

IN THE CENTER

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Girl receives KU Med's first pediatric insulin pump

A 14-year old girl from Blue Springs, Mo. is the first pediatric patient at KU Med to receive an insulin pump.

Megan Loyd has suffered from Type I diabetes for six years and has had a difficult time managing it. She required four to six insulin shots per day to regulate her blood sugar levels. But that has all changed now that Megan has received an insulin pump.

The pump, which looks like a large pager, delivers insulin continuously through a tube inserted under the skin in Megan's abdomen. The device mimics a normal pancreas, keeping Megan's blood sugar levels even throughout the day. The pump also helps her monitor her blood sugar levels

more accurately.

The pump has been available to adults for many years. Megan was able to receive the pump because of improvements in the technology of the device and the



James Casey, MD, shows Megan Loyd how to use her new insulin pump.

establishment of a pediatric diabetes team at the KU Med Children's Center. The team is led by James Casey, MD, pediatric endocrinologist and includes a nurse, psychologist and dietician. Each member of

the team guides Megan's management of her disease by

helping her monitor her blood sugar levels daily and make calculations and adjustments to ensure the pump is delivering the proper amount of insulin.

After an initial adjustment period, Megan will be able to live a normal life, free of multiple daily injections. The pump can be removed for showering, swimming

and sports. "The pump will allow Megan to better control her diabetes and let her have a more flexible lifestyle," said Dr. Casey. "She can do anything a normal, healthy teenager can do."

Happy employees make patients happy

You have only to look at their recent scores to know that they take patient satisfaction very seriously on Pediatrics unit 55. For five consecutive weeks the



From left to right: Allison Malicoat, RN, Sheila Bielak, RN, Sarah Pederson, RN, Carol Barksdale, RN.

unit ranked at or above the 75th percentile in patient satisfaction surveys.

“Everyone in the unit has taken ownership of patient satisfaction,” said Dawn Walker, pediatric nurse manager. “We’re very conscious about our scores

and we believe that little things can make a big difference to our patients.” She and her staff make rounds to talk to patients to make sure beds, phones, television sets and VCRs are working.

The pediatrics staff has taken several steps to ensure patient satisfaction remains high including establishing a committee to monitor and



From left to right: Lindsey Wannamaker, RN, Sarah Gilhousen, office specialist, Stacie Fogelberg, GN, Melinda Shell, RN, Melanie Ruff, RN, Ellen Wendorff, RN, Karen Jones, RN. Front: Jennifer Lombardi, RN.



From left to right: Heather Hamilton, RN, Penny Johnson, RN, Shirley Seibolt, RN, MSN.

generate ideas for patient satisfaction. “We believe that patient satisfaction starts with employee satisfaction,” said

Walker. The staff thanks and congratulates each other by writing names on stars and affixing them to a special board.

The unit is staffed by 45 nurses, aides and clerks and cares for patients from infancy to 18 years of age.

KU medical students to dispense fun, advice at the zoo

University of Kansas medical students will be on hand to help low-to-moderate income families learn more about health insurance for their children at “Boo at the Zoo,” on October 28 from 10 a.m.-4 p.m. at the Kansas City Zoological Park.

Families who currently have no health insurance for their children can stop by the students’ booth to find out if they are

eligible for the Children’s Health Insurance Program (CHIP), called Healthwave in Kansas and MC+ For Kids in Missouri. The students are offering the assistance in association with the American Medical Association - Medical Students Section (AMA-MSS).

The students will also provide free blood pressure screenings and free face painting for kids. The project is sponsored by Partnership for

Children and Triwave.

CHIP was authorized by Congress in 1997 and offers \$48 billion in grants to states to provide no-or low-cost health insurance to children of low-to-moderate income families. Many families are unaware of the program and AMA-MSS has made it a priority to promote CHIP in medical schools throughout the country.

Early detection the best defense against breast cancer

During our observance of Breast Cancer Awareness Month in October, more than 15,000 women nationwide have been diagnosed with breast cancer. Nearly 97 percent will survive for more than five years if the cancer is detected at an early stage. Two of the best methods for early detection are breast self-exams and mammograms.

