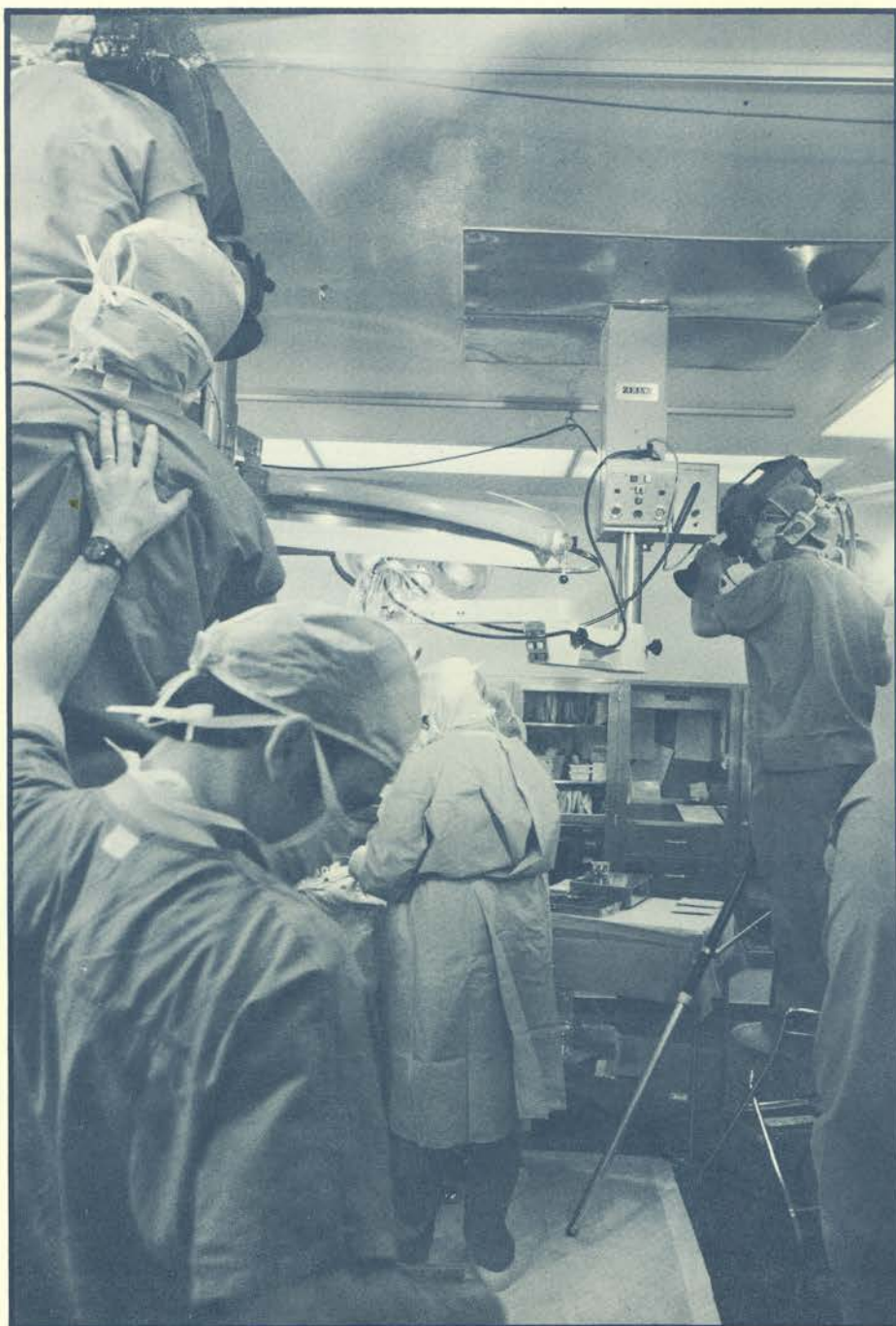


update

Vol. 4 No. 4

February 23, 1981



Automatic paging system underway

Most of the time, when dialing 2090 for the page operator, you'll get an answer in a minute or two. But there are those times when you'll have to wait considerably longer, or the line will be busy. The problem lies in the increasing demand on the operator for radio paging of personnel.

