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Beacon Light: May 1976

St. Cloud Hospital

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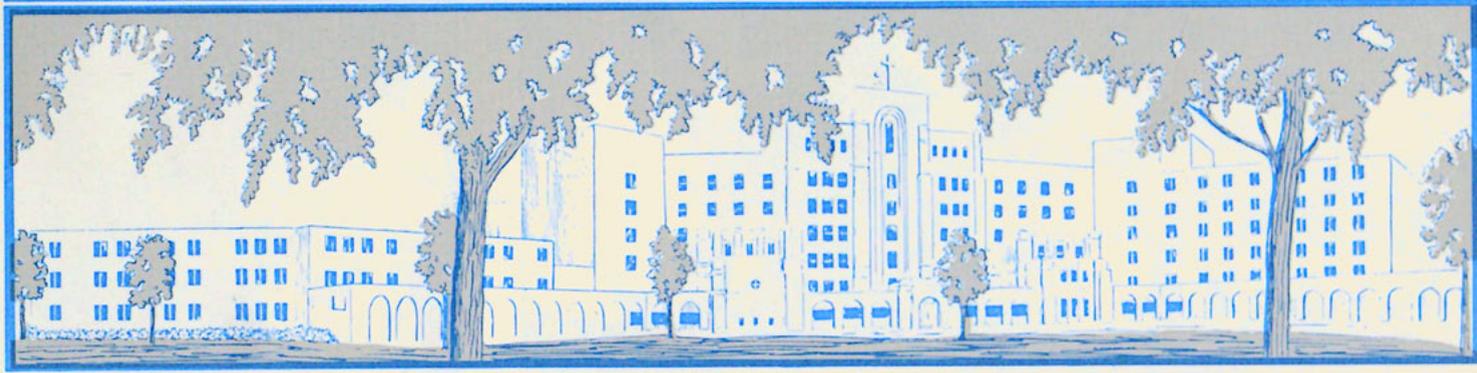
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The St. Cloud Hospital Beacon Light



Volume XXV, Number 9

May, 1976

Medical Staff News . . .

Knowing what to do, when to do it; Important in emergency situations

"Knowing what to do in an emergency medical situation saves time and helps to insure prompt medical attention," David M. VanNostrand, M.D. said. Dr. VanNostrand is a member of the St. Cloud Hospital's Medical Staff and chairs the Emergency Out-patient Department Committee of the Medical Staff.

"The first and probably most important thing to do in the case of an accidental injury is to decide whether the injury is severe enough to warrant professional medical attention," Dr. VanNostrand said. "Here, the best answer is, 'When in doubt, call'."

"The first call should be made to your family physician," Dr. VanNostrand emphasized. "Many acci-

dental injuries can be handled in the physician's office."

"If the physician's office is closed, or if the injured person has no local family physician, the call should be placed to the hospital's Emergency Room," he said.

"The next step, on the spot treatment, should be handled only by those who have a knowledge of first aid," Dr. VanNostrand emphasized. "Improper first-aid can very often do more harm than good."

"The three most common injuries occurring in the summer include lacerations, burns and broken bones," Dr. VanNostrand added.

"To stop bleeding, direct pressure should be applied to lacerations with some sort of clean cloth, gauze or bandage," Dr. VanNostrand said. A tourniquet should almost never be applied to stop bleeding."

"In order to lessen the pain of a burn, a cold, moist compress should be applied to the injured area — not a jelly or cream compound," he advised. "Ointments usually do not relieve the pain of a burn, and make the wound harder to clean before treatment."

"Broken bones should be left absolutely alone," Dr. VanNostrand



David M. VanNostrand, M.D.

warned. "Attempts to reset them will only make the physicians job harder, and could make proper resetting of the bone impossible."

Emergency situations need to be handled with speed and accuracy. Knowing what to do and when to do it will help take the worry out of summer recreation.

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Happy the Clown is pictured above talking with two of the 435 children who visited the Crossroads Happy the Clown Display during the National Hospital Week. Happy was played by students from the School of Nursing.

