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Published for the employees,
medical staff and volunteers of
Saint Cloud Hospital

February 1988

Center Scan

We are proud to introduce our newest publication, Center Scan. Published bimonthly, the purpose of this publication is to provide our employees, medical staff and volunteers with timely, newsworthy and educational information about the hospital's programs, services and staff. The name, submitted by Kevin Krueger in therapeutic recreation, was chosen because it emphasizes Center, as in regional medical center and centers of excellence, and Scan, taken from a former employee publication called Scanner. If you have any comments or questions regarding this publication, call Diane Hageman, public relations and development at ext. 5652.

MRI service begins at hospital

Now there is a new, safer method for physicians to see inside the human body. It is magnetic resonance imaging (MRI), the most advanced internal viewing instrument to date.

"MRI uses a strong magnetic field rather than X-rays to make the fine-line anatomical drawings found in medical textbooks," according to Dr. Roberto Ang, a neuroradiologist on the hospital's medical staff who specializes in magnetic resonance imaging. This magnetic field is 30,000 times the strength of the Earth's and is used in conjunction with radio waves to cause hydrogen atoms or other selected elements in the body to give off faint signals. The signals are then picked up and computer-

processed into various three-dimensional image planes.

Saint Cloud Hospital has been using and jointly leasing a mobile MRI unit with St. Paul Ramsey Medical Center, St. Paul, and Methodist Hospital, St. Louis Park, since mid-November. The unit is at the hospital every Friday and every third Saturday.

"These images are of such amazing clarity and detail that we are able to pinpoint brain abnormalities, identify problems of the spinal column, the heart, abdomen, and other organs and tissue masses," Ang said. It can also create greater image contrast between some soft tissue—such as gray and white matter in the brain

MRI . . . continued on page 4

Employees encouraged to become "benefit wise"



The New Year brought new benefits for Saint Cloud Hospital employees. To encourage employees to learn more about the benefit program modifications the human resources department developed the theme "Benefit Wi\$e."

"It is important for employees to improve their understanding of the benefits in order to take advantage of the program and use their benefits wisely," said Trudy Knoepke, manager of compensation and benefits.

All employees who qualified for benefits received a benefit package which is to be used as a reference for employees' benefit questions. A benefit enrollment card included in the package enabled employees to re-enroll for existing benefits and enroll in new or modified plans.

New benefits have been added to the dental plan, life insurance and the tax deferred annuities (TDA) plan.

Employees enrolled in the dental plan will see an increase from 80 to 100 percent coverage of preventative services which includes exams, X-rays and cleanings. Employees' dependents are also now eligible for dental coverage. Coverage for dependents will include 100 percent of diagnostic and preventative exams with no deductible; 80 percent of basic services, such as fillings, root canals and bridges; and 50 percent of major services, such as crowns, bridgework and dentures. The basic and major services coverage require only one annual deductible for both plans. The dependent dental plan was added to

the benefits program "in response to employees' requests," Knoepke said. The added coverage "fills a gap in our program."

The supplemental life insurance plan will be offered to new participants rather than the decreasing term life insurance. The new plan provides term life insurance at low group rates for employees during the time they work at SCH.

Another benefit for full-time, part-time and reserve part-time employees is tax deferred annuities (TDA). Participants in the TDA plan contribute a portion of their salary before taxes are deducted. The money saved in the TDA is not taxed until it is withdrawn from the plan. In most cases participants withdraw at retirement.

"benefit wise" . . . continued on page 5

Sister Paul Revier leaving position

She is a lady who is fondly known for her unbridled enthusiasm, sincere interest in patients and employees, and of course, her handwritten notes.

She is Sister Paul Revier and on March 19 she will step down from her position as senior vice president of patient care services.

She will take time to reflect and relax during a period of monastic renewal. "I will have the opportunity to take some classes, attend cultural events, and participate in the monastic life at our Motherhouse, the Convent of St. Benedict in St. Joseph. I will also work part time wherever I am needed.

"I think it may be unsettling for people to hear that I don't know exactly what I will be doing in the future," Sister Paul said. "I want to be open to whatever the Spirit calls me to do in the next phase of my life."

The decision to leave Saint Cloud Hospital was made by Sister Paul last summer during an extended vacation. "It was a wonderful experience and gave me time and space to reflect on my personal and professional growth needs," Sister Paul said in a written statement to hospital personnel.

