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Beacon Light: May 1952

St. Cloud Hospital

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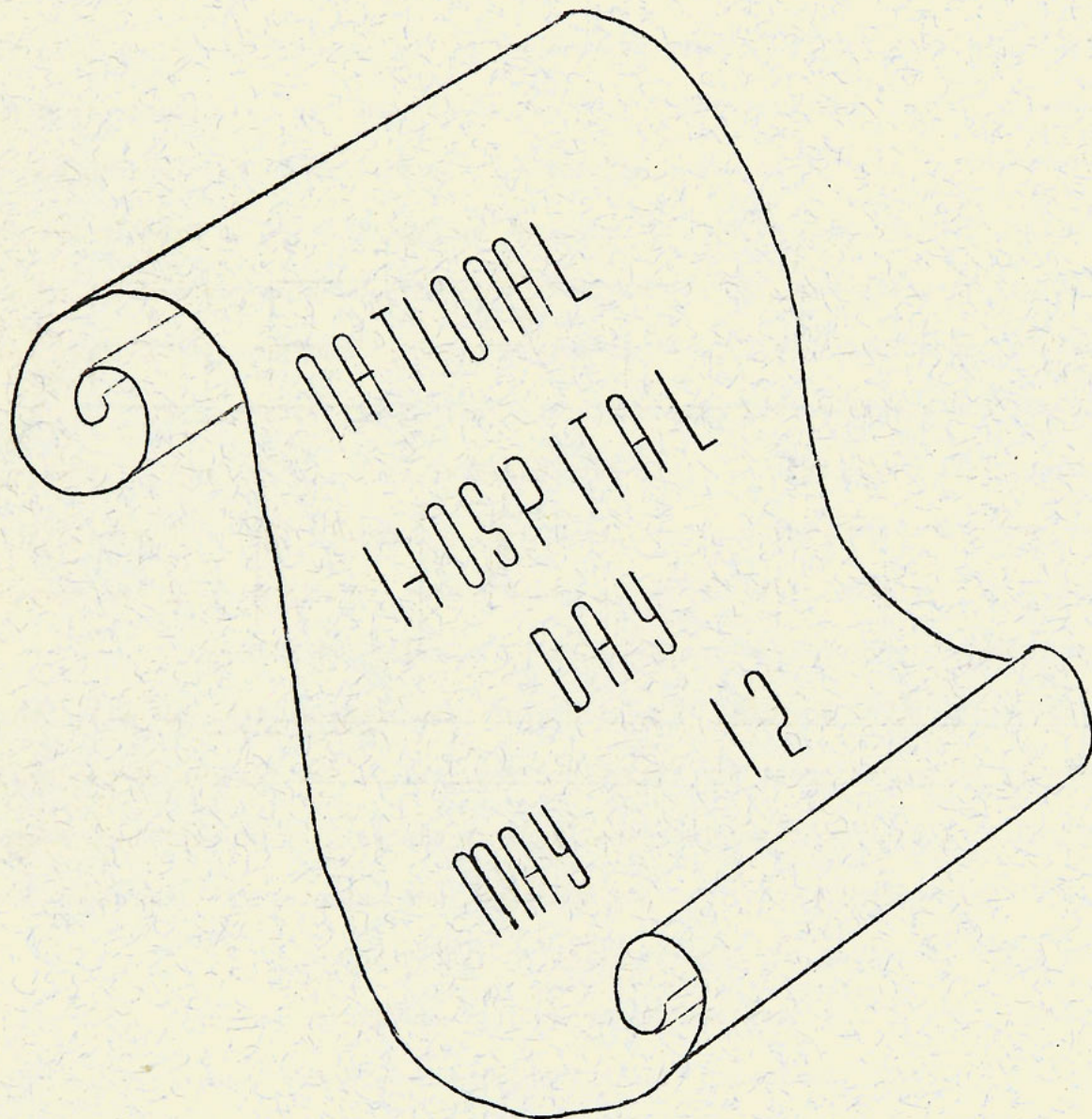
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BEACON LIGHT

Volume II Number 9

ST. CLOUD HOSPITAL

May, 1952



NATIONAL HOSPITAL DAY

National Hospital Day was instituted in 1921 for the purpose of acquainting the public with the human side of hospitals. The date, May 12, was chosen because it is the anniversary of the birthday of Florence Nightingale whose enthusiastic nursing service during the Crimean War led to the improvement of the hospital system in England and America.

