

**MUHLENBERG
MEDICAL CENTER**

SPRING, 1963

PULSE





Recognition. At left: Volunteers with 100 or more hours of in-hospital service receive recognition bars from Sister Louise Burroughs, administrator, and Mrs. Virginia Langan, day supervisor of nursing. Right: Candy strippers pose prettily following ceremony of capping to mark their 100 hours.

VOLUNTEERS SERVE *and* SAVE

Volunteers working at the Muhlenberg Medical Center last year accumulated 22,533 hours of service, or the equivalent of 11 full-time employees. At present, 138 men, women and youth are serving the Hospital for the Chronically Ill in dozens of different ways. It is to the eternal credit of these devoted friends that the Medical Center is able to save thousands of dollars annually and yet bring many additional tender hands and willing feet into the act of loving patient care.

Women and teen-age girls of the Lehigh Valley answered the call for volunteers even before the first patient was admitted two years ago. More recently, men and high school age boys have begun serving on a regular schedule weekly. The men and boys find their skills useful in moving patients on wheelchairs, being

indoor postmen, assisting in the department of physical medicine and giving a welcome hand to the housekeeping and maintenance crews, both indoors and out. Warm weather suddenly has made hospital grounds-keeping a full time job again.

Serving on a regularly scheduled basis at present are 68 women in cherry pink pinafores, 53 girls in their candy stripes, nine men and eight boys in their "Ben Casey" jackets. Many of the young people become interested in hospital careers during their service here. Most of the volunteers hold membership in one of the Medical Center's ancillary organizations—the Auxiliary, Junior Auxiliary and Men of Muhlenberg Medical Center. Many are active in activities within their own home area, in addition to working at the hospital each week on a specific schedule.

There are volunteer workers of yet another sort. Typing, routine clerical work, preparing printed materials for mailing and sorting and filing of numerous small records more often than not are done by volunteers in mufti. Men and women give spare daytime and evening hours gladly to help the office force get extra work out with dispatch. The responsibility for recruitment, orientation and scheduling of volunteers falls to Mrs. Julius Friedman, director of volunteers. Daily work assignments for these welcome helpers are given out by the supervisors of the departments being served.

Able-bodied men, women and youth of the Lehigh Valley are warmly invited to contact Mrs. Friedman for enlistment, training and work assignments. Telephone her at 865-0711.



Pair of Auxiliary members bring cart with tea, coffee and cookies to patient and his wife, who is visiting him.

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Ira F. Angstadt, *Editor*

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COVER PICTURE

Charles M. Kratzer, Allentown, the 1,000th patient to be admitted to the Muhlenberg Medical Center, receives expert attention from Mrs. Betty Schuler, R.N., and Mrs. Grace Unangst, volunteer.

MEDICAL CENTER'S MISSION*

by PHIL H. STORCH

Several years ago, when a group of civic-minded men and women decided the Muhlenberg Medical Center's first facility should be a hospital for the chronically ill, it acted with great wisdom. This hospital has filled a gap in the Lehigh Valley health resources.

It was a little while before the people of the area understood the nature of the Medical Center's facility. It had been mislabeled a geriatrics hospital. It has taken hard work to eliminate the impression, but it has been eliminated, and it's amazing to see the number of young men and women—even children—who are being given a new lease on life because of the hospital.

Its primary job, staff members will tell you, is to devote time and energy to restore an interest in life to the many people who have given up. They can be older people who feel all who once loved them are gone. They can be younger people who, because of some serious injury or illness, had given up hope of returning to the mainstream of the community as useful persons.

One of the first things the staff at Muhlenberg Center tries to do is encourage its patients to become ambulatory. If the patients can get around, their interest in their surroundings increases, they think less about themselves, except to regain their independence. They work with and for others, to help themselves.

The doctors, nurses and therapists and scores of volunteers find that many patients, upon admission, resist the hospital's program to get them to help themselves. As time wears on, they are coaxed to leave their beds for short periods. They get so they eat meals in the hospital cafeteria, and the stronger help the weaker.