"We do everything in the context of our vows and our monastic commitment. I thought and prayed about this for a long time as well as conferred with others."

Sister Paul first came to Saint Cloud Hospital as a nursing student in 1951. She has worked at the hospital as a head nurse or administrator since 1958, except for a brief period when she served as an operating room supervisor in Ogden, Utah; one year to earn a nursing degree; and two years to earn her degree in hospital administration.

"I have spent most of my professional career right here at Saint Cloud Hospital," Sister Paul commented. "I have been here for a long time and my roots are very deep."

Sister Paul has had a long and distinguished career at Saint Cloud Hospital. She has played a major role in several important projects including: the development of quality assurance, hospice/home care and guest relations programs; the transition to becoming a smoke-free hospital and the Afghan patient project.

Coordination of the Afghan patient project is one of Sister Paul's most recent accomplishments. She oversaw the committee which planned a variety of activities including the provision of food, clothing, medical services and companionship for the patients, Abdul Afiz and Dur Mohammed. "Sister Paul was able to organize a diverse group of individuals and keep our meetings productive," said Sister Boniface Salm, nutri-

tion services. "She showed a unique ability to start the meetings on time, end them on time and still accomplish our objectives."

This ability to organize has been a benefit in several aspects of Sister Paul's personal and professional relationships. "Sister Paul and I have grown up together in our administrative capacities at Saint Cloud Hospital," said John Seckinger, senior vice president of corporate services. "I have appreciated her efforts to help me become more organized. When I think of her, four words come to mind: kind, caring, dedicated and organized."

Her enthusiastic attitude has given Sister Paul a reputation as a "doer." "Whatever the situation, Sister Paul would always say 'Let's do it' and forge ahead," said Mary Buhl, director of quality assurance/risk management, in reference to the difficult process of getting compliance to new quality assurance standards. "She would always try to remove the

Sister Paul has always been one to join in the fun at hospital activities.



bureaucratic barriers that might hinder change."

Sister Paul's dedication to patient care is well-known throughout the hospital. "Sister Paul has been a cheerleader on behalf of our patients," said John Frobenius, president. "She has had an extremely significant and positive influence on the hospital during the time I've been here. Her leadership, enthusiasm and continued personal growth have been of tremendous value to the hospital and its patients."

Her commitment to patient care goes beyond words. "Even with her busy schedule, she still takes time to visit patients," said Sister Boniface. "She also is willing to help out when needed. I remember when Sister Paul was head nurse in the medical unit. It was the first day of centralized tray service and we needed help. She not only pureed baby food but stayed to help serve in the tray line.

I thought this was especially commendable since Sister Paul does not particularly care to work with food."

One notable "Sister Paul trademark" that will be fondly remembered is the many handwritten notes she sends to people throughout the hospital. "I got used to deciphering them," said Barbara Brown, manager of volunteer services. "We all did over a period of time, but we are still amused by them. Sister Paul is very good natured about this."

Sister Paul expressed the hope that as people remember her, they remember the philosophy of the Benedictine order she has devoted her life to. "I hope people will continue to be inspired by the dedication and values of all the Benedictine Sisters who founded and served in this hospital during the past 100 years.

"As Saint Cloud Hospital moves into a new and exciting future, this commitment to the Benedictine phi-

losophy will continue. I am confident that the board of directors and our executive team hold these values very dear."

"What is important is not the written philosophy of the hospital," she continued, "but each person acting as a 'living word' carrying out that philosophy. The values of love, compassion, hospitality and kindness are what we want to persist in the hospital. I also hope my presence here has helped a little more love and friendliness to be passed from person to person."

Sister Paul herself is a 'living word' of that philosophy. "One of her strengths is her support of the people working in this hospital," said Brown. "She often takes the time to stop and tell our volunteers how much their services are appreciated. She is very personable and I think this makes an important difference."

Anna M. Blonigen

Hospital building's anniversary plans underway

The present Saint Cloud Hospital building, lauded by local newspapers in 1928 as "the most gigantic task of construction in the history of St. Cloud," will be 60 years old on February 9.

To celebrate this milestone, a commemorative display will be dedicated in the hospital's main lobby February 11 at 9 a.m. Historic photographs and newspaper clippings will acknowledge the many contributions of The Sisters of the Order of Saint Benedict, physicians and staff in the continued evolution of health care in St. Cloud.

