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Beacon Light: February 1977

St. Cloud Hospital

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Beacon Light

Volume XXVI, Number 6

February, 1977

Medical Staff News

Radiotherapy: Hope for new life

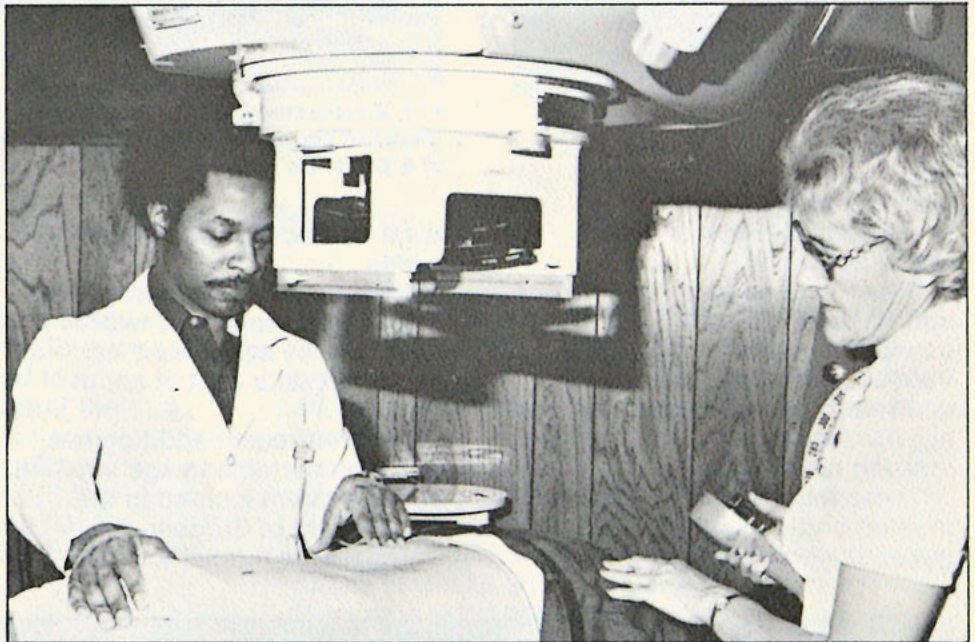
by Bernard Rogers, M.D.,
Therapeutic Radiologist

The human race has been afflicted with disease since pre-historic times. Records thousands of years old speak of a specific disease which would attack a victim, engulfing him like a crab. Today, the disease is still called by its Latin name for crab—Cancer.

Cancer is almost as much a mystery today as it was thousands of years ago. There may be as many as 300 different cancers which afflict modern man. No concrete explanation as to how or why cancer is able to grow in the human body can be given. And, more often than not, when diagnosed late, cancer is directly associated with death.

But no matter how disheartening the disease sounds, cancer need not cause death.

Depending on the type of cancer, its location and proliferation in



Mary Pikus, Radiologic Technologist, above right, helps Dr. Rogers set up the proper field alignment for a patient's treatment. The field alignment pinpoints the cobalt rays on the exact area of the body to be treated.

the body, and its cellular structure, the disease can be treated in primarily one of two ways. The cancerous cells can be removed surgically or they can be treated therapeutically with radiation.

The proper treatment is decided upon by a consultation of a surgeon, radiation therapist and chemotherapist. Over 80% of all cancer patients receive radiation therapy treatments.

Radiation or Radiotherapy is the treatment of cancer with x-rays,

cobalt and other radioactive materials. It can be used to cure cancer, slow the growth process of cancerous cells, or to relieve the pain which may be present during cancer's final stage.

Radiotherapy is administered by a Therapeutic Radiologist—a physician who following medical school and a one year internship completes four additional years in radiation therapy.

The Therapeutic Radiologist is a

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New equipment expands diagnostic facilities at SCH

The diagnostic capabilities at St. Cloud Hospital have been improved with the addition of Ultrasound in the Department of Radiology and a portable Image Intensification system in the Department of Surgery.

