

4-1975

## Beacon Light: April 1975

St. Cloud Hospital

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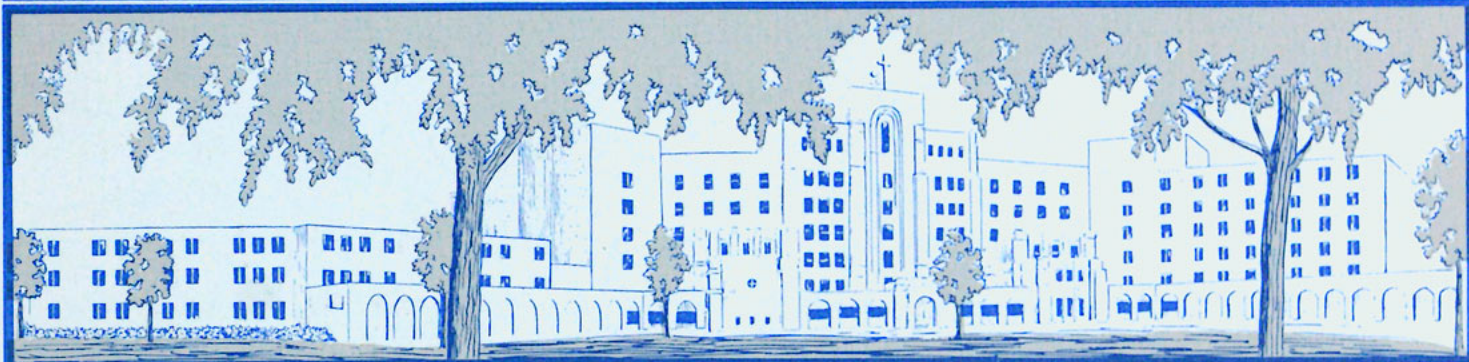
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# The St. Cloud Hospital Beacon Light



Volume XXIV, Number 76

April, 1975

## National Hospital Week

### Focus on Community Concern

Hypertension Screening is just one of the many activities being sponsored by the St. Cloud Hospital as it joins with the nation's 7,000 hospitals in observing National Hospital Week (NHW) May 11-17.

The programs being sponsored will reflect the NHW theme, "A CONSTANT CONCERN FOR A HEALTHY COMMUNITY."

"The hospital is a valuable community resource," Mike Becker, Rehabilitation Services Division Director said. Becker chairs the NHW committee with the assistance of Sister Marion Sauer, O.S.B., Admissions.

"Its concerns focus on keeping people well, as well as restoring their health," Sister Marion said.

During National Hospital Week, SCH will focus its efforts on showing how the hospital is involved with the community and how it is initiating patient education projects and developing programs to improve and assure quality patient care.

"The objectives of National Hospital Week are to encourage people

of the community as well as those closely involved with the hospital to take a closer look and learn more about the full range of health care services available throughout the community," Becker said.

In order to accomplish this objective, the SCH is sponsoring a variety of activities.

Hypertension Screening for the general public will be held at the Crossroads Shopping Center Friday, May 16, from 6-9 p.m. The screening will also be held for local service clubs throughout the week.

A number of exhibits to show the various services offered by the hospital will be on display Friday and Saturday, May 16-17 at the Crossroads Mall.

Dan Baumgartner, who chairs the in-house fair sub-committee, reports that more than 20 different areas of the hospital will be setting up informational displays in the Recreation Room. The fair will last from 6 a.m. to 7 p.m., Thursday, May 15.

According to committee member Esther Merkling, Employment, plans for the Recognition Dinner are almost complete. The Dinner honors the hospital's long-term employees.

"Through our observance of National Hospital Week, we hope to show some of the many diverse services available at the hospital," Becker said.

## Medical Staff News...



ABOVE: Dr. Robert Cumming, Director of Continuing Medical Education and Mary Buhl, Quality Assurance Nurse Coordinator, review information which has been prepared as a part of the hospital's Quality Assurance Program. The material is intended to document the various requirements of the newly legislated Professional Standards Review Organizations (PSRO) for SCH physicians. Distribution of the material has been delayed, however, since the Department of HEW has not definitely determined how many PSRO's will be operating in the state. Consequently, SCH does not know for sure, at this time, who will be conducting Professional Standards Review; the Twin City PSRO or a newly developed PSRO for northern Minnesota.

