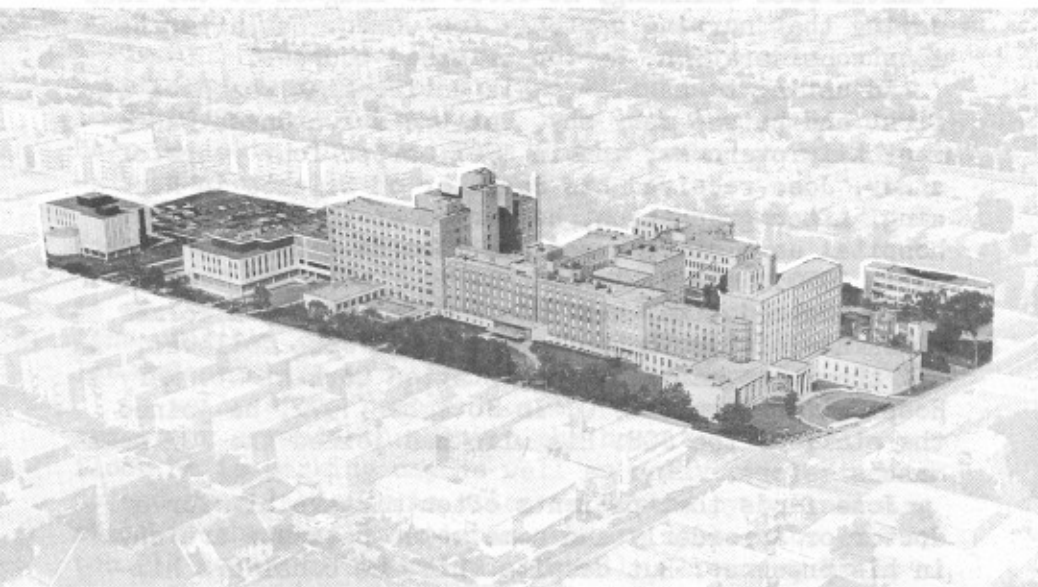


JGH

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THE STAFF OF THE JEWISH GENERAL HOSPITAL



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PULSE PROFILE

Jose Lardizabal
Registered Nurse

He is not a doctor. Or an orderly. Jose Lardizabal is a male RN.

Born in the Philippines, Jose spent his early life there and prepared to follow his dream of becoming a doctor. After high school, he attended the University of Santo Tomas where he took three years of pre-med courses. A chance encounter with a fellow classmate who admitted that he was changing to go into nursing started Jose thinking. At first he laughed at the idea saying that nursing was only for women. But after serious consideration, he too switched courses.

Adjusting to an all-female environment was hard at first and he was very shy. But the awkwardness was eventually overcome, and in 1967, after four years of study, Jose received his Bachelor of Science in Nursing. After graduation, he worked at the University hospital as a staff nurse and then as a private nurse until 1970.

In the meantime, his future wife, Elena, a former classmate of his, moved to Montreal. Jose followed, and they were married. Jose started work at St. Mary's Hospital in August 1970. In November 1972, he joined the staff of the JGH. His wife had joined the JGH some months before.

Jose finds that patients often mistake him for a doctor or an orderly and some women patients are shy in his presence. But despite this, he considers himself lucky to be in the nursing profession.

The father of two (Jose babysits in the morning while his wife works; she babysits in the afternoon while he works), he still finds the time to indulge in his favorite pasttime -- fishing.

Asked if he has ever regretted his switch from medicine to nursing, Jose says no, and if given a second chance, his choice would be the same.

The job of an orderly is to assist the professional staff of the hospital in caring for the patient.

My name is Larry Hill. I am an orderly. I was born 33 years ago in Toronto, and joined the JGH staff in 1969. After a few years in the Dietary Department, I transferred to the Department of Nursing as an orderly.

A typical day for me begins at 7:00 a.m. when most of the patients are still sleeping. At this time, the daily routine of readying the linen and the hampers for the morning and preparing for the daily tasks, predominate. Each floor is different, so that I will use one floor and one day as examples.