Sister Paul Revier, senior vice president of patient care services, has taken a personal interest in the project. She is coordinating the display and planning its dedication. "You have to understand the past to appreciate the present spirit of the hospital. The dedication and commitment our staff exhibits today is a continuation of that begun by our predecessors," Sister Paul said.

A look back at the past will confirm what the Benedictine Sisters and the architects planned for the future when they chose Saint Cloud Hospital's design and location.

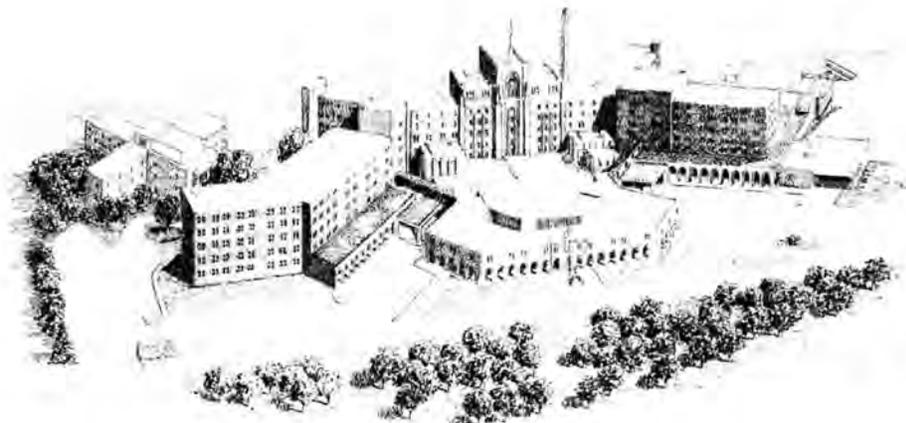
The architects, Schmidt, Garden and Erickson of Chicago, planned and constructed the building from 1926 to 1928. The initial building was designed to accommodate two additional wings as well as a convent, nurses' home and buildings for various auxiliary purposes.

Over the years, these plans and more have been realized through numerous additions to the hospital campus: the nursing school (Health Systems Institute) in 1945; the convent (North Annex) in 1964; the

northwest and southwest wings in 1968 and 1970; the critical care unit in 1982; and the medical office building in 1987.

Schmidt, Garden and Erickson also predicted the continued usefulness of their design. "Tried and trusty materials have been assembled in a new way, a modern way. Twenty or fifty years from now the equipment may change and be replaced, but the building will still be modern, still be new."

Anna Blonigen



Heart healthy habits pay off

Cupid will draw back his bow and zing many hearts in February as Valentine's Day is observed once again. Celebrations of the heart take many forms on this amorous holiday as love is epitomized by red valentines and greeting cards.

It seems fitting that February is the month to highlight healthful hearts of sweethearts young and old. Research about healthy heart maintenance has provided much information to help people live happy and full lives.

"Maintaining a healthy heart is not difficult," said Bernie Maus, registered dietitian for Health Systems Institute. "It is a matter of knowing what's in the food you're eating and disciplining yourself to exercise regularly."

The National Institute of Health reports that lowering elevated blood cholesterol levels will reduce the risk of heart attacks due to coronary heart disease. The first step in the treatment of high-risk and moderate-risk blood cholesterol is nutrition therapy.

Begin your nutrition therapy by reading food labels. Saturated fats, which raise the body's cholesterol, are contained in many foods such as snack crackers, non-dairy whipped topping and non-dairy creamers. If coconut oil or palm oil is listed as one of the first three ingredients, the food is high in saturated fats. Companies may advertise products to be cholesterol-free but by reading the label, wise shoppers will find saturated fats and animal fats listed.

"Four to six ounces of meat or meat substitutes provide adequate protein for one day," Maus said. "Meats should be lean and prepared by baking, broiling or roasting. Some meatless meals such as vegetarian lasagna or fish are also excellent ideas for a healthful diet."

"There has been much testimony about the value of fiber in our diet. Especially nutritious are whole grains, brown rice and bran. The American Heart Association is a reliable resource for anyone wishing more specifics about cholesterol

readings, healthful heart maintenance and even recipes."

Twenty minutes of aerobic exercises at least three times a week is best for a person who is at an average body weight. Aerobic exercise of this magnitude works the heart muscle and is not intended to be used for weight reduction. For weight reduction, exercising more frequently and for a longer period of time is necessary.

