

# NEWS



# LETTER

Vol. V, No. 2  
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AUGUST ISSUE

Editor: Mr. Jerome Mann  
Director

## Plaque Presentation

This year at the State Convention to be held in Rochester the nineteenth to the twenty-third of October special recognition will be given to the most outstanding Area in SNANYS for the year 1957-1958.

This award will be given with the consideration of the obstacles met and growth accomplished during the past year. This award will be given considering the population of the area in order to give the smaller areas the same opportunity as the larger areas and to offer competitive incentive to improve.

This award will consist of a wooden shield containing three brass plaques. One will be the emblem of SNANYS, the second will read: "Awarded by the Student Nurses Association of New York State to the Area which exhibited outstanding achievement," the last plaque will have the Area number and the years engraved thereon.

A certificate will be given for the runner up. This plaque will be given to the Area President at the convention and will reside in his or her school until it is awarded at the convention each consecutive year.

### Award to Marion Sheahan

Marion W. Sheahan, associate general director of NLN, has received the Distinguished Service Award of the New York State School of Nurse

(Continued on Page 2)

## National Exhibit

This year the theme of the National Convention was "Accent on You." In keeping with this theme we planned our exhibit with an eye to the interests of students and their future.



Manikins were borrowed from Mid Island Stores, Central Islip and The New Mens Shop in Bay Shore. These were attired to resemble a female and male nurses.

They were placed on either side of a blackboard which read: "Where Now," and "Have you registered your biography with the Professional Counseling and Placement Service" Further down on the board was listed the qualifications for various positions in Public Health, teaching and other allied endeavors in the field of nursing. Brochures were available on Military Nursing and many other fields.

As a background for the entire exhibit was our state banner. The exhibit was very impressive and had been received with favorable comment.

## NSNA Appoints Exec. Secretary

Frances Tompkins will be the National Student Nurses' Association's first executive secretary.

Frances Tompkins has been with NSNA since its organization following the 1952 ANA convention. She worked for the development of a national student nurses association prior to its organization and served as secretary of the joint ANA-NLN student committee when proposed by-laws were drafted and initial explorations made.

In the fall of 1954, Miss Tompkins was appointed by ANA executive secretary Ella Best and NLN general director Anna Fillmore to serve as part time coordinator for the

(Continued on Page 4)

## CONVENTION NOTES

The Student Nurses Association of New York State will hold the state convention this year in Rochester, October 19-23. Convention headquarters will be in the Manger Hotel. This hotel has recently been redecorated and provisions have been made for convention delegates. You are urged to obtain your accommodations early.

An interesting and stimulating program is being planned for and all members are urged to attend the convention and take an active part in business meetings. A more detailed program schedule will be printed in the September issue of the Newsletter.

The following are some of the attractions to be found in Rochester. The George Eastman House has the largest photographic collection in the world. Rochester is also the citadel for photographic and optical equipment. In leisure hours there are 2,000 acres of parks in which to browse.

Pass the information throughout your areas and schools and plan to attend. This is YOUR CONVENTION.

## Award to Marion Sheahan

(Continued from Page 1)

Teachers Association, for leadership in public health nursing and help in strengthening ties between public health and school health programs in New York State.

The award was presented to Miss Sheahan at the January meeting of the association in New York by Josephine Harrington, NYSSNTA president.

Citing other recognition Miss Sheahan has received as nurse, teacher, author and executive, the Lasker Award of the American Public Health Association, Herman Biggs Award from the New York State Public Health Association, Florence Nightingale Medal from the American Red Cross, honorary degree in the humanities from Adelphi College — Miss Harrington said of the NYS-SNTA: "We think it will find a place in your heart as you have a place in ours."

A new baby doesn't know his own strength until he lifts his voice a few times.

## AREA #4 KIT

A committee has been formed in Area No. 4 for the purpose of developing an area kit.

This kit will be an available source of ready information for each school in the area. It will consist of constitutions, history, and a mailing list of officers all on an area, state, and national level. The kit will also contain telephone numbers and home schools of the area officers along with accomplishments of the area.

Advisors to the committee are Miss Elizabeth Hannan of A. B. H. H. and Mrs. Sovie of St. Lawrence State Hospital, Ann Billings and Janice Flynn of A. B. H. H., Wilma Kelly and Pat La Macchia of St. Lawrence State and Katherine Murphy of Champlain Valley Hospital and Mary Alice Craver of Mercy Hospital are committee members.

Most women drivers perch gingerly over the wheel like a setting hen waiting for the egg to explode.