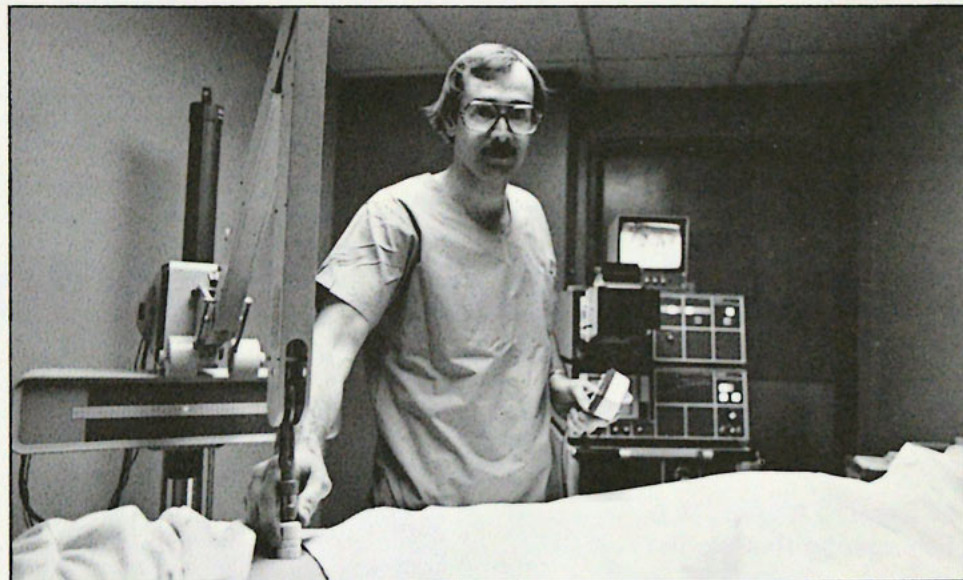
"The Ultrasound equipment provides a means of diagnosis which utilizes sound waves instead of x-rays," Harold Affeldt, Radiology Department Director said. "It operates in much the same principle as sonar."

"Sound waves are transmitted into the body and reflected differently by various tissues and fluids," Affeldt said. "The returning waves are picked up electronically and displayed as images on a video screen."

According to Phil VanderStoep, M.D., Radiologist, Ultrasound diagnosis differs from conventional x-rays in two important ways.

"Ultrasound reveals the detail of soft tissue which most often cannot be seen in x-rays," Dr. VanderStoep said. "It is also a noninvasive procedure which does not involve any exposure to ionizing radiation."

"These features make this method particularly useful in gynecology and obstetric



Phil Vanderstoep, M.D., Radiologist, is pictured above demonstrating the new Ultrasound equipment. With it physicians are able to immediately view cross sections of a patient's body.

diagnosis applications," he added.

Ultrasound has been in use at the Hospital for about two months. The equipment was purchased at a cost of about \$45,000.

The other recent addition has been the portable Image Intensification system located in the Department of Surgery.

"The Image Intensification

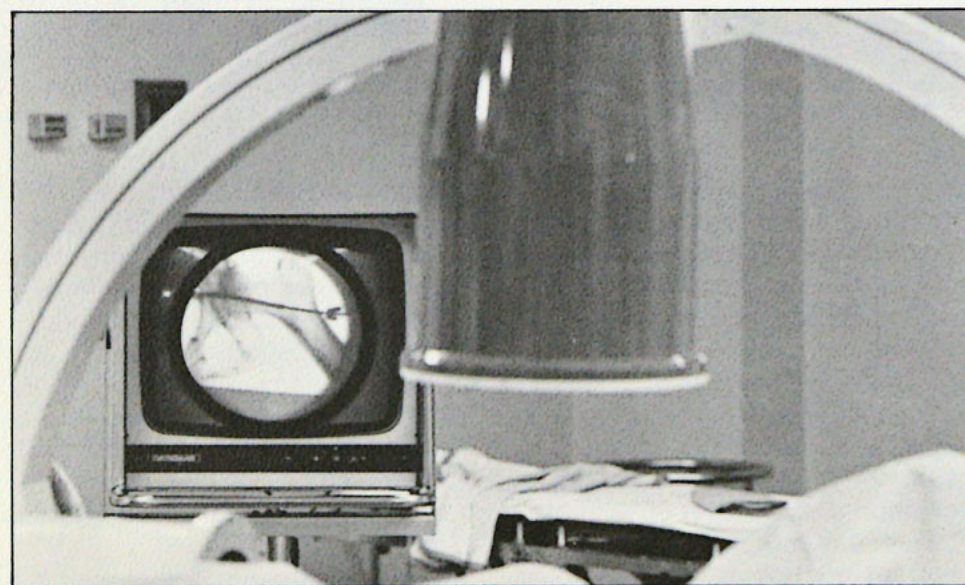
system is used in conjunction with conventional fluoroscope equipment to provide a sharper picture of the surgical area with reduced use of x-rays," David Gilchrist, M.D., Orthopedic Surgeon said.