Through visits to the hospital on National Hospital Day, people of the community may become familiar with the less spectacular functions of the hospital. Ordinarily our patients and visitors see us at work, with our sleeves rolled up, and it is in the very nature of our tasks that we may seem to them to be a little mysterious. On National Hospital Day, those of us who can be spared from our duties wish most of all to be seen as people. We wish to be seen and talked to as people with jobs to do, as people seeking an opportunity to explain the job so that it may be understood. For to us it is the daily routine performance of our tasks that is important. To us, it is the continuing availability to the community of all our services that represents the goal of our life's work.

To employees in a hospital, this day has a special significance. Hospital employees cannot be ordinary employees, but must understand the responsibility of a hospital, be sympathetic to its work, and share in the work of the Sisters, nurses, and doctors whose lives are given over to caring for others.

We dedicate this Hospital Day issue of the Beacon Light to all those who in any way helped to erect the St. Cloud Hospital. The Sisters of the Order of St. Benedict took upon themselves the huge responsibility of building, equipping, and staffing this structure. The building was not even finished when the depression years increased the already existing difficulties.

A special note of thanks to Sister Julitta and Sister Emerama, both still working here! Their unwavering faith in Divine Providence and their untiring

spirit encouraged those who worked with them. Had these Sisters back in 1926 not had the vision and courage that they did, St. Cloud could not now boast of having "one of the most beautiful and best equipped hospitals in the northwest", nor would we be able to begin another expansion project now.

Our sincere gratitude, then, to all who helped in any way to erect this edifice of which we are now so proud. A word of special thanks to you, our employees, for you with the Sisters make available to the community a 24-hour service of "Helping Folks to Get Well".

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The St. Cloud Hospital was established to provide hospital care to all sick and injured who come to seek relief. Specifically, the objectives of this hospital are:

- 1) To treat all who are sick with sympathy, kindness, and understanding, realizing that sickness and hospitalization may be a new and trying experience for them.
- 2) To exemplify to its fullest extent Christ's charity to all regardless of race, color, creed or economic status.
- 3) To provide adequate care to the patient and necessary facilities for this care.
- 4) To provide the medical staff with adequate facilities for the care of their patients.
- 5) To improve, by educational activity, the practice of medicine and nursing service.

MEDICAL STAFF

By the medical staff we mean the group of qualified physicians who are given the privilege of practicing their profession in the hospital. The appointment is made annually by the hospital's governing board. The medical staff annually elects its own officers, and designates certain of its members as chiefs of the various departments, such as surgery, medicine, and obstetrics. The staff organization assumes responsibility for the detail and result of the medical work performed in the hospital under, of course, the policies prescribed by the governing board of the hospital. While the medical staff advises the governing board about professional matters, the operation and maintenance of the hospital and the employment of personnel remains the responsibility of the hospital.

The medical staff meets monthly to discuss medical matters, and unusual cases (referred to by chart number and not by patient's name) are reviewed, with the result that the staff organization through this exchange of information becomes a medium for scientific knowledge, a major characteristic of the best medical practitioners. This pooling of information and experience through staff meetings in which, at present, 52 physicians and surgeons are eligible to participate, furthers this educational process - seeking always to raise the level of excellence in medical care.

St. Cloud Hospital is a member of the following:

Catholic Hospital Association
American Hospital Association
Minnesota Hospital Association
Minnesota Hospital Service Association
St. Cloud Chamber of Commerce

SISTERS

For 95 years the Sisters of the Order of St. Benedict have been citizens of the city of St. Cloud. All four hospitals that have taken care of the sick in this area since 1886 were built and operated by the Benedictine Sisters. Whenever a new and larger hospital was needed in St. Cloud, the Sisters built it. When new and finer equipment was needed for the care of the sick, the Sisters bought it. When there was demand for a training school for nurses, the Sisters started such a school - back in 1908.

