The Burnett Burn Center at KU Med recently received a three-year re-verification from the American Burn Association and the American College of Surgeons. It remains the only facility in the region certified by both of these organizations.

Carla Braxton, MD, the critical care director for burns, explained that the credentialing process is purely voluntary, but the national certification assures KU Med patients that they receive the highest levels of care. About 300 patients are admitted to the Burn Center each year.

“The primary criterion was to upgrade our performance improvement system,” Braxton said. “But the team went beyond that and made some changes in how patients are cared for. When reviewers came here in May for their site visit, they were very impressed.”

Braxton explained that all Burn Center patients are treated by both plastic surgeons and board-certified intensivists who address patients’ critical care needs.

The plastic surgeons treat burn wounds, and surgical intensivists manage airway and ventilation needs, nutrition, circulatory support and burn resuscitation, and provide surgical access for feeding tubes and long-term airway needs.

“Most importantly, the Burn Center’s nurses are some of the most skilled and dedicated nurses in the region,” Braxton said. “Burn patient care is hands-on and deeply interactive. Every day the patients undergo dressing changes that require an entire team of nurses and burn technicians.”

Each day five nurses and technicians may spend one to two hours changing a patient’s bandages, cleaning burn and skin-graft wounds, and redressing burns that cover nearly the entire surface of the body.

The Burn Center Team

Victor Perez, MD, medical director for burns. In addition to his plastic surgery training, Perez has completed a burn fellowship in Galveston, Texas.

W. Thomas Lawrence, MD, senior plastic surgeon for the burn patients. He has produced outstanding results for some of the most severely burned patients.

Laurence Cheung, MD, chair of the Department of Surgery. He has recently been added to the burn staff.

Kahdi Udobi, MD, Michael Moncure, MD, and Carla Braxton, MD. Each is board-certified in both general surgery and surgical critical care. They provide intensive care for high-risk burn patients, including those with inhalation injuries or high percentages of total body surface-area burns.

George Varghese, MD, head of the burn rehabilitation group. It provides the physical and occupational therapy essential for restoring movement and minimizing scarring. This group begins working immediately with even the most critically burned patients to help them regain full muscle extension and movement.
Soaring Temperatures Bring Health Risks

Last week’s high humidity and near 100-degree days created some significant health risks and claimed two lives in the Kansas City area.

KU Med’s Emergency Department treated five cases of heat-related illness, according to Dennis Allin, MD, director.

Although cooler temperatures this week have brought temporary relief, it won’t last long. During the hot and humid days of late July and early August, it’s important for people to take precautions for themselves and their loved ones.

“Your well-being is important to us. During times of high heat and high ozone levels, reschedule outdoor activities, if possible,” advised Ruth Schukman-Dakotas, KUMC Safety Office director. “If you have to be out in the heat, be aware of possible symptoms and take precautions to prevent heat exhaustion and heat stroke.”

She also urges people to regularly check on friends, relatives and neighbors, who may not have air conditioners or who are in poor health.

Elderly people, the very young, chronic invalids, people on certain medications or drugs, and those with weight and alcohol problems are particularly susceptible to heat reactions, especially when a job or activity involves long periods outdoors in hot weather.

Pets, too, must be protected. They can die in parked vehicles and should never be left anywhere without water and shade.

Heat Wave Safety Tips

- **Slow down.** Strenuous activities should be reduced, eliminated or scheduled for the coolest part of the day, usually in the morning between 4 and 7 a.m.
- **Stay indoors as much as possible.** If air conditioning is not available, stay on the lowest floor, out of the sun. Try to go to a public building with air conditioning, such as a library or shopping mall, each day for several hours. Remember, electric fans do not cool the air, but they do help sweat evaporate, which cools the body.
- **Wear lightweight, light-colored clothing.** It helps reflect heat and sunlight and helps your body maintain normal temperatures.
- **Drink plenty of water regularly and often.** Your body needs water to keep cool. Drink plenty of fluids, even if you do not feel thirsty.
- **Avoid drinks with alcohol or caffeine in them.** They can make you feel good briefly, but they also make the heat’s effects on your body worse. This is especially true with beer, which dehydrates the body.
- **Eat small meals and eat more often.** Avoid foods that are high in protein, which increases metabolic heat.
- **Avoid salt tablets,** unless specified by a physician.

