

People can be afraid of just about anything

(The following was written by Carolyn Satterfield and is reprinted from The Durham Sun.)

It's possible to be trapped in your own home.

Not by locked windows and doors, but by exaggerated fears.

It's a condition known as agoraphobia, or fear of just about everything, and it's afflicting increasing numbers of people, according to Dr. Patrick A. Boudewyns, director of the Behavior Change and Self-Control Program, also known as the "Bad Habits Clinic."

More women than men seem to have agoraphobia, he added, due in part to reports of rapes and other dangers inherent in our society.

Buying groceries most difficult

The most difficult thing for many agoraphobics is going into a large supermarket and buying groceries. That's usually one of the last things persons undergoing therapy can accomplish. At that point, they are well on their way to being cured, Boudewyns said.

Techniques used in the Bad Habits Clinic in dealing with this and other phobias are quite successful. Most people experience an 80-90 percent improvement through therapy, according to the director.

Boudewyns, an associate professor in the Division of Community and Social Psychiatry, also serves as chief of psychology services at the Veterans Administration Hospital.

Fears can be necessary

Everybody has fears, he said. In fact, realistic fears are necessary for survival. When fears become obsessions, when a person's lifestyle is crippled in any way by an inability to deal with one or more fears, that person has crossed the fine line between fears and phobias.

For instance, a person who is leery of elevators, bothered by heights, afraid of flying is reacting normally, as long as these feelings are just minor discomforts, pretty easily ignored.

Boudewyns defined a phobia as a "morbid, irrational fear or dread of a situation, place or thing, so severe that it interferes with one's life."

Since a phobia is unrealistic in its intensity, the idea of therapy is to help the person deal with the problem in a more realistic sense.

First the person must be able to talk freely about such fears and the usual reaction to them.

Then he or she is encouraged, with guidance from a trained professional, to "test reality."

Boudewyns discourages individuals from trying these techniques without the aid of a professional, since he believes this might make the situation worse.

Gradual or 'flooding'

Two techniques are used — a gradual exposure to the feared object or situation, or a more direct approach, called flooding, in psychological jargon.

In the gradual exposure, the person tests reality in small doses, either through an imaginary situation or the real thing.

Boudewyns gave as an example a person deathly afraid of heights. The person would be encouraged to climb a flight of outdoor steps, such as a fire escape, one step at the time, while being taught to relax and observe certain emotional responses.

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Joklik chosen president-elect

Dr. Wolfgang K. Joklik, James B. Duke Professor and chairman of the Department of Microbiology and Immunology, is president-elect of the American Medical Schools Microbiology Chairmen's Association.

Joklik, who was born in Vienna, Austria, received bachelor's and master's degrees in biochemistry from the University of Sydney, Australia, and earned a doctorate in virology at the University of Oxford, England, in 1952.

Joklik was appointed to the Duke faculty as professor and chairman of microbiology and immunology in 1968. He came to Duke from Albert Einstein College of Medicine in New York, where

he had been a faculty member since 1962 and Siegfried Ullman Professor of cell biology since 1965.

Joklik was named a James B. Duke Professor, the university's highest academic honor, in 1972.

He is a member of the editorial boards of three professional journals and is editor-in-chief of Virology.

Joklik was named American Society for Microbiology Foundation Lecturer in 1966-67 and 1976-77.



DR. JOKLIK



Safety hotline

If you have questions about situations such as spills, maintenance or safety problems, the number to call is 684-3232, 24 hours a day.

This "Safety and Maintenance Hotline" was established by the medical center's safety committee and the Department of Medical Center Engineering and Operations.

Nursing inservice education plans workshops

The Office of Nursing Inservice Education has announced three public courses to be offered in April.

The topics will be pediatric eye conditions, basic life support and diabetes patient education.

"A Comprehensive Approach to Pediatric Eye Conditions" will be held at the Eye Center on April 4-5.

The workshop is designed to provide a clinical update on several ophthalmic disorders and injuries of young children, with emphasis on examination techniques, pre- and post-operative care, prosthetics, psychosocial aspects and

diagnostic tests. The registration deadline is March 31.

An instructor certification course in "Basic Life Support" will be given April 13-14 at Duke's Croasdaile Education Center in the Croasdaile Shopping Center.

A prerequisite is certification as a Basic Rescuer by the American Heart Association.

"Diabetes Mellitus and Patient Education" will be offered April 19 at the Croasdaile Center.

The session will provide basic information necessary for the delivery of

nursing care to the patient with diabetes and promotion of self-care by the patient.

Further information about each of the workshops may be obtained from Nursing Inservice Education, Box 3883, phone 684-4293.

Kid stuff

The universal appeal of children's art is reflected in the exhibit on display in the East Campus Library through April 14, presented by Duke's Preschool and Primary Program.

The program also is sponsoring an open house in the 4-year-old group, Thursday, March 30, at 10 a.m. in the Bivins Building.

Program director Musia Lakin has announced that registration is in progress for children 3-8.

A-V says thanks for waiting

Renovations in the Division of Audiovisual Education have been completed, director Sam Agnello has announced.

"This means that we are able to produce in all formats and emulsions and we will be able to meet most reasonable deadlines," he said.

"We appreciate everyone's patience during our recent moves and renovation and the consequent inconvenience," Agnello said.

For the convenience of clients, the division is testing an expanded pick-up and delivery system.

An artist is stationed in the medical photography section, Room 021 Hospital, (basement, yellow zone) from 8:30-9:30 a.m., Monday-Friday, to consult and pick up art work.

A photographer is stationed in the medical art section, Room 328 Bell Building, from 3:30-4:30 p.m., weekdays, for consultation there.

Agnello added that work can be left at any time, and arrangements can be made to pick it up at either location.

He noted that the normal completion time for routine work is three full work days.

First chief resident in pediatrics dies

Duke's first chief resident in pediatrics, Dr. Jean Davidson Craven, died last Saturday in Lexington. She was 73.

A native of New Mexico, Dr. Craven graduated from Occidental College in Los Angeles and received her M.D. from The Johns Hopkins University.

She served on the pediatrics house staff here from 1930-34 before entering practice in Lexington.

Dr. Craven is survived by a son, two brothers, one sister and five grandchildren.

