements, and organize, implement and evaluate the prescribed plan of care. Primary nursing allows for initiative, collaborative interactions, increased autonomy, and allows for initiative, collaborative interactions, increased autonomy, and greater accountability."

Ms. Stone listed rapid technical advances in clinical medicine as another factor underlying the changing nursing role: "The nurse is now expected to read and interpret cardiac rhythm patterns, manage a variety of parenteral feedings and supplements, monitor other life processes through either supportive equipment and/or laboratory analyses, and use the computer as a communication tool.

"If we take our futurists seriously at all, we know that to date technology has only minimally impacted on health care," she said. "Nurses will have to attain whatever level of sophistication that technology and other innovations in the health care system demand.

Other factors having significant bearing on the "new nurse," Ms. Stone



JUDITH T. STONE, RN, Vice President for Nursing, addresses the spring meeting of MMC Board of Corporators. (A/V Photo)

said, "are the pain and human anguish, the negative outcome of poor social situations or problems, and the nagging questions as to whether our herculean efforts for sustaining life are right. Each morning as I sit in report and hear the critical incidents of the preceding twenty-four hours, I marvel at the miracles of medical science, the resilience of the human body and spirit, and the magnitude of suffering which we harbor within these walls.

"I also marvel at the skill, resilience and magnitude of committed nursing care that is directed toward the satisfactory resolve of each individual patient experience."

And she emphasized the most constant factor of all: "I believe that caring has been and continues to be central to the nursing role. Should it be otherwise, it would cease to be nursing."



MEMBERS OF MMC'S BOARD OF CORPORATORS met in semi-annual session last week. (A/V Photo)

Racquetball party set for swingers

The MMC Women's softball team is sponsoring a racquetball party Saturday, June 21, at 7:30 PM, at the Tennis Racquet in South Portland. The cost, \$5.00 per person or \$10.00 per couple, covers one hour of court time, food, and entertainment. A cash bar will be open as well.

Advance reservations (before June 18) are essential to assure court time. Advance payment is required, and is non-refundable. For further information, call Anna Pierce at 2336.

CRTF is better than halfway to goal

Maine Medical Center Corporator Rudolph T. Greep, Chairman of the Cancer Radiation Treatment Fund, reports that gifts and pledges are now nearing the \$470,000 mark. The CRTF is raising money to fund the \$780,000 cost of the Southern Maine Radiation Therapy Institute's new 20 million-volt linear accelerator.

Mr. Greep reports that a recent mailing to former radiation therapy patients and their families has elicited a wide range of generous and thoughtful gifts, and community leaders and businesses continue to make their contributions and pledges as well.

For more information or to make a gift, contact the Development Office, 120 West Street, Portland, Maine 04102. Telephone: 871-2669.

**STAY HEALTHY, EVERYONE,
AND REMEMBER THIS DATE:**

JUNE 30, 1980

**THE SPRING BLOOD DRIVE
WILL BE IN CLASSROOMS 3 & 4
FROM 7:30 AM to 4:30 PM**

Marketplace

COTTAGE FOR RENT: On beautiful quiet lake, 20 mins. from Camden, 4 rms., sleeps 6, screened porch, fieldstone frpl., good swimming & fishing. \$130/wk prefer 2 week minimum. Call 1-236-2287.

FOR RENT: So. Portland. LR, 1 bdrm., kitchenette, modern bath, stove & refrig. newly remodeled. \$245/mo heated. Lease and sec. dep. Prefer woman. Ample parking, on 2 bus lines, 10 mins. to downtown, 5 mins. to Willard Beach. Call 767-3837 or 799-2511.

FOR RENT: Cape Elizabeth, 1 rm. apt. w/kitchenette, private bath, and private entrance. Telephone, lights & water included. \$200/mo., more during heating season. Call Jean Barker at 799-4462, keep trying.

FOR RENT: Longfellow Sq. area - 2 rms. & bath - ideal for professional or retired person, situated in secure brick bldg., convenient location, fully equipped and tastefully furnished. \$225/mo. includes heat and hot water. Sec. dep. & rental agreement. Call 774-9188.

FOR SALE: 75cc Suzuki Motorcycle, street & dirt equipped. 80 mpg. Call 799-4255 after 6 p.m.

FOR SALE: Moving - must sell: 1976 Mercury Capri, low mileage, 6 cyl., 4-speed, new exhaust, snow tires, AM/FM stereo with tape deck. Asking \$2,975. Call Bonnie at 854-5175 after 6 p.m.

FOR SALE: Smith Corona portable typewriter w/carrying case. Ex. cond. \$50. Call 773-5413.

FOR SALE: 1977 Subaru, 2 door, 50,000 miles. \$2,500. Call 797-0282 after 5 p.m.

FOR SALE: Fuego III fireplace insert, \$250. 12' aluminum boat (brand name) w/oars, \$150. Antique Sonora windup cabinet phonograph w/50 78rpm records, \$300. Call 657-2190.

FOR SALE: 1971 Chevy Impala, 4 dr., 46,000 miles. Ex. cond. 4 good tires, spare, snows. Needs some body work. 500. Call 773-6500.

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.

Contributors to this issue:

Wayne L. Clark, Public Information
Susan Hosmer, Public Information
Ella Hudson, A/V Resources
Charlotte Hurd, A/V Resources
Judy MacKenzie, A/V Resources
Bonnie Scarpelli, A/V Resources
George A. Drew, Print Shop
Henry J. Guidod, Jr., Print Shop

FOR SALE: Portland Stove Foundry "Morning Glow" airtight woodstove, \$180. Men's Schwinn 1976 Varsity Sport lightweight 10-speed bicycle, used very little, \$80. Call 929-5837 after 6 p.m.

FREE: Standard Poodle - black, female, spayed, intelligent, obedient, AKC registered. Free to a good home. call 767-3981.

WANTED: Good used high chair and car seat. Call 892-5516.

WANTED: Ride to and from MMC to Broadway in So. Portland. New to area, will pay for gas. Call Jodi after 5 p.m. at 799-4761.

WANTED: Housemate. Professional female to share house in Cape Elizabeth. Unfurnished bdrm. No pets. Call 799-7852 after 5 p.m.

Thanks...

I would like to thank all the employees who have given me a helping hand these five months I have been on crutches. Especially, I would like to thank the girls from the Switchboard, the Security people, and the Cafeteria girls.

Sincerely

Norma O'Brien
Switchboard

Last week, we printed an incorrect name in Grace Dec's "thank you!" Her thanks were meant to include Dr. Paul Meadows.

**what's
happening**

Maine Medical Center
Portland, Maine 04102

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

**FOOD SERVICE
EMPLOYEE OF THE WEEK**

is

MARY HAMEL
Dietary Aide - Cafeteria