

# HEALTH

## Kaiser Permanente Hospitals Gain National Planetree Affiliation

Imagine staying in a hospital where the entire staff considers meeting your needs as a person just as important as treating your medical problem. Instead of boring game shows and stark walls, imagine being offered a choice of music on headphones and a selection of pleasant pictures to decorate your room. Rather than rigid visiting hours, imagine having your family -- as defined by you -- free to visit and stay as long as you want, even overnight.

Such patient-friendly hospitals are the dream of a national non-profit organization called Planetree. Planetree earlier this year designated Bess Kaiser and Kaiser Sunnyside medical centers as the first Planetree-affiliated hospitals in the Portland area. The two Kaiser Permanente hospitals join 21 other Planetree hospitals nationwide -- including only three others in the Northwest (The Dalles, Springfield and Seattle).

Tom Janisse, MD, is medical director of the 36-bed Planetree unit at Kaiser Sunnyside. "Planetree's founders felt that hospitals treated disease effectively but made patients and their families into bystanders. They named their new orga-

nization Planetree after the tree under which the ancient Greek physician Hippocrates taught," says Dr. Janisse. "In those days, patients were prescribed not only medicine but music. Planetree is reviving that idea of treating the whole person -- not just the disease."

Mary Wade is the Health Care Alliance Director with Planetree's national headquarters in San Francisco. "We think Kaiser Permanente, with its emphasis on wellness, health education and preventing illness, makes a natural partner for introducing the Planetree model to Portland."

Wade says each hospital is taking a different approach to adopting Planetree. Staff at Kaiser Sunnyside are piloting Planetree practices on one unit, while Bess Kaiser is incorporating many Planetree concepts throughout the hospital.

At Bess Kaiser, Associate Administrator Connie Huber says, "Planetree is patient-centered medicine. The goal as we phase in Planetree practices over the coming months and years is to educate patients about their condition and treatment, and involve them and their families as much as possible in the

care experience. That includes patients being familiar with their own medical records." Huber says all 1,500 staff at Bess Kaiser will receive four hours of orientation to Planetree by early December.

Under this philosophy, staff will try to honor patients' own routines, allowing them to sleep late, for example. "We want coming to the hospital not to be a big jump from home," says Leslie Carveth, RN, coordinator on Kaiser Sunnyside's Planetree unit. Once Planetree is fully in place, Carveth says family and friends will be welcomed in the unit with flexible visiting hours and a homey lounge. A patient's spouse or support person will even be able to stay overnight or become a care partner under the model. Care partners can be trained to do simple tasks, such as keeping fresh water by the bedside.

Does all this "high touch" care actually help patients get better? Dr. Janisse thinks it will. "Data from other Planetree hospitals show that patients sleep better, report less stress, use less pain medication and are discharged sooner. We'll be monitoring to see if our patients benefit similarly."



Adopting the patient-centered Planetree philosophy at Bess Kaiser Medical Center means making hospital stays more pleasant. A Nintendo computer console does just that for Joe Njoku of Portland. Irene Washington, Joe's foster mother says his game playing has improved during his stay despite a broken wrist. Biomed engineer Eric Thomas (at left) helped arrange for the console's donation by the Starlight Foundation and Toys R Us.

Photo by Carole Archer



Health and Human Services Secretary Donna E. Shalala (center) and former Olympic track star Florence Griffith Joyner (left) talk with tennis star Zina Garrison-Jackson at a House ceremony. Joyner is co-chair of the President's Council on Physical Fitness and Sports.

Photo by Chris Smith

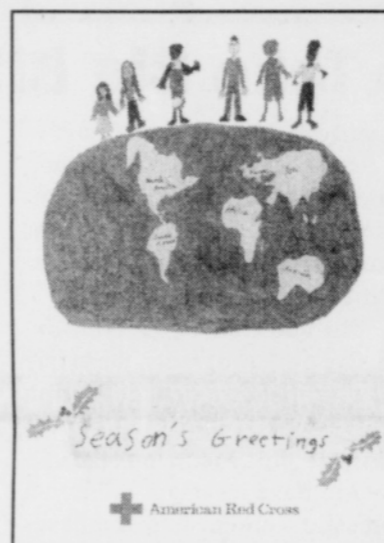
## Greeting Cards Helps Local Disaster Victims

Give a holiday gift to local disaster victims through the American Red Cross. Instead of giving family and friends fruitcake or wreaths, you can give a local fire victim a blanket or clothes by sending a Red Cross holiday greeting card.

For a minimum \$2 donation, you can send this attractive card with the season's greetings and a note that says, "A donation has been made in your name to the American Red Cross Disaster Relief Fund."

The card also features delightful children's artwork created during Red Cross' 1994 School Enrollment Drive. The winning design was drawn by Audrey Umber, age 9, of Hayhurst School, Portland.

Donations will go directly



This year's winning holiday gift card design is by Audrey Umber, age 9, of Hayhurst School.

for local disaster relief in Clackamas, Columbia, Multnomah, Washington, and Yamhill counties. During the holidays, house and apartment fires occur daily due to increased electricity and heat usage. Red Cross assists in replacing lost clothing, food, shelter and other needed items. Locally, the Oregon Trail Chapter responds to a disaster every 32 hours.

The cards were made possible through the generous donations of Block Graphics, Inform Graphics, Inc., Rapid Blind, Western Paper Co., Wy'East Color, and local graphic artist Diane Schneider.

For more information, or to order the cards, call the Red Cross at 284-1234, ext. 297.