The first hospital, called St. Benedict's Hospital, was formally dedicated on February 23, 1886, and still stands today as St. Raphael's Annex next to St. Raphael's Home. At full capacity, it held 15 patients. However, during the first month only two patients were cared for.

In 1890 the Sisters built a second time - this time St. Raphael's Hospital. That building today is part of St. Joseph's Home for the Aged.

In 1900 the Sisters returned to the site of their first hospital and built what is St. Raphael's Home.

The Sisters built a fourth time - in 1928. The St. Cloud Hospital was completed at a cost of \$2,000,000.

Now the Sisters are planning again. They know the need for more hospital beds in this area. As soon as the proposed addition to the nurses' home can be completed, forty more beds will be available in the St. Cloud Hospital, making a normal of 265 adult beds and 54 bassinets. It is hoped that construction can be begun in the early part of May of this year.

There are at the present time 76 Sisters in the St. Cloud Hospital engaged in various phases of work.

THE CHAPLAIN
IN A CATHOLIC HOSPITAL

Whether you are a doctor, nun, nurse, patient, aide or other employee in a hospital, you probably are aware of some but not all of the duties a chaplain has in a Catholic hospital.

Simply put, a hospital is a CATHOLIC hospital chiefly because of the presence and work of a Catholic priest in the hospital. The priest is important not so much because of his person, not because of his human make-up, but because of the powers of Christ which he received in Holy Orders - the power to change bread and wine into the Flesh and Blood of Christ at Mass, distribute Communion to the sick and to the well, forgive sins in Confession, give Extreme Unction to those in danger of death, baptize, and even administer the Sacrament of Confirmation under certain conditions.

All these wonderful supernatural powers the chaplain in your hospital carries with him wherever he goes, for he bears in his soul the indelible mark of Christ's priesthood. It is through him that Christ confers no end of sanctifying and sacramental grace on the patient, the nun, the nurse, and all others who come within his influence.

Specifically, what are the duties of the chaplain in a Catholic hospital? His day begins when he rises at about 5:30 a.m. He offers Mass daily at 6 and then leaves the chapel to distribute Holy Communion to patients on all floors of the hospital. There is an average of 120 Communion every day on the floors. At any hour of the day or night, of course, the priest brings Viaticum (Holy Communion for the dying) anywhere in the hospital.

The chaplain's work is a 24-hour work; that is, he is on call at any time of the day or night. When he

leaves the hospital or otherwise goes beyond the range of the hospital bell system, he reports to the switchboard where he (or a substitute) can be reached in an emergency.

One of the chief duties of the chaplain is to hear confessions of patients and of hospital personnel who wish to go to Confession. Confessions of patients are normally heard in the evening between 6 and 7:15 p.m. On the maternity floor he hears confessions every Tuesday, Thursday and Saturday at 12:40 p.m. In emergencies, of course, he hears confessions at any time. Besides, at appointed hours during the week, he hears confessions in the chapel for hospital personnel.

Administering the wonderful, consoling Sacrament of Extreme Unction is where the chaplain reaches his climax in caring for the sick, for this Sacrament was specifically designed by Christ for those who are in danger of death. Through advice he receives from floor supervisors and other nurses, the chaplain learns about those who should be anointed with this powerful Sacrament.

Extreme Unction might be called the "hospital Sacrament" for in many cases it speeds the recovery of the sick and in other cases fortifies the soul for its departure from this world at death. It brings a noticeable calm and peace and contentment to both the patient and his relatives. Doctors and nurses alike testify to the change for the better in many patients once they have received the Sacrament of Extreme Unction or last anointing. It should be remembered that Extreme Unction is not to be postponed until the patient is actually dying. One of the secondary effects of this Sacrament instituted by Christ is to give strength to the body. Its primary effect, of course, is to give strength and spiritual grace to the soul.

Before a patient may receive Extreme Unction, he must be suffering from sickness or accident, or old age which puts him in danger of death. Serious illness of itself does not justify administration of this Sacrament.