In fact, a recent study showed that approximately 37% of all radio pages placed for A&SHHC were for hospital employees and housestaff. On some days, the total of all radio pages placed, including the Medical Staff, reaches 2,500!

To make life a bit easier for Centrex operators as well as make it easier to reach the housestaff and employees on radio page, an automatic dial paging system has been installed. This system has the potential of diverting over 900 pages from the operators' workload. Eventually, the addition of Allentown Hospital to the system will divert another 300 pages.

This will significantly speed up the access time to the operators for paging the Medical Staff as well as allow rapid paging access to employees and housestaff on radio pager through the automatic system.

The major exception to this procedure is that housestaff being paged between 5:00 P.M. and 7:30 A.M. are to be paged in the current manner, by dialing 2090. Medical Staff pages will continue to be placed through the paging operators by dialing 2090.

(continued on page 3)

**Surgery taped for T.V. special...
see page 6!!**



The Center Welcomes

To Biomedical Engineering

Wayne Mattheson

To Housekeeping

Patti Faust

To Laboratory

Louise Solomon

Theresa Duffy

To Nursing Service

Deborah Burton

Constance Carlton

Ruth Entler

Rosemarie Hartner

Sandra Hippert

Debbie Hoffert

Janice Holdsworth

Julia Kauffman

Peggy Konald

Holly Kressley

Anna Mae Leibenguth

Margaret McKeegan

Linda Reisinger

Diane Smith

To Respiratory Therapy

Shaeda Alloo

George Guldin

James Manley

To Social Service

Joan Hoffman

WELCOME BACK

Donna Barley - Nursing Service

Linda Doremus - Nursing Service

Dorothy Karpow - Nursing Service

Pat Roper - Laboratory

Judy Schwartz - Dietary

Nurse recruitment update

Since the last article in Update, December 22, 1980, the Nurse Recruitment Committee has been busy planning priorities and activities to attract nursing personnel to the Hospital Center. For example:

- 1) A list of 33 factors pertinent to the nurse shortage at the Hospital Center has been compiled by the 17-member Nurse Recruitment Committee. These factors were then categorized into three areas - the 5 factors of greatest importance, the 5 factors that could most readily be changed, and the 5 factors that had the greatest importance on retention.

These results produced a high, moderate, and low priority ranking, and recommendations were made by the committee concerning the top factors in the high priority listing: infant/child care for all shifts; benefits; process of actual recruiting; incentives for longevity; educational benefits; orientation process; access to information on all benefits; and opportunities for advancement.

According to Alverta Stichter, R.N., Director of Medical/Surgical Division of Nursing and Chairperson for the Committee, Administration has approved the priority list and timetables to meet these requirements have been established.

- 2) An Ad Hoc Committee to explore child care possibilities has been formed, and "on site" visits to area child care facilities are being made (see photo).
- 3) According to Mrs. Stichter, a professional recruiter position (with primary areas of responsibility on nurse recruitment) has been established, and the Hospital Center is presently seeking an individual for this spot.
- 4) Also, a nurse recruitment brochure is being developed, to be completed by March 19.
- 5) Open Houses, to recruit potential nursing employees, will be held on March 21, April 5, and April 22. The purpose of the open houses is to allow interested nurses to talk to staff and administration and to tour the hospital. On these dates, please help us recruit interested nurses as they tour and meet members of our staff.



Dottie Murray, R.N., Emergency Room, (left), Louise Oswald, R.N., A.C.U., Richard Cipoletti, Assistant Administrator, Human Resources and Linda Leddy, Director of Volunteer Services tour the Lehigh Valley Child Care facility on South Albert Street in Allentown.