### Inside the Beacon...

Chaplain's Corner	.....page 2
Comment	.....page 3
Respiratory Therapy	.....page 4
PAC Rap	.....page 6
Recipe	.....page 7



# The Chaplain's Corner



by Sr. Georganne

Sr. Georganne, OSB

Alice P. Moss has written a poem entitled "God's Bank Ain't Busted Yet!" The poem talks about two women who suffered tragedy in their lives — one grieved greatly, the other was able to go on because her faith told her that "God's bank wasn't busted yet!"

At a time of sorrow or tragedy we find out how much our faith really means to us and even though we experience pain in our lives we believe and trust that God will stay with us.

Lest you forget may I remind you that we are still in the Easter Season — a time in the Church year that should call to mind that God truly loves and cares for us. The resurrection of His Son is proof that "His bank" has the grace we need for all that comes to us in our daily lives. The Son of God rose so that we, too, may one day enjoy eternal glory. Until that time, His grace is sufficient for us if we allow Him to be a part of our daily lives. Life could be so much less complicated at times, if we would allow God to be God. We would like to have all of the "why questions" we ask answered right away — there would be no need for faith then and we wouldn't have much need for "God's bank."

## Major Anniversaries

### 5 YEARS

Bernadette Regnier —  
Nursing Service, 2 North

Mary Dombrovski —  
Nursing Service, 4 North

Richard Kramer —  
Nursing Service, 2 South

Irene Karls — Central Service

Andrew Olson — Storeroom

Arlene Bratton — Admissions

Kathleen McMahon — Admissions

### 10 YEARS

Bonnie Loidolt —  
Nursing Service, 3 South

Mary Ann Seydel —  
Nursing Service, 5 North

Lois Frederickson — Purchasing

## Credit union news

by Perky Burke

**BIG NEWS!!! OUR CREDIT UNION NOW HAS ASSETS OF OVER ONE-HALF MILLION DOLLARS!!**

Five years ago, this would have seemed a totally unrealistic goal, except to the professional people managing our Credit Union, and far-sighted people like Mr. Knevel (SCH Associate Administrator) who realized the potential of the hospital employees to help themselves and each other.

A 5¼% dividend was again declared on all passbook share accounts held during the first quarter of 1975.

At this point in time, the Credit Union has money to lend its members — so if you're thinking of a new car, or a boat, or a vacation, and are short of cash — see the people at the office at 1532 St. Germain. They are eager and ready to serve you.

**AND IF YOU AREN'T ALREADY A MEMBER—JOIN!!! IT'S WHERE YOU BELONG.**

## Facts about hospitals

On any given day, 1.5 million Americans are patients in hospitals. More than 2.5 million of your fellow Americans are employed in hospitals.

## Staff Promotions

Linda Ederhoff, Aide in House-keeping, promoted to Supervisor Trainee, Housekeeping.

Susan Hoppe, Staff Occupational Therapist, promoted to Senior Occupational Therapist.

## COMMENT

by Gene S. Bakke  
Executive Vice President

### No "laissez-faire" for health care industries

Hospitals and nursing homes operate in volatile, dramatically changing times. This is true with respect to health care institutions not only concerning the sophisticated medical care they help deliver but also concerning their relationships with government. The health industry is already a highly regulated, extensively controlled industry, under many-faceted constraints. Hospitals and nursing homes as institutions are closely regulated just as are health practitioners and specialists. There is no "laissez-faire" environment for Minnesota health care facilities; no "unbridled entrepreneurship" for either institutions or professionals.

Any new service proposed by a hospital or nursing home must go through an elaborate certificate of need process before it can be implemented. Under PSRO and new utilization review regulations, only those patients who require care in an institution will be allowed to receive that care, in accordance with pre-established criteria and standards set by medical staff committees. The federal government will spend more than \$35 million this year to develop PSRO's to monitor the scope and cost of patient care being delivered. Inspections by state agencies cover every dimension of a health care institution's operation from building safety to nursing care.