Recapping National Hospital Week

National Hospital Week activities eventful

The Saint Cloud Hospital's National Hospital Week events centered around the theme, "Healthy Birthday America." According to Sr. Marion Sauer, O.S.B., Admissions Director and chairman of the Hospital Week committee, the activities sponsored by the hospital were quite successful.

"The Heimlich Maneuver demonstration attracted nearly 200 persons who learned a valuable life-saving technique," she said. "More than 600 members of the community were voluntarily checked for high blood pressure and 425 children visited with Happy the Clown."



Jerry Carlson, Speech Pathology Department Director, above left, observes Peggy Schutz, Speech Pathologist, as she works with a four year old patient to improve her ability to communicate.

Speech and Hearing Month

Speech Therapy: Focus on community service

At least 10 percent of all children and adults have some form of speech or hearing impairment, according to the American Speech and Hearing Association. Speech and hearing problems are the largest single handicapping condition in America.

"During May, National Speech and Hearing Month, we would like to focus public attention on the services available to the area's communicatively impaired," Jerry Carlson, Director of Speech Pathology Department said.

"Our department provides speech and hearing therapy to the Veterans Administration Hospital, and the



Celie Winkler, 4 North Nurse Aide, and Ozzie Brixius, Chief Orderly, are pictured top, after receiving their service awards at the Recognition Dinner. Celie received a diamond pendant, above right, for her 30 years of service and Ozzie received a wristwatch, above left, for 35 years of service.

Stearns County Day Activity Centers in St. Cloud and Cold Spring," he said. "We also have contractual agreements with many area nursing care facilities, act as a referral source for area head start programs, and have a cooperative service with St. Cloud State University in terms of student education."

Carlson works closely with Peggy Schutz, Speech Pathologist. Together, they form the Speech Pathology Department — a service provided by the St. Cloud Hospital in cooperation with the Minnesota Easter Seals Society. The department has been in operation for seven and one half years.

What is, perhaps, needed is a reassessment of the need for medical services on the part of everyone. Rather than immediately looking to the medical care system to relieve every ache, pain or discomfort, perhaps we ought to use those services as a last resort, and only when the need is clearly demonstrated.



COMMENT

by Gene S. Bakke
Executive Vice President

Medical Care; Geared to human needs

An issue that is currently receiving increasing publicity in the professional literature and the public media is the question of the effectiveness of medical care in this country.

Some claim, as does Ivan Illich in his book "Medical Nemesis," that modern medical treatment causes more damage than it does good, because of harmful side effects of drugs, unnecessary surgery and problems caused by physicians' ineptitude. The true advances in health, he says, have come about by changes in society such as better housing, better nutrition and better sanitation.

Another challenge to the effectiveness of medical care is its rapidly rising cost and the increasing slice of the gross national product that is spent for medical services. It is reasoned that an expenditure of 8.4% of the GNP in 1975 as compared to 5.9% ten years earlier ought to result in a proportionate statistical improvement in the people's health. The record shows that such has not been the case.

It is probably obvious that any effort to prove or disprove either of the above contentions would require more research and space than time or one page in the BEACON LIGHT will allow. However, perhaps a few general observations might be worth considering.

To begin with, the provision of medical care to people comes about almost exclusively as a result of spontaneous demand of the consumer, with little direct promotion on the part of purveyors of services. For example, there is a total prohibition of advertising on the part of physicians, hospitals and most other professional and institutional providers of health care, in contrast to other commercial products and services whose astronomical expenditures for space and time in the printed and radio-television media is specifically directed to the creation of consumer demand.

And while it can be truthfully said that purveyors of medical care have responded to consumer demand, rather than created it, there are notable ways in which consumer expectations of the medical system have been elevated to the point of regarding "miracle cures"

as commonplace and something to be routinely expected. The proliferation of medical melodrama on television, with as many as fifteen programs shown each week, project that idea.

The point is that the medical care system is geared to respond to human need, philosophically and legally. If people demand services, the medical care system must respond.