Gale Schmidt — Editor

Jim Higgins — Associate Editor

Janet Laudenslager — Staff Assistant

Jack Dittbrenner — Photography

Debra Melzer — Photography

Paging... (continued)

How to use the system

The automatic system may be accessed through any A&SHHC phone. The system may also be used if you are at Allentown Hospital, Sacred Heart Hospital, Good Shepherd Hospital, or the Computer Center, and paging an A&SHHC employee or housestaff member **included in the A&SHHC directory**.

Dial 51 and after hearing a second dial tone, dial the four digit code number of the party you are paging (consult the directory). You will then hear a pulsating tone indicating that your page has been activated (the receiving party's pager has received your instruction and is waiting for the message.) **At the conclusion of the pulsating tone, you are to state your message.** You will have approximately seven (7) seconds, a long uninterrupted tone will indicate the end of the message period. **You do not have to wait for this end of message period tone** - merely hang up. This will provide other users quicker access to the system. If you feel you did not send the message clearly, repeat the procedure by dialing 51, etc. The seven seconds of message time will be adequate. It will be important for you to speak clearly and not hurry your message.

For example:

- "Mrs. Smith please call Mr. Jones at extension 3000."
- "Dr. Brown please call the head nurse on 6A, extension 2113."
- "Mrs. Smith please call Dr. Brown at 3000."

If you should dial a non-existent four digit radio page code number by mistake, the operator will be signaled by the system to intervene and provide you with assistance. In order not to overburden the operator(s), please consult your directory for the correct code number.

System capacity, busy signals, etc.

The system has four incoming (called trunk) lines and is a "camp-on" system. That is, four persons **can attempt** to use the system at one time without receiving a busy signal. However, only one page at a time can be placed - with the other three "camped-on". If after

dialing 51 you hear a ringing sound (as opposed to a dial tone) someone else is ahead of you in the system - just wait a few seconds for the system's dial tone and follow the system's procedure - dial the four digit code, etc. If after dialing 51 you hear a busy signal, there are four people trying to use the system simultaneously - just hang up and repeat the procedure by dialing 51, etc. **Please do not call the operator.**

Trauma, Code Blue, Fire Team

These emergency pages will be handled without change. Dial 59 for Trauma, 57 for Code Blue, and 118 for Fire. When the operator receives these emergency messages, she will override the paging system and place a team page through the system accessing all Trauma, Code Blue, or Fire team pagers simultaneously. If this occurs while you are attempting or using the system, you will be reverted back to a ringing sound as if you were on the "camp-on" status as described above. When the operator completes the emergency paging, you will receive the system's dial tone and you may proceed by dialing the four digit radio pager number, etc.

Directories

A Paging Directory (similar to the telephone directories) will be distributed to all holders of the phone directory **for insertion** in the phone directory binder. In addition, separate paging directory listings will be provided for placement by your department/office phones for rapid access. Changes to the directories and listings will be immediately provided. The directories will provide instructions, the four digit radio pager numbers of employees and housestaff, and when they are available to be paged.

Other improvements

To improve signal (transmission) strength throughout A&SHHC, radiacable has been installed throughout the hospital and an additional internal transmitter (a small version of the long distance transmitter on South Mountain) has been installed. The interaction of these two transmitters will enable your recipient to receive your page placed through the automatic system wherever your recipient's location (subject to the present distance limits of the South Mountain transmitter) as well as provide a strong internal signal.

Disadvantages we have to bear

Approximately 18 months ago, the Federal Communications System ordered us to change our radio frequency to one which we have to share with many more users. Because of this, there are times when the frequency is in use, and our operators have to wait before placing a page. The automatic system will interact with the mountain transmitter and as a result, you may experience a wait for the dial tone before you can place your message as the system is waiting for our frequency to clear (as do our operators.). The alternative to this is to disconnect our internal transmitter from the mountain transmitter which creates a significant disadvantage - if the person you are paging is outside the immediate hospital environs (building and parking lot), they will not receive your page. Therefore, the best alternative was to connect both transmitters.

In order to achieve the best and most effective use of the system and free up the operators for medical staff paging, it is important that you do not dial 2090 to reach employees and housestaff (the exception being housestaff between 5:00 P.M. and 7:30 A.M.).