Fluoroscopy is a procedure in which x-rays are transmitted through a surgical area and displayed on a fluorescent screen. Surgeons are then able to view areas of the body requiring surgery without physically exposing the surgical area.

"This system is especially useful in orthopedic surgery because it allows the surgeon to internally repair fractures, particularly hip fractures, while greatly shortening the surgical time thus improving the quality of patient care," Dr. Gilchrist said.

"Surgical time is reduced because of the immediate image of the surgical area displayed during surgery," Dr. Gilchrist said. "Prior to this system, we had to wait for multiple x-rays which were conventionally processed."

The Image Intensification system has been in use at the Hospital for about three months. It was purchased at a cost of about \$94,000.



The Image Intensification system used in surgery sharpens the visual image formerly received on a fluoroscope with the use of less x-rays. The visual image is displayed on a monitor similar to a t.v. screen.

COMMENT

by Gene S. Bakke
Executive Vice President



In spite of the fact that massive regulation implemented over the past several years by the government at all levels has not controlled health care costs, but has rather added fuel to the escalation, there are still those who remain convinced that more government will bail us out.

Recipe for disaster

A year ago, former president Gerald Ford asked the Council on Wage and Price Stability to look into the causes of rising health care costs and to propose steps that might be taken to control their rapid rise. The Council, which has monitoring authority on wages and prices but no regulatory enforcement powers, completed its study in late December and issued a report intended to flash a caution signal to advocates of comprehensive national health insurance in the new Carter administration.

The year long investigation, which included hearings in six cities across the country, concluded that with current reimbursement programs and "the ubiquitous and often conflicting morass of regulations, the federal government, instead of being part of the solution, is part of the problem of rising health care costs." The Council report says "... the private sector must be given the opportunity to meet the problem. Furthermore, the government must do everything possible to encourage such efforts. Anything less will surely result in failure, and all of us—consumers, providers, employers and employees— will be the losers." The agency warned that a federal take-over of health care would result in even more inflation, with outlays reaching "truly astronomical proportions."

Council officials, including director William E. Lilley III, concluded that "cost control incentives proposed by the private sector that is, by industry and labor—promise to be more effective than those imposed by the multitude of government agencies." Lilley said having the federal government step in would be "a recipe for disaster."

Federal outlays for Medicare and Medicaid have jumped from \$5 billion in benefits paid out in 1965 to an estimated \$42.5 billion in 1976—a rate of increase that far outstrips health care cost increases in the private sector.

