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duke university medical center

VOLUME 20, NUMBER 12

March 23, 1973

DURHAM, NORTH CAROLINA

Highland Hospital - A Special Part of Duke



ENTRANCE TO HIGHLAND—Highland Hospital is a 131-bed psychiatry facility located in Asheville. It was founded in 1904 and became fully integrated into Duke as a Division of the Department of Psychiatry in 1967. Highland's campus consists of 55 acres with eight patient-care buildings located on its premises. (Photo by Dale Moses)

New Program Successful In Curbing Fetal Deaths

The fetal death rate at Duke was cut by 25 per cent last year after the creation of a new program for the evaluation and management of high-risk pregnancies.

The program is the Division of Perinatal Medicine, started one year ago under the Departments of Obstetrics and Gynecology, Pediatrics and Anesthesiology.

The division has just received a \$32,592 grant from the National Foundation-March of Dimes to continue its effort to improve the clinical management of high-risk obstetrical patients and further reduce intrauterine and infant death rate.

The grant will include \$25,000 from the National Foundation-March of Dimes and another \$7,592 from the Durham County Chapter of the organization.

The Durham chapter plans to raise its share of the grant during its second annual Walkathon to be held April 7.

"Last year was the lowest death rate it's ever been at Duke," said Dr. Carlyle Crenshaw Jr. "We had 18 intrauterine deaths per 1,000 live births. In the previous four to five years it was running 24 deaths per 1,000 live births.

"I would like to think this comes from an improvement in the evaluation of high-risk cases and in the handling of labor and delivery," he said. Duke handles more than 2,000 deliveries annually.

Crenshaw and Dr. George W. Brumley, director of Newborn Services

at Duke, are co-directors of the new division. They have been working on basic maternal and fetal research for more than five years.

"Perinatal refers to the period of intrauterine life when the baby is considered viable to some time after birth," Crenshaw said. "We plan to follow them for five to 10 years after birth.

"We're dealing with the babies of high-risk mothers, those with such things as diabetes mellitus, hypertensive vascular disease, RH negative sensitization, heart disease and the obstetrically elderly—over 40."

Crenshaw said, "It's from this group of patients that we have our greatest perinatal mortality and maternal mortality.

"There are relatively few perinatal divisions in the country," he said. "We hope that through centers such as this, we can have an impact nationally as well as locally in terms of the quality of care for all obstetrical patients.

"North Carolina has one of the highest perinatal death rates in the country," he said, "and the United States has one of the highest rates in the civilized world."

Duke's Division of Perinatal Medicine is an interdepartmental program, the only effort of its kind in the state. Besides Crenshaw and Brumley, the staff includes Dr. David Cole, an obstetrical anesthesiologist, and Dr. David Schomberg, an endocrine physiologist.

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When people speak of the Duke University Medical Center, they almost always are referring to the medical complex in Durham.

But one of the most important divisions of the medical center is located more than 200 miles to the west of Durham in Asheville. Because of its mountainous location, it is fittingly called Highland Hospital.

Highland is situated in the highlands of western North Carolina where skiers and outdoorsmen alike can find relaxation and escape from the routine stresses of everyday life.

For its size, Asheville is a unique city in that it boasts almost a dozen medical facilities in its surrounding areas. Amidst this concentration of medical care stands Highland Hospital, a 131-bed psychiatric facility with some 250 staff and employees. Oddly enough, a ski resort located 27 miles from the hospital's grounds advertises itself as a "great escape" and this concept of refuge and restoration is particularly underscored at Highland.

According to public relations director Stephanie Tindell, "the hospital serves as a necessary refuge where patients can restore themselves emotionally and psychologically while discovering what went wrong in their lives and how they can better deal with future problems."

Highland Hospital was founded in 1904 by Dr. Robert S. Carroll who donated the hospital to Duke in 1939 and served as its medical director until 1943. Dr. Carroll was a strong believer in the importance of general, physical and mental fitness as a basis for mental health. His treatment programs stressed

a simple diet, work-centered activities, vigorous outdoor recreation programs and pleasant living quarters.

In July of 1967, Highland was fully integrated into Duke as a Division of the Department of Psychiatry. As a result, the governing body of Highland Hospital is the Board of Trustees of Duke University. Highland is under the supervision of Dr. Ewald W. Busse, J. P. Gibbons, professor and chairman of the Department of Psychiatry at Duke.