Physical therapists help the patients put back to work the muscles which once served each patient well. All kinds of exercises are offered, with as fine an assortment of equipment as anyone would want. The therapists are kind and cajoling. They work carefully and

try to understand the patient's special problems. When an understanding has been developed between therapist and patient, the chronically ill individual begins to mend. Doctors and nurses can do much of the rest, and the volunteers can put on the final touch by making these hospitalized feel they belong.

Fortunately, Muhlenberg Medical Center is not considered a "competitor" of other hospitals. The several hospitals of the valley are appreciative of the work done at the Center, and they are aware that the special kind of organization that is provided there can do much that a busy general hospital cannot do. One official at the Hospital for the Chronically Ill said in discussing his institution: "We don't want to duplicate. We want to augment."

Muhlenberg Medical Center, which has a 102-acre tract just off the Lehigh Valley Thruway, is in the best position of any institution of its type to grow. Those who work for and at the place are aware of this. They want the center to be a worthwhile addition to the metropolitan community.



A committee of the Board of Directors discusses some proposed action. Clockwise: Directors Rev. Frank Flisser, Harold S. Campbell, Harold C. Barette; Sister Louise Burroughs, administrator; Herbert F. Everett, architect; Clarence A. Reichard, president; Fred R. Body, treasurer.

* . . . From an editorial under this title appearing in the Allentown Morning Call February 27, 1963.

MMC NURSES HAVE A PAST

A past of long and varied experience, that is. The 13 graduate nurses shown here include supervisors for day, evening and night turns and the head nurses for those three periods. Their nursing experience totals 206 years. Their names and the schools they attended are listed below.

Above, L. to R.: Harriet W. Ahern, Jefferson Medical College Hospital, Philadelphia; Margaret Harobin, Sacred Heart Hospital, Allentown; Margaret A. Check, Sacred Heart Hospital, Allentown.

Right, L. to R.: (Seated) Shirley Smith, Allentown Hospital, Allentown; Marilyn McClellan, Palmerton Hospital, Palmerton; Judy Heil, Lankenau Hospital, Philadelphia; (Standing) Virginia Langan, West Suburban Hospital, Oak Park, Ill., and Wheaton College (B.S.), Wheaton, Ill.; Elizabeth Vitalos, Sacred Heart Hospital, Allentown.



Left, L. to R.: (Seated) Mary Grace Stanton, Reading Hospital, Reading; Jean Rosenberger, Temple University Hospital, Philadelphia; Carolyn Schaeffer, Geisinger Memorial Hospital, Danville. (Standing) Amelia Keller, St. Barnabas for Women and Children, Newark; Grace Siftar, Einstein Medical Center, Philadelphia.

Summer Festival Plans Developing

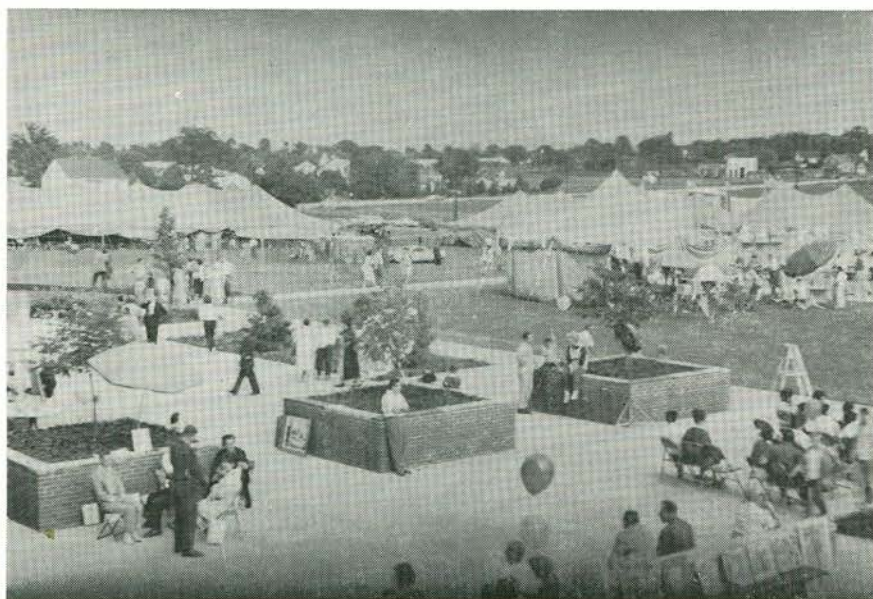
Fond memories of last summer's Lehigh Valley Summer Festival on the Medical Center lawns remain fresh as the committee swings eagerly to the details of this year's extravaganza. The dates are Friday and Saturday, August 16-17. A coin auction on the evening of August 15 is a new addition to the festivities.