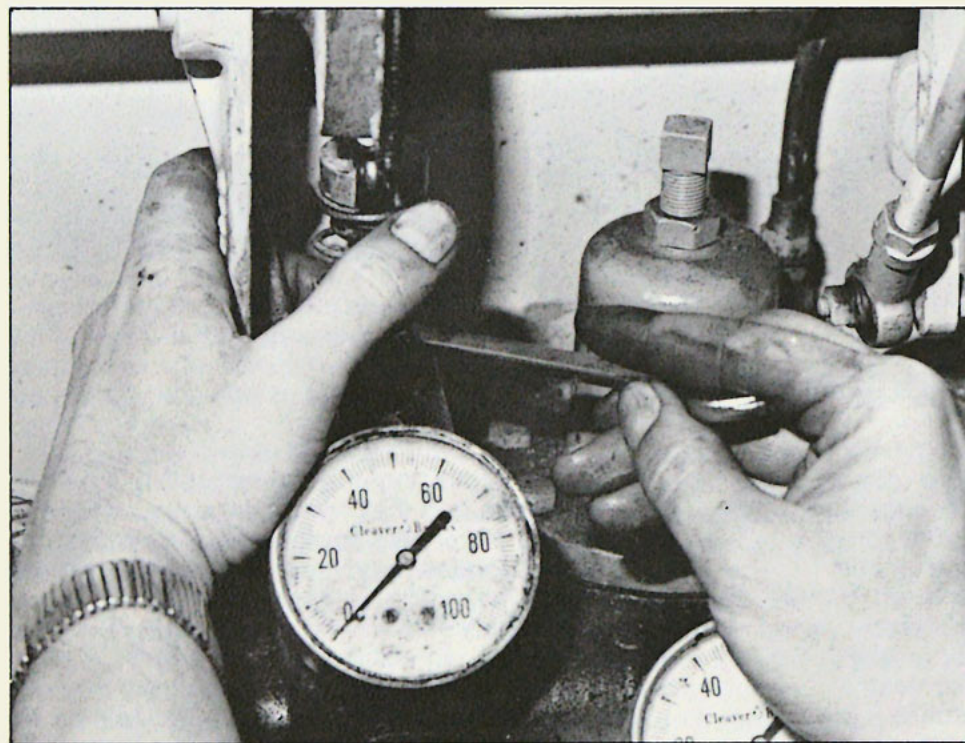
In spite of the fact that massive regulation implemented over the past several years by the government at all levels has not controlled health care costs, but has rather added fuel to the escalation, there are still those who remain convinced that more government will bail us out.

The fact is, of course, that costs will continue to rise as long as people demand more and better care, and as long as inflation continues to escalate the costs of providing that care. While this is true, it remains incumbent upon those of us in the health care system to effect economies wherever possible, and to take steps to assure that only appropriate levels of care are provided based on patient need.

Challenge of Maintenance requires variety of skills

Included in the nearly 1500 persons who serve at the St. Cloud Hospital are a handful of 15 men who have the ability to repair, construct and maintain just about anything in the Hospital. These men make up the Maintenance Unit.

The Maintenance Unit is a part of the Engineering Services Department. It staffs two carpenters, two painters and 11 general maintenance personnel, according to John Seelhammer, Engineering Services Director. "The maintenance men work



The Maintenance Unit is no place to work for people who are afraid to get their hands dirty. The Unit's personnel are trained in all phases of all trades so they are better able to work together as a team.

Preventative maintenance is an important aspect of Hospital maintenance. It helps to insure against the possibility of equipment failing when it is needed. John Lintgen, I., and Tom Gapinski, r., are pictured at the left conducting a monthly check on the Intensive Care Unit's cardiac monitors.



together as a team," Seelhammer said. "They are trained in all phases of all trades and can design and build office furniture, cabinets, doors and steel carts to meet any specific needs."

"They are also able to repair just about anything in the Hospital from a leaking faucet to the sophisticated telemetry cardiac care program," Seelhammer said. "As a service unit," he added, "the Maintenance Unit has to be able to meet the requirements of both the staff and patients when they are needed."

"To meet this demand, maintenance personnel are available in the Hospital from 7:30 a.m. until 10:00 p.m. on weekdays and from 9:00 a.m. until 5:30 p.m. on Saturdays. They are also on call during holidays, nights and Sundays," he added.

"Emergency repair calls are taken by the Engineering Services Secretary during regular office hours," Seelhammer said, "and by the Boiler Operator when the office is closed."

"But less than one half of all maintenance activities are based on an emergency repair, or fix immediately when broken basis," Seelhammer said. "We also have a regular, monthly program of preventative maintenance to control unexpected mechanical breakdowns."

"Through this program," Seelhammer said, "We are able to detect many potential mechanical problems before they cause more serious and expensive repair situations."

Along with the preventative maintenance program, Seelhammer said there are a number of projects planned for and completed on an annual basis.

