

what's happening

Maine Medical Center
Portland, Maine 04102

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Vascular Lab aids diagnostic process

The Department of Surgery officially opened its new Non-invasive Vascular Laboratory to patient care in March. The lab, two years in the planning stages, is located near the Orthopedic and Surgical clinic areas on the Richards Building ground floor.

Available for both in-patient and out-patient examinations, according to Ferris S. Ray, M.D., director, Division of Vascular Surgery, the lab will "aid in establishing diagnoses of various vascular conditions, eliminate the need for invasive diagnostic procedures in certain patients, and reduce the use of hospital facilities in working up patients at a saving in cost and time to both the patients and the hospital."

The Vascular Lab is equipped with three pieces of equipment offering the following services:

Carotid Study Two procedures are performed: oculoplethysmography (OPG) and carotid phonoangiography (CPA).

CPA and OPG deal with the carotid arteries supplying blood to the head, blockage of which may lead to stroke. CPA locates "bruits," the tell-tale murmurs that signal the constricted arteries of arteriosclerosis, by means of a special microphone connected to an oscilloscope. OPG detects pressure changes at different points in the carotid system, which signify delayed blood flow due to artery blockage.

Arterial Study An Arterial Diagnostic Unit (ADU) operates on the Doppler ultrasonic principle to check the peripheral arterial system.

A sending/receiving unit in the form of a pencil probe emits ultrasonic vibrations which are reflected back to the unit.

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32nd Honor Night a blend of words and music

The 32nd annual Honor Night for Maine Medical Center was — like all before it — an evening devoted to people. People who had given five years of service to the hospital were on the guest list; 700 attended, comfortably filling the first floor function rooms of the Holiday Inn Downtown.

With the brief after-dinner program came an even more precise emphasis on the people who make MMC work. The invocation, given by The Reverend Marvin Milbury, Protestant Chaplain, was on behalf of the people who are "the healing team." President Edward C. Andrews, Jr., M.D., spoke of the various viewpoints from which others look at MMC. "When visitors see the size of Maine Medical Center, when they see the kinds of patients we care for and the kinds of diseases we deal with, when they ask, 'How come the quality of care remains so high,' the answer is: 'It's the people who work here."

John M. Daigle, MMC Trustee and chairman of the Finance Committee, spoke of the many chances bankers like himself have to serve on boards. "But never have I served on any board that has given me a greater feeling of pride than here at Maine Medical Center. The sense of real meaning to the community is tremendous," Daigle said.

Barbara Joyce, RN, gave the employee perspective on MMC. She noted that, while she worked on P6 which sometimes seemed to be "tucked away" from the rest of the hospital, she is certain that she and her P6 colleagues are no different from all who work with patients everywhere in the hospital: "While there are limits to our skill and technology, and we can't help everyone, we're sustained by knowing we've done the best we can."

One person called to the podium had not expected to be there. Sidney Grant, who works in the MMC laundry, will receive her pin for 45 years of service in a few weeks.

Then the dancing began: Tony Boffa and his band took over the evening, providing music for every taste and every style in dancing; they played on and on for those who chose to dance until nearly midnight.



HERE ARE SOME OF THE 700 who attended Honor Night last week at the Holiday Inn. For more pictures, turn to page 3. (A/V Photo)

Help with quitting comes in many ways

The consensus today is that almost everyone accepts the warning on the side of the cigarette package as true, and that the vast majority of smokers would just as soon quit. That's all well and good, but only a smoker or former smoker can understand how hard quitting is. Once the mind is made up, however, there are numerous ways to get the job done.

For the tough ones who wish to throw their cigarettes away with all the self-assurance of a Clint Eastwood blowing away the bad guys, "cold turkey" is the definitive method. The Walter Mittys among us, though, need a little or a lot of help. Fortunately, there are other possibilities.

Perhaps the closest to cold turkey is the use of graduated filter systems, offered by three major manufacturers. Each, with some variation in time, slowly reduces the amount of tar and nicotine that reaches the smoker's lungs. The idea is to reduce the physical dependence on cigarettes to the point where quitting is easier.

An individual "gradual withdrawal" program works for many; others need group support. Organized programs run the gamut from AA-style group reinforcement sessions to a \$450 five-day program of aversion therapy (with a money-back guarantee). The Seventh Day Adventist Church offers a five-day plan at low cost, and the American Cancer Society will conduct group therapy sessions for groups of 18-20 people. If interested in an ACS session, call the Medical Education Office (x 2111).

Individual withdrawal programs are best typified by the "I Quit Kits" available from Joyce Coburn, RN, in the MMC Employee Health Unit. Through positive thinking and a gradual reduction in smoking, combined with many other "tricks" and tips, the smoker plans to quit on a pre-determined target date. As with any program, the willpower of the smoker is the key, and Joyce is keeping tabs on those who have taken the kits.

