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**RIVERSIDE
HOSPITAL
ISSUE**



The Art and the Science of Medical Care

W. E. Coopwood, M.D.

FROM time immemorial mankind has been plagued with debilitating diseases that tend to drain his physical, mental, and emotional resources. The periodic episodes of disastrous pestilences throughout the course of human history have induced both fear and determination in the hearts of men. Fear, resulting from the seemingly overwhelming odds against man has simultaneously caused him to determine to understand more about the mysteries of human life and to investigate methods by which he can conquer these enemies of his health and well-being.

Anciently, the sick and maimed traveled to proven places of healing such as the Grecian oracles and Egyptian temples. In these places priestly physicians ministered effectively to restore health as far as was possible. During the 19th century, the sick migrated hopefully to notable spas and medical centers of Europe. More recently medical centers in the United States have been the focus of worldwide attention as meccas of healing.

The compelling factor attracting attention to any health facility is the record of its effectiveness in achieving restoration of health and well-being. The prospective patient is concerned not only with the disease affecting him but with himself, the unwilling host of an unmerited disease guest. For this reason the patient is not only diseased but also ill-at-ease because of his ailment.

Traditionally, the medical staff of Riverside Hospital has been concerned with not only the disease that has the person but also with the person who has the disease. The staff of physicians has always attempted to work with compassion and concern as well as to apply proper emphasis and the essential scientific skills necessary to successfully cope with physical disorders.

Keeping in pace with the modern trends, the Riverside Hospital staff of physicians provides for the patient through its active consulting members, a broad spectrum of medical specialty skills. Included in these specialties are internal medicine, surgery, radiology, urology, orthopedics, and ear-eye-nose-throat. In addition, Nashville's two medical centers, Meharry and Vander-



Part of the medical staff, left to right, front: Humberto Perez, staff physician; Luke Dixon, general practice; Ronald Weaver, internal medicine; Wallace T. Dooley, orthopedic surgeon; Carl A. Dent, general practice—president medical staff. Rear: Daisy Knox, secretary medical staff; William Coopwood, general practice; George Benson, general practice; Anna Bell Simons, acting director of nurses; Cyrus Kendall, pathologist; and Dorothy L. Brown, surgeon.

bilt, provide consultants whose services are available to Riverside Hospital.

The modern physician, being totally concerned with his patient's problems, seeks to utilize all available proved techniques and tools to facilitate diagnosis and treatment. The Riverside Hospital medical staff has available to it just such techniques and tools, such as radioisotope laboratory, an artificial kidney, and unique X-ray equipment enabling the performance of cine-radiography.

The sick who come to Riverside Hospital can be assured of considerate, interested care and the utilization of the most modern methods in the diagnosis and treatment of ills.

"God's healing power runs all through nature. If a tree is cut, if a human being is wounded or breaks a bone, nature begins at once to repair the injury. Even before the need exists,

the healing agencies are in readiness; and as soon as a part is wounded, every energy is bent to the work of restoration."—*Education*, p. 113.

Cover: Maxine Jacobs, junior student nurse.

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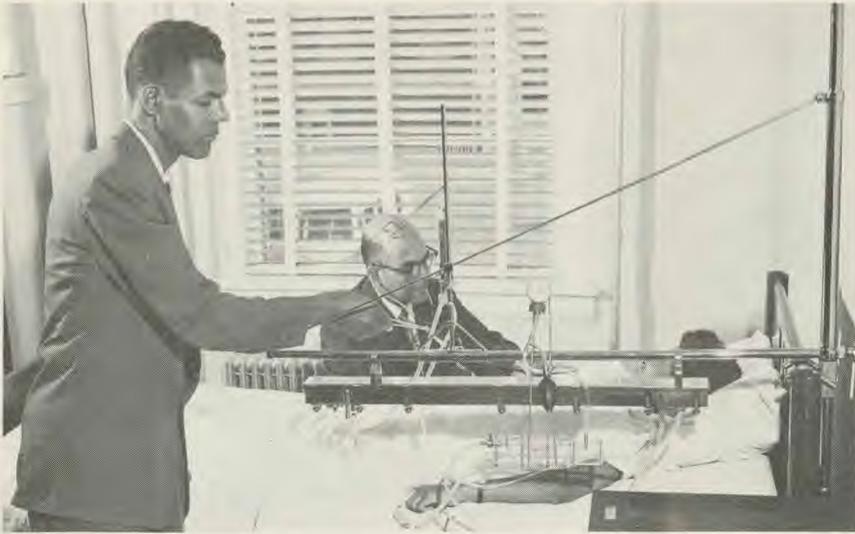
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One of the frontiers of medicine; Drs. C. A. Dent and George Benson operate the dialyzer, or artificial kidney.