Not only is the health field already highly regulated, but it is on the verge of receiving some fundamental, if not radical new directions from Washington — the spectre of national health insurance and the restructuring of the American health care delivery system. Already numerous bills to that effect have been introduced in Congress.

In the face of this massive federal intervention, the Minnesota legislature has before it several proposals which would add to the maize of regulatory mechanisms

already present, threatening to suffocate the system and render it impotent to meet the public's needs. One of them, Senate File 962, would give the state power to regulate and review rates and to approve changes in rates charged in Minnesota hospitals and nursing homes.

Two states have already moved in that direction. The Connecticut Commission on Hospitals and Health Care has set strict limits on increases allowed for salaries and wages and equipment. Hartford Hospital, the largest in the state, was recently refused permission to buy a \$350,000 electric brain scanner for diagnosing tumors. In Maryland, a newly created Health Services Cost Review Commission has frozen all hospital charges. In one case it even wanted to cut the nursing service-room fee charged by a suburban Bethesda Hospital from \$56 to \$52 per day.

Besides the rate review bill, the Minnesota legislature has before it proposals dealing with health planning, certificate of need, and catastrophic health insurance, among others.

The proliferation of additional and more stringent constraints with the duplication, confusion, waste, and dissipated energy that will accompany it can only result in higher patient costs for health care and reduce the quality.

It is hoped that the legislature, no matter how well-intentioned, will at least analyze and evaluate what regulatory mechanisms already exist, as well as review changes being made by the Federal government in the critical areas of health financing, planning and distribution of health services, before it acts. If it does not, its actions could very well do more damage to the health care system of the state than it would do good.



## Respiratory Therapy - - The Breath of Life

Emphysema, Asthma, Bronchitis: The damage they do can actually take your breath away! These lung diseases can now be treated by advanced therapeutic techniques available through respiratory therapy.

Respiratory therapy is a relatively new specialization at SCH. The department, sometimes referred to in the past as simply "Oxygen" has grown rapidly in the past few years to meet the ever increasing demands of both the hospital and the community.

SCH's Respiratory Therapy Department is staffed by 13 persons, most of whom are staff therapists or respiratory therapy trainees. It is up to this staff to handle the respiratory needs of the entire hospital, which includes responding to all emergencies with respiratory complications.

"We are a part of the team which responds to all cardiac emergencies, as well as all respiratory related emergencies," Duane Murray, Chief Respiratory Therapist said. "We support the Anesthesiologist by providing the proper equipment and service, and afterward, if the physician orders it, we put the patient on a Ventilator," he added.

A Ventilator is a mechanical breather which forces air into the patients lungs - sustaining him until he recovers enough to handle the breathing process himself.

Besides handling emergencies, the Respiratory Therapist uses modern equipment allowing a variety of tests and treatments to be done. One such piece of equipment is the Pulmonary Function Testing Unit.

"This particular machine can be used to diagnose respiratory problems to determine the extent to which heart or lungs are effected by measuring the lungs performance," Murray said.

"Information received is used to determine the lungs breathing capacity and whether or not that capacity is changing," he added.

Another frequently used treatment is the Intermittent Positive Pressure Breathing Treatment (IPPB). IPPB treatments force the patient to use the lungs more fully by using air pressure to help inflate them as the patient breathes. The treatment generally uses a mixture of air and oxygen, but it can be used with just one or the other, or with medicine for the patient.



Patients with lung diseases such as Emphysema, Asthma and Chronic Bronchitis are very often treated on the Respiratory Therapy Department's new tilting table. The therapist uses a "percussor" which vibrates the area around the patient's lungs - breaking up foreign particles which may have become lodged there. The tilt-table can then be positioned at an angle which allows the loosened particles to drain out of the patient's lungs.

The Respiratory Therapy Department handles an average of 80 treatments a day; they have handled up to as many as 120 in a single day. Most of the patients treated are in-house patients, but the Department does have an extensive out-patient program.