Another, increasingly popular, method is hypnosis. This isn't the "magic wand" many people think it is, but if the will is there it can help. It's working for one employee we know of, and next week we'll take a look at this interesting and useful technique.

Food Service Department
EMPLOYEE OF THE WEEK

is
DOROTHY DAVIS,
Dietary Aide

Benefit supper for firemen's families

A baked bean supper — billed as "the world's largest" — will be held Saturday at the Stevens Avenue Armory in Portland to benefit the families of two fire-fighters who were killed last month.

The supper will be served from 4 to 8 p.m., and tickets are \$5 at the door. Proceeds will go to the Quentin-Cavallaro Fund, which is being administered by a local bank.

Scarborough firefighter William R. Quentin died when two fire trucks collided en route to a fire; Joseph C. Cavallaro, Jr., son of MMC evening nurse administrator Phyllis Cavallaro, RN, died fighting a Portland fire on March 24.

Masters program is open to Maine RNs

Maine is one of three New England states that does not have a Masters degree program in Nursing. The heavy demand from Maine RNs led Boston University in 1973 to start offering occasional courses at the University of Southern Maine. Students from New Hampshire and Vermont attend these extension courses as well.

Now, as a result of a three-year Department of Health, Education, & Welfare Outreach grant, BU will offer a full-scale Masters program in collaboration with the University of Southern Maine. There will be two areas of specialty: Community Health Nursing and Medical-Surgical Nursing.

Students will be admitted to the two-year, 60-credit program in September 1980 and January 1981. As a full-scale program it is designed for full-time study, but part-time study will also be available. Qualified candidates from Maine, New Hampshire, and Vermont are eligible to

PAR nurses convene at weekend workshop

The Maine Society of Post Anesthesia Room Nurses will hold an all-day workshop Saturday at Central Maine Vocational Technical Institute in Auburn. The program, "PAR Today," starts with registration at 7 a.m. Nurses from recovery rooms throughout Maine and several from New Hampshire and Vermont will attend.

Morning and afternoon sessions will include lectures, panel discussions and workshops presented by health care professionals from across the state. Maine Medical Center will be represented by pediatric surgeon Michael Curci, M.D.; staff development instructor Judy Thomas, B.S., RN; and nurse anesthetist Nancy Cross, RN.

President of the society, MMC recovery nurse Sandra Fairweather, RN, says Continuing Education Units will be awarded to participants; advance registration is required. For details call Pauline Bussiere, RN, at Central Maine Medical Center, 795-0111, or Sandra Fairweather at 871-2292.

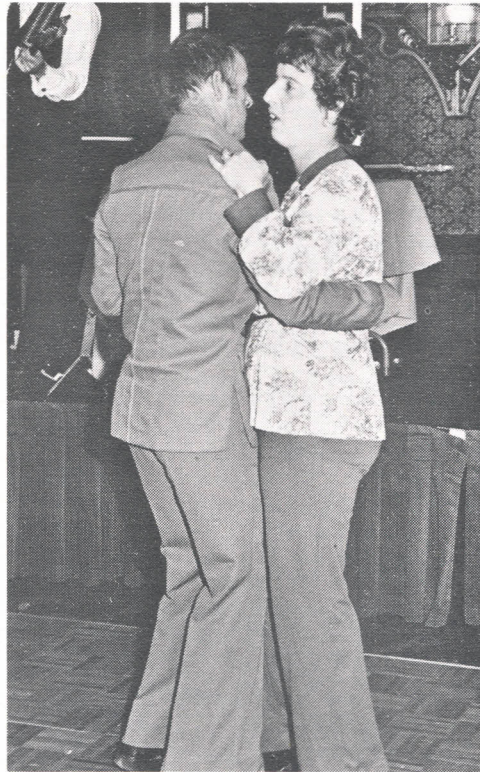
apply.

MMC Acting Vice President of Nursing Judith Stone, RN, feels that the program will build the pool of nurses who are academically prepared for teaching and leadership positions. Also, she says, as proficiency increases, so does efficiency, and the overall quality of the Maine nurse workforce will benefit.

The BU program will be administered by Project Director Dr. Evelyn Elwood, Assistant Dean of Graduate Affairs at the Boston University School of Nursing, and Co-Project Director Dr. Beatrice Dorbacker, an Associate Professor on leave from the University of Southern Maine. Dr. Dorbacker is currently surveying the geographic pattern of nurses wishing to be involved in the program, as a means of determining where in Maine the various courses will be offered.

More information on the program is available from Dr. Dorbacker's office at USM (780-4150) and from MMC Director of Nursing Education Linda Pearson, RN (x 2734). Linda will also arrange for Dr. Dorbacker to present the program and answer questions for groups of interested nurses.

Honor Night beat went on . . .