## Governor Releases Teen Pregnancy Prevention Action Plan

Governor Roberts has released a teen pregnancy prevention action plan calling it, "The most comprehensive, bold and thoughtful blueprint on teen pregnancy prevention in Oregon's history."

The Oregon plan, "STOP" (Sex, Teens & Oregon's Plan) was developed by a task force headed by the governor's Senior Policy Advisor, Allie Stickney. "STOP" is the culmination of months of meetings and discussions across Oregon with thousands of teenagers, parents, civic, business and religious leaders.

"In January I said my office would lead a crusade to help Oregon reach its goal of reducing the rate of teen pregnancy in half by the year 2000," Governor Roberts said. "This action plan takes clear and decisive steps in this crusade."

The teen pregnancy rate in Oregon, among 10-to-17 year old fe-

males is currently 17.9 per 1,000. The state has set a goal of cutting the rate to 8-pregnancies per 1,000 by the end of this century.

A recent research study by the University of Oregon found the 1992 pregnancy among 10-to-17 year old females cost Oregonians \$76-million in direct costs for medical care and public assistance.

The rate of teen pregnancies nationally is estimated to cost American taxpayers \$30-billion annually in public assistance and medical costs. Roberts says "STOP" is a long term, broad based approach to reach young people before they are sexually active; to address the connections between sexual abuse and teen pregnancy and to speak frankly to teens who are already sexually active.

"If we are to make progress in reducing the rate of teen pregnancy,

our actions must be grounded in love and anchored in reality," Roberts said. "This plan is about the future of the young people of Oregon. We can't give them the future we want if we refuse to deal openly and honestly with the issues of sex and sexuality."

The program promotes responsibility by teens, parents, schools, communities and government. Roberts said parents will play a critical role in helping to cut teen pregnancy rates.

"Most teens we talked to, and we talked and listened to thousands of them, told us overwhelmingly that they want their parents to provide them with information and guidance about sex and sexuality," Roberts said.

The action plan also proposes production of a video to help instruct parents about how to talk to their children about sex and other diffi-

cult issues. "We will work to make this video available in every public library and video store in Oregon," Roberts said.

An important part of the responsibility will rest with the teenagers to help Oregon stem the rate of teen pregnancies. "We're going to give kids the tools to say, 'No' to sex and help them understand the importance of delaying parenthood," Roberts said. "At the same time we must give teens who choose to be sexually active the information, access and support they need to obtain and use birth control services."

The governor's proposed 1995-97 budget includes \$12-million in general fund monies for the STOP plan. Funds will be used to finance public awareness campaigns, peer group education, parent training teacher education and School-Based Health Centers.

## Health Information Network Planned

Oregon Health Division has received a 3-year grant to implement a statewide public health information network.

The computer network will assure public and private health care providers, policy makers and other interested parties access to timely and accurate data.

The Distributed Oregon On-Line Public Health Information Network (DOLPHIN), will provide the technical means for county health departments and other statewide

users to directly access public health information. For the first time, these providers will be able to retrieve on-line computer information such as vital statistics, immunization records and communicable disease reports.

By the end of the first year, users will be able to community with public health officials and one another via a statewide electronic mail system.

Oregon was one of 12 states to receive funding following a competitive selection process.

The Portland Observer welcomes health articles from the community. (If possible, please include photos.)

## University Awarded Grant For Research

The Fogarty International Center of the National Institutes of Health has awarded a three-year, \$968,000 grant to Howard University to support minority students and faculty to conduct research at seven premier universities in Japan and Europe.

The grant is a Minority International Research Training grant, which is part of a program in which Howard and 23 other universities in a Leadership Alliance promote international biomedical research opportunities for minority students and scientists.

The \$322,656 per year awarded to Howard will support 14 U.S. minority faculty, predoctoral fellows and undergraduates at Karolinska University in Sweden, University of Lausanne in Switzerland, and Chiba University in Japan.

The undergraduates will work in discipline-based teams

of two to four members led by a faculty member and will conduct research for a four- to 12-week period. Graduate students will pursue independent or guided research, and data derived from this research may be utilized as part of the students' dissertations. Faculty will engage in collaborative biomedical research programs with international scientists for periods up to six months, with interactions continuing after completion of these minisabaticals.

Dr. Winston A. Anderson, professor of biology at Howard, is principal investigator of the grant. According to Dr. Anderson, "The program is a win-win formula for both the student and faculty, and it should enhance the undergraduate transition and prepare more minorities for leadership roles in the biomedical sciences."

## Blue Jeans For Babies Help Fight

Companies this month are participating in a Blue Jeans for Babies fundraiser sponsored by the Portland area chapter of March of Dimes and Kelly Temporary Services.

Volunteers are selling Blue Jeans for Babies buttons to employees of the participating businesses for a \$3 donation to the Campaign for Healthier Babies. This entitles employees to wear blue jeans or "casual dress" to work on a designated day.

"Even the most conservative corporate managers are admitting that casual dress in the office, even if only occasionally, can increase

employee productivity and morale," said Laurel Werhane, district manager for Kelly Temporary Services.

The March of Dimes is a national voluntary health agency whose mission is to improve the health of babies by preventing birth defects and infant mortality.

Through its campaign, it funds programs of research, community service, education and advocacy. Programs such as Outside In, Parents Supporting Parents, and Neighborhood Health Clinics, all benefit locally from the Lewis and Clark Chapter of March of Dimes which serves northern Oregon and southwest Washington.