Lowell Benson operates up-to-date X-ray facilities including laminagraph and Sanchez Parez serialograph.



Maximum security for your gravest hours are provided in this modern, well-equipped operating room.



The difference in hospitals is usually most marked in the quality of nursing service. At Riverside a gracious lady in white is always just a pushbutton away.

Licensed practical nurses: 70 per cent of hospital service on an average in the United States is rendered by this type of dedicated nursing personnel. Left to right: Harold Blocker, Dorothy Boyd, Barbara Paige, Martha Harris, Maylean McNairy, Brenda Reid, Lerine Payton, Lula Williams, Claudet Paige, and George Walker.



THIRTY-SEVEN years ago racial re- actions compelled Mrs. N. H. Druillard, a red-headed Scotswoman, to abandon property on which foundations had already been poured for a new Negro hospital.

While recovering from injuries sustained in an automobile accident, Mrs. Druillard had vowed that if spared she would start a hospital for Negroes in the Southland.

Confronted by the ugly specter of neighborhood resentment, the un- daunted woman purchased property a mile to the east on the banks of the Cumberland River, near the American Baptist Seminary, and proceeded to invest about \$30,000 in small clinic build- ings that were the humble beginnings of an institution for health that repre- sents today an investment of \$1.75 mil- lion in contemporary health facilities.

There she instituted the basic health philosophy that is pursued in the hos- pital today, the science of assisting nature in recovery from sickness and disease and utilization of contemporary technological advances. Rest, hydro-

therapy, proper diet, and pleasant ru- ral setting are featured.

Two years before Mrs. Druillard died in 1937, she turned her hospital over to the General Conference of Seventh- day Adventists. Through the years since then, the General Conference has made available operating subsidies and appropriations for capital improve- ments.

In 1947 work was begun on the mod- ern four-story brick building that houses the 84-bed Riverside Hospital. As a modern hospital for Negroes, Riv- erside was in the vanguard of its time, and consequently attracted patients from across the country.

Mother Druillard's slight frame would swell with pride if she could see her Riverside of today. It is accredited by the American Hospital Association's Joint Commission on Accreditation of Hospitals. Member hospitals must maintain modern standards of hospital care, including sanitation, selection of staff, diagnosis and treatment of disease, surgical procedures, and record keep- ing. Riverside Hospital is a member of

RIVERSIDE—BUL

N. G. Sim



An interview with F. L. Peterson on his t- broadcast by N. G. Simons, on station



A group of registered nurses, the leadership core for the application of nursing skills in any hospital. Left to right: Lavetta Dent, pharmacist; Lois Lester, supervisor; Anna Bell Simons, anesthetist and acting director of nurses; Hoytie Freeman, nursing arts instructor; Sarah Pitts, supervisor.

the Seventh-day Adventist Hospital As- sociation, the Tennessee Hospital As- sociation, and is a Blue Cross Hospital group member.

Recently Riverside has installed \$25,000 worth of Picker X-ray equip- ment including Sanchez Perez and laminagraph. Planograms and arte- riograms are routine procedures. For treatment of kidney diseases, an arti- ficial kidney or dializer, has been pur- chased at a cost of \$2,500.