If you need to reach an individual at times other than their paging availability, as indicated in the directory, or if you do not receive a response to your page, follow this procedure:

If, according to the directory, the person you are paging **is available** but you are not called back, page the person through the system a second time. If you still are not called back, dial 2090 and have the operator place the page.

If, according to the directory, the person you are paging is **not available**, use the key person home telephone listing and call the person directly (if that is your normal procedure) or call the operator to place the call (if that is your normal procedure).

If you are an employee or housestaff member carrying a pager on this system and your pager is not working for any reason, please go to Centrex immediately. If you need a new pager, they will provide one after reprogramming the system to accept the new pager.

If you have any questions concerning the new paging system, please call Richard Manges, Assistant Administrator for Financial and Administrative Services, 2015, or Ann Doncevic, Centrex, 3162.

Training sessions and demonstrations of this system are being held, and arrangements for additional training can be made through your department head or supervisor.



Here's to Your Good Health!

March is the time to celebrate National Nutrition Month. The Wellness Center would like to offer these suggestions as you share in the festivities of good eating:

Try to brighten up your breakfast routine. A sliced tomato, 1/2 cup of strawberries or a crisp apple can easily be substituted for the morning's O.J.

Do eggs conflict with your dietary restrictions? Try a glass of low-fat milk, cottage cheese, yogurt, sliced turkey or smoked fish instead for your morning meal.

Cutting out the "extras" might help you control your weight. Calories from jellies, sour cream, butter and gravy can really add up when you're not looking. A slice of bread has about 70 calories but when you spread a pat of margarine or butter with a teaspoon of jelly you've just **doubled** the calorie content.

Beware of the new line of "natural" products. Quaker 100% Natural Cereal is 21% sugar, compared to Cheerios, which contains only 3% sugar.

Jello is not a light dessert...it only looks that way. Unless your gelatin dessert is sugar free, it **probably has up** to 5 teaspoons of sugar in a 1/2 cup, along with artificial flavoring, coloring and other additives.

Food on the run

Whether we like it or not, "fast-food" restaurant's are here to stay. In fact, Americans eat almost half their meals outside the home and quick service restaurants receive most of our business.

Eating well but wisely on the road poses a problem, but it is not impossible. Comparing these caloric values might influence your fast food choice.

ARTHUR TREACHER'S

(fish, chips, coleslaw)

CALORIES

3 piece dinner	1100
2 piece dinner	905

PIZZA HUT

3 slices, 10" thick & chewy, beef	620
3 slices, 10" thin & crispy, pepperoni	430

BURGER KING

Hamburger	310
Whopper	650
Whaler	660

KENTUCKY FRIED CHICKEN

(fried chicken, mashed potatoes, coleslaw, roll)

3 piece dinner:	
Original	830
Crispy	1070

Hints to remember:

Coleslaw dripping with mayonnaise, greasy fries (fat has 9 calories per gram compared with carbohydrates which have 4 calories per gram) and gooey sweet pies are loaded with extra calories. Foods included in the package deal can be skipped or at least shared with a friend.

The lighter side of weight control

How many calories is a kiss worth?

A kiss of average intensity expends about 9 calories, according to an Italian exercise physiologist ... of course, if you kiss someone through a catcher's mask, the calories used up could soar to 90!

A&SHHC staff featured at "Y" conference

"Shape Up For Life" is a quality of life conference sponsored by the Auxiliary to the Lehigh County Medical Society in cooperation with the Young Women's Christian Association of Allentown to be held on Tuesday, March 10, at the YWCA.

Featured at the 9:00 A.M. - 12:30 P.M. program will be Wellness Center staff members **Jeffrey E. Burtaine, M.D.**, Medical Director, and **Susan D'Annibale**, Program Coordinator. Dr. Burtaine will discuss the "Promotion of Total Wellness" and "Physical Fitness" and Susan will take a look at "Stress Management."

Also included in the program are presentations on "Weight Reduction" by Stanley F. Banach, M.D., and "Smoking Cessation" by Kenneth R. Graham, Ph.D.

