

# Intercom

## Duke University Medical Center

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### Carter Lecturer To Speak about Health Credentials

The issue of "Credentialing of Health Manpower" will be the subject of the annual Harriet Cook Carter Lecture next Thursday (March 31).

Dr. Lucie Young Kelly, professor of nursing at Columbia University's Schools of Public Health and Nursing, will speak at 2 p.m. in the Biological Sciences Auditorium.

The talk will begin the annual Spring Program of the School of Nursing.

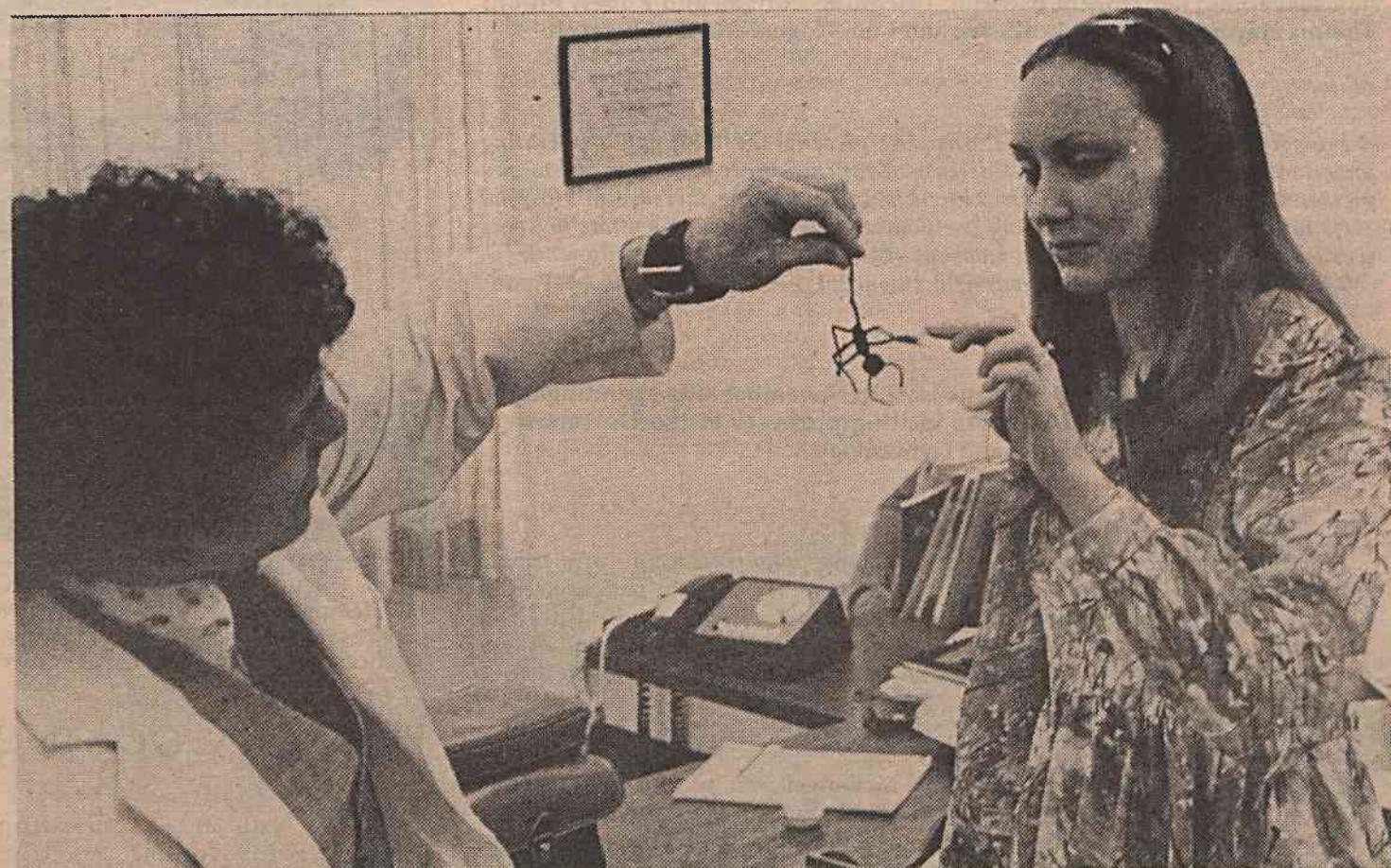
The Carter Lectureship was established in 1969 to honor the late Mrs. Carter, a nurse who was co-founder of the Duke Hospital Auxiliary and was active in Durham civic affairs. She was the wife of Dr. Bayard Carter, Duke's first chairman of the Department of Obstetrics-Gynecology.

Kelly has written numerous articles on expanded roles of health care deliverers, legislation, licensure and patient rights. She received the B.S. in nursing 1947 and a Ph.D. in nursing education in 1965 from the University of Pittsburgh, where she was named outstanding alumna by the School of Nursing in 1964.

