

PIANO RECITAL — The students from The Barbara C. White Rock Baptist Church. Pictured (L to R) first row: Lauren Hunter, Theresa Profeta, Marva Bailey, Shannon Howey, Luisa Profeta; second row: Jonathan Perry, Felicia Scouon, Felicia Hamlett, Tanesha Nobles, Marla Richardson, Marcus Scotton, Karen Brown; third row: Eugenia Collins, Kisha Scotton, Pamela Anderson, Kenya Davis, Cheree Williams, Tuesday Nobles and Mrs. Cooke.

New Hosiery Product To Give Men Extra Support

WASHINGTON, D.C. — Lottie M. Watkins of Raleigh is supportive of men. In fact, she has come up with a new product that will offer even more support — support for men with knee problems, that is. Watkins calls her product Men's Support Knee Hosiery. It is a special garment to provide support to reduce and to prevent aching knees. With the changes in social structure and attitude providing greater equality between the sexes, it is surprising how much men are neglected in some ways, the inventor said. Watkins has designed Men's Support Knee Hosiery, an item that should provide relief for men with troublesome knees and help close the gender gap to boot. Men's Support Knee Hosiery would provide extra support in

crucial areas both at and around the knee. It would also do this job without creating any noticeable bulges or creases under the wearer's trousers. In fact, Men's Support Knee Hosiery could be worn under virtually any type of pants without anyone's being able to detect the hosiery visually.

Men's Support Knee Hosiery would, according to Watkins, "give the knees a real lift with the stimulating action of 'all-day massage.'" After all, men need support, too.

National Idea Center, with headquarters in Washington, is acting as a publicity and licensing agent for Watkins while working directly with licensed registered patent attorneys, engineers, technical writers and graphic artists.



Due to a production this picture was reversed in last week's edition.

Premature, Low Birthweight Babies Can Be Helped With Early Intervention

PRINCETON, N.J. — The outcome of premature low birth weight infants known to be at risk for developmental, behavior and health problems can be significantly improved if an intensive array of services is provided from hospital discharge until age 3 according to a research report published Tuesday.

The largest study ever done of an intervention for low birth weight infants, the Stanford University led national randomized clinical trial studied nearly 1,000 premature infants from birth to age three in eight U.S. cities.

According to the study, published in the *Journal of the American Medical Association*, IQ scores improved as much as 13 points on average for infants weighing 4.4 to 5.5 pounds at birth to an average of 6.6 points for infants born at less than 4.4 pounds when services such as regular home visits, parental training, and enrollment in child development centers were provided to them early in life.

Low birth weight infants in a comparison group, who did not receive early education and developmental services, were nearly three times more likely to

have IQ scores in the range of mental retardation, the researchers said.

A \$33 million, four year effort, the study was conceived and principally underwritten by the Princeton, N.J.-based Robert Wood Johnson Foundation, the nation's largest health care philanthropy.

The findings represent the first conclusive evidence that an early, comprehensive intervention for low birth weight infants, who make up 6.8% of all U.S. births, can reduce the high risk of developmental delay and behavior problems that arise because of their birth weight, said Ruth T. Gross, MD, professor of pediatrics at the Stanford University School of Medicine and director of the national study.

Earlier studies have shown that such children are more likely to have behavior and learning problems and to score lower on standardized IQ tests as preschoolers. Once in school, they are at high risk for learning problems and poor scholastic achievement, Gross said.

"Until now, we've had no proof of the effectiveness of early interventions for biologically vulnerable infants," said Leighton E. Cluff, MD, president of the Robert Wood Johnson Foundation.

Cluff noted that infants from a range of demographic groups were observed from the time they were discharged from the hospital until age three by researchers at medical schools in eight cities: Little Rock, Ark.; New Haven, Conn.; Miami, Fla.; Boston, Mass.; New York, N.Y.; Philadelphia, Pa.; Dallas, Texas; and Seattle, Wash. The study showed that the comprehensive intervention services for low birth weight infants resulted in:

- * an overall improvement in IQ scores for infants of all birth weights who received the intervention services; and
- * consistently fewer reported behavior problems.

The findings also provide conclusive evidence that high quality group day care can be both safe and beneficial to low birth weight infants, despite their increased vulnerability to illness and special developmental needs, noted foundation vice president Ruby P. Hearn, Ph.D., who was responsible for the grant project. However, she noted that the infants in the study were not enrolled in the child development center programs before 12 months of age.

The findings are particularly timely as states and the federal government consider how best to allocate benefits for at risk children in their earliest years.

A recent amendment to federal legislation (PL 99.457) allows states to extend benefits under the Education for All Handicapped Children Act to include children as of birth rather than as of age five, and includes benefits for early intervention services, he added.

All infants enrolled in the study weighed 5.5 pounds or less at birth and had a gestational age of 37 weeks or less, according to Gross.

Immediately after discharge from the hospital, infants in the study were randomly assigned to two groups, both of which received extensive pediatric follow up care — including medical, developmental and social assessments — throughout their first three years, she added.