Successful Hypochondriac:  
Attends his doctors funeral.

## "Accent on Leadership"

At the NSNA Convention we were honored to have as our guest speaker, Mrs. Lucille Petry Leone, R. N., chief nurse officer of the Surgeon General, Public Health Service, U. S. Department of Health Education and Welfare in Washington, D. C.

Her topic "Accent on Leadership" called for "straight thinking" to meet problems facing nursing.

"Straight thinkers are needed in nursing today as never before to meet the phenomenal demand for our services," Mrs. Leone said.

She pointed out that present emphasis on medical and health research "means very simply — more patients and more to do for them."

Striking advances in medical science in a rapidly growing nation where the people demand each new service for themselves, their families, their communities, has resulted in "new ways of nursing, new nursing methods to design for ourselves."

Thus, she said, there is more than ever a need for accenting "straight thinking for its discernment of priority goals and sound action towards them — it's courage to try the new."

"The foremost problem calling for the straight thinking and sound action of leaders in nursing is that of improving patient care," the speaker asserted.

"Our major challenge is to personalize and to individualize the care of each patient, making services to each single patient the unit of our consideration in administering of nursing service."

In conclusion, Mrs. Leone said, "This nursing is in your hands, what will you create of it?"

## "Nurses Discuss Students"

The second annual Congress for Nurses was held at St. John's University this year. The theme was "Nursing: Keeping in Step With Our Changing Times."

The main speaker was Robert H. Morrison Ph.D. Provost, Seton Hall University. Doctor Morrison spoke of the importance of nurses obtaining a broad education. He recommended that we have either the college program or at least some courses in an affiliating college.

Following Dr. Morrison's speech the group attended different panels. Some of the subjects discussed were:

1. The Economic Order — "What Is The Professional Role?"
2. The Care of the Mentally Ill — "What Does the Community Offer"
3. The Associate Degree Program — "Is This An Important Pattern for the Future?"
4. Chronic Illness and the Aged — "Is the Challenge Being Met?"
5. Inservice Education — "How Does It Benefit You"
6. Exceptional Children — (Emotionally Disturbed and Mentally Retarded) "Do You Know Their Needs."

These topics would make for interesting discussion at your next Student Council or Area meeting.

After dinner Sister Charles Maria Frank, C. C. V. I., Dean of Catholic University of America spoke on a subject dear to the hearts of students. Sister Frank and a panel have spent this past year investigating the homes where students reside for three years, the rules they must abide by and gather opinions of the students themselves of the present systems. They came to the conclusion that many of the nursing residences gave inadequate care and many where there was too much regimentation. They wanted to know why students were still compelled to live in on the hospital grounds. The opinion was formulated that the students should be given the choice of whether or not they wished to live on the grounds. This would as far as living accommodations put the student nurse on the level of the college student. The student should therefore pay for room and board and receive a stipend for the amount of nursing service she or he performs for the institution. The point was brought out that the patient pays the same bill for services whether or not he is given care by a student or a registered nurse. Hence the student should be entitled to a stipend. What is your opinion. Should the students be given more freedom and if so can they handle it?

It is consoling to know there are so many people concerned with our welfare and interests.

## The Typographic Error

That typographic error is a slippery thing and so shy,—

You can hunt, till you are dizzy,  
but somehow it will get by,

Till the forms come from the presses  
it is strange how still it keeps —

It shrinks down in a corner  
and it never stirs or peeps —

That typographic error,  
which is too small for human eyes

"Til the ink dries on the paper,  
then it grows to mountain size.



## "OPEN DOORS"

by M. G. Jacoby, M.D.

For the last year the Corcoran Building at Central Islip State Hospital has been the scene of some very interesting activity. It is a 550 bed female, disturbed, and maximum security unit in this 10,000 bed institution.

All forms of physical restraint have been abolished and now none are available for use on the service. Instead of being tightly locked up, two thirds of the patients are on open wards and can walk out of the building any time. These include habitual runaways and patients who previously had been considered to be the most disturbed in the hospital.

There are full length glass mirrors in all the wards, patients are allowed matches and smoke whenever they wish. make phone calls to their families and friends and lead as near to normal a life as is possible in a hospital. They are encouraged to keep their own hand mirrors, nail files and other cosmetic articles. All this has been achieved without any increase in personnel.