Extreme Unction can be given, in emergency, even to the unconscious, for the person may have had the necessary intention and disposition for the Sacrament before he lapsed into unconsciousness. In such circumstances, Extreme Unction can even remit mortal sin provided, of course, the patient was sorry for his sins before becoming unconscious.

Even more, Extreme Unction remits virtually all of the temporal punishment due to sin. In other words, this wonderful Sacrament readies the soul for almost immediate entrance into Heaven once it departs from this world.

Because this Sacrament produces all these precious spiritual and even temporal blessings, no Catholic should fear to receive it whenever his physical condition is such that he should receive it.

Whenever a Catholic is dying or is in his last moments, the chaplain rushes to his bedside to say the prayers for the dying and to send the soul off to eternity with all the blessings and spiritual riches of the church.

The chaplain visits the sick not only in time of emergencies. He makes it a point to drop in for a visit with as many patients as he can simply to give his blessing, or otherwise console them or give them Christ's cheerfulness. Non-Catholics and Catholics alike welcome a brief visit from the chaplain, for they realize how important prayer is in their recovery. The purpose of the chaplain's visits to the individual patient is not to be any means to proselytize but to do all he can, depending on circumstances, to give that spiritual help which plays so vital a role in the recovery of the sick.

The Catholic chaplain, too, does much teaching in the classroom, principally to student nurses. He gives regular courses in religion and medical ethics to more than 150 students. He also instructs them to assist the chaplain in administering Baptism, Extreme Unction, Confirmation, etc. He acts as a spiritual director to the nurses and others in the hospital.

The chaplain is the chief spiritual authority and judge in the hospital. Where important points of medical ethics arise, for example in surgery or the delivery room, his moral judgments are to be followed by doctors and nurses alike.

The chaplain has a special responsibility, too, toward the lapsed Catholic who enters the hospital as a patient. Sickness, with God's grace, time and again quickly returns people to the practice of their religion. The chaplain assists in this repentance by making friendly visits to the fallen-away Catholic. The occasion arises, too, when he can make contacts with non-Catholics who show a definite interest in becoming Catholic.

If we would want to evaluate the work of a Catholic chaplain, all we would have to do is to remove the chaplain from the hospital for a week and see by contrast what would be missing in the way of God's blessings and graces to both the sick and the well in a hospital.

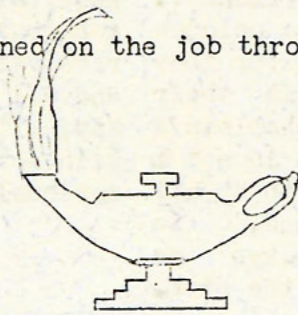
Any chaplain working in a Catholic hospital deeply appreciates the ready, generous and cheerful assistance he receives from Sisters, doctors, nurses and all others working here. Needless to say, without their help his work as chaplain and the work of Christ would be seriously handicapped.

EDUCATIONAL FACILITIES

No longer is the modern hospital only a place to care for the sick. Today one of the objectives of the hospital is to improve by educational activity the practice of medicine and nursing service.

The St. Cloud Hospital conducts three schools: the School of Nursing, the School of X-ray Technology, and the School of Medical Technology. The School of Nursing admits girls who are graduated from an accredited high school, who have a total of 16 credits and who rank in the upper half of their graduating class. Classes are admitted in September of each year. The two latter schools admit both male and female students. The School of X-ray Technology accepts students in September of each year. These students must be graduated from an accredited high school and must rank in the upper half of their graduating class. Physics is a pre-requisite. The School of Medical Technology requires a minimum of two years of college with specific science requirements. Students with these requirements are eligible for an 18-month course beginning in January and June of each year. Students with four years of college are eligible for a 12-month course beginning in November and June of each year.