What is, perhaps, needed is a reassessment of the need for medical services on the part of everyone. Rather than immediately looking to the medical care system to relieve every ache, pain or discomfort, perhaps we ought to use those services as a last resort, and only when the need is clearly demonstrated.

Another approach that is intended to minimize the need for medical services is community education programs. Over the past couple of years, Saint Cloud Hospital has added a number of patient and public educational programs designed to help people to take better care of themselves and avoid as long as possible, the need for expensive hospital care. Some of these programs include Ostomy, Diabetes, Reach-to-Recovery, Total Hip, Cerebral Palsy, Asthmatic, and others. New programs in Cardio-Pulmonary Resuscitation, Poison Prevention, and Body Mechanics are being planned. The Heimlich Maneuver, a procedure to relieve choking victims, has been demonstrated to about 2,000 people in the community.

There are many other ways in which people can learn to use medical resources more judiciously, and effectively participate in the effort to control health care costs. There is a limit to the health care resources available, and to the amount of money that can be allocated to provide medical services. To control it will require the active participation of the consumer, as well as the purveyors, of medical care services.

One final point. Patients at our Hospital can be assured every conceivable method is used to provide efficient and effective care with built-in tests of quality, safety, peer review, systems analysis, budget control, patient care audits, etc., all of which will be the main topic of "Comment" later.

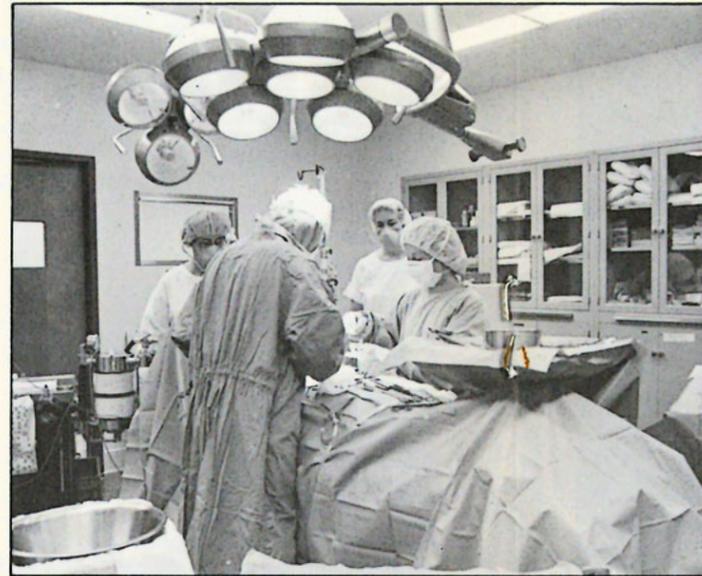
Pat Anderson, Housekeeping Aide, below, finishes making the bed of a patient's room on 2 North. Housekeeping personnel insure that all areas of the hospital, including patient's rooms, are always kept as clean as possible.



Bea Lines, School of Nursing instructor, is pictured above giving first year nursing students instructions on the proper application of Ace Bandage wraps.



Mercedes "Sadie" Brandl, Admissions Clerk, is pictured above attaching an Identification Band to an incoming patient. All patients receive Identification Bands from the Admissions Department before they are transferred to one of the hospital's Units.



The Surgery Department, far left, performed 7,113 surgical procedures in the Operating Room, and 2,760 surgical procedures in the Outpatient Department during 1975.

Joseph C. Belshe, M.D., Anesthesiologist, is pictured left, with School of Anesthesiology student, Dennis Kramer, adjusting a respirator for a patient in the Post-Anesthesia Recovery Room.