We began by setting a rule that if a patient was disturbed the doctor was to be called immediately. Putting a patient in restraint merely inflamed her temper more, so instead the experiment of listening to her was tried. This proved to be so successful that we began holding conferences on the wards. The doctor would take two or three attendants and several of the most disturbed patients and sit down with them in the ward nursing office. Everyone would be given coffee and cigarettes and we would sit quietly listening while the patients shouted, screamed or did whatever they wished. After half an hour, an hour or more even the most disturbed patient would quiet down. An interesting incidental finding was the gift of a cigarette was usually more effective than an injection of Thorazine.

At the same time formal conferences were held for all ward personnel, including the

midnight shift. The meetings were initially held twice a week, changing later to a weekly basis. At these meetings the basic methods of handling mentally ill patients were discussed, along with the problems which were occurring on the wards. If one ward wanted to talk about a particularly awkward patient then it was likely that other wards would be faced with similar difficulties. The personnel soon learned that a relaxed, friendly approach to patients was much more effective than an insistence on immediate unquestioning obedience. It is the same as if a woman unburdens herself to her girl friend, a person who is mentally ill needs to talk about her troubles. Our staff is now trained to listen and help the patients do this, which is the main basis of all psychotherapy.

Every effort is being made to expand the patients' personalities, special attention being given to their clothes, makeup, and hairdressing. This applies particularly to difficult and determined patients.

Restriction of freedom constricts personality and reacts unfavorably on the prospects of recovery of the mentally ill. Because of this we began unlocking doors, encouraging socialization by holding dances with the male patients from another building two evenings a week.

We encourage visiting seven days a week and many patients who never used to see their relatives are now visited regularly. Patients are allowed to write as many letters as they wish. Censorship of mail has been abolished. We find that the families are now almost universally satisfied with their patients progress.

Deteriorated patients are responding well. We have much less wetting and soiling than previously. Some patients who had been mute for years have improved so much that they go home for weekends with their families. No tube feedings have

## MEET YOUR NSNA OFFICERS FOR 1958

President .....	Miss Lynda Goodier
	New Orleans, La.
First Vice President .....	Miss Christine McGuirk
	Cambridge, Mass
Second Vice President .....	Miss Mohanna Brown
	Florida
Corresponding Secretary .....	Miss Lee Rasmussen
	North Carolina
Recording Secretary .....	Miss Shirley Katrobus
	Charlottesville, Va.
Treasurer .....	Mr. Paul Spear
	Columbus, Ohio

been given since the institution of the program.

An outstanding example of the progress made is a 60 year old female who for 17 years was mute, assaultive, and suicidal. After six months she began going home with her family over-night and at the end of a year has been discharged without medication.

Most important of all, the convalescent rate is ten times that of the previous year.

## Adopt a Family

At the December Area Five meeting, held in Ellis Hospital in Schenectady, it was suggested that the students of that area begin an "Adopt a Family" project.

The project, which is designated to stimulate student activity and co-operation, is also helping students in their aim to help other people. Each participating school of nursing is working individually through their local welfare agency in choosing an underprivileged family to aid.

The students are collecting articles of clothing, household items, toys and books for their families. Some of the students have made quilts, sweaters, and toys from yarn and scraps of material that were donated.

The enthusiasm with which this project has been undertaken is indicative of the student nurse's desire to help less fortunate persons toward better health, protection and education and recreation.

Hypochondriac: He's the guy who pays his doctor bills promptly.

Nuclear Physicist: At a cocktail party he stirs his drink with a slide rule.

## Stone Baby

For more than half her life (sixty-seven years) a patient at a Chicago hospital had enjoyed excellent health. Now as doctors tried to diagnose Mrs. W's recent abdominal pain, her husband recalled that at thirty-seven she had been seized with cramps and had collapsed. A physician diagnosed her condition as intestinal flu. For two weeks she was critically ill. For awhile she was comatose and then recovered what seemed to be completely.

Her present doctor took x-rays which indicated stomach cancer, and incidentally showed a stomach mass six inches long, in her abdomen. It was decided to remove the object, it proved to be a lithopedion (stone child), a petrified fetus of three or four months gestation.

The doctors' conclusion: what had troubled Mrs. W. at thirty-seven was not the flu but an ectopic pregnancy, in which fertilized ovum had lodged in one of the fallopian tubes. As the fetus grew, it ruptured the tube and escaped into a abdominal cavity. This explained the painful seizure. Gradually the fetus had become completely calcified.

Although lithopedia have been known since 1557, there have been only two hundred fifty nine cases such as this validated by the medical profession.