Ozone pollution is also a major health concern during the summer months, when sun and hot temperatures combine with pollutants from cars, power plants, refineries, chemical plants and other sources to form ozone. Ozone can reduce lung function, irritate the respiratory system, make it more difficult to breathe and aggravate asthma.

Daily air quality reports and ozone alerts are printed on the weather page in *The Kansas City Star* and available online from the Mid-America Regional Council at [www.marc.org](http://www.marc.org).

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Patricia Howard, Pharm D, professor and vice chair of the Department of Pharmacy, is forthright about her reasons for giving to the KU Endowment Association.

“Universities are only partially state supported. Each of us has benefited from countless unknown gifts given by those who have gone before us,” she said. “Each of us has a responsibility to ensure that those who come after us will be given the same opportunities.”

Howard donates to funds that support faculty development and pharmacy student and graduate student education – something she knows a good deal about. Howard received her bachelor’s and doctoral degrees in Pharmacy from KU and has served KUMC for 22 years, beginning as a staff pharmacist before joining the Pharmacy faculty in 1983. As a clinical practitioner, Howard’s specialty is cardiology. She holds an appointment as professor of medicine in the division of Cardiovascular Diseases.

Howard said that her education, training and career at KUMC has provided great personal and professional growth and fulfillment.

“It is very satisfying to be able to contribute with others to the future growth of this great university,” she said.

Howard’s gifts count toward the $500 million goal of KU First: Invest in Excellence, the largest fund-raising campaign in KU history. KU Endowment is conducting KU First on behalf of KU and KU Med through 2004 to raise funds for scholarships, fellowships, professorships, capital projects and program support for the university, and capital projects, program support and patient services for the hospital.

### Heat Disorder Symptoms and Their Treatments

<table>
<thead>
<tr>
<th>Heat Disorder</th>
<th>Symptoms</th>
<th>First Aid</th>
</tr>
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<tbody>
<tr>
<td>Sunburn</td>
<td>Redness and pain; in severe cases, swelling of skin, blisters, fever, headaches.</td>
<td>Ointment for mild cases if blisters appear. If breaking occurs, apply dry sterile dressing. Serious, extensive cases should be seen by a physician.</td>
</tr>
<tr>
<td>Heat Cramps</td>
<td>Painful spasms, usually in muscles of legs and abdomen possible; heavy sweating.</td>
<td>Firm pressure on cramping muscles or gentle massage to relieve spasms. Take sips of water. If nausea occurs, discontinue use.</td>
</tr>
<tr>
<td>Heat Exhaustion</td>
<td>Cool, moist, pale or flushed skin; heavy sweating; headache; nausea; vomiting; dizziness or fainting; exhaustion; fast pulse; low blood pressure; normal temperature possible.</td>
<td>Get out of sun. Lie down and loosen clothing. Apply cool wet cloths. Fan or move to air conditioned room. Take sips of water. If nausea occurs, discontinue use. If vomiting continues, seek immediate medical attention.</td>
</tr>
<tr>
<td>Heat Stroke (or Sunstroke)</td>
<td>High body temperature, 105 degrees F or higher; hot, red, dry skin; fast, irregular pulse; rapid, shallow breathing; possible confusion, delirium and unconsciousness.</td>
<td>Heat stroke is a severe medical emergency. Summon medical assistance or go to a hospital immediately. Delay can be fatal. While waiting for medical assistance to arrive, move to a cooler environment. Use extreme caution. Remove clothing. Reduce body temperature with cold bath, sponging or spraying with a cool mist. Use fans and air conditioners. If temperature rises again, repeat process. Do not give fluids.</td>
</tr>
</tbody>
</table>

### Heat Disorder Symptoms

- **Sunburn**
  - Redness and pain; in severe cases, swelling of skin, blisters, fever, headaches.