"Heart disease is responsible for more than 550,000 deaths in the United States each year. This is more than for all forms of cancer combined," Maus said. "This is the reason we must pay attention, first of all, to our fat intake, secondly to our body weight and last but not least, we must value aerobic exercise."

Do you want to be someone's healthy valentine? By taking inventory of your lifestyle and enjoying heart month to the fullest, you will be doing something extra special for yourself and your loved ones.

Anaclea Martina

MRI . . . continued from page 1

—than is possible with other forms of imaging instruments.

"Magnetic resonance scanners can image parts of the body previously hidden from view by bone," Ang said. "Because it looks right through bone to the marrow it aids in the diagnoses of diseases which affect the bone marrow."

Magnetic resonance imaging allows physicians to detect small lesions which cause strokes, and plaque from multiple sclerosis much earlier than C.T. scanning. It also monitors inflammation of the spinal column or bone marrow.

For the safety of the patients, each person is carefully screened before undergoing a MRI test. "People who work with metal, such as machinists or welders, and those with pacemakers,

intracranial aneurysm clips or are in their first trimester of pregnancy will not qualify."

"The MRI procedure is painless and can usually be completed in less than an hour," Ang explained.

Patients lie on a motorized table. This table slides inside a large cocoon-like frame which houses a powerful magnet. The interior of the frame is lighted and ventilated for the patient's

comfort. A special intercom and television keep patients in direct contact with the MRI staff during the scan.

Several sets of MRI scans are usually done during this time. Each set of scans takes five to fifteen minutes. During the imaging process, the scanner produces a slight tapping or pulsing sound. This is the only noise, usually no sensation accompanies it.

Diane Hageman

Dr. Roberto Ang, neuroradiologist, studies the screen which displays images with amazing clarity and detail.



Employees find trip to Guatemala exciting, rewarding

Thirty surgical cases in five days. For any medical team that's a pretty rigorous schedule.

But that's what a team of seven medical professionals from St. Cloud managed to accomplish while they were in Chajul, Guatemala in mid-January. The team consisted of Saint Cloud Hospital employees Jerry Chisholm, C.R.N.A.; Dr. Gary Boeke, anesthesiologist; and Bill Reay, pharmacist; and four people from Mid-sota Plastic and Reconstructive Surgeons: Dr. Paul Schultz, Dr. Paul Heath, Mary Susan Schultz and Bernie Lindmeier.

For the three hospital staff people it was a very positive and reward-

ing experience. The 30 cases performed ran the gamut from cleft lip and palate repairs to pediatric hernias to the removal of cysts.

Jerry Chisholm described the village of Chajul as "very primitive" but felt the medical facilities "were better than expected—we had a brand new operating room!" And he likes to use this example when describing the team's innovative approach to tackling a tough situation: "We needed to remove a fairly large calcium deposit from the top of a person's foot so we cold sterilized a hammer and chisel and removed the deposit!"

Dr. Boeke viewed the trip as

positive in three ways: being able to help people in need; enjoying the team effort that was put forth; and working with the Wycliff missionaries and translators who were very helpful throughout their stay. "There was not one negative experience during the whole trip. It was so rewarding to see all the hard work and planning pay off."

For Bill Reay "it was the most touching experience of my life. They have virtually nothing except the love of their families. We were welcomed with open arms by the local physician and the people of the community. They were so gracious and very thankful. I am so glad I was able to be a part of this effort."

All team members paid for their own trip and donated their services. Supplies were contributed by Saint Cloud Hospital and other medical companies. The three staff members are anxious to return Guatemala and hope to make it an annual event.

Diane Hageman



Seven St. Cloud medical professionals went to the small village of Chajul, Guatemala to provide medical care. They are pictured with five native translators and Wycliff missionaries. From left to right (beginning with the sixth person from the left): Bernie Lindmeier, Jerry Chisholm, Dr. Gary Boeke, Mary Susan Schultz, Dr. Paul Schultz, Dr. Paul Heath and Bill Reay.

"benefit wise" . . . continued from page 1

Lincoln National Pension Insurance Company was added as part of the TDA program in order to provide more saving options for employees. Lincoln National was chosen because "they have aggressive programs for people who are willing to risk more for a possible greater return. They also have a strong customer service orientation for participating employees," Knoepke described.