A mammogram is an x-ray of the breast that can detect breast cancer before a lump can be felt. Early detection through mammography can offer more treatment options

if cancer is discovered. Women over age 40 should have a mammogram every year and an annual clinical breast exam.

Because you know your own body better than anyone, a monthly breast self-exam may also help detect cancer at an early stage.

Women 20 years and older should perform a self-exam every month. The exam should be performed on the same day every month. Women should see a health care provider if

they note any changes in the breast, such as a lump or swelling, skin irritation or pain. Most of the changes are not cancer.

For more information about breast cancer and KU Med's cancer services visit the KU Med web site at www.kumed.com.

*Editor's note:
Thanks to Rebecca*

Hegarty of the Kansas Cancer Institute for her help in preparing the Breast Cancer Awareness Month stories.



SHICK volunteer helps seniors cut through the confusion of Medicare

The Senior Health Insurance Counseling for Kansas (SHICK) program is now available to seniors through KU Med's Senior Resource Center (SRC).

The program provides information and assists seniors with Medicare, Medicare supplementary insurance, long-term care and prescription drug programs. The program also helps

keep seniors informed about changes in health care.

SHICK volunteer Nina



Nina Hartmann, SHICK volunteer looks at health insurance information for seniors in the Senior Resource Center.

Hartmann, who has worked in a similar program in Missouri, is available to meet with seniors on Tuesdays and Thursdays in the SRC from 8 a.m.-3:30 p.m.

“So many seniors are unaware of this program,” said Hartmann. “It can really offer a lot of help not

only to seniors, but to their children and caregivers, who may be struggling to understand Medicare and Medicare supplementary insurance.”

The program assists the KU Med pharmacy with its ongoing prescription drug program for low-income patients and promotes supplemental Medicare insurance programs, helping secure insurance payments for KU Med.

To make an appointment with Hartmann, call the SRC at 81234.



KUMC employees flex for the camera during a break in the Christmas in October activities on Oct. 14. About 150 KUMC employees repaired and painted 11 homes in the Rosedale community.



Front & Center . . .



The department of employee health provided free flu shots for KUMC employees on Oct. 17. Michael Payne, radiation oncology, above, gets his flu shot from Carol Roberts, RN, employee health. Carol Hickey, RN, employee health, gives Steve Williamson, MD, his shot.



Mary R. Lynn, Ph.D., associate professor of nursing at the University of North Carolina at Chapel Hill, gave the keynote address at the eighth annual Kansas Nursing Research Exchange held at KUMC on Oct. 20.



Eleanore Johnson of the hospital Auxiliary cleans plants in the hospital lobby. The plants were donated by the Auxiliary.

Tomas Griebing, MD, urology, tells seniors about urinary incontinence as part of KU Med's wellness programs.



Bishop Thomas Gumbleton, right, delivered the Williamson lecture at the 36th annual postgraduate symposium on Medicine and Religion, "Caring and Attending to a Violent World." Also pictured are KUMC chaplain Rev. Jenny Maleswki and Timothy Daaleman, DO.



Employees can use program to manage stress

KUMC's Intensive Counseling Outpatient Program (IOP) offers counseling services to help people deal with emotional and mental problems.

Boyd Shumate, RN, care coordinator and substance abuse counselor in psychiatry, recommends the program to employees who may be suffering from depression, anxiety, eating disorders, manic/depression, substance abuse and stress, as well as family and marital issues. "The great thing about this program is that people can

start to feel better quickly," said Shumate.

IOP offers thorough assessment, intense counseling and complete outpatient services. The program is conducted over a much shorter period of time than is customary with most therapy programs. Each two-hour session is scheduled for two to three times per week over a period of two to eight weeks. Most appointments are scheduled Monday-Friday, from 8 a.m. - 4 p.m. For more information call 86400 or 82700 after hours.

Tranquility room offers respite and relaxation

In the midst of this busy medical center, there is a place of quiet and relaxation. A small and often overlooked area in the new Kirmayer Fitness Center addition is the Tranquility Training Room.