The Duke nursing school's distinguished alumni award will be presented at a dinner given by the nursing school's alumni in honor of the graduating seniors Thursday night.

Papers chosen to receive the Thelma Ingles Scholarly Papers Award will be presented in the Ann M. Jacobansky Auditorium in the nursing school at 10 a.m. Friday. The awards are sponsored by the Beta Epsilon Chapter of Sigma Theta Tau, national nursing honorary society.

New members will be inducted into Sigma Theta Tau Friday at 4 p.m. in the Chapel.



GETTING THE SPIDER BESIDE HER—Dr. Patrick Boudewyns, director of the medical center's new "Bad Habits" clinic, helps a young Durham woman get over a life-long fear of spiders through a psychological technique known as "systematic

desensitization." Boudewyns said training in progressive muscle relaxation should reduce anxiety caused by the toy spider to a point where seeing a real spider will not unduly upset the woman in the future. (Photo by Thad Sparks)

### New Clinic Helps Folks Kick Bad Habits

By David Williamson

"A habit cannot be tossed out the window," Mark Twain once wrote. "It must be coaxed down the stairs one step at a time."

If the humorist from Hannibal had lived long enough to enroll as a client at the medical center's "Bad Habits Clinic," he might never have offered his droll excuse.

He might not have needed to.

Medical psychologists at the new center, which is formally known as the Behavioral Change and Self Control Program, are currently employing a variety of recently developed behavior therapy

techniques to help essentially normal people kick a host of stubborn habits.

Clinic director Dr. Patrick Boudewyns said the list includes such ingrained behavior patterns as insomnia, overeating, headache-causing tension and anxiety, chronic pain, sexual dysfunction, smoking and excessive fears known as phobias.

#### Lying Awake in Bed

"Insomnia, for example, is a big problem in our culture," he said. "And people tend to compound it by lying awake in bed telling themselves, 'If I don't get to sleep

pretty soon, I'm going to feel rotten in the morning.'"

Worry increases as the minutes crawl by, making it even harder to fall asleep and beginning a vicious cycle of pillow thumping, turning and tossing, Boudewyns said.

"The insomnia therapy offered by the clinic is a very straight-forward thing called stimulus control," the psychologist said. "Instead of lying in bed, individuals are encouraged to get up, leave the bedroom and begin an activity that refocuses their minds on more positive thoughts before they return to bed."

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### Board Meets, Bringing Variety of Expertise

The medical center Board of Visitors — an advisory body of experts in health care, education, business and finance from across the country — is meeting here.

The annual meeting began yesterday with specialty sessions and will continue through an executive session tomorrow morning.

At today's general session in the Medical Center Board Room, the group will hear reports on nursing education, the \$2.8 million Commonwealth Fund program in health sciences education and reports on the Department of Pediatrics, the Department of Health

Administration and the Division of Allied Health Education.

The afternoon meeting will center on Duke Hospital, including a progress report on the \$92 million Duke Hospital North and a report on the computerized Duke Hospital Information System.

Dr. Harry Eagle of the Albert Einstein College of Medicine in Bronx, N.Y., is chairman of the board. Other members are:

\* Karl D. Bays, chairman of American Hospital Supply Corp., in Evanston, Ill.

\* Edward H. Benenson of the Benenson Funding Corp. in New York City.

\* Dr. Earl W. Brian, president of Xonics in Van Nuys, Calif.

\* Dr. Shirley Chater, assistant vice

chancellor for academic affairs, University of California in San Francisco.

\* E. Lawrence Davis III of Womble, Carlyle, Sandridge and Rice in Winston-Salem.

\* James R. Felts Jr., executive director of the Hospital and Child Care sections of the Duke Endowment in Charlotte.

\* Dr. Loretta Ford, dean of the School of Nursing at the University of Rochester.

\* Dr. David A. Hamburg, president of the Institute of Medicine of the National Academy of Science in Washington.

\* Dr. C. Henry Kempe of the National Center for the Prevention and Treatment of Child Abuse and Neglect in Denver.

\* Dr. John H. Knowles, president of the Rockefeller Foundation in New York City.

\* Dr. Alexander Leaf, chairman of the Department of Medicine at Harvard Medical School in Boston.

\* Dr. William H. Muller Jr., vice president for health affairs at the University of Virginia in Charlottesville.

\* Raymond D. Nasher of the Raymond D. Nasher Co. in Dallas.

\* Dr. George Palade, a cell biologist at Yale University School of Medicine in New Haven, Conn.

\* Dr. William R. Pitts of Charlotte.

\* Anne R. Somers, associate professor of community medicine at Rutgers Medical School in Princeton, N.J.

\* Edwin C. Whitehead, chairman of Technicon Corp. in Tarrytown, N.Y.

Bays, Knowles, Muller, Nasher, Pitts and Whitehead also are trustees of Duke University.