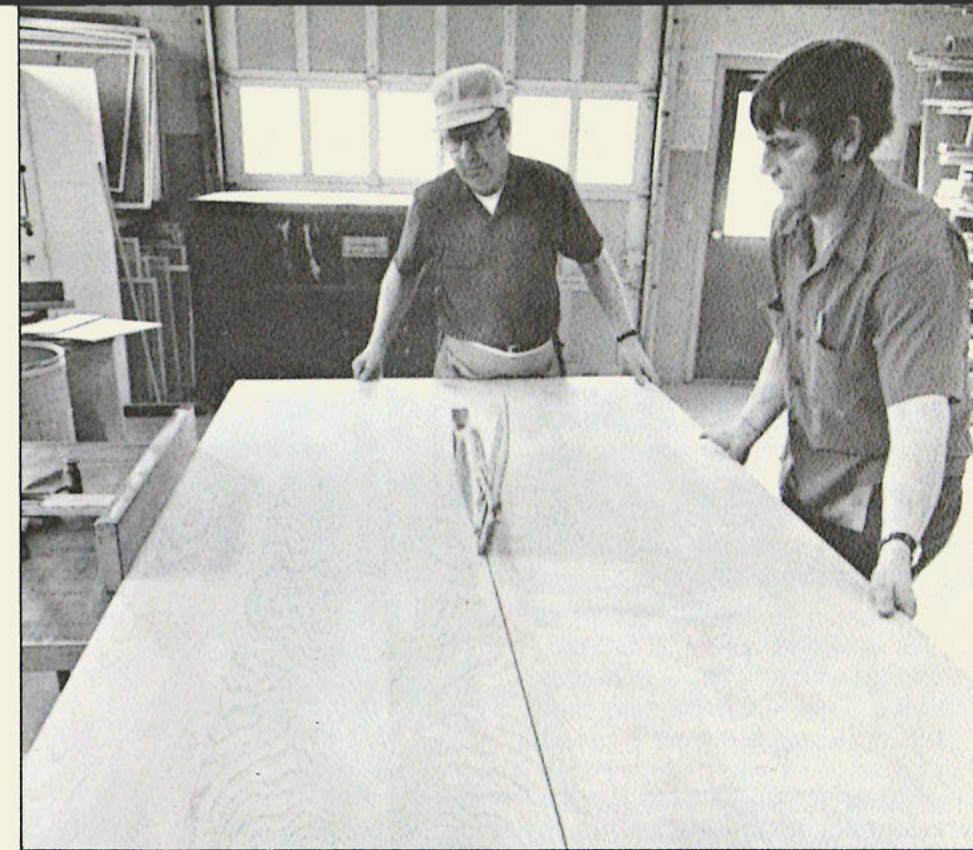
"Annual projects are those

which the Maintenance Unit is able to plan for in advance," Seelhammer said. "They include such things as painting resident rooms in the School of Nursing or renovating an area within the Hospital."

"This coming year, the Maintenance Unit will be involved with the development and installation of a new tray line system in the Dietary Department," he added.

"The maintenance men have many demands placed on them at one time," Seelhammer said. "They have to be flexible enough and knowledgeable enough to handle anything that is asked of them."

"But more importantly," he added, "they must have a desire and willingness to serve."



Ralph Schwagel, I., and Gerard Nathe, r., Carpenters, are pictured above sawing an eight foot sheet of plywood. Together, they construct a variety of cabinets, shelves and office furniture for the Hospital.

My job... and why I like it

Variation challenges maintenance man

When Bob Morford came to the St. Cloud Hospital six years ago he wasn't planning on staying.

"I had been commuting to the FMC Corporation in Minneapolis,"



Bob Morford begins his investigation of a malfunctioning refrigerator cart.

Bob said. "They went on strike so I started looking around St. Cloud for a new job."

"There was an opening in the Hospital's Maintenance Unit and I applied for it, thinking that when the strike was over, I'd go back to FMC," Bob said. "After awhile at the Hospital I didn't want to go back."

"I like working at the Hospital," he said. "All of the people here are just wonderful—especially the guys I work with."

"I work with a fine bunch of people who, I think, are the top men in their field," Bob said. "They have all been in the business for a long time and can figure out a solution to just about any problem."

"Although I liked my job at FMC it got to be too routine," Bob said. "I was doing the same kind of electrical wiring each day."

"Here, there is always something different to do," he said. "It's a challenge, and I like that."