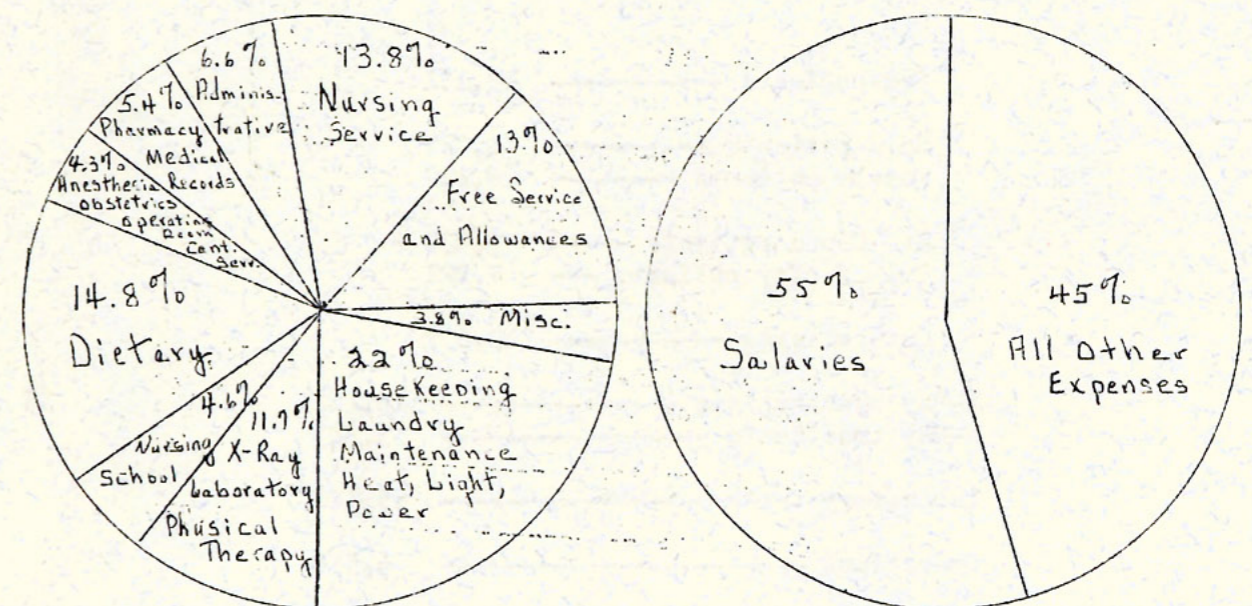
In addition to these three schools of formal training, the hospital has a planned in-service training program for the various fields of work. More than 60 professions and jobs are represented in our hospital. Some require specialized training and others can be learned on the job through a planned program.



THE HOSPITAL

Every community has its share of people who for years take their hospital for granted. It is only when a member of their own family is rushed to the hospital that the hospital to them assumes an important role. A hospital bed is one of the greatest assets of any community. Hospitals exist to take care of the sick and injured in their hours of need. The hospital family - that group of doctors, nurses and other personnel who work together as a team - combine their training and talents to provide the best care and treatment that medical science has made available. From the engineers in the maintenance department to the technicians in the laboratory, all the skills and resources of the hospital are linked together to provide this care.

Every hospital is called upon to give its services to persons who cannot pay for the expenses incurred, or who can pay them only in part. This a hospital is happy to do - regretting that its ability to do this is limited by the demands of its heavy expenses. The following diagrams show the distribution of expenses at the St. Cloud Hospital during the year 1951,



Hospitals in this country have been saved from financial distress only because of the general high level of prosperity. Rare indeed is the hospital that can maintain itself by the revenue it receives from its patients. The deficit must be made up by endowment funds, community funds, gifts and bequests. Many hospitals are able to exist only because of the contributed services of persons who have given their lives to this work.

The hospital staff would like each citizen of the community to know what facilities are available in St. Cloud. To give the people an opportunity to see for themselves, the St. Cloud Hospital will have Open House on May 12 from 1 to 4 p.m.