Today I am on the Medical Floor. After normal preparations, temperatures are taken, bathes given, patients helped out of and back into bed. Wash patients! Help patients! Dry patients! Change beds! Move patients! Walk patients! Whew!

FINALLY LUNCH. I can relax. Then ... Move patients! Wash patients! Help patients! ...

The job of today's orderly is not an easy one. He is on the go from the start of his shift until he finishes for the day at 3:00 p.m. Many Fridays I have fallen asleep while watching the 8:30 p.m. movie on T.V.

As well as his regular duties, the orderly runs necessary errands throughout the hospital for whatever floor he is working on, as well as delivering patients to and from labs. He is often requested by the nursing staff to shave male patients who are either too old or too ill to shave themselves. Usually, however, he is requested to shave or prep male patients before an operation. This is done with great care because it discourages a surgeon about to perform the operation, that the first incision was made during the prepping!

An orderly's job is a serious one. We never know just how serious until a visitor approaches us and asks: "Doctor! How long will my husband be here?"



Chairs and tables are comfortably grouped near one of the racks lined with medical journals and magazines.

The atmosphere is hushed and tranquil. The carpeting is plush and golden, the walls yellow, the curtains muted shades of yellow, gold and green. It is an open, sunny place -- a duplex. The main floor is filled with bookshelves, reading tables and chairs grouped as in any comfortable living room. Up a staircase to the mezzanine and one discovers more reading tables, chairs and bookshelves, heralding further expansion.

The library houses a specialized collection of books -- dealing with such subjects as psychiatry, community mental health, psychology, child psychology and trans-cultural studies. Emphasis is placed on the study of psychoanalysis and psychotherapy.

The books, according to Librarian Mrs. Ruth Stilman, are available to any staff member of the Hospital. Medical students and those involved in such projects as mental health consultation and family therapy workshops use the facilities as well. Sometimes interested people

... THE LIBRARY
INSTITUTE OF COMMUNITY & FAMILY PSYCHIATRY

from the community or other institutions are permitted access to the books. Patients often browse through the shelves and read books in the library. Borrowing privileges enable books to be withdrawn for two weeks with renewal privileges. Borrowing books is reserved for staff members only.

The library, which opened at the same time as the rest of the Institute in 1969, has been steadily growing. Its first books dealing with psychiatry were from the medical library of the Hospital. Through donations of books and through Institute funds, the collection now numbers some 2,500 volumes and bound journals. Subscriptions to over 80 journals stock the shelves with the most recent pamphlets, bulletins and magazines.

So, get to know your Hospital ... visit the Library at the Institute of Community and Family Psychiatry.



Past bookshelves and potted plants, the stairway winds up to the mezzanine with more chairs, tables, shelves.

The Hospital welcomes the new Interns and Residents and in the words of Executive Director Dr. W.R. Slatkoff, wishes them a "constructive and rewarding stay with the Hospital" ...

DR. N. GANG, of the Lady Davis Institute, attended the Hungarian Academy of Sciences as a visiting scientist in July. The conference was held at Semmelweis University's School of Medicine in Budapest ...

THE FAMILY PRACTICE CENTRE has been in the news lately. On July 19, an article about the Centre appeared in La Presse and on July 20, DR. I. TANNENBAUM and MRS. RUTH CARON discussed the Centre on CBF Radio ...

DR. NATHAN SHEINER, chief surgeon, Cardio-Thoracic, discussed heart disease on CJAD Radio on July 17 and 20. He spoke on "Surgery on the Heart" ...

THE OUTLET SHOP, of the Women's Auxiliary, is now located at 4641 Van Horne Avenue. Hours are from 10 a.m. to 4 p.m. Monday to Wednesday and on Friday; and from 10:00 a.m. to 9:00 p.m. on Thursday ...

GEORGE XEROVASSILAS, working in Stores and in Receiving, will be studying Architecture at night at Dawson College starting in September ...

MISS KAREN FRANSBLOW has joined the Physiotherapy Department as a Physiotherapist ...

CENTRAL SUPPLY ROOM wishes to thank the summer relief students who worked for them. MISS FOX praises them for their spirit, attitude and philosophy ...