The room evokes contemplation and serenity with Japanese décor and a small fountain. But the focal point of the room is an electronic massage chair. The chair allows the user to choose from a variety of pre-programmed massages.

Massage cards to operate the chair can be purchased in the Kirmayer Fitness Center administrative office. Each massage lasts 15 minutes. Prices range from \$2-\$3 per massage depending on the number purchased. Reservations are recommended. For more information about the Tranquility Training Room contact Darren Muckey at 87705.

TALKING • HEADS

Seen a good movie lately?



*Shirley Berg,
H.I.S. tech support*

*"Coyote Ugly.
Very funny but
with some bad
language."*



*Dick Murdock,
bookstore*

*"Almost Famous.
Wonderful
soundtrack.
Excellent job
by Cameron
Crowe."*

*"The Watcher.
The movie was
pretty creepy. It
made me think
somebody was
following me
around without me
being aware of it. Yikes!"*



*Erin Jacobs,
nursing student*

*"Erin Brockovich.
When I saw what
she had to
overcome, it
made me feel that
I could do it too."*



*Howis Toler,
first year medical
student*

Got stories?

*If you have a
story idea,
question or
comment call
the In the Center hotline at 81454.*



WHAT'S NEWS

AT KU MED

Golf tourney results

Despite cold temperatures, 104 KUMC employees teed up for the tenth annual KUMC golf tournament held Oct. 6 at Painted Hills Golf Course in Kansas City, Kan. Winners were:

Women's Flight

First place: Marcia Jones, Janice Loudon, Karen Loudon, Nancy Diehl

Second place: Jana Parrett, DeeDee Attebery, Barb Manna, Sue Wood

Flight A

First place: Jerry Glenn, Havis Wright, Brian Lowe

Second place: Kurt Ebner, Rich Grabbe, Pete Beyer, Scott Ramsey

Third place: Ted Simmons, Brett Round, Wendy Hunzicker, Phil Gicalone

Flight B

First place: Joel Mermis, Robert Riss, Matt Haverkamp, Mike Howard

Second place: David Herrin, Dave Henry, Frank Boardman, Pat Howard

Third place: Brett Deacon, Dan Ginavan, Scott McWilliams, David Cook

Research funding deadline

Proposals are due by Dec. 1, 2000 for the National Institutes of Health (NIH) Center of Biomedical Research Excellence (COBRE) First Award grants. Research related to cancer that falls primarily under the umbrella of the National Cancer Institute of the NIH and the Center for Cancer Experimental Therapeutics will be considered

for the grant.

The awards are designed to help tenure track faculty attain competitive funding early in their career. Tenure track faculty members who have not served as principal investigators on a federal agency research grant and who are in their first three years of a tenure track appointment are eligible to receive up to \$100,000 for two years. For more information see www2.kumc.edu/etp/cobre.htm or contact COBRE principal investigator Dr. Gunda Georg at 785-864-4498, or email georg@ku.edu.

Old cell phones wanted

During Domestic Violence Awareness Month in November, members of Physicians for a Violence-Free Society, Students for Women's Wellness and Medical Students for Choice will be collecting unwanted cell phones for distribution to domestic violence programs.

Radio Shack will reprogram the phones so that 911 can be accessed with one button.

Phones may be dropped off at meetings of the above groups throughout the month of November. If you are unable to attend the meetings, phones may be dropped off at any Radio Shack store.



CLASSIFIEDS, ETC.

Automotive:

1991 Chevy S10 Blazer 4x4, 4-door, A/C, automatic, cassette, cruise, good cond., 140K, \$5300. 816-436-4828 evenings.

1981 Ford Crown Victoria, 4-dr., electric windows, locks and seats, 5-speed, cruise control, body/interior in good cond., A/C needs work, 111K, \$1200. 913-362-9010.

For Rent:

Will share 3 BR house with one other tenant and split the bill. Walking distance to KUMC, in range for KUMC escort service. Will have own room and share kitchen/living space with roommates. One room has its own BA, \$350/mo. with \$350 deposit. Daniel at 913-441-1096.

Non-smoker to share home, walk to KUMC, loft available immediately, fully furnished, 1/3 utilities, \$350 per month, 4138 Springfield. 816-468-5411.