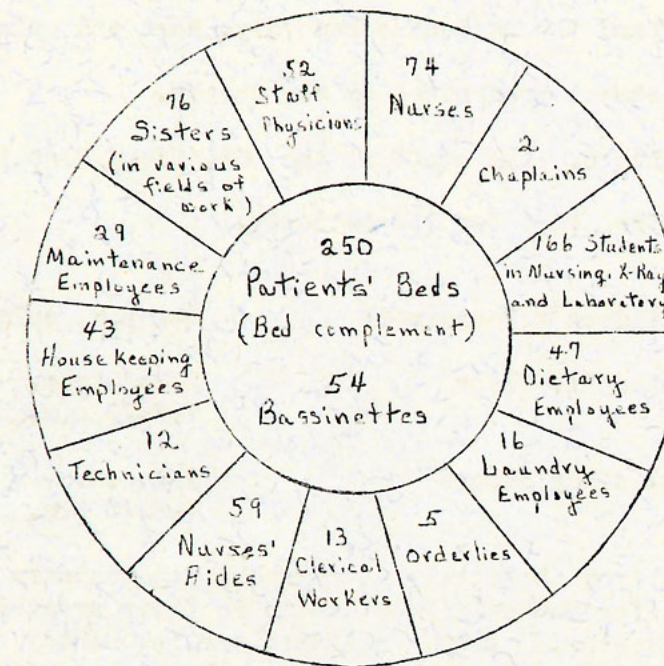
SURVEY OF HOSPITAL SERVICE
 St. Cloud Hospital
 1951

| | |
|--------------------------------|--------|
| Total number of patients ----- | 23,791 |
| Bed-patients ----- | 13,154 |
| Male patients ----- | 4,727 |
| Female patients ----- | 8,427 |
| St. Cloud patients ----- | 5,933 |
| Out-of-city patients ---- | 7,221 |
| Out-patients ----- | 10,637 |
| X-Ray examinations ----- | 16,462 |
| X-Ray treatments ----- | 3,343 |
| Laboratory tests ----- | 55,180 |
| Operations ----- | 5,538 |

THE PATIENT

The modern hospital is highly organized and complicated but it is very "human" in its concern and care of the patient. All of the people in this complicated organization are united in their efforts to speed the recovery of the patient so that he can return home quickly. The patient is sometimes called the "hub" of the hospital - the center around which everyone in the hospital operates.

The St. Cloud Hospital shows the following diagram as its patient-employee relationship.



On account of the expert use of drugs and highly developed techniques of diagnosis and treatment, the average patient today spends only eight days in a hospital whereas fifteen years ago the average stay was thirteen days.

The hospital is as important to the community as its fire department - ready day and night for any emergency. The patient is the emergency. Statistics indicate that one out of every eight people will receive hospital care during 1952.

VISITING HOURS

Hospitals are endeavoring to maintain the highest standards of nursing care in spite of many new problems which arise from day to day. So that the patients will always receive the best of care, it is necessary to plan carefully the entire schedule of the patient's day. Visiting hours are included in this plan.

Everyone will agree that there must be some sort of schedule but not everyone will be satisfied with the same schedule. The quick recovery of the patient is always the first consideration and the foundation of every regulation. One hour in which the sick person has been excited by too many visitors or by visitors who stayed too long may retard the patient's recovery. Rest and quiet are as necessary as any part of the treatment prescribed by the doctor.

Considering all things, the staff at the St. Cloud Hospital has adopted the following schedule as the best for its patients.

| | |
|-----------------------|----------------------------|
| Children's Department | 2-4 p.m. only |
| Maternity Floor | 2-3:30 p.m. 7-8:20 p.m. |
| All other floors | 2-4 p.m. 7-8:20 p.m. |

(Statistics from hospitals throughout the country show that children differ markedly from adults in their greater susceptibility to disease. Also, children are frequently carriers of communicable diseases although they may not be suffering themselves. It is for these reasons that children under the age of sixteen are not permitted to visit patients in the St. Cloud Hospital - to protect them as well as the patients.)

Within these hours and subject to the condition of the patient, visitors are welcome. Except in the case of the patient too ill to see anyone, visiting hours provide a helpful diversion to the monotony of a long day in bed. The primary

objective is to make the patient well again. To reach this objective the following general recommendations are made for visitors.

Quiet is very necessary in a hospital. Visitors are urged to avoid all loud talking and laughing for there may be in the next room a patient who is critically ill.

To avoid fatigue to the patient, visitors are requested to stay ordinarily not more than 30 minutes, nor should there be more than two visitors at the same time. It is suggested that visitors do not sit on the patient's bed, and that their conversation be not exciting, but cheerful and free from reference to illness or other anxieties.