Even in his spare time Bob enjoys the challenges of general maintenance by acting as caretaker for a 48 unit apartment complex.

"Keeping the apartments in good condition takes up a lot of my spare time," Bob said, "but I just can't stand not being busy. I've always got to be doing something."

If he is not working during his spare time, Bob has seven grandchildren to keep him busy.

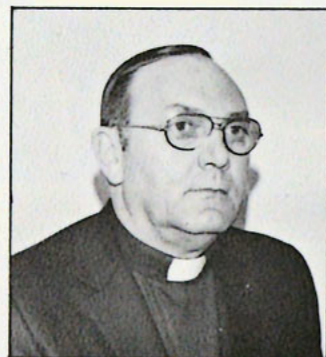
"I really enjoy my grandchildren," he admitted, "sometimes even more than my own because I can spoil them and send them home to their parents."

But Bob admits he does have to get away from it all once in awhile, and that's usually during the summer months.

"In the summer time I like to go camping," Bob added. "I just get away from everybody and everything, put my feet up, have a beer and relax."

The Chaplain's Corner

by Father John McManus



Fr. McManus

As I write this, our focus is on the inauguration of a new presidential administration. As you read this it will be near the celebration of the birthday of two former Presidents whom history has termed great—Washington and Lincoln.

Lincoln's greatness is ascribed mainly to his willingness to take great risks as evidenced in his signing of the Emancipation Proclamation. No popular decision but one that was right and just.

President Carter has said he thinks he can be a great President. Truly he can if he actively pursues the passage of a Human Life Amendment. He will be great in the eyes of God and in the eyes of those whose lives he saves because his actions are right and just.

May the spirit of God inspire our President to greatness and enlighten him with gifts of Wisdom and Courage.

Amen.

FROM THE ST. CLOUD HOSPITAL KITCHENS

SUGAR COOKIES

This month's recipe from the Hospital's Kitchen is a great favorite at Christmas. It may also be used for any other holiday by just cutting into appropriate shapes.

| | |
|-------------------|---|
| 1 cup sugar | ¼ cup (1 large) eggs |
| ¾ cup shortening | ¼ cup milk |
| 1¾ teaspoon soda | 3 cups cake flour |
| ½ tablespoon salt | 1 tablespoon + ¾ teaspoon cream of tartar |

- Mix shortening, sugar, eggs, and milk thoroughly.
- Sift together cake flour, soda, salt, and cream of tartar and stir into egg mixture.
- Roll out to desired thickness. Cut into desired shapes.
- Bake on ungreased cookie sheet in 375° oven until golden (6-8 minutes).
Makes about 3½ dozen cookies.

Credit Union News

by Perky Burke

The St. Cloud Hospital Employees' Credit Union will hold its thirteenth annual general membership meeting Friday, February 18, at the Waite Park American Legion Club.

The meeting will begin at 8:15 p.m. and will include the election of officers, annual reports and a vote on by-law changes. The meeting will adjourn at 9:00 p.m. for dancing until 1:00 p.m.

A social hour (on the Credit Union) will begin at 6:30 p.m., followed by a chicken dinner at 7:15 p.m. Cost of the tickets for the dinner has been held to \$3.50 and reservations must be made by February 15. Reservations can be made only on tickets purchased on or before that date.

Tickets are available at the Credit Union Office, 1532 St. Germain, and from officers and department representatives at the Hospital.

We are hoping for a good turnout for the whole evening. Only members may vote during the business meeting, but guests and friends are welcome to attend all of the festivities.

ATTEND THE MEETING—MAKE YOUR VOTE COUNT! It's your credit union. Come and review all the advantages of being a member.

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Radiotherapy

(Continued from page 1)

specialist in the disease and treatment of cancer. There are approximately 1500 therapeutic radiologists in the United States.