The pleasant scenes on this page were photographed at the 1962 Festival. Committees are busy with plans and physical preparations to duplicate those refreshing days. There will be added activities: An exciting auction of coins on Thursday evening, August 15, more rides for the kiddies, more adequate facilities for noon lunch, gaily painted booths among the large tents. A top flight program of free entertainment will be provided on Friday and Saturday.

This year, arts and crafts gifts donated to the Festival will be sold at a separate auction. The Project Committee will be grateful for donations of materials, finished products and help. Fred and Mary Schaffer, Bethlehem, are co-chairmen of the Festival.



Miss Jerry Quier



Summer Festival
on terrace and lawn

The Auxiliary of M M C will have many projects, manned by areas as follows: Ceramics, Emmaus; Ye Stitchery Shop, Nazareth; Country Store, Neffs-Slatington; Baked Goods-Candy, Fogelsville-New Tripoli; Knitting, Allentown; Attic Treasures, Carbon County; Tiny Tots Shop, Catasauqua-Whitehall; Garden Corner, Easton; Dining Tent, Bethlehem; Apron Lane, Hellertown. The Junior Auxiliary will handle woodcrafts and several other items. Men of M M C are responsible for grounds arrangements and the refreshment booths. Again there will be demonstrations by members of the arts and crafts organizations in the Lehigh Valley and the Model Circus Builders have planned another excellent show.

Chicken and friend





Medication with a therapeutic smile

THE FIRST

Seems like it was planned that way. The 1,000th patient of the Muhlenberg Medical Center arrived on the same day that all the beds of the Hospital for the Chronically Ill were fully occupied for the first time.

Saturday, February 23, 1963, was the day—21½ months after the first patient was admitted on May 8, 1961. The 1,000th patient was Charles M. Kratzer, Allentown (See cover photo). The admitting physician was Dr. David S. Bachman, Allentown.

A study of facts about the first 1,000 patients admitted to M M C provides interesting reading and valuable statistics for hospital administration. The facts noted here actually deal with a total of 1067 admissions, 67

more admissions having been received by the time the survey could be completed.

Women patients outnumber the men. Totals are 677 women and 390 men. The demand for semi-private room accommodations exceeded by far the demand for private rooms. Total admissions to semi-private rooms, 828; admissions to private rooms, 239.

The 1,067 patients came from a large geographic area. Allentown, 409; Bethlehem, 282; Easton, 45; Lehigh County (excluding Allentown), 129; Northampton County (excluding Bethlehem and Easton), 129; Berks County, 9; Bucks County, 9; Carbon County, 13; Monroe County, 6; Montgomery County, 6; Schuylkill Coun-

Occupational therapy brightens hospital room



Youth is aided by tilt

THOUSAND

Piano-playing patient relaxes at the keyboard



ty, 9; other state areas, 5; out of state, 16.