The medical plans have undergone revisions in an attempt to control the costs of the program. In original negotiations with Blue Cross/Blue Shield, a 32 percent rate in-

crease was included. The hospital and employees would have had to absorb these cost increases to continue to fund the program.

The increases were avoided by restructuring the medical coverage into two plans: the Blue Cross/Blue Shield Base Plan and the Aware Gold Limited Plan. "The Aware Gold Limited is very similar to the old plan. The difference is the \$10 co-payment per physician visit and the added \$100 deductible for inpatient services at any hospital other than Saint Cloud Hospital." The Blue Cross/Blue Shield Base Plan also has a \$100 co-payment for patient service at another hospital.

Several existing plans that provide pre-tax benefits to the employees in addition to the TDA are the premium option plan and the medical and dependent care expense reimbursement plans.

Contributions to all benefit plans are made in bi-weekly payments to assist employees with budgeting. A full statement of deductions from an employee's pay and contributions made by the hospital for 1987 direct benefits were given to employees along with their W-2 tax forms.

Dondi Schwartz

Mini Scans

Family Birthing Center construction continues

Construction of the 28-room Family Birthing Center is proceeding on schedule. The first stage of renovation is complete and the labor area will be moved to the new rooms to allow for renovation of the present labor rooms. The entire project should be completed by July 1988.

Cardiac surgery to begin in April

Plans for cardiac surgery continue to progress smoothly. Some hospital personnel including RNs, nurse

anesthetists and cardiac catheterization staff members are going through training at Abbott Northwestern Hospital. Cardiac surgeon Dr. Michael Buch will begin performing heart surgery in April. Beginning this summer, it is expected that angioplasty procedures will be performed as well.

All employees to attend AIDS workshop

Saint Cloud Hospital is requiring all employees to attend a four-hour informational workshop on AIDS. The dates are as follows: March 1, 2, 8, 15,

22, 23, 28 and April 5, 6, 13, 19, 20, 26 and 27. See your supervisor for program details. The workshop is being planned by SCH's AIDS Task Force.

Food drive planned for Nutrition Month

Once again the dietitians will be coordinating the third annual Saint Cloud Hospital food drive. Please bring non-perishable food items to the PDR during the month of March. Last year 183 pounds of food and \$100 were donated—let's set our sights at 200 pounds in '88!

Promotions

November 29, 1987–January 16, 1988

Amy Brand* promoted from registered nurse, intensive care unit, to supervisor, nursing

Susan Eckerman promoted from transcriber trainee, 6 south, to transcriber.

Patricia Hooper promoted from endoscope cleaner, outpatient services, to processing and sterilization attendant.

Karen Kierzek promoted from licensed practical nurse, post anesthesia care unit, to graduate nurse, post anesthesia care unit.

Janice Springer promoted from registered nurse, emergency trauma center, to medical clinician, nursing

Jan Stellmach promoted from licensed practical nurse, 5 northwest, to graduate nurse.

Mary Porwoll* promoted from secretary, alcohol & chemical dependency unit, to psychometrist, counseling center.

Kevin Heim promoted from pharmacy technician trainee to pharmacy technician.

Brenda Ackerman promoted from receptionist/secretary, administration office, to administration specialist.

Victor Dingmann promoted from store-room clerk to senior store-room clerk.

Sandra Hedin promoted from medical

transcriptionist, medical records, to supervisor, medical transcription.

Sonya Mingo promoted from occupational therapist to senior occupational therapist.

Sally Blair promoted from transcriber trainee, 6 south, to transcriber.

Beverly Deppa promoted from viewing room clerk, radiology, to nursing assistant, nursery.

Karen Sauer promoted from junior physical therapy orderly to senior physical therapy orderly.

Laverne Schreifels promoted from office clerk, billing & collections, to general office cashier.

*Will work both positions

This space is provided for our readers to offer input on this publication. We are looking for employees to feature in each issue of Center Scan. We also want to offer our readers the opportunity to communicate with administration. If you have any suggestions please fill out either section of the form below and return to the public relations and development department.

FEATURED EMPLOYEE

Name _____ Department _____

Reason for nomination _____

Your name _____ Extension _____

ADMINISTRATIVE QUESTION

Question _____

Your name _____ Extension _____

center scan

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Center Scan is published bimonthly by the public relations and development department for the employees, medical staff and volunteers of Saint Cloud Hospital. Any comments or questions should be addressed to the editor.

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