Child care services will be provided in the YWCA's playroom for 3-5 year old children.

Fee for the conference is \$3.00, and to register, call 432-6821.



Florence Brown, Assistant Administrator for Nursing Services, and **Rev. Edward B. Connolly**, Hospital Center Chaplain, were featured speakers at the Lehigh County Community College Practical Nursing Program Planning Ceremony earlier this month.

Father Connolly provided the invocation and benediction for the ceremony. Miss Brown was keynote speaker.

Of the 37 practical nurses receiving pins, 13 have been hired at the Hospital Center: Donna Barley, Deborah Burton, Constance Carlton, Ruth Entler, Rosemarie Hartner, Sandi Hippert, Debbie Hoffert, Janice Holdsworth, Peggy Konold, Holly Kressley, Anna Mae Liebenguth, Margaret McKeegan, and Linda Reisinger.

David Rice, Microsurgery Instructor, was the featured speaker at the February meeting of the Mid-Eastern Pennsylvania Chapter of the Association of Operating Room Nurses, held at the Hospital Center. Dave's topic for the meeting was "Microsurgery."

Marie Weissman, ACSW, Director of UR/DP/Social Service, has been elected Vice President of the Greater Lehigh Valley Hospital Social Work Directors Association. She will be serving as the Lehigh Valley representative on the Executive Board of the Philadelphia Chapter of the Society for Hospital Social Work Directors.

Alan Zewan, Utilization Review Coordinator, has been re-elected treasurer of the Quality Assurance Professionals of Eastern Pennsylvania. Other UR/DP/SS staff members who hold positions within this association include **Mary Ann Gergits**, R.N., Discharge Planning Coordinator, co-chairperson of the Program and Interaction Committees; **Marion Norman**, R.N., Utilization Review Coordinator, member of the Program Committee; and **Christen Boyle**, R.N., Discharge Planning-Home Care Coordinator, also a member of the Program Committee.

Frank Santaniello, G.R.T., Respiratory Therapy, has passed the registry examination (written and clinical simulation) and has earned the new credential - R.R.T. (Registered Respiratory Therapist). The exam is given by the National Board for Respiratory Therapy.

Marsha Becker, formerly of Housekeeping, is the new aide in Respiratory Therapy. She will be setting up oxygen therapy equipment for patient use and maintenance of that equipment. Marsha has been employed at the Hospital Center since March, 1978.

Nutritional Support Service news...**Marlene Keck**, R.N., Nutrition Support Service nurse, recently attended the Fifth Clinical Congress of the American Society for Parenteral and Enteral Nutrition in New Orleans, Louisiana. This year's meeting was entitled "The Challenge of Modern Clinical Nutrition: Education, Practice and Research."

Judy Holaska, R.D., Nutrition Support Service dietitian, will be featured speaking on the "Diabetic Diet" at a series of workshops relating to the dietary concerns of people with heart disease, diabetes, hypoglycemia, food allergies, and weight problems at Lehigh County Community College on Tuesday, March 10.



Georgette, Yvonne and Jacqueline

Burn Center staff members present study

"The Effects of Amnion and Xeroform as Temporary Coverage for Partial Thickness Burn Injury", an extensive eleven-week study prepared by **Georgette Schimeneck**, R.N., Clinical Charge Nurse, **Yvonne M. Troiani**, R.N., BSN, and **Jacqueline Fenicle**, R.N., BSN, (above) was presented at the third annual meeting of the Mid-Atlantic Association of Burn Care Facilities in Washington, D.C.

Amnion is the inner layer of the fetal membranes and placenta which is shed as part of the afterbirth; xeroform is a sterile, non-adhering protective dressing impregnated with 3% xeroform in a petroleum blend.

Six males and three females with a total of fifteen sites of injury were studied; 53% of the burns were covered with amnion, and 47% were covered with xeroform.

The burns included superficial partial thickness burns (2nd degree burns), deep partial thickness (2nd and 3rd degree burns), and donor sites used for grafts.

Parameters measured in the study were pain, healing time, and appearance after wound closure.