As bright an answer to a foolish question as we've ever heard was delivered by a Pelham Manor lady on a printed questionnaire her new doctor asked her to fill out. The question was: "Do you have trouble making decisions?" and the answer was "Yes and no."

## NSNA Appoints Exec. Secretary

(Continued from Page 1)

National Student Nurses' Association.

Miss Tompkins has been on the staff of the ANA-NLN Convention unit since 1953 serving as assistant to the convention manager, Helen Scott. From 1952 to 1953, she was assistant to the director of nursing education of the NLN, and was assistant to the executive secretary of the National League for Nursing Education from 1947 to 1952.

Before entering organization work, Miss Tompkins was a teacher. She is a graduate of State Teachers College, Lowell, Mass., and a native of Pittsfield, Mass.

## EXIT A GIANT

by Miss Pat Goodwin

With the death of Diego Rivera in Mexico City last December, the western hemisphere lost its most commanding painter and one of its thorniest personalities. This huge, suave, slow-moving, spherical creature of great sophistication and prodigious energy was revered by beggars as he courteously pressed folding money into their outstretched hands. Communist leaders kept expelling him from the party for insubordination and then taking him back because he was too valuable. Intense and eloquent a liar to forfeit.

His murals are his bid for a monument. Provocative at worst, or blatantly propagandistic for communism, enormously revealing of peasant aspirations and Mexican countryside at best. Whether or not they will breathe life for generation after generation is unanswerable, but his thousands of fellow Mexicans will long remember Rivera's virtues, vices, boasts and lies.

Modern wife: Doesn't run home to mother after a fight with hubby, she runs to her analyst.

Masochist: The guy in the doctors office who says, "I'm next."

# History of Queens Hospital Center S. N.

by Lonnie Florence, Chris Hayes, Lee Colla,  
Adeline Steigle and Geraldine Forman

This article has been written to acquaint the schools in New York with our newest school of nursing. A tangible meeting to organize a curriculum which would be a credit to the nursing profession, was held on May 25, 1954 in the Nursing office of Queens General Hospital. The building of the New Nurses Residence was under way and the main objective now was to choose a well rounded student body. The dream became a reality with the enrollment of the first class on September 19, 1956.

This school was unusual from the beginning. That Friday, we as students, attended a fashion show presented by the faculty with the purpose of selecting a uniform, cape and temporary cap. Six designs were presented and by an almost unanimous vote we chose our school uniform: a whipcord pastel green dress that has a narrow white collar and cuffs. It buttons down the front and has epaulets on the shoulders. Over it is worn a white, 5 gored apron with a gathered back, and a square bib with straps worn through the epaulets. The cape is a dark forest green with a pastel green lining. On the collar are gold embroidered letters that signify the school. Under the cape is a forest green cardigan with a lighter green insignia of the school letters. A plane white wing cap with a single button was chosen to be worn as freshmen. Our shoes and stockings are white.

Because of the lack of a school uniform, the first class temporarily wore a rose colored smock. Our newness gave us the opportunity to contribute to establishing a school heritage by designing the official school cap and composing the school song.

The cap, having been designed by Elsie Maier, a student, was chosen on July 30, 1957. It is of unique design and has a special meaning to all Queens Hospital Center students. The following quote by our director, Miss Gladys J. Chamberlain, adequately explains our feeling about it. "It is not just a school cap, although that is important, it



Capping Exercises first class at Queens Hospital Center School of Nursing. Miss Ann Coombs, back to camera, and Miss Margaret McGrath.

is your cap; for one of you designed it and all of you voted for it. You've also written this legend. Only those students who possess the qualities this cap signifies shall be privileged to wear it permanently." Each of the 5 points has a special meaning; Love, Trust, Loyalty, Pride and Dignity. The theme of the school song composed by Mary DeLattre and Lee Colla, therefore has been incorporated into the school cap.

The first year passed quickly and soon, we had "little sisters" with whom we shared in the growing of this new and forthcoming school. Now, on September 16, 1957, the second class was beginning its journey into the world of nursing.

Capping exercises were held for the first time at Queens Hospital Center on October 3, 1957 in the auditorium of the nurses residence. Our experiences have just begun and other students will have more and more history to make as our school turns out registered nurses throughout the years.

Texas Hypochondriac: Feels only like a million dollars.

Dead Hypochondriac: He's buried next to a doctor.

Neurotic Youth: "Bet my mother can beat yours."