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### Heat Disorder Treatments

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KUMC Facilities Management Creates ‘Zone’ Work Teams

Don Rau, director of Facilities Management, has announced a major reorganization of the Maintenance Department within Facilities Management. The reorganization was effective July 1.

The department has been reorganized into three distinct zones – north, central and south – to better and more efficiently serve the many maintenance needs of the KUMC campus.

Each new zone maintenance team has a manager, a supervisor and 12 to 14 employees with the full range of trade skills to do plumbing, electrical, and heating, ventilation and air conditioning work.

“Each zone maintenance team is responsible for the day-to-day maintenance and operations of the building systems within its geographic area,” Rau explained. “This will decrease travel time, make for faster response, improve overall performance and increase personal accountability.

“There will be more consistency and follow-up. In a specific area of the campus, employees will come to rely on the

same team of people for all their maintenance needs.”

Rau and Greg Franklin, associate director of Maintenance, toured Washington University in St. Louis and the University of Missouri in Columbia as a part of their planning for the reorganization. These universities have used the zone maintenance concept for 10 and five years, respectively.

Both highly recommended the change because of the positive impact it had on customer service and employee morale, Rau said.

The zone managers are the primary interface between customers and work teams to insure improved communication, timely response and resolution of issues.

The Facilities Management Department will update its departmental brochure, highlighting all of the changes within the past year. The brochure will be distributed by the zone managers or can be picked up at the Facilities Management offices, G088 Delp F.

All people in university buildings should continue to report any maintenance problems by calling the Customer Service Center at 8-7928 or e-mailing FMWorks or FM Customer Service.

The North Zone
Manager: David McElfresh
Supervisor: Merrill Whitelaw
Office Location: G001 Hixon

The Central Zone
Buildings: Taylor, School of Nursing, Murphy, Robinson, Wescoe, Delp, Eaton and Sudler
Manager: Dave Rau
Supervisor: Livio Merino
Office Location: G080 Delp F

The South Zone
Buildings: Cambridge and Olathe Garages, Sutherland Institute, Miller, Smith East, Smith West, Institute for Child Development, Olathe Pavilion, Student Center, Kirmayer Fitness Center, Building 48, Landon Center, Support Services Building and Shop Services Building
Manager: David Brown
Supervisor: Carl Taylor
Office Location: G008 Student Center

Several members of the South Zone team include (front row) Carl Landrum, Larry Taylor and Danny Harris and (back row) Carl Taylor, supervisor, and David Brown, manager.
Patrick Moriarty, MD, assistant professor of General and Geriatric Medicine at KUMC, has been elected a fellow of the American College of Physicians (ACP). This distinction recognizes achievements in internal medicine.

Moriarty is certified by the American Board of Internal Medicine and is a past president of the Greater Kansas City Society of Internists.

In addition, he serves as director of the Lipid, Atherosclerosis, Metabolic and LDL Apheresis Center at KU Med. He is also co-medical director of the hospital’s annual drive-through flu shot event held each October.

Previously, Moriarty has received the John A. Hartford Foundation Award and the Merck Young Investigator’s Award. He is a two-time recipient of the Student Voice Excellence in Teaching Award.

Barbara Atkinson, MD, executive dean and vice chancellor for clinical affairs at the University of Kansas School of Medicine, has been elected to a four-year term as a member-at-large of the National Board of Medical Examiners.

The Board is an independent, not-for-profit organization that provides high-quality examinations for the health professions. Protection of the public’s health through state-of-the-art assessment is part of the organization’s mission, along with a commitment to research and development in evaluation and measurement.

The Board develops the three-step United States Medical Licensing Examination, which provides a common evaluation system for applicants seeking initial licensure to practice medicine in the United States. Its examinations and services are also widely used by the medical education system.

In addition, the Board provides testing, educational, consultative and research services to a number of medical specialty boards, societies and healthcare organizations.

Members of the board are responsible for establishing policy for the organization.