The findings of the study indicate that there are no statistically significant differences in the parameters mentioned above when using either amnion or xeroform.

This presentation by the three burn center nurses was one of thirteen on the program. Member institutions of the Mid-Atlantic Association of Burn Care Facilities are A&SHHC, Baltimore Regional Burn Center, Children's Hospital National Medical Center, Washington D.C., Crozer-Chester Medical Center, Philadelphia, St. Agnes Medical Center, Philadelphia, St. Christopher's Hospital for Children, Philadelphia, and Washington Hospital Center, Washington D.C.

Georgette has been at the Hospital Center since April, 1977, Yvonne since September, 1979, and Jacqueline has been here since October, 1979.

Correction — organizational chart

The new A&SHHC Organizational Chart, which appeared in Update, January 26, 1981, incorrectly indicated that the Recovery Room reported to the Operating Room/Emergency Room Division Chief. It should indicate that the Recovery Room reports to the Critical Care Division Chief.

on call

Appearing on "On Call: A Valley Health Series" on WLVT-TV, Channel 39, during March will be:

March 2, 7:30 P.M., March 7, 3:00 P.M. - Nuclear Medicine - One out of every three hospital patients in this country can expect to be tested or treated by a nuclear medicine procedure. The diseases or physical disorders of these patients are diagnosed through the use of radioactive substances and highly sophisticated testing devices. Donald Morel, M.D., Chief of Nuclear Medicine at A&SHHC, and Gerald Johnston, M.D., offer revealing information of where this extraordinary science and technology fits into medicine today.

March 9, 7:30 P.M., March 14, 3:00 P.M. - Living Through Emotional Loss - One of the most traumatic and bitter times in life is dealing with and accepting an emotional loss; such as the death of a loved one, or a divorce. These stressful incidents can produce harmful physical and psychological side effects if not coped with properly.

William Barker, D.Min., and David Durka, Ph.D., offer advice on how to survive these distressing changes in life.

March 16, 7:30 P.M., March 21, 3:00 P.M. - The Best of On Call - A review of the most memorable segments of "On Call" provides a second look at a remarkable treatment for the most common cause of crippling in the Western world - Arthritis.

March 23, 7:30 P.M., March 28, 3:00 P.M. - Urology - Urological disorders are often uncomfortable, inconvenient, and even embarrassing. The most common found today are bladder infections in women and prostate troubles in men. Edward Mullin, M.D., and Scott Yeau, M.D., discuss the symptoms, diagnosis, and care for disorders in the urinary tract. Surgical treatment for a urological problem is featured.

March 30, 7:30 P.M. - Women's Health Care - The female reproductive system is one of the marvels of human anatomy. From the onset of puberty, a woman encounters a chain reaction of various physical conditions and changes. The obstetrician/gynecologist aides a woman in diagnosing and treating any diseases or disorders of her sexual organs that might occur.

Gregory Lang, M.D., and Kath Pompei, R.N., discuss the particular medical problems of women on this "live" show. Viewers are encouraged to phone in their questions which will be answered over the air by calling 867-4677.

Brain surgery special taped

What was going on in OR #4 a few weeks ago, you ask? Plenty. The TV Department began shooting a 1/2 hour special on Brain Surgery, to be featured as the "On Call: A Valley Health Series" 1981-82 season opener on October 5. (WLVT-TV, Channel 39.)

According to Producer Paul Dowling, the brain special is the department's most ambitious project to date.

Video footage follows a microvascular shunt as performed by staff neurosurgeon Harry W. Stephens, Jr., M.D.

The crew taping the special consisted of some of the television industries premier technical people: Walter Dombrow, a six time Emmy award winner and a cinematographer for CBS "60 Minutes", Joe Leirer, cameraman for ABC's Wide World of Sports; Bruce Litecky, Audio Engineer for NBC (including the recent Super Bowl), and Jack Tiller, Hollywood music composer and producer whose credits include four Academy Awards for "Roots I" and "Roots II", and directing all photography is Wayne Paull, ABC cameraman for "That's Incredible" and "Those Amazing Animals."