"In our out-patient program, we can schedule as many as 25 patients a day," Murray said. "Most of the cases handled on this basis are of the chronic obstructive lung disease type," he added.

Obstructive lung diseases include such diseases as emphysema, asthma and chronic bronchitis. The treatments received for these diseases help loosen foreign material in the lungs, enabling the patient to breathe easier.



Pam Miller, Respiratory Therapy Aid, Duane Murray, Chief of Respiratory Therapy and Flo Theisen, Respiratory Therapy Aid, (l-r) practice on the new manikin called Resusci-Annie. Annie is used jointly by the Continuing Education Department and the Respiratory Therapy Department for training staff members in Cardio-Pulmonary Resuscitation. According to Murray, the three main techniques taught with Annie are: how to clear the airways of a person who has stopped breathing, how to ventilate a patient by forcing air into the lungs, and how to restore the circulation of blood going through the heart. Annie has been in service since the first of the year.

## New radio frequency aids E-OP patient care.

The St. Cloud Hospital is now participating in a statewide Emergency Medical Radio system which allows it to have a direct communication link with incoming emergency vehicles.

"This system really benefits the patient," Betty Turck, E-OP Head Nurse said. "The ambulance can radio ahead as far away as Princeton and let us know they are on their way."

"This allows the Emergency Room staff to make the necessary preparations for the patient by having the proper medical equipment and facilities ready and waiting for him," Turck added.

The new statewide radio frequency is a part of a plan being initiated by the State Board of Health. The new frequency allows major area and regional medical centers to communicate with any other participating unit in the state with no interference from other radio broadcasts.

"The new frequency is much better than the old one," according to Turck. "The old frequency was shared with many other ham radio operators and agencies whose messages were picked up by our equipment. Now we receive only those broadcasts which pertain to medical emergencies," she said.

A telemetric system to transmit cardiac signals could also be installed along with the radio system, and is technically possible now. The feasibility of installing the telemetry system is currently being studied by several local agencies including hospital representatives and a local service club.

Through Telemetry, the patient's heart rate could be monitored by trained, qualified staff members at the hospital. Instructions regarding the patient's care could then be

transmitted directly to the ambulance or emergency vehicle.

Eventually, the State hopes to tie in the Emergency Radio Frequency with a statewide emergency telephone number.

"With this system, all a person would have to do in case of an emergency is dial a specified number on his telephone. This would put him in contact with a dispatcher who would then contact the proper agency or agencies to handle the emergency," Turck concluded.



Betty Turck, Emergency Out-Patient Head Nurse, takes a call on the Emergency Radio system which is now operating on a new statewide frequency. The new frequency carries only those messages which are directly related to the hospital.



The Gift Shop Committee of the SCH Auxiliary met last month to formulate plans for the future operation of the Gift Shop, which is now under Auxiliary management. Plans were made to attend the Gift Show which was held in Minneapolis, March 15-16. Seated left to right are Mrs. Betty Bakke, Mrs. Barbara Pappenfus, Mrs. Ann Dull, Mrs. Pearl O'Link, Mrs. Marilyn Odenbreit, Gift Shop Manager, Mrs. Ardelle Mueller and Marie Hoppert, Volunteer Director.



## SCH a "challenging and rewarding place to work"

After 25 years of service, Lena Hagen has retired from SCH.

Lena began her medical career as a Night Supervisor in 1950. She became an instructor for the School of Nursing in 1952, and in 1958, the Director of Nursing Service. Lee held that position until 1961 when she took on the duties as Assistant Director of Nursing. In 1972 her title was changed to Nurse Clinician and then to Quality Control Nurse. She retired as a Supervisor.

During her 25 years at SCH, Lee saw the hospital expand under its 14 million dollar renovation program. She was one of the few nurses who saw SCH grow from its original 300 beds to its present 524 bed capacity.

"I've enjoyed working at the St. Cloud Hospital immensely. I found it to be a challenging and very progressive place to work," Lena said.

"In spite of its tremendous growth in recent years, SCH has been able to remain a 'People' oriented hospital. Not only for the patient, but for the employee as well," Lena added.