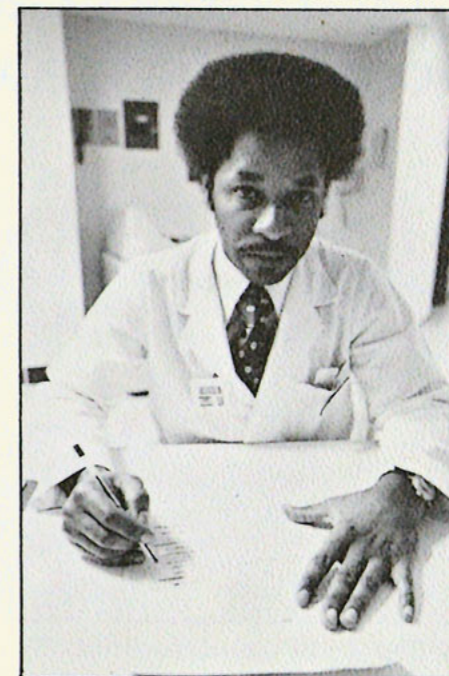
At St. Cloud Hospital, radiation therapy is predominately given with cobalt. Cobalt is a radioactive source which has been thoroughly studied and its effects are well known.

The rays of the cobalt source are focused on the area of the body being treated. Treatment times are calculated by the Radiotherapist and range between 1-5 minutes. The radioactive rays affect both the cancerous cells and healthy cells, causing damage to the nucleus.

But, healthy cells have a greater capacity to regenerate than cancerous cells. This selective difference forms the basis for using radiation as a form of cancer cure and treatment.

Patients are usually treated on a

5 day per week schedule until the desired effect or maximum skin tolerance is attained. Unless the



Bernard R. Rogers, M.D., Therapeutic Radiologist.

PAC Rap

By Betty Strobel

The election of new officers for the coming year was held at our January meeting. Betty Strobel, 3

South R.N., was elected to replace Al Blommer as Chairperson. Al has chaired the PAC for the past



New officers for the Personnel Advisory Committee were elected during the January meeting. They are, from left to right, Paulette Como, Emergency-Outpatient R.N., Vice Chairperson; Betty Strobel, 3 South R.N., Chairperson; and Marie Neumann, Administrative Office Services Secretary, Secretary.

patient has a serious associated medical problem, the treatment can be given on an out-patient basis.

Aside from a tiredness, the treatment causes no significant side effects. In some instances, patients may complain of nausea—especially when the stomach or intestinal area is being treated. But, this is variable from patient to patient.

Cancer is a disease which has remained a mystery throughout Man's recorded history. We still do not know what causes it, but we do know it often can be cured or effectively treated if detected in an early stage. Help prevent cancer by visiting your physician at least once a year for a complete check-up.

two years.

Paulette Como, Emergency-Outpatient Department R.N., has been elected as Vice Chairperson and Marie Neumann, Administrative Office Services Secretary, will serve as the PAC's Secretary.

The new officers will begin their duties at the February meeting. Betty will serve a two year term and Paulette and Marie will each serve one year terms.

New representatives and alternates were recently elected. These new people were introduced during the January meeting. They are: Nancy Werner and Maren Shorter; Susan Hoppe and Mary Layton; Paulette Como and Lois Thompson; Dorothy Patton and Jan Fritz; Marie Neumann and Kathy Theisen; Betty Strobel and Pat Minton; Sharla Anderson and Sue Welna; Linda Hjort and Ray Deuermeyer; and Delores Kleinschmidt.

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Grace Weiss Halenbeck Scholarships awarded



The Grace Weiss Halenbeck Scholarships were recently awarded to five students from the Hospital's School of Nursing. The scholarships are awarded on the basis of the student's ability and need. It was established by Dr. P. L. Halenbeck in memory of his wife. This year marks the 23rd consecutive year the scholarships have been granted. The students pictured above with Dr. Halenbeck are, from left to right, Jeane Eggert, Joan Fink, Marie Strelow, Pamela Christensen, William Eckberg and Dr. Halenbeck.

Homebuilders Auxiliary assists with telemetry purchase

The Central Minnesota Homebuilders Auxiliary donated \$100 to the St. Cloud Hospital this past month. The donation will be used to help offset the cost of remote telemetry equipment used on 4 South. This is the Homebuilders Auxiliary's second \$100 donation. The St. Cloud Hospital Auxiliary, Stearns/Benton Medical Auxiliary and St. Cloud Dental Wives have also made donations to the Hospital towards offsetting the cost of telemetry equipment. They have raised money through the sponsorship of an annual Auxiliary Ball.