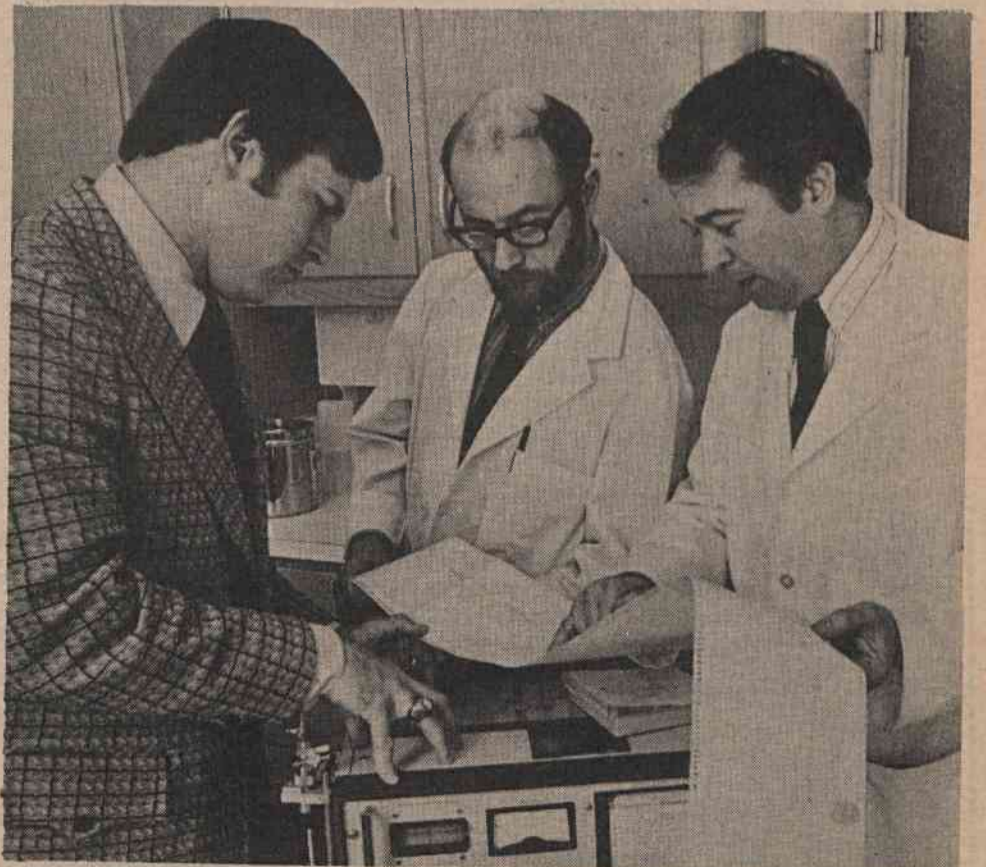
Dr. Charles W. Neville Jr. has been medical director of Highland since 1965. He has been a member of the faculty at Duke since 1964 and currently holds the title of associate professor of psychiatry.

Highland's full-time staff, which includes nine psychiatrists, three medical psychologists and 10 social workers, hold academic appointments in the Department of Psychiatry and have access to its resources. In addition to the full-time faculty, there are 110 members of the nursing team.

Eight major patient-care buildings are included on Highland's 85 acres of beautiful woodlands. The hospital handles all types of patients with psychiatric disorders and each patient is carefully evaluated and his treatment program is tailored to meet his particular therapeutic needs. His treatment is arranged by his psychiatrist and his residence hall team. This team consists of a psychiatrist other than the patient's doctor, a psychologist, social worker, the nursing staff, and representatives of the activities service.

In addition to the therapeutic milieu maintained in each residence hall, more

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FETAL HEART MONITOR—Mickey Fogleman (left), Durham County campaign chairman of the March of Dimes, examines a fetal heart monitoring device with Dr. Carlyle Crenshaw (right), co-director of the new Division of Perinatal Medicine, and Dr. David Cole, an obstetrical anesthesiologist. The local March of Dimes chapter will sponsor a Walkathon April 7 to raise money for the new program designed to improve the management of high-risk pregnancies.