

MAINE STATE LEGISLATURE

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PUBLIC DOCUMENTS

OF THE

STATE OF MAINE

BEING THE

REPORTS

OF THE VARIOUS

**PUBLIC OFFICERS
DEPARTMENTS AND
INSTITUTIONS**

FOR THE TWO YEARS

JULY 1, 1926 - JUNE 30, 1928

TWENTY-SECOND AND TWENTY-THIRD

ANNUAL REPORTS

OF

BANGOR STATE HOSPITAL

FOR THE

YEARS ENDING JUNE 30, 1923

AND JUNE 30, 1924

BANGOR STATE HOSPITAL.

RESIDENT OFFICERS.

CARL J. HEDIN, M.D., Superintendent.
 EDWARD W. RUSSELL, M.D., Assistant Superintendent.
 HAROLD W. RYLEY, M.D., Senior Assistant Physician.
 JOSEPH LÉZBERG, M.D., Junior Assistant Physician.
 Dentist (Position vacant)
 WILLIAM THOMPSON, Steward and Treasurer.

CONSULTING PHYSICIANS AND SURGEONS.

DANIEL A. ROBINSON, M.D.	GALEN M. WOODCOCK, M.D.
EUGENE B. SANGER, M.S.	BERTRAM L. BRYANT, M.D.
DANIEL McCANN, M.D.	A. K. P. SMITH, M.D.
JARVIS B. WOODS, M.D.	BLANCHE M. MANSFIELD, M.D.
	FORREST B. AMES, M.D.

CHAPLAINS.

REV. ASHLEY A. SMITH.	REV. ROY M. TRAFTON.
REV. ALBERT E. MORRIS.	REV. THOMAS J. NELLIGAN.
REV. SAMUEL C. BEANE.	REV. JOHN F. MURPHY.
REV. ARTHUR M. LITTLE.	REV. J. DANDANEAU.

SUPERINTENDENT OF NURSES.

Mrs. ALBERTA M. PICKERING, R.N.

SOCIAL SERVICE WORKER.

Position Vacant.

OCCUPATIONAL THERAPIST.

Position Vacant.

DIETITIAN.

MISS HOPE PERKINS

SUPERVISORS.

FEMALE.

Mrs. ESTHER GOODROW.
 Miss BESSY M. HEINE.
 Mrs. LOUISE KING.

MALE.

Mr. EDWARD W. BRALEY.
 Mr. ROBERT D. REID.
 Mr. SAMUEL MARSH.

CHIEF ENGINEER.

Mr. WILLIAM J. HUGHES.

REPORT OF THE SUPERINTENDENT.

To the Board of Hospital Trustees:

In accordance with custom and in compliance with statutory requirements, I herewith respectfully submit the 22nd and 23rd annual reports of the operations of the Bangor State Hospital for the fiscal years ending June 30, 1923, and June 30, 1924.

MOVEMENT OF POPULATION.

On July 1, 1922, there were 704 patients in the hospital, 38 on parole, and 7 on escape,—a total of 749 enrolled.

During the year ending June 30, 1923, 221 patients were admitted, making a total of 970 treated.

On July 1, 1923, there were 706 patients in the hospital and 52 on parole,—a total of 758 enrolled.

During the year ending June 30, 1924, 215 patients were admitted, making a total of 973 treated.

On June 30, 1924, there were 727 patients in the hospital, and 45 on parole,—a total of 772 enrolled.

The number of admissions for each year is larger than during the year ending June 30, 1922, and the number of patients in the hospital has increased from 704 on July 1, 1922 to 727 on June 30, 1924, an increase of 23 patients in two years.

Considering the fact that we admitted 436 patients during the two-year period, the actual increase in our population has been kept down because we have been able to discharge a large number of patients as recovered and as improved. Many have also been paroled for aftercare treatment at their homes.

The average daily population during the year ending June 30, 1923 was 709; and for the year ending June 30, 1924, it was 727, or 18 more than the preceding year.

DISMISSALS.

During the year ending June 30, 1923, there were 212 patients dismissed as follows: 43 were discharged as recovered, 41 as improved, 30 as unimproved, 7 as not insane, and 91 died during the year.

During the year ending June 30, 1924, there were 201 patients

dismissed as follows: 44 were discharged as recovered, 44 as improved, 17 as unimproved, 1 as not insane, and 95 died during the year.

The percentage of discharges based on the number admitted during the year ending June 30, 1923, was 54 per cent, and for the year ending June 30, 1924, it was 49 per cent.

During the year ending June 30, 1923, 95 patients were paroled and 55 were out on parole at the end of the year.

During the year ending June 30, 1924, 81 patients were paroled and 45 were out on parole at the end of the year.

The death rate during the year ending June 30, 1923, was 9.3 per cent of the total number treated and for the year ending June 30, 1924, it was 9.8 per cent of the total number treated.

Owing to the fact that all insane and feeble-minded patients in the state are sent to this hospital for treatment, many of whom are brought here in an advanced stage of the disease and die within a few months after admission, the death rate at this hospital is slightly higher than it would be if those patients were not sent here for treatment.

The statistical tables, compiled according to the forms adopted by the National Committee for Mental Hygiene, will be found at the end of this report. These tables show in detail the numerical, medical, and psychiatric facts pertaining to the patient population of the hospital for the two-years period.

