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NOT THIS WAY—Environmental service workers are sometimes stuck by needles thrown carelessly in the trash instead of being placed in the proper receptacles.

Symposium Focuses On Mothers, Infants

Better health care for mothers and their infants will be the topic under discussion Wednesday through Friday as physicians and nurses from across the Carolinas and Virginia meet at the medical center.

Some 350 health professionals will attend the 22nd annual Angus M. McBryde Perinatal Symposium being sponsored jointly by Duke's Division of Perinatal Medicine and the Division of Health Services of the North Carolina Department of Human Resources.

"Basically, this is an educational opportunity for doctors and nurses who are trying to improve maternal and infant health," said Dr. Lillian Blackmon, an associate professor who is coordinator of the event. "The symposium forms a part of North Carolina's Regionalized Perinatal Health Care Program."

Thirty talks and seminars will focus on specific infant diseases, the placenta, infant metabolism, feeding practices, drug addiction,

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To Prevent Hepatitis

Physicians Prescribe Caution

By David Williamson

Concerned about the rising incidence of hepatitis B in North Carolina and across the United States, two medical center physicians are urging all hospital and research personnel to familiarize themselves with the disease and the safety precautions that can effectively prevent its spread.

In an interview last week, Drs. Suydam Osterhout, chairman of the Hospital Infections Committee here, and John Hamilton, chief of infectious diseases at the VA, said that hepatitis B is a viral illness associated with human blood and blood products that is frequently hospital related.

They said it should not be confused with the milder infectious hepatitis (hepatitis A) that is contracted by swallowing contaminated food or fluids.

Attacks the Liver

Hepatitis B, also known as serum hepatitis, attacks the liver and usually takes from three to six months to develop after contact, Osterhout explained. When symptoms are present, they can include nausea, vomiting, loss of appetite, a general feeling of sickness and sometimes a characteristic jaundice or yellowing of the skin.

In about five per cent of the cases, it can lead to total liver failure and death, he said.

"Hepatitis B is a major public health problem and a significant occupational hazard for anyone who works with patients or patient specimens," Osterhout said.

High Risk

Physicians, nurses and individuals employed in clinical

chemistry, hematology, the blood bank, microbiology, the autopsy service, the I.V. team and the dialysis stations are the highest risk groups, he pointed out, but medical and nursing students, environmental service personnel and research laboratory technicians also may be exposed.

"Currently there is no medicine like an antibiotic that can cure hepatitis B," the microbiologist said. "Rest, a good diet and tincture of time are the usual suggested treatment."

How does a hospital worker contract hepatitis B?

"The most common way is to be stuck by a needle that has been used on a patient who has active hepatitis B, or who is a carrier of it without recognizable symptoms," Hamilton said. "Other ways include accidentally spilling blood or blood products over an open cut, ingesting them through a pipette or splashing them into the eyes or the nose."

What To Do

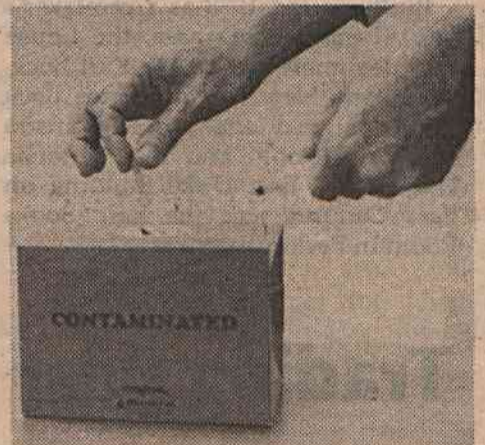
He said that after any of these exposures, an individual should first alert his or her supervisor who will fill out an incident report. The exposed person should then visit the Employee Health substation on the ground floor of the hospital opposite

the Emergency Room.

"At the substation, Julie Falconer, a registered nurse, will attempt to track down the source of the blood to determine if the patient it came from has a positive test for hepatitis B," he said.

If the patient does carry the virus, then the employee will be tested to see if he or she is already immune to it. Anyone who is found not to be immune will be given gamma globulin that contains antibodies to the disease.

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THIS WAY—Proper disposal of used needles will help to prevent the spread of hepatitis B, a viral illness associated with human blood that is frequently hospital related.

One Contribution Aids Many

With one contribution you can help senior citizens, children, the handicapped and the indigent. As long as that contribution goes to the United Fund.

The medical center United Fund campaign begins with a kick-off breakfast Wednesday, Sept. 14, at 9:45 a.m. in the Courtyard Dining Room.

Designated representatives from each of the 159 pay points will hear brief talks by G. Lawrence Rogers, executive director of the Durham United Fund; Henry Lougee, chairman of the 1977 Durham campaign; and Jeff Mullins, assistant athletic director and chairman of the overall campaign for Duke.

Medical Center Goal

The medical center's goal this year is \$46,305, a five per cent increase over last year, according to Gene Winders, business manager in the Department of Pathology, and Bucky Waters, assistant to the vice president for health affairs, who are co-chairing the drive in the medical center.

"We met our goal last year and hope everybody will give a little more so we can meet it again this year," Winders said.

Thirty-two agencies receive support from the United Fund.

Among the largest recipients are the American Red Cross, the YMCA and YWCA, Family Counseling Services and Salvation Army Boys' Club.

"Contributions of all sizes are appreciated. Even nickels and dimes help," Winders said. There are three ways of giving.

How To Give

Cash or checks may be paid directly to the Durham United Fund or a person may request direct billing from the United Fund office. But payroll deduction is the most popular method of payment.

Payroll deduction allows people to give regularly in small amounts for a larger total contribution than they might give all at one time.

"If someone says he or she will give \$10, that sounds like a lot," said Winders. "But if they pledged just 50 cents per pay period, that would amount to \$13 in a year."

Someone earning \$80 a week could donate just 47 cents each week for a total pledge of \$24.

Over 300 medical center contributors gave \$50 or more last year. Those doing so are honored as "Pacesetters" and receive recognition pins.

This year's campus-wide goal of \$102,000 represents a five per cent increase over last year's goal.



BRAIN STORMING—Gene Winders and Bucky Waters, who are co-chairing this year's medical center United Fund Drive, discuss plans for the campaign. (Photo by John Becton)