Nursing Services Division provides total patient care

by Harry J. Knevel, Assistant Administrator for Division of Nursing

The Nursing Services Division is primarily involved in fulfilling the major objectives of the hospital to provide direct care and treatment to patients in a manner which recognizes the whole person and ministers to the physical, psychological, social and spiritual needs of the patients. As such, the accountabilities of the Division include:

- To provide and assure quality nursing care to patients on nursing units, in surgery and anesthesia, reflecting the appropriate response and resource as a regional, referral center.
- To conduct a diploma nursing program in order to prepare students to be eligible for R.N. license examination and so as to effectively meet the nursing manpower needs in an acute hospital setting.
- To provide accurate, timely and comprehensive admitting information on all in and out patients.
- To maintain a clean, safe, comfortable patient environment and working environment for everyone who participates in providing care to patients either directly or indirectly.

The Division includes the departments of Nursing Service, Surgery, Anesthesia, Admissions, Housekeeping and the School of Nursing. It employs 625 persons, and operates on a yearly budget of \$6,473,970.

Mrs. Connie Moline, Director of the Nursing Service Department, the largest department in the hospital,

employs 606 persons involved in providing nursing care to patients on Medical, Surgical, OB-GYN, Nursery, Pediatric and Rehabilitation Units. In addition, the department is also accountable for the nursing functions in the skilled nursing facility - C & NC Unit. The newest service, remote telemetry, was expanded this year to provide for electronic heart monitoring of eight patients. Maintaining a staff of trained and skilled personnel is a vital counterpart to the operating and maintaining of sophisticated, electronic health care equipment in the modern hospital of today.

In the Surgery Department, Sister Mary Ellen Machtemes, Department Director, works closely with all the surgeons who practice at the Saint Cloud Hospital, and an employee staff of 36. The newest specialty, neuro-surgery, required substantial planning and coordinating to provide the necessary equipment, instruments and supplies. Equally demanding in expertise and sophisticated equipment is the Anesthesia Department. Eileen Stafford, Department Head, and her 22 employees are accountable for the Anesthesia, Post Anesthesia Recovery and the operations of the School of Anesthesia, until it is phased out in September, 1976.

Sister Marion Sauer, O.S.B., is the Director of the Admissions Department. Nineteen employees provide the admission services for approximately 17,000 inpatients and 43,000 outpatients annually. In addition, the Quality Assurance Nurse Coordinators function in this department by per-

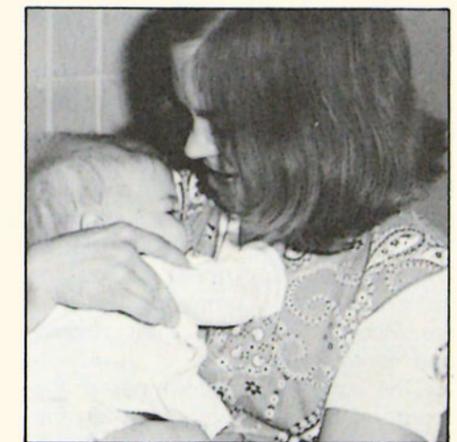
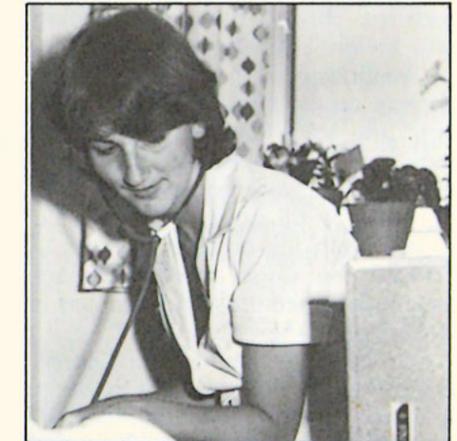
forming admission review and certification and providing length of stay assignment for medicare and medic-aid beneficiaries in accordance with standards approved by the Medical Staff.

The Housekeeping Department is headed by Ralph Vasek. Ninety-six employees provide for daily cleaning and makeup of patient units in addition to providing these services to general areas, corridors and lounges.

The Saint Cloud Hospital School of Nursing is under the directorship of Sister Mary Jude Meyer, O.S.B. Our present student enrollment is approximately 220 with 37 faculty and staff in addition to special lecturers, counselors, and other supporting staff. Their efforts are directed toward preparing nurses to make the most effective response in an acute hospital setting in a manner which will reflect the Christian influence of the school.