New laboratory equipment includes an electronic hematocrit, for instant blood analysis; PBI equipment, a Cole- man flame photometer and spectro- photometer, new centrifuge, the Kahn shaker, and \$10,000 worth of recently installed radioisotope equipment. The isotope laboratory is licensed by the Atomic Energy Commission to do twelve diagnostic procedures.

The isolated hospital features an up-to-date communications system that includes short-wave radio with direct contact with the hospital's ambulance and physicians. Riverside is on the new wave length assigned by the govern- ment to hospitals that will receive the national emergency signal. It has closed-circuit television over which daily devotional programs and weeken services in the nearby chapel are beamed to each bed. There is nurse-to-

MARK OF HEALTH

, Administrator



South America for "The Riverside Hour,"
L, Nashville, each Sunday at 11:00 A.M.



The modern laboratory includes this Coleman flame photometer and spectrometer, operated by Sarah High.



The physical therapy department offers ultrasonic, diathermy, whirlpool Russian bath, massage, et cetera—treatments that relieve pain, restore tone, and revitalize.



Patient-controlled communications system offers patient-to-nurse communication, commercial television, and the hospital's closed-circuit television and radio programs.

patient communication, which puts the nurse at the patient's finger tips.

The patients also have access at all times to commercial radio and television programs.

Each year from twenty to forty youth are graduated from the hospital's accredited practical nursing school, which opened January 1, 1949. A new combination dormitory-classroom building has just been built. In the near future the hospital board hopes to convert this to a professional school of nursing.

In order to obtain the requisite medical careerists, Riverside makes scholarship loans available to nurses and medical students.

Riverside employs about 90 persons. Most of these live in cottages on the verdant hospital campus. The hospital provides almost total services including an eight-grade parochial school, modern supermarket, pharmacy, and laundry. Recreational features include a swimming pool, shuffleboard and tennis courts.

A massive bulwark of modern health facilities, Riverside sits on the high bluff commanding the Cumberland River—a pleasant place, where dedication, Christian kindness, and contemporary health technology combine to arrest disease and restore health and vigor for thousands.



Premature babies are well cared for in the isolette that creates the climate needed for delicate life.

The Diagnostic Power of Riverside Hospital

John Bradshaw



John Bradshaw calibrates the radioisotope machine. The Atomic Energy Commission authorizes twelve diagnostic tests at Riverside.

THE physicians of Riverside Hospital are aided in their diagnostic work by three most important departments: the clinical laboratories, the X-ray laboratory, and the radioisotope laboratory. These three departments comprise a diagnostic team second to none in promptness, efficiency, and reliability.

The clinical laboratory is equipped with the latest modern electronic equipment, including the Coleman spectrophotometer, on which most of the chemistry tests are finally examined. The spectrophotometer is complete with flame photometer and galvanometer, devices used for rapid determinations of sodium and potassium levels in the blood. Also in the chemistry laboratory we have just installed the latest method and equipment for the determinations of protein-bound iodides (PBI's). This new dry ash method is used only by a few hospitals in the Nashville area; in fact, only four of the medical centers in Nashville perform this test at all; Vanderbilt and Riverside hospitals are included.

Another laboratory that has recently been added is the blood bank. Not only does the blood bank employ the latest methods for the typing and crossmatching of blood (such as Selectogen in addition to other routine methods), but a complete donor system has been set up for the convenience of patients and donors, convenient in the sense that donors may replace blood for patients during visiting hours, thus making only one trip to the hospital necessary. The blood bank also maintains a donor list of all types, and within minutes of an emergency fresh blood is standing by

and available. Other departments of the clinical laboratory include the serology department. Every patient is screened for venereal diseases.