ASSOCIATE NURSES OF THE JGH are looking for new members. Any graduate RN who is working or has worked at the Hospital is eligible to join. Opening dinner will be held in October ...

DR. CLARENCE SCHNEIDERMAN, urologist-in-chief, attended the International Society of Urologists as a delegate from July 1 - 7 ...

DR. JACOB BUCHBINDER, medical director, and MRS. PEGGY

LAHAIE, patient relations representative, appeared in a lengthy article in the Toronto Star recently. They had been interviewed by Mr. Sidney Katz who is interested in convincing hospitals in Ontario to consider creating a position for a patient relations representative ...

Several members of the staff recently completed a one-year course in Hospital Department Management given by the Canadian Hospital Association. Topics studied were principles of organization and management; hospital organization; communication; supervision; personnel management; in-service education; personnel evaluation; labour relations; business aspects of department management; and legal aspects of management. All assignments were graded and an interview received. Then a week was spent in Ottawa for an intra-mural session. After passing the final examination, a certificate was issued to each successful candidate. Completing the course were: MISS E. WOLFF, medical records; MR. K. BUTLER, housekeeping; MR. D. MICHAELIS, housekeeping; MRS. V. HENSBY, physiotherapy; MRS. S. WERNER, department of Medicine; and MRS. M. HAGGLUND, medical library.

MISS ANNA ABRAMOVICZ, of the Admitting and Accounts Offices, recently completed a six-week immersion course in French, provided for by a \$600 bursary from the provincial government ...

DRS. S. BAYRAKAL, E. BRAHM, B. PRESSER, and T. REYBURN have recently joined the Department of Psychiatry as Psychiatrists ...

Radiologists from the Hospital's Department of Radiology will be attending the annual meeting of the Roentgen Ray Society in September. The meeting will be held in Montreal ...

A note of thanks to the patients of Occupational Therapy at the Institute of Community and Family Psychiatry who collate Pulse and prepare the magazines for delivery throughout the Hospital ...

FAITS INTERESSANTS

Dans un article publié dans le journal "The Gazette" en date du 13 juin 1973, Docteur John Mayer donnait quelques conseils pour une meilleure diète.

On doit:

- 1.) augmenter notre consommation de fruits et de légumes;
- 2.) éviter les aliments gras;
- 3.) accroître la quantité de calcium en prenant plus de lait écrémé et de fromage;
- 4.) prendre des breuvages sans calories, tels que l'eau ou tout autre breuvage à valeur nutritive, comme les jus fruits et le lait écrémé ou pur;
- 5.) diminuer l'usage du sel.

* * *

Un article du "Medical Post" daté le 3 avril 1973, nous informe que seule une petite carte gardée en sa possession est l'unique document requis pour une personne qui désire offrir, après son décès, ses reins pour transplantation.

Cette carte est une initiative de la Fondation Canadienne des Maladies du Rein. La carte est considérée comme un document légal selon l'Acte des Organes Humains adopté par la Conférence des Commissionnaires de l'Uniformité de la Législation du Canada.

La carte est valide lorsque signée par toute personne (saine d'esprit) âgée de 18 ans et plus. Le donneur peut offrir son corps ou une partie seulement pour fins de recherches médicales. Si le donneur change d'idée, il peut tout simplement détruire la carte en sa possession.

Vous pouvez vous procurer cette carte en vous adressant à la Fondation Canadienne des Maladies du Rein, Casier Postal 422, Montréal 379.

* * *

Information sur le Régime d'Assurance-santé du Québec: "Toute personne qui désire demeurer au Québec, après avoir quitté une autre Province du Canada, bénéficiera du Plan d'Assurance-santé du Québec dès l'instant que le plan applicable à l'autre province cessera pour ce bénéficiaire."

* * *

Dr. John Mayer, in an article in The Gazette of June 13, 1973, listed the ways one could improve on his diet:

- 1.) Increase the amount of fruit and vegetables.
- 2.) Lower fat content.
- 3.) Increase calcium by consuming more skim milk and cheese.
- 4.) Drink beverages with no calories -- such as water -- or those making a nutritional contribution -- such as fruit juice, skim or whole milk.
- 5.) Decrease salt intake.