Lee Hagen, Nurse Supervisor, visits with Gene S. Bakke, Executive Vice President, at her retirement party, held last month. Over 300 people came to visit Lee and wish her the best of luck in her future endeavors. Lee has retired from SCH after 25 years of service.

## PAC Rap

by Jeanne Eveslage

Congratulations are in order for all the PAC Representatives. During a recent at-random survey throughout the hospital, it was discovered that our fellow employees are quite well informed about the PAC and its activities. This is great, because the PAC's function is to act as a means of communication between the hospital personnel.

The PAC has recently formed a new travel Committee called the PAC "R&R Committee." With this in mind, everyone contacted was asked if they were aware of the April 5-6 trip, and everyone was. Suggestions for future trips were also taken. Many varied answers were received, such as, New York, Las Vegas, San Francisco and the Caribbean, which was by far the most popular because of its warm climate.

The PAC is very interested in knowing more about what other employees think of our new "R&R Committee." Voice your opinions — pro or con — to your PAC Representative. This will help us decide whether the committee is a worthwhile endeavor.



Ozzie Brixius, Orderly, celebrated his 34th anniversary with SCH last month. In a letter of appreciation to Gene S. Bakke, Executive Vice President, Ozzie reflected on his 34 years as an orderly and what they have meant to him. "34 years — When I started in Nursing Service, it was begun with the simple thought of caring for the ill. In doing this, all the technical and professional skills available are utilized to benefit the human personality and enable the dignity of man." Above, Ozzie receives congratulations and a longevity paycheck from Dale Stein, Director Nursing Division. Also pictured are Carol Borman, Assistant Director Nursing Service, left, and Connie Moline, Director Nursing Service, right.

## "Capping" set for April 27

On Sunday, April 27, 69 Freshman students from the Saint Cloud Hospital School of Nursing will participate in their "Capping" exercises at St. Paul's Church, at 2:30 p.m.

"Capping" climaxes the end of the Freshman year. During the next academic year the students will begin gaining more clinical experience on the hospital's Nursing Units.

During the ceremony, 60 female students will receive their traditional caps and capes. Nine male students will receive their Caduceus Pin and a red corsage. The Caduceus Pin is the traditional symbol of the physician.

Father Stangl will be performing the 2:30 Mass. Mrs. Maureen Brinkman and Miss Tekkla Karn will present the capes; Sr. Sandra Meek, O.S.B. and Mrs. Phylliss Herranen, Instructors, will perform the "Capping." "Candles" will be presented by Sr. Mary Jude, O.S.B., School of Nursing Director, and the music will be performed by Jeff Johnson and Mary Hughes.



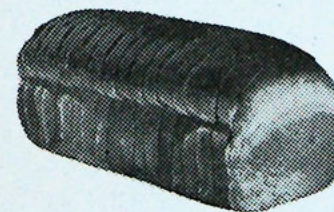
St. Cloud Hospital nursing staff members are improving their ability to more fully understand patient needs through Problem Oriented Charting (POC) classes. "The POC system provides more pertinent information about the patient by indicating any problems a patient may have, and whether they are caused by his illness or his environment," Carolyn Andrews, Education Coordinator, Nursing Services said. The program consists of four units. Each unit can be covered by an hour long class session. In the first unit, the concept

of Problem Oriented Charting is discussed. The class takes an active part in the second unit by acting out the patient interviewing techniques. The actual writing of problem lists is begun after the third unit, and total implementation takes place following the fourth unit. The 6 North nursing unit has already completed the program and the staff on 2 North, floats and orderlies are currently taking the classes. Carol Andrews is pictured with one of the many visual aids used in the program.

## FROM THE ST. CLOUD HOSPITAL KITCHENS

This month's recipe for Rye bread has long been a favorite of the staff at SCH. Try it! It will become your favorite too.