In the bacteriology department, organisms are grown, typed, and their sensitivity to different drugs known within hours after the specimen is obtained. In the hematology laboratory one will find new microscopes and electronic hematocrit devices which give readings (of the ratio of cells to serum known as the hematocrit) within two seconds. Disposable needles are used in the hematology laboratory to eliminate the danger of cross contamination, and these make venipuncture all but painless for the patient. Disposable syringes are also used to increase efficiency and further eliminate contamination.

Other tests done by the clinical laboratory are: the basal metabolism, (an examination using new equipment that calculates automatically) vital capacity, electrocardiography, gastric analysis, and tuberculin skin tests. All of these procedures being used produce results which enable the clinical laboratory to use as its motto "Speed and Efficiency."

One of the greatest aids to modern medical diagnosis is the unseen, unfelt, but penetrating and revealing beams of the X-ray equipment. Much is revealed concerning the condition of the various body tissues, parts, and organs and their state of function through the use of X-rays. It is of great diagnostic aid to the surgeon in providing presurgical films to confirm conditions pinpointing areas scheduled for surgery.

The X-ray fluoroscope (with which the physician observes the interior organs of the body such as the stomach, heart, bowels, and large blood vessels) is an excellent aid to exact an expeditious diagnosis. The laminagraph accessory to the X-ray equipment is another aid in pinpointing areas of disease, for it allows focusing for greater clarity of observation upon structures which otherwise, because of their underlying or enclosed position relative to surrounding body tissue, might be obscured. In effect, it enables the operator to isolate a slice of tissue for examination by X-ray filming.

At Riverside our new, modern, powerful equipment is used in the detection of broken bones, to find stones

in the gall bladder, to find stopped-up blood vessels, and to locate tumors of all types in various places. Not only are we able to diagnose these conditions but in the case of cancerous tissue, the powerful beams of the X-ray equipment may be used to give treatment and destroy the unwanted cells. The experience and speed of the X-ray personnel and their equipment gives rise to greater confidence in the decisions of Riverside physicians.

The radioisotope laboratory, the newest of the three diagnostic aids, not only to Riverside physicians but to medicine in general, is fast becoming one of the most valuable. The diagnostic methods are of three types, namely:

(1) use of radioactive counterparts, such as radioiron, of a normal body substance in order to trace the chemical processes of that substance; (2) use of a normal body substance for purposes other than the direct tracing of its chemical reactions, such as the labeling of albumin with radioiodine to study the protein rather than the iodine, and (3) use of a radioactive substance that has unique chemical or physical properties but that is biologically abnormal such as radiochromium to label erythrocytes or radioarsenic to locate a brain tumor.

Riverside Hospital has one of the very few clinical radioisotope laboratories in the middle Tennessee area. Licensed by the A.E.C. to do most of the radioisotope studies being done today, the personnel are becoming more experienced in radioisotopic techniques. The personnel are also sent regularly to courses of this type to keep abreast of new developments.

Among the many procedures done are: radioactive iodine uptake, Shilling test, total blood volume, daily blood loss in stool, T_{32} , iron localization studies, and renograms.

The B.M.R., T_{32} , RAIU, and P.B.I. are examples of how several tests may be utilized to determine the function of one organ (the thyroid gland). The B.U.N., N.P.N., urinalysis, and renogram may be used to pinpoint a condition of the kidneys, et cetera.

Thus the Riverside Hospital is fortunate to have the latest diagnostic equipment and personnel to make you stay profitable.

Riverside School of Practical Nursing

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Accredited by State of Tennessee*



The traditional capping exercise is an important milestone in the nurse's career.



Merneatha Buckmon, dean of women, counsels Dorothy Smith, junior student.



School demonstration room where students obtain the skills they need at the sickbed.



Sound instruction and supervised clinical work create a superior nurse.



Attractive parlor in the new nurses' dormitory-classroom building.



New \$75,000 combination dormitory-classroom building for the practical nursing school.

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Beautiful 84-bed Riverside Hospital on the banks of the Cumberland River.