Anyone who has been exposed to colds or to any infectious disease should delay the visit until there is no danger of passing it on to others.

The smoke from a cigar or cigarette may not be noticed by visitors but may cause distress or discomfort to patients. It is requested, therefore, that visitors refrain from smoking while in the hospital corridors or rooms.

If these recommendations seem stern or arbitrary, consider each one of them in the light of the patient's welfare. Remember, rest is one of the basic requirements in getting well.

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 * HOSPITAL DAY PROGRAM *
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 * There will be open house at the hospital *
 * May 12 from 1 to 4 p.m. with Student *
 * Nurses serving as guides for the tours. *
 *
 * The Tech Band and the Cathedral Drum *
 * Corps will perform on the lawn in *
 * front of the hospital between 1:30 *
 * and 3:30 p.m. *
 *
 * All babies born in the St. Cloud Hos- *
 * pital on May 12 will receive free *
 * hospital care. *
 *

CITIZENS OF TOMORROW

The hospital is considered the safest place in the world in which to be born - safest for both mothers and babies. Nine out of ten babies born in this country are born in hospitals. One entire floor of the St. Cloud Hospital is set apart for these new citizens and their mothers.

Nurses who are specially trained and experienced in maternity and infant care staff the maternity department. The delivery room is equipped with a resuscitator which is used to revive the asphyxiated infants and to establish normal breathing. A new type of resuscitator, called an Oxygen Air Pressure Lock, is on trial in the department. It is considered to be a life-saver. Only one problem is yet not solved --- "how to pay for the machine?"

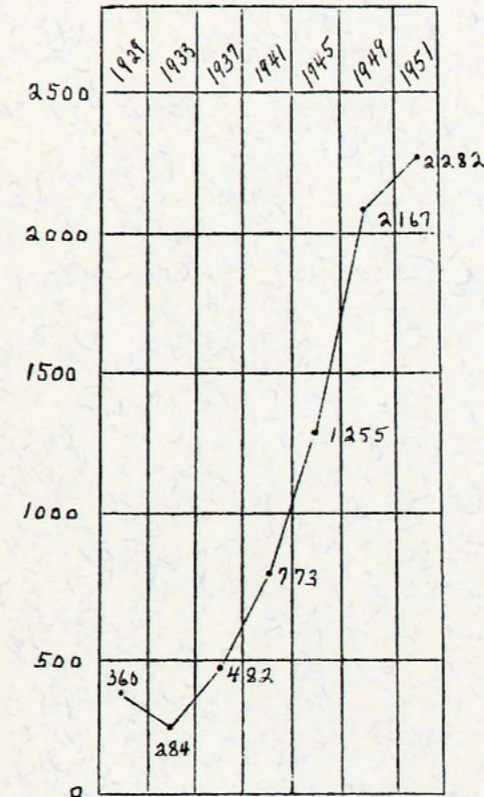
To insure proper identification, the nurse fastens a bracelet of beads spelling the family name on the infant's wrist before he is taken from the delivery room. Before he is admitted to the nursery where he is weighed and bathed, the baby is shown to the father.

In the nursery, bassinets are ready to receive the newborn babies. Incubators equipped with oxygen await those born prematurely. Specially prepared formulas get babies off to a good start.

So that prospective mothers and fathers may have an opportunity to see what facilities are available at the St. Cloud Hospital, a tour of the maternity department has been arranged. The first tour is scheduled for May 9, beginning at 7:30 p.m. Others are scheduled the second Friday of each month, beginning at 7:30 p.m. The members of the hospital staff hope that getting acquainted with the facilities and personnel will prove to be educational and enjoyable.

During 1951 over 1,000,000 babies were born in the hospitals of the United States. Every year for the last two decades the number of hospital births has increased. Literally, hospitals are the birthplace of the nation.

The St. Cloud Hospital bears out these statistics. The following graph shows the increase in the number of births at the hospital since 1929.



1951 Statistics

| | |
|-------------------------|------|
| Total number of births | 2282 |
| Number of male births | 1152 |
| Number of female births | 1130 |
| Number of twin births | 22 |

All babies born in the St. Cloud Hospital on May 12th will receive free hospital care.