According to the study, families whose infants were assigned to receive the early intervention being tested in the study were provided with three additional types of services:

- * weekly home visits in the first year and biweekly visits thereafter;
- * attendance for the child at special child development centers after twelve months of age; and
- * bimonthly group meetings for parents.

Both the home visits and the specialized centers used learning activities tailored to the infants' developmental levels, the researchers said. Home visits and parent group meetings were used to train parents in learning and play activities to aid the children's development, as well as to provide information on child rearing and health and safety concerns.

Gross noted that children in the study attended the centers — which were designed for the sole use of the study — for at least four hours daily, five days per week from ages one to three. Low teacher child ratios and stringent health and safety procedures were maintained

at each center.

The study was conducted at eight U.S. medical schools: the University of Arkansas for Medical Sciences, Yale University School of Medicine, the University of Miami School of Medicine, Harvard Medical School, Albert Einstein College of Medicine, the University of Pennsylvania School of Medicine, the University of Texas Health Sciences Center, and the University of Washington School of Medicine.

The educational intervention was developed by the Frank Porter Graham Child Development Center of the University of North Carolina, Chapel Hill, under the direction of Craig T. Ramey, Ph.D., professor of psychology.

Additional support for the study was provided by the Pew Charitable Trusts, the federal Bureau of Maternal and Child Health, the National Institutes of Child Health and Development, and the Stanford University Center for the Study of Families, Children and Youth.

The Robert Wood Johnson Foundation was established as a national philanthropy in 1972. Since then, it has awarded more than \$1 billion in grants to improve health care in the U.S.

Watts Nursing School Gets Grant

The Watts School of Nursing was awarded a \$10,000 grant from the Helene Fuld Health Trust on May 30. The grant will be used to purchase computer equipment for the school's learning center, located at Durham County General Hospital.

The grant was made "in recognition of the outstanding contributions to the nursing profession being made by Watts School of Nursing in educating undergraduate student nurses to render bedside care to patients," said a spokesman for Marine Midland Bank, the New York-based trustee of the Health Trust.

"For today's adult learner, the use of computer technology is extremely important. We are extremely grateful for this type of funding and for the interest of the Helene Fuld Health Trust in nursing education," said Beverly Smith, director of the Watts School of Nursing.

Enrollment in the four-semester program has risen significantly in the past two years, according to Smith. The next class, scheduled for August, is already filled and the following class, scheduled for February, has only a few remaining spaces.

The \$10,000 must be spent before January 31, 1991. This grant is the second awarded to the nursing school from the Helene Fuld Health Trust. A previous grant, for \$10,900, was received in 1986.

Subscribe To
The Carolina Times
Call Today!!
632-2913

Pharmacy & Your Health

GURLEY'S
Discount Drugs

206 W. Main St.
688-1368

Four Questions to Ask Your Pharmacist

A large number of consumers routinely ask their pharmacist about over-the-counter (OTC) products for headache, cough, cold, skin rash, PMS, arthritis — the list goes on and on. When talking with your pharmacist about such products, ask these four questions:

1. Will this medicine cure my health problem? While most OTCs do not cure health problems, relief of bothersome symptoms may be achieved.
2. How much should I take? The U.S. Food and Drug Administration requires that doses for adults and children be printed on OTC product package materials. Discuss the dose with your pharmacist.
3. How long should I take the medicine? This has much to do with the nature of the condition. If symptoms "come and go," as in the case of fever, headache, and colds, a few hours or days of therapy is usually adequate.
4. Are there activities or other medicines I should avoid while taking this medicine? Medicines which cause drowsiness may interfere with driving or the operation of equipment. And some prescription medicines may interact with OTC medicines.

Share our pride

We're a multi-cultural employer that's large enough to be modern and progressive, but small enough to be personable. Our flagship, Durham County General Hospital, a teaching and community hospital, is a strong AA employer supportive of growth opportunities in a progressive environment with participative management.

We believe we can provide the best quality of health care through the richness of melding varied talents, experiences and knowledges.

Our greatest need is for professional and technical applicants in such areas as nursing, medical technology, pharmacy, radiology, and physical therapy.

We offer competitive salaries and merit pay and a generous benefit package including retirement, insurance, paid time off continuing education and tuition reimbursement, tax annuity and scholarships/loans. There are additional incentives for health care professionals who work non-traditional schedules.

Call or write about career possibilities:

Human Resources Department
Durham County Hospital Corporation
3643 N. Roxboro Street
Durham, North Carolina 27704
(919) 470-7263



An EEO/AA Employer

Durham County Hospital Corporation

When You're Ready To Go Home...

...We'll Be Going With You.



Durham County General Hospital Now Makes Housecalls

We know that you want to leave the hospital as soon as possible...

to go home... to your family and your friends. Hospital stays are getting shorter, and we are ready to help you leave as soon as possible by following you home and giving you the kind of health care service we have become well known for.

Whether it's high-tech nursing, physical therapy or one of many other health care services, we are ready to work with your doctor.

Home Treatment and Life Care,

A Home Health Care Service of
Durham County General Hospital

continuing the tradition of high quality health care
you've come to expect.

Call 493-3220 or

N. C. Toll Free 1-800-433-7511