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ST. VALENTINE'S DAY PARTY—The Pediatric Playroom was the scene for fun and amusement as both young and old paid tribute to St. Valentine. Throughout the ages Valentine's Day has represented a period of time when people share with their dear ones sentiments of love and caring. Director of pediatric recreational therapy Nora Shearer, left, joins her young friends Tonya and Darryl in celebrating the festive day. See page three for additional photographs. (Photo by Dale Moses)

Is Heart Disease Related To Personality Patterns?

Researchers at Duke have reported that there is apparently no particular personality type that predisposes a person to a high risk of stroke.

Evidence indicates that persons with a high pressured, aggressive personality have a higher risk of developing coronary heart disease, and this in turn makes them more susceptible to strokes.

The findings were reported by Dr. Daniel T. Gianturco, associate professor of psychiatry and assistant professor of community health sciences, at the annual meeting of The Gerontological Society in Miami Beach recently.

Gianturco said it is difficult to understand how behavioral and emotional stress can produce hardening of the arteries selectively in a particular system such as the coronary arteries and yet fail to affect the vessels in the brain.

"Nevertheless, it is apparent from our studies and those in the literature that the vessels of the heart are indeed the principal target," he said.

Statistical evidence has made it fairly clear that the so-called "Type A" personality—the aggressive, hard-driving individual—is more susceptible to heart disease than persons who are easy-going and not always racing to meet deadlines.

But little information has been available about the psychological factors and personality types involved in persons with cerebrovascular diseases such as stroke.

The Duke study involved 31 men who had suffered strokes—10 with cerebral infarction and 21 with recurrent cerebral ischemia. The controls were 14 men admitted to the hospital during the same period with other types of acute illnesses such as hernias and bone fractures.

The 45 subjects were given psychiatric

interviews to determine personality characteristics including extremes of aggressiveness, ambition and striving for achievement, degree of dependence or independence; pattern for handling anger; and situations which evoked anger in the patients. The psychiatrists also determined what sort of mental state—anger, guilt, depression, (Continued on page 2)

Duke Staffers Join Health Planning Council for Central North Carolina

Six people from the medical center have been appointed to the Durham Advisory Committee of the Health Planning Council for Central North Carolina.

Last year the planning council presented to the Durham County Commission a set of far-reaching recommendations concerning the total health-care needs of the county (INTERCOM, May 11, '73). The plan was for a coordinated system of primary health-care services available to all county residents.

The recommendations were almost all aimed at ambulatory, rather than inpatient, services; health education, disease prevention; and health maintenance.

One of the recommendations was for establishment of a Durham Health—now known as the Durham Advisory Committee—whose function would be to see that the study recommendations were adopted and carried out and to promote coordination of health-care and health-related programs throughout the county.

Med Center Succeeds In Conserving Energy

The medical center's Engineering and Operations Department has reported that energy conserving efforts begun here this autumn have resulted in a substantial savings in both money and the amount of electricity used.

Ernest P. Carter, assistant director of engineering and operations, told INTERCOM that the reduction of lighting in non-essential areas will save the medical center \$14,979 yearly. In addition, he said that the shutting off of certain large air handling units where there are no employees after 6 p.m. will save another \$14,040 over the next 12 months.

According to the readings, the demand for electrical energy reached a high of 21,100 kilowatts per day on Oct. 5. Since that time there has been a marked reduction to a low demand figure of 16,750 kilowatts per day over Christmas, when many medical center employees and students were on vacation, and 18,250 kilowatts at the end of January.

Carter said the lights which have been turned off have not caused any changes in working conditions or safety, and that no lighting has been turned off in patient areas.

Clarence McClure, supervisor of air conditioning and heating, explained that the large air handling units consisting of chillers, pumps and fans are now being regulated by time clocks which switch off these units after working hours and that the most economical thermostat settings have been determined for all buildings.

These settings will vary from 68 to 80 degrees, he noted, depending on the outside temperature and type of air conditioning systems in the various buildings. Areas which contain patients, research projects which could suffer as a result of a change in temperature, computers and research animals will not be affected by the move to conserve energy.

"Employees have been cooperating well with our efforts," Carter acknowledged, and he added that his department will be happy to work with anyone who has questions about energy or heating needs in his or her department.

Blood Agreement Program To Start

For the past eight months the Durham Red Cross Blood Mobile has been coming to the medical center to call on employees to participate in a donation drive.

According to Frank Braden, medical unit administrator and coordinator of the blood drive, the success of each drive has been measured in terms of a pre-established goal of 100 pints a month. As an on-going drive, the blood mobile recently paid its eighth visit to Duke and has collected a total of well over 800 pints.

This figure does not represent the total number of employees who volunteered to participate in the drive because not everyone is an eligible donor.

As a donor, the Red Cross guarantees that a donation of one pint of blood by an employee will insure his or her family against all blood needs during a 12-month period following the date of the donation.

In an attempt to provide those employees who cannot give blood protection against all blood needs for themselves and their family, the Red Cross has instituted a new program on their behalf.

A group blood program participation agreement is being distributed to each department at the medical center. The agreement states that if a total of 30 per cent or more of a department contributes blood, the remaining 70 per cent also will be covered by the same blood protection plan for a period of 12 months.

The next monthly drive will be held on March 8, 10:30 a.m.-4 p.m. in the hospital Ambulatory Dining Room. The following departments are being asked to contribute at that time:

Nurses in surgical specialties, Surgical OPC, veterinary medicine, community health sciences, business office, EKG-BMR, environmental services, medical center purchasing, brace shop, physical therapy and anatomy.