There has been an impression that the Hospital for the Chronically Ill has been catering almost exclusively to people of advanced ages. It is true that the majority are older persons, but the tabulation shows that they number only 60% of the total. Here are the numbers of patients admitted according to their age categories: Under 25 years old, 20; 25-34 years, 46; 35-44 years, 94; 45-54 years, 96; 55-65 years, 164; over 65 years, 647.

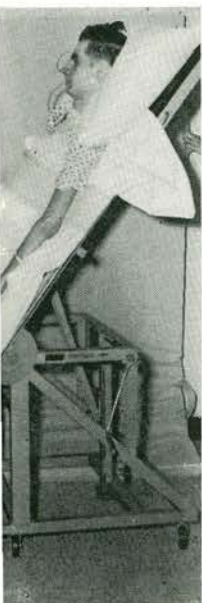
The "average" patient admitted to the Medical Center's first unit is hospitalized for a longer period than the average length of stay recorded in a general hospital serving mostly those who have health problems of an

acute or emergency nature. Staff physicians do admit patients with acute medical illnesses to the Hospital for the Chronically Ill, but most of the patients admitted require some phase of physical rehabilitation, which will keep them hospitalized for a longer period of time.

The number of days of care given the first 1,000, up to February 23rd, makes an interesting study, too. Number hospitalized less than 10 days, 177; 10-14 days, 135; 15-21 days, 175; 22-30 days, 131; 31-50 days, 155; 51-70 days, 64; 71-90 days, 35; more than 90 days, 128.

The average length of stay for the first 1,000 patients was 50 days.

Patients receive social benefits, too, while eating nourishing meals in the colorful dining room.



physical therapy's table.

CHRONIC RESPIRATORY DISEASES

Muhlenberg Medical Center has opened an integrated pulmonary function unit under the direction of David S. Bachman, M.D. The unit is designed to help patients whose respiratory diseases have not responded to conventional therapy.

By definition of Dr. Bachman, an integrated pulmonary function unit is one that includes:

1. Pulmonary function tests—graphic measurement of a person's respiratory ability.



Edgar Reese, inhalation therapist, gives intermittent positive pressure breathing treatment. Patient "breathes in" various medications.

2. Bronchoscopy—a method of directly viewing the bronchial tubes.
3. Bronchography—X-ray after installation of a contrasting dye to outline the finer details of the bronchi.
4. Complete laboratory facilities necessary for the study of pulmonary disease.
5. Positive pressure breathing therapy—inhalation of oxygen and medications in mist form to exert direct

action on the diseased bronchi and delivered by special breathing machines.

Use of these procedures, correlated with the clinical picture of the patient and directed by a person interested and experienced in all phases of the unit, produces results superior to conventional methods of treating pulmonary disease.

There is a great increase in disabling pulmonary disease. The reasons stated by Dr. Bachman, are:

1. Increase in the aging population—more people are living to and through the peak age group (50-70) of disabling pulmonary disease.
2. Modern medical treatment has reduced the num-



Dr. Bachman and Reese compute results of pulmonary function tests which are recorded as performed.

ber of deaths resulting from pulmonary failure.

This means, however, that there are now many more chronic cases requiring treatment.

Most of the disabling pulmonary diseases do not require surgery. Pulmonary emphysema (an alteration of the lung), the doctor stresses, is the most common disabling pulmonary disease today. The treatment of the disease has not been looked upon optimistically by the medical profession; however, there are at least 23 different measures of treatment available. These measures can produce gratifying results in a large majority of patients. Here an integrated pulmonary function unit plays the important role of determining and treating the reversible part of the disease.