VASCULAR LAB, from page 1

The result is an oscilloscope display and printed strip indicating arterial pressures at any point on the body. The ADU also has the capability of producing EKG strips and EKG telemetry monitoring when indicated.

Dr. Ray notes that the ADU equipment was purchased for the lab with funds from the MMC Annual Fund.

The Vascular Lab is open Monday through Friday from 8:30 a.m. to 5 p.m. Kathleen Giobbi, RN, operates the lab, with back-up assistance from Pat Borchering, RN.

marketplace

FOR RENT: Western Prom, elegant, all elec., 3 bdrm. apt. LR, study, DR, kit, sunporch, deck, 2 frpls., 1½ baths, laundry & parking. \$525/mo. unheated. Adults. No pets. Call 774-1562.

FOR RENT: Meetinghouse Hill in So. Portland. 3 bdrm. colonial w/family room, fenced yard, garage and garden. Near bus line. July 1 occupancy. Call 799-5368.

FOR RENT: 4 rm. apt. in nice Portland neighborhood near Cheverus H.S. Heated, stove & refrigerator, parking, adults only, no pets, lease, sec. dep. \$300/mo., call 773-6175.

FOR RENT: Spring St. efficiency apt., private bath, utils. included, first floor, call 772-3117.

FOR SALE: In wooded & secluded Freeport neighborhood. 3 bdrm. Dutch Colonial on one acre of land with an addition that includes a studio apt. Call 865-3159 from 5-9 p.m.

FOR SALE: Custom-built house. Yarmouth water front neighborhood. Dock & deep water mooring privileges. Ready for late summer occupancy. Call 846-3939.

FOR SALE: Household articles: oak bdrm. set, pine DR set, 2 love seats, washer & dryer, miscellaneous articles. Call 772-1814 after 5 p.m.

FOR SALE: Infant carriers, front or back packs, available in corduroy, denim, or chamois. Also baby buntings in quilted fabric. Call 856-6527 eves.

FOR SALE: 1975 Malibu classic, power steering, automatic, air conditioning, AM/FM radio, corduroy interior, ex. cond. \$2900 or best offer, call 797-6798 after 5 p.m.

FOR SALE: Tires: 3 F78-14 blackwalls, ex. cond., all for \$15. Call 773-8050.

FOR SALE: 1977 Ford Pinto, 19,000 miles, PS, automatic, radio, no rust, undercoated, ex. cond. \$2575 or best offer. Call 797-8900.

FOR SALE: Large antique brass double bed, four-posted, mushroom caps, cleaned professionally, \$500. Call 774-1096 after 5 p.m.

FOR SALE: Kelvinator electric stove, ex. cond. \$100. Call 773-4949.

FOR SALE: 7 wooden two patient wardrobe storage cabinets, approx. 3'x7', please submit bids to Heidi Luce in Materials Management (x 2868).

FOR SALE: 1975 Suzuki motorcycle 75 cc, 80 mpg, 600 original miles, will include cover and helmet, \$600, call 799-4255 after 6 p.m.

WANTED: Round-trip ride to Washington, D.C. area week of April 20. Ref. required. Will share expenses. Call 725-8944 after 5 p.m.

WANTED: Housemate to share home in Buxton, 20 mins. from Portland. Call 929-6473.

WANTED: Third person to share large apt. near MMC, quiet, private, parking, avail. June 1. Call 773-0703 or 772-0243.

WANTED: Ocean front summer rental for family of five. Will rent for one or two weeks in July, may be able to sublet for the entire month. Contemporary facilities req., with cooking utensils and bedding provided. Prefer Boothbay region. Contact: Peter Gerace, 21 Lane Rd., Pelham, N.H. 03076, (603) 635-7442.

FREE: 11 week old lab/setter puppy, shots started, call 773-8097.

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.

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Memorial fund

A group of friends and former colleagues in the Housekeeping Department are seeking gifts to the "Diabetes Class and Clinic Fund" in memory of Mary Zsiga, long-time Assistant Housekeeper, who went on a leave of absence in 1976. Mrs. Zsiga, a diabetic, died in Cleveland on March 8. Gifts in her memory should be given to Pat Drown, Denise Hetu, or Mabel Knowles in Housekeeping or sent directly to the Development Office in the Thomas House.

Scholarship help for MMC nurses

Maine Medical Center personnel enrolled in nursing programs are eligible to apply for scholarship assistance from the Scholarship and Loan Committee of the Department of Nursing. Applications are now being taken for consideration at the mid-June meeting of the committee.

Forms and guidelines are available in the Staff Development office and further information may be obtained from Lois Bazinet, RN, CCRN (x 2397). Deadline for application is May 15.

LPNs to meet

Division 7 of the LPN Association will hold its monthly meeting at Portland City Hospital on Monday, April 21 at 7:30 p.m. Guest speaker will be John Senton from Community Health Services.

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