The Board, which meets annually in March, is composed of 80 members representing the academic community, national professional organizations, state licensing boards, students, residents, the federal government and the public.

Charity Gala Tickets Available

There’s still time to purchase tickets to the Nebraska Furniture Mart charity gala Thursday, Aug. 14. Proceeds will benefit KU Med’s breast cancer services.

The gala will kick off at 7 p.m. at the store in western Wyandotte County and will include live entertainment, hors d’oeuvres and store tours. One of the event’s auction items is a lunch for four with Warren Buffett, chairman of Berkshire Hathaway, the majority owner of Nebraska Furniture Mart, and the second richest person in the world according to Forbes magazine.

Tickets are $50 per person and available by calling 913-402-1881.
Most of us would like to believe that childhood is a time of joy and delight and that children are naturally immune to an illness such as depression.

However, the facts prove otherwise. Depression affects an estimated 2.5 to 4 million children under the age of 18, according to the National Institute of Mental Health. These children are six times more likely to suffer adult depression.

In her latest book, *Helping Your Depressed Child*, pediatric psychologist Martha Underwood Barnard, PhD, tells parents how to recognize the symptoms of depression in their children and how to tailor a treatment plan to their children’s unique needs.

Barnard practices at the KU Children’s Center at KUMC and is a faculty member in the Department of Pediatrics. She has more than 30 years of experience working with children and families and has done research on childhood depression, childhood chronic illness and palliative care in children.

“Parents of children who are depressed often feel baffled by and guilty about their children’s illness,” Barnard said. She assures parents that they are not to blame, they are not helpless and they are not alone.

Her book helps parents to choose the most appropriate therapies, find topnotch professional help, make sense of pharmacological treatments used with children and understand other conditions associated with depression.

Barnard shows parents how the family can participate in a child’s recovery and how to enlist the help of school staff so that the classroom can become a healing environment.

**KU Faculty Member Is “Becoming Influential”**

University of Kansas nursing students and faculty already know Eleanor Sullivan, RN, PhD, professor and immediate past dean at KU’s School of Nursing, as well as the former president of Sigma Theta Tau International nursing honor society.

Now students, faculty and nurses here and across the country are getting to know her as author of a recently released book, *Becoming Influential: A Guide for Nurses*.

“This book is unlike any other book on the market,” Sullivan said. “It’s a step-by-step guide to becoming influential, packed with strategies and hints designed for nurses at all levels – from beginning students to nurse administrators and nursing faculty. In this era when health care priorities are being decided, it is more important than ever that nurses’ voices be heard.”

The book helps prepare nurses to care for patients, teach students, and interact with superiors, subordinates and co-workers.

Sullivan has published several award-winning textbooks, including *Effective Leadership and Management in Nursing*, now in its fifth edition, and more than 40 articles in scientific and professional journals.

Sullivan also has experience writing mystery fiction. *Twice Dead*, her first book in a series, features “nurse-sleuth” Monika Everhardt, who solves a murder mystery while helping her colleagues save lives in a hospital. The book has already been released. The next installment in the series, *Deadly Diversion*, will be available sometime next year.
Patients Praise KU Med

The following comments are from recent KU Med patients and reflect a high level of patient satisfaction with physicians, nurses and staff.

From a Unit 46 patient:
“I had a heart attack. From the time I got to KU Med, the staff was swift and caring and very professional. I have been a supervisor for most of my life, but I have never seen such a well-oiled machine and a staff that works so well together. From the ED to the Cath Lab to the ICU to leaving, everyone treated me so well and with kindness.”

From a Unit 42 patient:
“There are not enough kind words to say about the entire nursing staff and the aides who cared for me. You made my stay more bearable and pass more quickly. I felt like you all had been my friends and had known me for a long time.”

From a Same Day Surgery patient:
“My mother had two surgeries at KU Med. Dr. Moncure treated her great. My mother feels safe with him, and she believes he’s the greatest doctor she has ever had.”