Early orientation to the hospital clinical departments provides the students with a high level of training and skills necessary in the acute hospital setting and accounts for employers to look favorably upon graduates from the diploma program.

The Nursing Division greatly characterizes people working with people to "provide care while caring", which is our goal and privilege. We are indeed fortunate to have the 625 employees in our division who consistently demonstrate this in their daily relationship to patients and all persons with whom they come in contact.



Michelle Heurung, 4 South, Post Coronary Care Unit R. N., is pictured top, measuring a patient's blood pressure.

Wendy Arneson, Nurse Aide on 4 North (Pediatric Unit) is pictured above comforting one of the Unit's younger patients.

My job . . . and why I like it

Infection Control is everyone's concern

"Whether they are aware of it or not, all hospital personnel participate in the infection control program every day," Bea Affeldt, Infection Control Coordinator said. "An individual's involvement can vary from the simple procedure of washing hands to thoroughly cleaning a patients room," she added.

"Infections are usually caused by bacteria which are transmitted through the air, personal contact, or contact with contaminated articles such as sheets, blankets, clothing and towels," Affeldt said.

"Methods used in controlling them depend on the type of bacteria present," she said. "Some special cases may require complete isolation and the need for disposable clothing to be worn by all persons coming into contact with the bacteria."

"But, the single most important technique for controlling infections is cleanliness," she emphasized.

"As the Infection Control Coordinator, it is my responsibility to insure that each nursing unit and department is using the best possible program for controlling infections," she said.

"I do this by visiting each Unit and Department on a day-to-day basis, noting what types of infections are present, and what controlling techniques are being utilized," she said. "This information is submitted with data from the Laboratories Bacteriology Department to the Infections Control Committee (ICC) of the Medical Staff for their review and consideration."

"The committee determines if the programs are effectively meeting the needs of the hospital and the standards set by the Joint Commission of Accreditation of Hospitals," she added. "By coordinating all of the individual programs through the committee, they are better able to view the effectiveness of the entire hospital infection control program."

"Besides coordinating these programs, I serve as a resource agent for the hospital," Affeldt said. "If the Housekeeping Department needs a new germicide, I can supply them with information enabling them to choose the best possible brand."

"I also work with the Continuing Education and Nursing Service Departments to develop educational programs for continuing improvement of patient care procedures," she added. "Education is our most valuable tool, because the more people know about infections the easier it is to prevent them."

Affeldt has worked at the hospital as a Registered Nurse for seven years. She transferred to the new position of Infection Control Coordinator in the Fall of 1975. The position resulted from the need for more communication between the ICC and the individual Nursing Units and Departments.

Because most infections are bacterial in nature, she works closely with the Bacteriology Department of the Laboratory. According to Affeldt, they supply her with valuable in-



Bea Affeldt, Infection Control Coordinator, is pictured above left, with Sue Weisbrich, 2 North R. N. reviewing a patient's laboratory report for signs of infection.

formation regarding the various types of bacteria.

"I really enjoy my new position," Affeldt said. "As the Infection Control Coordinator, I am able to serve the entire hospital — it's patients and staff."

FROM THE ST. CLOUD HOSPITAL KITCHENS

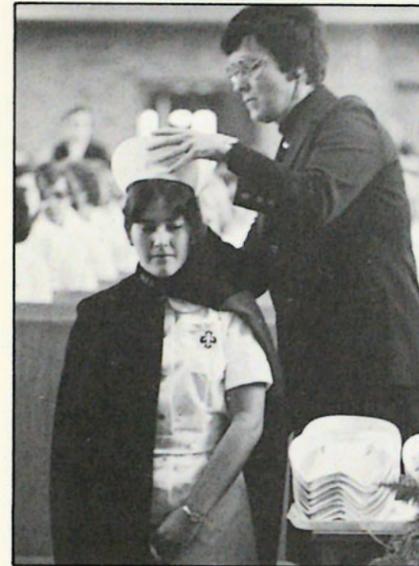
LASAGNE

This months recipe has long been a favorite of many SCH personnel, and is being reprinted by special request.