The program will be narrated by David Odgen Stiers of CBS's M*A*S*H. (Stiers, you may recall, narrated the multi award winning "Open Heart Surgery -The Coronary Artery Bypass.")

Along with the surgery, the program will feature film animation, as well as "digital" brain animation.

Assisting Dr. Stephens during the surgery are operating room nurses Carolyn Petroski, R.N., and Roberta Sundin, R.N.

TV Department personnel involved in the program are Devon Frey, Associate Producer, Steve Plarr, Assistant Producer, and Gary Snyder, Engineer; and the program was written by Justin Carisio.



A simple guide to employee parking

Depending on the time of day, employees or visitors seeking a parking spot in the Hospital Center's main lot require a little luck, good timing, and perhaps a bit of patience.

There are, however, a few rules and regulations concerning regular and reserved or restricted parking areas to be observed.

Main parking lot

Located directly in front of the Hospital Center, the main lot includes: all metered visitor parking spaces, handicapped parking spaces, and regular employee parking.

Metered parking - short term parking for visitors.

Handicapped/Disabled Veteran spaces - reserved parking for cars with a special "HP" or "DV" PA license plate or out-of-state handicapped plate. Parking in these spaces without one of these special plates is a violation of the law and a ticket issued by the Salisbury Township Police Department could result. This is mandated by state law.

Car Pool section - the third and fourth rows in the center section of the main lot have been set aside for employees who choose to "share a ride." Car pool tags are available from Security and must be displayed on the dashboard of all cars parked in these two sections.

Barricaded parking area - the fourth row of the main lot has wooden "horses" or pylons in front of parking spaces. This is a reserved area for car poolers, as explained above.

Second shift parking lot

Located in the northwest corner of the grounds, adjacent to the cafeteria, this lot is designated for use by evening shift personnel starting at 12:00 Noon or after. A guard is stationed on site during evening hours.

Physician lot and emergency room parking

Access to the physicians' parking lot is only by an authorized "entry" card. The emergency room lot is for emergency room visits only.

Lobby entrance

The circle in front of the hospital is restricted to patient loading and unloading only. Parking for other reasons is prohibited.

Medical office building lot

This newly constructed lot is for the tenants and staff of the medical office building and their patients. Though the building is not open yet, the designated handicapped spaces are being patrolled.



Oldies night

Tickets are still available for the "Oldies Night" on Friday, March 6, from 8:00 P.M. to 12:00 Midnight, at the Fearless Fire Company.

Tickets are only \$4.00 and include beer, soda, ring bologna, cheese, chips and pretzels, plus entertainment by Gene Werley spinning records from the 50's, 60's, and 70's. A cash bar will also be available.

Tickets are available in the Public Relations Office Monday through Friday, 8:30 A.M. to 5:00 P.M.

Atlantic City

There are still seats available for the bus trip to Atlantic City on Saturday, March 28, to Caesar's Regency. Cost is \$12.00 per person and includes round-trip bus transportation plus \$10.00 upon arrival at the casino.

Contact Inez Mistretta in the Doctors' Lounge on the second floor or call her at 2180 for information.

Raft trip

There are still spaces available for the raft trips on Pine Creek through the Pennsylvania Grand Canyon on Saturday, April 25, and Sunday, April 26. The cost is \$23.00 per person and includes two nights camping, the raft trip, lunch on the raft trip, and bus transportation back to the campsite after the raft trip.