* * *

An article in The Medical Post of April 3, 1973 discussed the following:

"A wallet-sized card is all that is needed by a potential donor if he wants to make his kidneys available for transplant upon his death, thanks to the Kidney Foundation of Canada.

The card, which is a legal document, was made possible for meaningful use by the Human Tissues Act adopted by the Conference of Commissioners on Uniformity of Legislation in Canada.

Essentially the card is valid when signed by any person of sound mind 18 years of age or older. The individual may donate all or part of his body for medical purposes. If he changes his mind at any time he simply tears up the card.

Cards are available upon request from the Kidney Foundation of Canada, Box 422, Montreal 379."

* * *

Notes from the Quebec Health Insurance Plan Booklet: "Any person who settles in Quebec after leaving a Canadian province will benefit from the Quebec plan as soon as such other province's plan ceases to apply to him."

* * *

Quotes from the Patient's Questionnaire

"The Jewish General Hospital is the finest hospital and its management and staff deserve the highest praises for such efficient service. Truly a great hospital in the nicest city."

* * *

"I hear unsatisfactory reports about different hospitals in Montreal. My personal opinion about the Jewish General Hospital is that I can't praise them enough. I was treated royally and came out in very good shape."

* * *

"My husband passed away during his last stay in hospital. However, I would like to take this opportunity to say that during his many stays at the Jewish General, he was always treated kindly and with much consideration to his needs by everyone concerned -- doctors, nurses, technicians, etc. Many thanks."

* * *

"J'ai trouvé que après une opération il nous donnait le temps de se rétablir. C'est plutôt rare que nous voyons cela dans d'autres hopitals. J'ai été très satisfaite. Je vous remercie beaucoup."

* * *

"I have only the highest recommendations for your hospital, as I have been in several others. On this stay in hospital, I feel that all services were better. All personnel on my floor were most helpful and cheerful."

* * *

WHAT OUR PATIENTS SAY

July 24, 1973

Sirs:

I wish to bring to your attention the gratitude my husband and I feel for the wonderful care and attention I received from all shifts of nursing staff on 4 West.

Their aid and genuine interest helped considerably in my recovery and I did not require special private nurses as has happened to me in past years in other places.

I commend them highly and will remember with gratitude their kind assistance. My heartfelt good wishes to them and the hospital.

Sincerely,
Mrs. S. D. Silberberg

* * *

In Hospital

I wish that I could soar up high,
Just like a bird in the sky;
But here I am in bed again,
With only just a little pain.

Although my bed can keep me here,
My thoughts can wander far and near;
My world goes on around my bed,
And happy dreams can fill my head.

With Docs and Nurses all so kind,
The pain I really do not mind;
So many beautiful flowers I've received,
And lovely cards as well;
And to my friends who come to call,
I send my thanks to one and all.

Audrey Davies

WHAT OUR PATIENTS SAY (continued)

Objet: Les dames bénévoles

Mon épouse n'a rencontré de dames bénévoles qu'au casse-crôte situé au rez de chaussée, mais elle a pu constater à quel point elles sont dévouées, gentilles et sympathiques, à tout points de vue.

Ces dames sont vraiment des anges de dévouement.

Gerald Legare
Duvernay, P.Q.

* * *

June 22, 1973

Sirs:

I wish to express my gratitude to all the wonderful people who so kindly took care of me during my stay at the hospital.

Unfortunately I do not know everyone by name, but the following deserve thanks: Dr. Glickman, Dr. Costom, Nurses Lee Ann Siegal, Barbara Smith and a girl called Marlene (my 3 morale boosters); Mrs. Murphy and all the other nurses who took great care of me but never gave me their names.

Finally, my male student nurse, Stephen, who was always there to help. He was one of the kindest people I ever met.

Many thanks to all the others, cafeteria staff included. And because of all those wonderful people, I went back home healthy, happy and a mother of a big, bouncing and healthy baby boy.

Elizabeth McLeod
Laval, P.Q.

* * *