¾ lb. ground beef	2 tsp. oregano
¾ lb. ground pork	1 tablespoon chopped parsley
¼ cup chopped onions	8 oz. Lasagne Noodles
1 clove minced garlic	6 oz. Mozzarella Cheese, sliced
1 - 1 lb. can (2 cups) canned tomatoes	6 oz. American Cheese, sliced
1 - 8 oz. can (1 cup) tomato paste	½ cup Parmesan Cheese

1. Brown meat, onions, and garlic slowly. Spoon off excess fat.
2. Add tomatoes, tomato paste, and seasonings. Simmer about 30 minutes.
3. Cook noodles in large amount of boiling salted water till tender. Drain. Rinse in cold water.
4. Place half the noodles in a 13" x 9" x 2" pan. Cover with a third of the meat sauce and half the mozzarella and American cheese. Repeat layers with last third of the meat sauce added over sliced cheeses. Sprinkle top with Parmesan cheese.
5. Bake in 350 degree oven for 25-30 minutes.
6. Let stand 10 to 15 minutes. Cut into squares. Serves 8 - 10.

Capping and Graduation exercises completed



Capping exercises for 72 freshmen nursing students were recently held in St. Paul's Church. Capping signifies the successful completion of the student's first year in Nurses training. During their next academic year, the students will begin gaining more clinical experience on the Hospital's nursing units.

The School also graduated 71 students from its three year program at St. Paul's Church in St. Cloud on Saturday, May 29.

Harry Knevel, Assistant Administrator for the Nursing Division, gave the commencement address and Bishop George Speltz of the St. Cloud Diocese conferred the degrees.

The Chaplain's Corner

by Fr. Al Stangl



Fr. Al Stangl

ANXIETY

"DO NOT BE ANXIOUS:"

Matthew 6:25

I'm anxious about my job, my family. As I write this I'm anxious about the weather (it's so dry). We can go on and on. No one is free from anxiety. And yet Jesus says, "Do not be anxious."

The point is, can we follow this admonition and still be a caring - concerned person? The answer is YES. We can be interested, we can be alert to help, we can desire to see order and right action and right conditions and still not be anxious or fearful.

Many times what needs to be changed is our mind. To know that God is in charge and there is no waste or haste. And we know in faith that God's help is always where it is needed.

"Do not be Anxious"

Thank You

During the past few years, we have noticed a marked interest, understanding and cooperative spirit on the part of many recreational agencies in the St. Cloud area which have provided special services and opened many facilities to our patients at the St. Cloud Hospital. For the joy and acceptance the patients have expressed regarding community recreation and on their behalf, I wish to thank the following: THE ST. CLOUD MUSICIANS' UNION, THE ST. CLOUD AREA YMCA, THE ST. CLOUD DEPARTMENT OF PARKS AND RECREATION, RAPIDS RECREATION, THE SKATIN' PLACE and THE BEAUX AND BELLES SQUARE DANCERS.

Mary-Ellen West

Mary-Ellen West

Chief Recreational Therapist

Beacon Light

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From the Auxiliary

Volunteers participate in National observances

Volunteers are always a welcome sight at the St. Cloud Hospital. During National Volunteer Week, May 16 - 22, a special thank you was extended to all the volunteers for sharing their time and talents with the patients and employees of the hospital.

Each volunteer received a spring corsage of daisies. Gene S. Bakke, Executive Vice-president is pictured right, pinning the first corsage on volunteer Ardelle Mueller.



National Hospital Week activities kept the Auxilians busy working overtime serving coffee and donuts to hospital personnel even into the early hours of the morning. Volunteers Clara Loesch (left) and Dorothy Schneider (right) are pictured above serving Norma Dalton, 2 Northwest Head Nurse during her morning coffee break.



Auxilians took an active part in the hospital's Crossroads Display. Volunteers above right, staffed the registration desk at the Hypertension Screening Clinic where 610 people had their blood pressures tested.

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