Chronic bronchitis, once thought of as a bothersome

REVERSED IN NEW DEPARTMENT

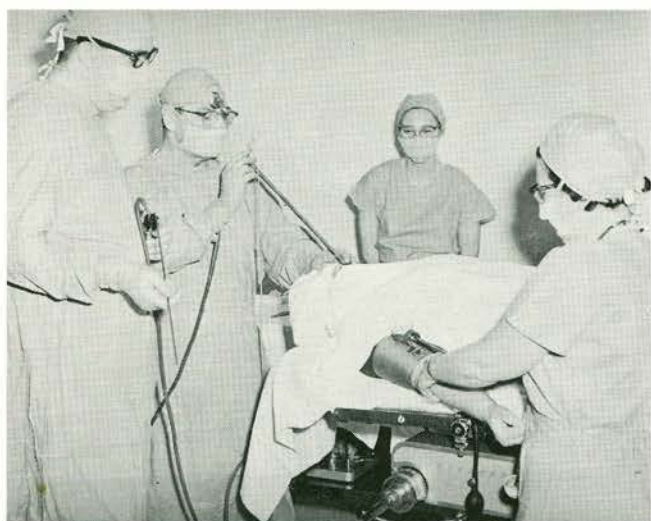
but harmless coughing and expectorating problem most commonly seen in smokers, is now known as a disease causing much disability and not infrequently leads to emphysema. In England, where pulmonary function units have been established for some time, emphysema is known to be one of the leading causes of death. Recent studies in the United States also are showing the destructive nature of this disease. It is known that there are clinical, bronchoscopic, bronchographic and pathologic characteristics of this disease. Unchecked, it often produces extensive lung destruction.

The end point of many cases of bronchial asthma is pulmonary emphysema.

transfer patients requiring surgery to existing units in the area.

Dr. Bachman stresses that this unit is devoted mostly to treating those patients who have failed to respond to the usual conservative measures. The usual case of bronchitis can be handled in a doctor's office; however, resistant cases require treatment provided by a pulmonary function unit.

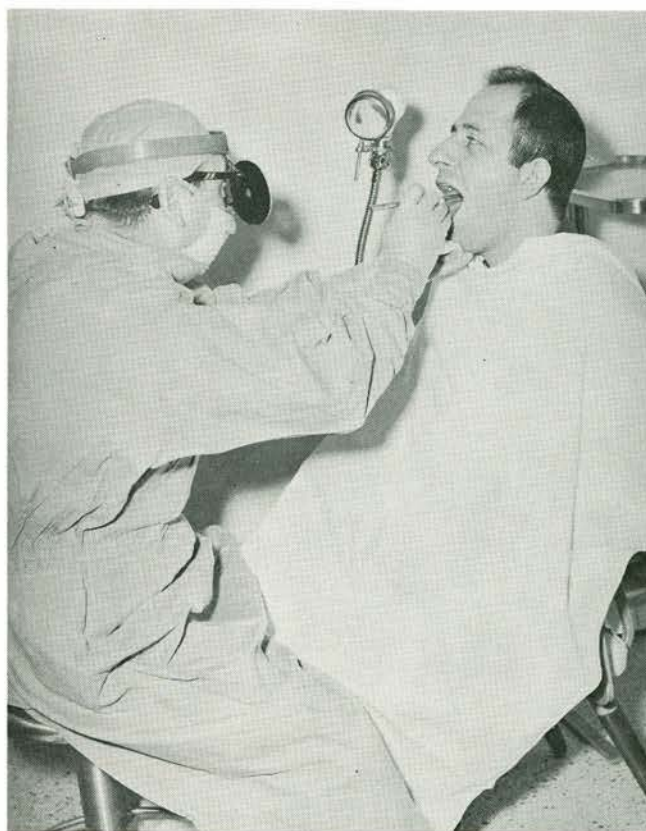
He claims that the success of positive breathing thera-



Beginning a bronchoscopy. Doctor wields examining tube. Anesthetist checks blood pressure. Circulating and scrub nurses stand by.

Lung Cancer: There is claimed to be a 900% increase in incidence in this disease in the past 20 years. Lack of early diagnostic measures largely contributes to the advanced cases seen so frequently. An early diagnostic measure may be the study of deep cough sputum specimens every six months. Facilities for this procedure are available in the Medical Center's unit. Thorough pulmonary studies in suspected cases more often lead to earlier diagnosis.