New 2 BR, two BA duplex, one block west on Marty Ave., washer and dryer, dishwasher, microwave, 1300 + sq. ft., private drive. 913-851-0812.

For Sale:

53 or 56 cm SoftRide RoadWing road bike, Ultegra derailleurs and crankset, Cosmic Pro wheel set, Cateye computer, less than 200 miles, paid \$2500, asking \$1600. 913-362-5692.

Very nice contemporary teak stereo cabinet in exc. cond., 3 shelves plus lg. storage area, clear glass dr., 26"W x 41"H x 20"D, \$100. 913-383-9357 evenings.

Recently rebuilt Maytag washer and Kenmore dryer, ex. cond., \$100 for pair OBO. Josh or Jameson at 816-753-6978.

57-year-old pin oak firewood, burns slow and hot, reasonable price. 913-432-7859.

Antique 54" round oak table with leaf and six matching cane bottom chairs, excellent condition, \$2,150. 913-649-2652.

Queen size waterbed, all accessories included, \$75. Miranda at 816-523-8156.

Roommate Wanted:

Female roommate needed for lg. 2 BD, 2 BA apartment off 70th Terr. in Shawnee. Rapid access to I-35, prefer non-smoker, \$350/mo. including utilities. Leave a message for Mandy at 913-268-7291.

Services Offered:

Online word processing. Thirty years of experience. You fax me the work and I will word process it and email it back to you. Quick and easy! Email CherA164118@aol.com for details.

Study Subjects Needed:

Parents, do you have a child between the ages of 2-14 who wheezes with infections and has needed steroids at least two times? If so, your child may qualify for a study of preventive therapy. Your family will receive \$20 for each visit after you have been in the study for one month. If interested call 85928.



IN THE CENTER

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In The Center, a weekly employee and student publication of the University of Kansas and KU Med, is published by the KU Med Public Relations and Marketing Department. Send story ideas to Toni Wills, G114 Hospital, e-mail: <twills2> 8-1846, or Mary King, e-mail: <mking> 8-1298.

Ad Policy - Send or bring your ad to G114 KU Med, or fax to ext. 8-1225, or e-mail: <twills2> by noon Thursday of the week before it is to run. Ads run free of charge for employees, students and volunteers. For-sale ads are limited to three items. All ads must include the advertiser's name and work extension (or student box number) for verification. Only home phone numbers—no pager numbers or work extensions—will be published. Please include area code. No ads for commercial services or pets for sale will be accepted. **Ads will not be taken by telephone.** Only one phone number per ad. Ads may be held a week if space is limited.

coming up

Friday, Oct. 27

- 7th annual Regents' Michael Tilford Conference, "Actualizing Diversity and Multiculturalism in the Classroom," 8:30 a.m.-4:30 p.m., Battenfeld auditorium.
- Psychiatry Grand Rounds, "Impaired Glucose Regulation, Diabetes, Schizophrenia and Antipsychotic Medication," John W. Newcomer, Ph.D., associate professor of psychiatry and psychology, Washington University, St. Louis, 10:30 a.m.-noon, Clendening amphitheater. On-site CME credits available.

Tuesday, Oct. 31

- Cognitive therapy addiction treatment, 1-2:30 p.m., KU Med Family Medicine.

Wednesday, Nov. 1

- Open benefit enrollment for hospital employees, at KU MedWest, 7:30-8:30 a.m.

Thursday, Nov. 2

- "Alternative Medicine and the Hospital Setting," 7:30 a.m.-4 p.m., Wahl West auditorium.
- Open benefit enrollment for hospital employees, 3:30-4:30 p.m., Clendening Amphitheater.
- Sigma Tau Theta fall meeting, Reception, 5-5:30 p.m., Murphy lobby. Fall business meeting, 5:30-6 p.m., Rm. B018 SoN. "Managing Your Career-A Proactive Approach to Professional Development," Ann L. Ropp, RN, MS, vice president of Women's and Children's Service, St. Lukes-Shawnee Mission Health System, 6-7 p.m., B018 SoN.