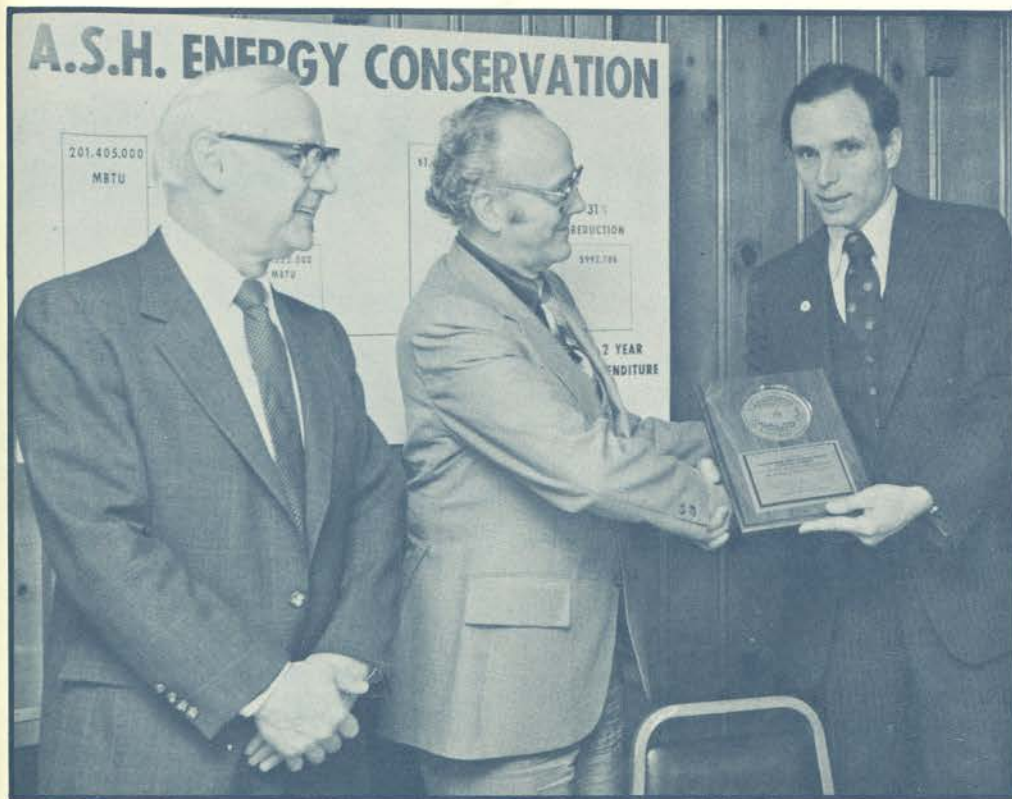
For information and reservations, contact Janet in Public Relations at 3084.

New York "Broadway trip

The shows for the Broadway trip on Saturday, May 30, have been decided and are as follows:

- Barnum
- A Day in Hollywood/A Night in the Ukraine
- They're Playing Our Song
- Evita -- Tickets will only be sold from February 16-20 for this show.

The deadline for reservations for all other shows will be Friday, March 6. For information and reservations, contact Jeanne Fignar, Financial Services, 2062. Money must be paid when reservations are made.



Energy Management Award Presented -- Don Ritter (right), U.S. Congressman from Pennsylvania's 15th Congressional District, presents Ellwyn D. Spiker, Administrator, with an Energy Management Achievement Award from Honeywell, Inc. Building Services Division for a \$297,857 savings in energy costs over a two-year period.

Looking on is Robert E. Hall, Honeywell Building Services Division Vice President and General Manager who flew in from Honeywell's corporate headquarters in Minneapolis to attend the ceremony.

As reported in the last issue of Update, the award is one of ten Honeywell awards given nationwide to businesses using their system.

Allentown and Sacred Heart Hospital Center
1200 S. Cedar Crest Blvd.
Allentown, PA 18105

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auxiliary NOTES

Raffle tickets for May Daze will be coming off the printing press shortly. We hope that all auxiliary members will make a strong effort to purchase at least 2 tickets. Volunteers will be needed to display the Quilt and sell raffles every afternoon in the main lobby. If you can spare 2 or 3 hours any afternoon between March 16 and May 15, please contact Ann Sherman at 433-1179 and tell her which day or days you would be available. Any help will be greatly appreciated. The prizes are:

1. Original full size Handmade Quilt
2. Exercise Machine
3. Handmade Afghan
4. Colonial Tray with Needlepoint Inset
5. \$50.00 Gift Certificate for Hospital Gift Shop
6. Toddler life size doll

MAY DAZE

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