The above procedures, in addition to bronchography, have picked up several cases in the early stages. Doctors express keen interest in these diagnostic measures. Major surgical facilities are not yet available at Muhlenberg Medical Center, but arrangements have been made to



Physician anesthetizes patient's throat before a bronchoscopy is attempted.

py depends largely on the competence of the technician supervising the treatment and the excellence of the equipment. The inhalation therapist at Muhlenberg Medical Center is Edward Reese, a recent graduate of the School of Inhalation Therapy of Temple University Hospital in Philadelphia.

The unit is well staffed and well equipped for the conduct of endoscopic procedures. A graduate anesthetist is in attendance.

MEN IN MOTION---

MEN of MUHLENBERG MEDICAL CENTER is just three years old. Much good has accrued to the hospital as a result of the activity of this dedicated, active group. At its recent annual meeting and dinner an interesting accounting of the past year's activities was given. Here are the highlights.

Buildup and maintenance of membership is a perennial activity. There are annual renewals, a continuing search for new members and a constant effort to uncover additional

Valley, Nazareth, Bath, Northampton, and Coplay. In appointing "key" men throughout the areas for enlistment purposes, MEN of M M C has followed an outstanding plan developed originally by the Auxiliary of Muhlenberg Medical Center.

Members volunteer as tour guides for groups visiting the hospital. Some are members of a speakers bureau and address meetings on the subject of the Medical Center, both inside and outside the hospital. A large number take their turn serving as

also promotes a few projects to earn additional income for the hospital. Great effort is applied while assisting at the Annual Lehigh Valley Summer Festival on the hospital grounds.

The MEN engage top-quality entertainment for the two-day affair, direct a massive parking operation, are responsible for the erection and placing of suitable tents and an ample supply of tables, and labor long and effectively in the placing of facilities, and in the cleanup after the Festival is over. Cash income is derived from the sale of snack bar and refreshment items from several stands located around the grounds. The MEN this year will construct some portable sales booths for use during the Festival and elsewhere.

MEN of M M C has a big heart. It is in business strictly to help others. The group's greatest project is a permanent fund established to assist financially those patients at the Muhlenberg Medical Center who face overwhelming financial odds. It is called the Charity Fund.

Periodically, 20% of all income is transferred to this account and the money then is available for use where it will bring benefits to needy M M C patients, as recommended by the administrator of the hospital.

This fund has only begun making itself felt. Surely it will be a major stimulant in keeping MEN of M M C purposeful over the years.

Officers for 1963 are Irvin H. Lengel, president, Neffs; Harry S. Diehl, 1st vice president, Allentown; Kenneth R. Harpel, 2nd vice president, Bethlehem; Norman G. Schaffer, 3rd vice president, Emmaus; Otto Ehrsam, Jr., secretary, Bethlehem; Charles E. Kauffman, asst. secretary, Mertztown; Martin W. Lynn, treasurer, Bethlehem; Gershon A. Hess, Sr., asst. treasurer, Allentown; Thomas M. Hittinger, membership secretary, Bethlehem.



MEN of MUHLENBERG MEDICAL CENTER Board of Directors gathers at dinner before a monthly business meeting.

leadership across the Lehigh Valley. Five geographical areas are fully organized.

Chairman of the Allentown Area is Gershon A. Hess, Sr., 802 Wyoming Street; in Bethlehem, the chairman is Martin W. Lynn, Sr., 1122 Maple Street; for Eastern Berks, Charles E. Kauffman, R.D. 1, Mertztown; for Northern Lehigh, Forrest K. Fetherolf, New Tripoli; for Southern Lehigh, Curtis B. Kehm, Sr., 225 N. Third Street, Emmaus.

Other areas expected to be developed include Hellertown, the Saucon

ushers and general helpers during the Sunday afternoon worship service for the patients. There is a hospital blood bank, kept supplied by volunteer donors solicited by MEN of M M C.

