

UPDATE

Update

7/11/75

RETROSPECT ON A.H.A. BOARD ELECTION

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ELLWYN D. SPIKER, ADMINISTRATOR OF THE HOSPITAL CENTER, expressed the following statement regarding the recent board elections for the Allentown Hospital Association.

"On behalf of the Board of Directors and Administration of the Allentown and Sacred Heart Hospital Center, as well as the Allentown Hospital Association, I would like to thank our employees for their support in the recent board elections.

The Center recognizes Allentown Hospital as an integral part of the three hospital system and supports continued close cooperation among local hospitals to maximize use of available resources and avoid unnecessary and costly duplication of services.

Hopefully, this victory will now allow us to do just that."

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CARDIAC REHABILITATION UNIT

A RECENT ADDITION TO THE CORONARY SERVICES of the Hospital Center is the Cardiac Rehabilitation Unit located on 6B at the Hospital Center. Staffed by Mrs. Faye Baylor, R.N., and Patrice Fretz, Secretary, the unit offers two basic services. Through a specialized detection program, the unit can identify high risk persons and help them avoid heart attacks. Its principal service, however, is rehabilitation of men and women who have suffered heart attacks and help them return to normal productive life.

Cardiac disease is detected before it becomes acute by the creation of a cardio-profile and the use of a diagnostic stress test. The test, supervised by a qualified physician, is conducted to determine the patient's physical capabilities, such as the workload he can duress safely and thus enables the physician to prescribe an exercise program within the patient's capacity.

During the test the patient rides a stationary bicycle or walks on a treadmill and is constantly monitored by means of electrodes attached to his body and connected to electronic recording equipment.

After the patient's initial stress test, a report is filed with the patient's personal physician and if prescribed, the patient begins the exercise program. The patient is monitored on equipment that shows his EKG and heart rate as he exercises on an ergometer (stationary bicycle) or treadmill. His responses are relayed via telemetry units similar to small radio transmitters. Exercise sessions are conducted three times a week during the first three months of the program, two times a week during the next three months, once a week for three months and then every other week for the remaining three months of the year. As the number of appointments at the Center declines, the patient is encouraged to begin an at-home exercise program formulated by the Cardiac Rehabilitation Unit on an individual basis. After completion of the program, the patient is encouraged to come back for a yearly stress test.

The major results of this exercise therapy include a reduction in the patient's resting and exercise heart rate and blood pressure, increased work performance and improved cardiac efficiency.

In addition, the patient experiences psychological improvement. His knowledge that his workload is increasing steadily gives him a sense of well-being and self-confidence that tends to dissipate fear. In most instances, the patient returns to a normal or near normal lifestyle that includes occupational and recreational activities.

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DON'T FORGET THE MAILBOX

EMPLOYEES ARE ENCOURAGED TO DEPOSIT THEIR PERSONAL MAIL in the U.S. Postal Service Box outside the front entrance.

Please do not place personal mail in office mailboxes for messenger pick-up. This creates an additional burden to the messengers.

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WATCH WHERE YOU PARK

ROBERT EWING, DIRECTOR OF ENGINEERING, emphasizes that department heads are not to instruct or advise anyone including salesmen or servicemen that they can park in the Emergency Room parking lot.

"The Emergency Room lot is to be utilized only by physicians and patients utilizing Emergency Services," said Ewing.

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FOR THE SUGGESTION BOX -- WE WANT TO HELP

THE PURPOSE OF THE SUGGESTION BOX located in the Cafeteria is to promote better patient care and employee relations. As always employees are encouraged to use the box for suggestions of any nature. Hospital Administration has every desire to investigate and institute change as suggested by worthy comments.

Recently, several suggestions were included that contained ideas of merit. But because they were not signed, thorough follow-up was hampered. Many times it is helpful to have a chat with the suggestor to fully understand new ideas. For this reason only, everyone is encouraged to sign their suggestion. Although it is not required that there be a signature, it makes it easier to help.

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THE HOSPITAL CENTER NEWSLETTER is designed for each and every employee. Each person is encouraged to take one copy of the Update for his own use.

Currently, distribution schedules allow for enough copies to go around throughout the house. If there are any departments that are receiving too few or too many Updates to satisfy distribution to each employee, please contact the Training Office at 2026.

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WE GET LETTERS - - -

LIKE THIS ONE from Howard W. Smith who had occasion to visit our Emergency Room facility.

"On Saturday, November 8, 1974, at approximately 7:30 pm I had an occasion to see first hand how efficiently your Emergency Room functioned. My daughter, Tina, had what was suspected to be a broken bone in her foot. I transported her to your Emergency Room where we were processed quite rapidly. Within thirty-five minutes Tina was examined by Dr. Troxel, had her x-ray and had been reevaluated by Dr. Troxel, and we were on our way home. As I have been this route with several of my other children, and had to wait several hours, the promptness was gratifying.

In these days of much ado about emergency services, I for one am quite enthused about the prompt service and procedures of your emergency area. I would like to thank Dr. Troxel and his people for their kind attention."

- - - AND GIFTS

The visit that Mr. Smith speaks of was not his first to the Hospital Center. In his several experiences with treatment and service at the Hospital Center, he has been quite pleased. To show his appreciation for the fine care and personal attention he received from Emergency Room staff members, Mr. Smith recently presented a redwood picnic table to the Emergency Room so that the staff can enjoy their lunch outdoors in the summer.

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