From a Unit 44 patient:
“The care given to me by Aaron Ellis was indeed exceptional. Aaron made me as comfortable as possible and checked on me often with a friendly smile and conversation. I did not feel alone … I felt safe and cared for.”

From a Unit 43 patient:
“All of the nurses, physical therapists, doctors and clerical staff were beyond kind and considerate, polite, professional and humorous. The entire experience was very good.”

From an Emergency Department patient:
“Everyone was quite nice and very courteous. If I had been having a heart attack, I couldn’t have found a more qualified and caring team than I did in your ED.”

From a Unit 55 patient:
“Karen, the nurse in Peds, was genuinely concerned and extraordinarily helpful to both me and my daughter.”

From a Unit 15 patient:
“Every single nurse, resident, doctor and technician was exemplary.”

From a surgery patient:
“The nurses who took care of me in the Operating Room were excellent and made me feel at ease and safe. I cannot thank them enough.”

From a Unit 46 patient:
“We thank each and everyone from the ED to the heart unit for all the great care and work they provided. I feel so lucky to be alive to tell you all how great of a job you did.”

From a Cancer Center patient:
“My gratitude to the nurses, receptionists and all who serve patients in the Cancer Center. You are so pleasant, so kind and you treat each patient with warmth, patience and individual attention.”

From a Unit 56 patient:
“Kiki was fabulous. She spent so much time working with me and my twins. She just had a way of knowing what would make me feel better!”
Monday, July 28
• Blood Glucose Meter Clinic, 11 a.m.-noon, KU Med, Room 1116, Cray Diabetes Center. (Same time on Tuesdays, Wednesdays and Fridays.)

Tuesday, July 29
• Falun Dafa, noon-1 p.m., Francisco Lounge.
• Cognitive Therapy Addiction Treatment Support Group, 1-2:30 p.m., Family Medicine.

Wednesday, July 30
• Interfaith, noon-1 p.m., 2023 Wescoe.

Thursday, July 31
• Burn Patients Support Group, 6-7 p.m., Burnett Burn Center waiting room.

Automotive:
1999 Honda Passport EX, 4WD, white, leather, CD/cassette, keyless entry, power windows and locks, very clean, 43K, $14,000. 913-384-4417.
1997 BMW 318 IS, dark green w/tan interior, 5-speed, heated seats, CD player, 83K, excellent condition, $9,500 OBO. 913-831-1309.

For Sale:
3 BR, 1 BA home, Westwood, new stone kitchen, new slate bathroom, new windows, new A/C and furnace, hardwoods throughout, move-in condition, a must see. 913-677-1446.
3 BR, 2½ BA, 2-story home, south Overland Park, 10 years old, new hardwood floors, carpet and paint, lots of extras, beautifully landscaped, immaculate, move-in condition, Blue Valley School District. 913-897-9069.
Girl’s clothing 6-8x, Gap, Children’s Place, Old Navy, Limited Too, etc., prices starting $3 and up. 816-763-2451.
3 BR, 2 BA home, 10 minutes from KUMC, 3817 Ruby, KCK, large walk-in pantry, double lot, 1 metal shed, 1 wooden shed, large fenced backyard, $69,000. 913-384-3175 after 5 p.m.
Kenmore washer, 6 years old, good condition, $50; Hot Point dryer, 15 years old, needs new belt, $25; refrigerator, 4 years old, $100. 816-361-0630.
Like new, 1-year-old washer and dryer, Kenmore, large capacity, new $900, asking $500 for both; brand new tan rocker/glider with footstool, perfect for new Mom, new $800, asking $250. 816-529-1842.
Babies clothing 0-3 months, OshKosh, Gap, Old Navy, Gymboree, Babies R Us, prices starting at $1 and up; bouncie set w/play set, plays music and vibrates, $15. 816-520-6306.
35-gallon octagon aquarium, pump, filter and decorations, $250. 816-763-1082.

Wanted:
Medela double-headed electric breast pump. 913-897-0067.

Portable sewing machine in good working condition, reasonably priced. 913-432-8111, leave message.

“I think we should talk – I’m going through a lot of change right now.”