## Opportunities in Psychiatry

The graduate nurse entering the field of Psychiatry today finds herself in a specialty which has begun a new era. The latest wonder drugs, the tranquilizers, have become firmly established and will be the stepping stones to the drugs which will help overcome mental illness. Expanding research on new drugs and surgical techniques, the intensive treatment with rehabilitative assistance are being combined to give the newly admitted patient a better chance for recovery than ever before. Governor Harriman recently signed a bill appropriating millions of dollars for this purpose.

Many state hospitals now have facilities for the care and treatment of emotionally disturbed children and adolescents. Duty on a service of this type is always a challenging and interesting assignment.

A recent salary increase re-

sulted in one of the highest starting salaries ever offered, \$4,080 per year for a five day forty hour week. In addition, the state offers:

1. The most comprehensive health insurance program available today.
2. A liberal vacation, personal leave, and sick leave allowance.
3. Pension plan.
4. Opportunities for further education in the form of in-service programs, leave of absence with pay and educational stipends.

These and many other fringe benefits make service with the Department of Mental Hygiene more desirable than ever before.

## A LIVING WAGE FOR NURSES

The registered professional nurse employment in the Department of Hospitals is in a precarious situation at present. According to the NYSNA's Legislative Bulletin #4, "there are 4,400 or 53% nurse vacancies in the New York City Department of Hospitals and not a reservoir of nurses competing for positions in municipal hospitals."

As students now, we should be interested in these working conditions and work towards their alleviation when we become graduates.

If the situation is analyzed, several conclusions can be drawn. Four important ones to consider are: (1) The nurses at present who are employed by the Department of Hospitals are doing twice as much work as can be properly done by a nurse. (2) The patient is only receiving one half as much care as he should be receiving in order that a little may be given to all. (3) The most

critical patients are being sorrowfully neglected. (4) Many nursing duties are being delegated to auxiliary personnel. There is probably a combination of all four considerations.

However, while we realize there is an acute nursing shortage, let us consider one situation which contributed to the vacancies quoted above. An important reason is the salary, which is poor in comparison to other jobs, but still better than the average hospital. The graduate registered nurse receives \$3,500 a year. If this is broken down it amounts to \$220 a month clear with everything deducted. Since there are approximately four weeks to a month, the R.N. is making about \$55 a week after deductions. Is this enough for an individual who has given three years in training to learn her work? Hardly. Unless the salary is increased, nurses will continue to shun institutions which fail to pay adequate wages.

## AREA #5 NEWS

St. Mary's Hospital School of Nursing in Amsterdam and Nathan Littauer School of Nursing in Gloversville have recently received provisional accreditation. This is the first successful step toward complete national accreditation.

A new residence and school of nursing is being erected in Amsterdam for the students of St. Mary's. Presently the students are housed in five separate buildings near the hospital.

The Nathan Littauer students in Gloversville had a recent card party and raffle which was very successful. It was part of a fund raising campaign for the S. N. A. treasury and the senior banquet.

## AREA #4 NEWS

### IDEAL STUDENT NURSE CONTEST

Although Area No. 4 has just recently become active in the Student Nurses Association of New York State, it is getting into the full swing of activities.

Recently each school in the area participated in the Ideal Student Nurse Contest by electing one student from each area member school. These girls were chosen on the basis of personality, scholastic ability, poise, character and integrity.

Schools participating in this contest were: A. Barton Hepburn Hospital and St. Lawrence State Hospital both in Ogdensburg; Mercy Hospital and the House of Good Samaritan Hospital both in Watertown; and Champlain Valley Hospital in Plattsburg.

The one girl chosen by a special committee, from the entire area will then compete on a state level.



"I'm a medical student. Do you have any books on gunshot wounds?"

## WHAT IS LIFE?

What does the word life mean to you? Is it the span of years between birth and death? Is it the day after day routine of eating, working, and sleeping? If this is what life means to you, then you have my sympathy.

Life is our greatest gift. It is what we ourselves make it. It can have the sparkle of a diamond — the depth of a canyon. It can be a broad flat plateau across which we travel and gain nothing.

I know that I am young, but I myself have seen people overlook the treasures that life offers us. They search only for material profit. What is love compared to money — friendship compared to business.

On every street in this city people are living together under the same conditions. They may have similar jobs, the same faith, their children may be schoolmates. And yet — Why does one smile more often than the other?

It would seem that one word is the answer — outlook. Is it foolish to think that seven letters can change a life? Listen and maybe you will agree with me.

Our outlook on life depends on one of two ideas. Either we are people-centered or we are self-centered. From the one outlook stems all our actions. Either outlook may develop early in life.