They marked out and painted guide lines on the Medical Center parking areas. They spark ideas for useful equipment and provide the funds to buy some of it, too. They already have paid off a \$10,000 pledge to the Medical Center.

In addition to receiving membership contributions, MEN of M M C



Learning. Miss Ruth Smith, director of nursing service, instructs nursing, office and housekeeping personnel in Civil Defense measures, first aid and self-preservation.



Nice. Mrs. Ann Gold of the business office admires a stunning floral piece brought to the hospital.

THE PEOPLE BEHIND THE PATIENTS



The lineup. Staff and patients queue up for chest X-rays given by a mobile unit brought to the hospital.



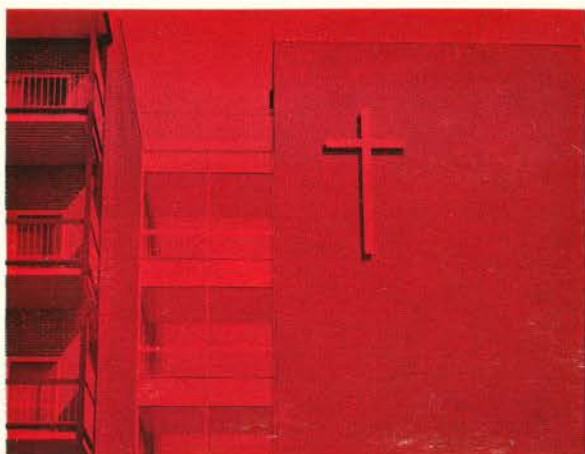
Song. Sister Louise Burroughs accompanies on the piano as (L. to R.) Sisters Esther Schenker, Sarah Jane Byers and Marion Warrick sing a Christmas carol at the foot of M M C's Christmas tree.

Sweets. Secretaries Colleen Allen and Carol Culton ogle five huge gift cakes delivered at Christmastide.

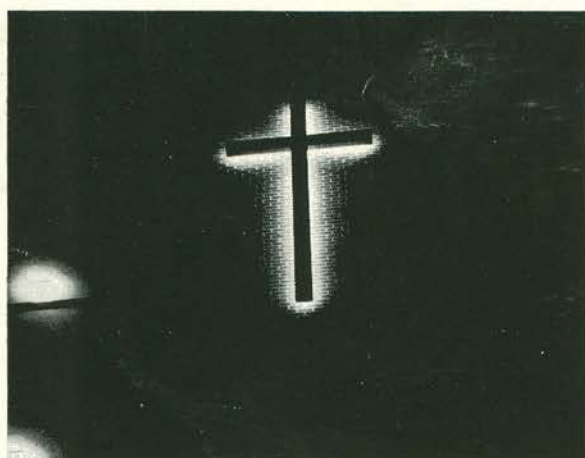


SINCE LAST WE MET

The Muhlenberg Medical Center moves in the mainstream of Lehigh Valley life. It influences, and is influenced by many people. Its staff participates in community events as feasible. Groups and individuals from the community aid the hospital. The accompanying photos illustrate such activities.



The Medical Center emphasizes healing as a Christian service. A Lehigh Valley family, whose members wish to remain anonymous, presented a fine stainless steel cross, measuring 14 feet by 7 feet, to the hospital this spring.



Backlighting the new cross during hours of darkness enhances its effect as one approaches the building.



Proceeds from a charity ball are presented to M M C by the officers of the Triangle Square Club, Bethlehem. Presenting the check to Sister Louise Burroughs, administrator, is President Sampson Taylor. Looking on, Secretary Bert Tarboro (L.) and Treasurer Frederick Davis.



A makeup clinic for the administration of Sabin Oral Vaccine was established at M M C. Nurse Susan Scheirer and Aide Ethel Lichtenwalner serve Bruce Sommons and Mrs. Ann Gold.

Songsters from Palmer Township Consolidated School, Easton, blend their well-trained voices in a concert for patients, staffers and hospital visitors. John Giardiniere, the school's director of music, is conducting.