### ST. CLOUD HOSPITAL RYE BREAD



2 cups	Cool Water
2 tablespoons	Sugar
1 oz.	Yeast
2 1/2 teaspoons	Molasses
	Caramel Coloring (optional)
1/2 teaspoon	Shortening
3 tablespoons	Rye Flour
2 cups	Flour
4 1/2 cups	Potato Flakes
1/4 cup	Salt
2 teaspoons	

1. Combine in order given.
2. Mix until flour is completely mixed in and dough leaves bowl clean. Place in greased bowl.
3. Allow to rise 1/2 hour. Punch down.
4. Allow to rise another 1/2 hour. Punch down.
5. Divide dough in half. Form loaves and place on greased baking sheet. Brush with shortening.
6. Allow to rise 1/2 hour or until double.
7. Bake in 350 degree oven 45-55 minutes or until done and nicely browned. Makes 2 — 1 lb. loaves.

**Beacon Light**

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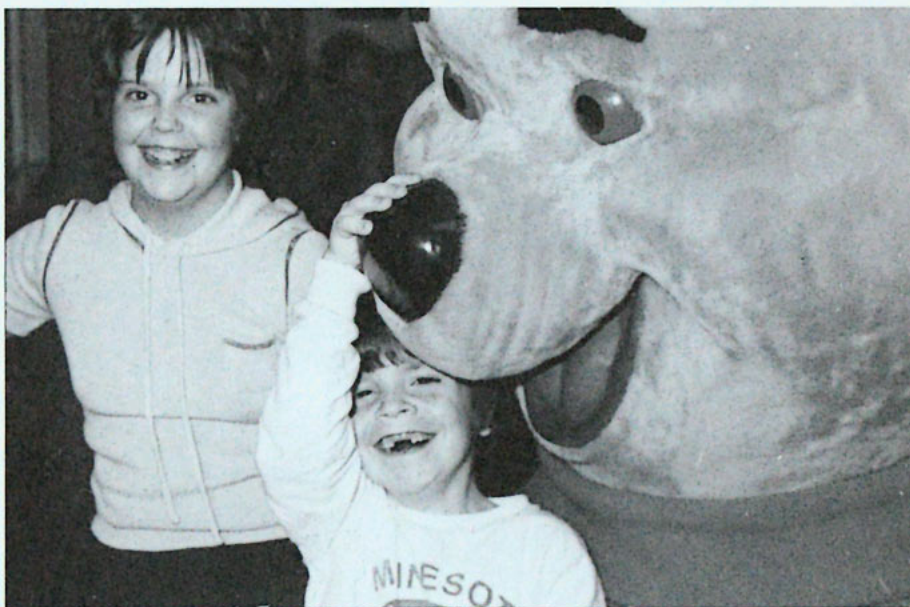
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## SCH contributes to blood drive

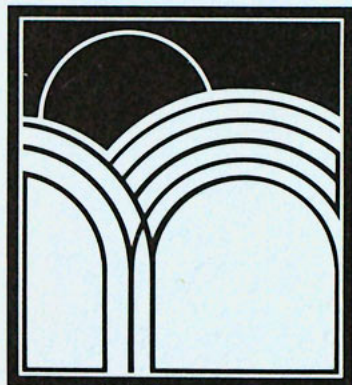
The hospital's Blood Donor Committee recently received a congratulatory note from the American Red Cross for its effort during the community's latest blood drive. A total of 959 donors registered from the St. Cloud area. Of that figure, 120 (12%) were SCH employees, 47 of whom were first time donors. SCH's turnout was described by the American Red Cross as "Tremendous." Not only were there a record number of donors from the hospital, but several staff members and students volunteered their time to work at the bloodmobile.



Winnie the Pooh took time off his busy schedule at Sears Roebuck and Co. to visit the children on SCH's Pediatric Unit last month. Jonathon Schwartz, an SCH patient, and his sister were on hand to give Pooh a big hug. Pooh visited with the children for about 20 minutes.

## OUR RECORD OF SERVICE

	Admissions	Births	Operations	X-rays	Lab. Tests	Emergency Out-patient
February, 1975	1,318	129	572	4,244	24,014	1,013
January 1, 1975 to Feb. 28, 1975	2,792	259	1,208	8,920	51,768	2,080



national  
hospital  
week  
may 11-17  
1975

a constant  
concern  
for a  
healthy  
community

**Beacon Light**

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