Let us look at two boys playing basketball. One is interested mainly in how many points he can score. He gives the player next to him a little push. He has netted a basket but lost the respect of a friend. On the same team is a boy who is not a top player but the other boys like him — he plays fair.

Here in childhood we have two goals attained — prestige for its own sake and respect. Which is more important — an extra basket in a game which may last only an hour or a freindship which may last a life time?

Now let us look at the two boys in maturity. Our egotist

is doing well. He is a top salesman with his company — but see how he gained his position. His daughter was the star of her school play but he had to work on reports that night. He missed her debut. His son received a scout award but he was at dinner with an important client. Oh! He has a fine position all right but he missed something — he sees his children now in adulthood and he does not know how they achieved it. Our other friend is working at the same job. He has received no gold watches for outstanding sales records but he can remember his son's first home run, and he was there when his daughter won the debate.

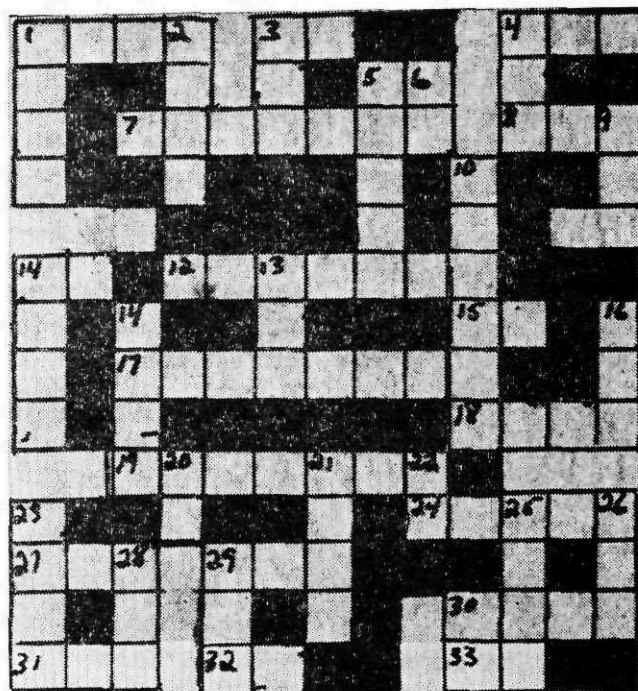
At last we come to old age—the time of life when our past deeds catch up with us. The self-centered has made money but he is sick now and his money does not offer much comfort. He has a private room in the hospital but when visiting hours arrive he lies alone and listens to talk from across the hall. That man in the corner of the ward always has visitors — his wife, friends, his children, and their children. They must not have much money. Their clothes aren't the very best — their car is five years old, they certainly look happy though.

And so we have watched two opposing ideas develop in two individuals — we have seen the outcome.

One man has a good business behind him, a fine bank account, and prestige. He has a nice home and a new car — but still he searches. The man with the concept of self sacrifice has something to show for his life too. Oh, he does not have money or property but he has friends, respect and admiration.

When one man walks down the street people say, "There goes Bill — he's a big man in this town." When the other man goes by they say, "That's Paul — he certainly is a wonderful fellow."

What do people say when you walk down the street?



### CROSS WORD PUZZLE CLUES

#### Down

1. Layman word to describe baby with Tetralogy of Fallot.
2. Children often have Furunculosis or a ———.
3. A non-technical word for a baby that is just born.
4. Abbr. for pathology to the retina due to too much oxygen.
5. Respiratory distress, common in children, characterized by stridor.
6. Children and adults get this care.
9. Abbr. for what a pediatrician is called.
10. Mouth infection caused by the Candida Albicans.
11. Layman word for result of allergy manifested on the skin.
13. This word, a building material, describes an ointment used for eczema.
14. Clubbed ——— is congenital.
16. An infant is "bubbled" to expel its —.
20. Abbr. for department where most children spend first days of new born life.

21. Premature children receive very little of this mineral from their mother.

#### Across

1. The skin of a newborn may have one — or many.
3. A word characteristic of an individualistic two year old.
4. Fever caused by a spirochete transmitted to children by this animals bite.
5. Chemical abbr. for principal mineral in milk.
7. Most common of the worms infesting children.
8. An infant should be — on time.
11. This factor is involved in Erythroblastosis fetalis.
12. Medicine used to treat worm infestations in children.
15. International organization with agencies interested in children.
17. Bed wetting.
18. Manifestations of T.L.C.
19. Adenoid tissue commonly infected in children.

\*Key in next issue.