MEDICAL WORK.

Thorough and complete physical and mental examinations have been made of all patients admitted and after a period of about 10 days observation all new cases have been presented in the Staff Conferences for a final diagnosis. By the assistance of the social service worker thorough investigation of family histories and etiological factors have been carried out wherever possible. The general health of the patients and employees has been fairly good. There has been no serious epidemics in the hospital although small pox and other contagious diseases have been present in the community at various times. This very month we had six cases of measles among the patients. These patients were immediately isolated, all recovered and no further cases have developed.

The Medical Staff under the direction of the Superintendent has maintained a thoroughly scientific attitude, and all approved methods of treatment which are known to benefit physical and mental ills have been tried, with the gratifying result that a large number of afflicted individuals have been restored to normal mental health, and many of the distressing symptoms from which the chronically ill have suffered have been ameliorated.

For the best results in the treatment of mental disease a great deal of sympathetic and individual attention to each patient is necessary. But equally important is adequate accommodations for the comfort and proper treatment of all the patients. Under our present crowded conditions, proper classification of patients is impossible and we are sadly in need of a new wing to accommodate 150 male patients to relieve our present over-crowded condition. In fact, this need is so urgent, that if it is not remedied in the near future, this hospital will not be able to maintain its high standard of care and treatment of patients which it has in the past.

DENTAL DEPARTMENT.

In the spring of 1923 a new dental room was fitted up with a modern and up-to-date dental equipment. Prior to July 1923, the hospital employed a local dentist one-half day a week to attend to emergency cases. Since July 1923, we have employed a full time resident dentist. Each patient upon admission is given a thorough examination by the dentist and in many cases an X-ray examination is made. After these examinations have been made every effort is made to correct all pathological findings and restore the teeth to normal usefulness so far as it is possible to do so in all cooperative cases. Periodic examinations of the teeth of all the patients in the hospital are made in the same way. Impacted and infected teeth are removed, cavities are filled and where required, plates are constructed in order that the patient's health and comfort may not suffer from the lack of proper masticatory apparatus.

SURGICAL WORK.

All emergency cases have been promptly operated on and in chronic cases restorative measures have been instituted. All

major operations, as well as special operations for eye, ear, nose and throat diseases have been performed by surgeons and specialists on our Consulting Staff. Minor operations and chronic afflictions have been attended to by our assistant physicians.

ROENTGENOLOGY AND ELECTROTHERAPEUTICS.

During the past year our X-ray, fleuroscopic and electrotherapeutic equipments were moved to larger and more airy rooms which furnish more room for the physicians working and treating patients in these departments. Besides the dental work, injuries, fractures and obscure pulmonary and abdominal conditions have been X-rayed and many complicated and unusual conditions have been cleared up by the aid of the X-ray and the fleuroscope during the past year. The administration of electric treatment in one form or another has proved to be of great benefit in the treatment of many of the patients especially of the nervous and depressed types.

Dr. Forrest B. Ames, Roentgenologist at the Eastern Maine General Hospital, has been added to our Consulting Staff during the past year. Dr. Ames has rendered invaluable service in instructing various members of our staff in taking and interpreting complicated and difficult X-ray pictures.

OCCUPATIONAL THERAPY.

For the past 22 months our occupational therapy work has been under the direction of Miss Chloe Jones. Miss Jones has a pleasant and pleasing personality and is highly qualified by training and experience for this important work. She has had several years experience in occupational therapy in mental hospitals and she is well fitted for this work. Miss Jones has divided her time equally between the male and female wards and many patients who previously had refused to assist in any kind of work have become interested in reed and raffia baskets, in making braided, crocheted and hooked rugs, embroidery and various types of weaving. This hospital has no special rooms for occupational therapy and as soon as the finances of the State will permit, I would recommend that suitable quarters be provided. Not only is occupational therapy of vital therapeutic importance in helping the patients to make normal readjustment, but inci-

dentally it is of economic value both to the hospital and to the patients.

HYDROTHERAPY.

During the past year 3 additional continuous baths have been installed, which enables us to furnish continuous baths to a much larger number of patients than ever before. Hot cabinet, spray, douche and needle baths have also been made use of extensively and an increased number of patients have been improved by their beneficial effects. The value of this form of treatment is well known in certain types of mental disease, and it often acts as a tonic with beneficial effects in certain types of physical disorders.

TRAINING SCHOOL FOR NURSES.

For the past year the training school for nurses has been under the direction of Mrs. Alberta M. Pickering, R. N. Mrs. Pickering graduated from our training school in 1918 and since that time has had experience in hospitals in New York State. During the two-year period just ended 10 nurses have graduated from our training school. The number of graduate nurses retained in our service is gradually increasing, and in selecting pupil nurses and attendants, every effort is being made to sift out and eliminate undesirable applicants at the time of application for positions, and as a result of this the grade of employees caring for our patients is constantly improving.

Owing to the high preliminary educational qualifications required to enter our three years' course of training, we have never in the past been able to secure a sufficient number of eligible applicants for pupil nurses to benefit all our wards and therefore we have always been compelled to engage a certain number of untrained attendants for part of the work. After careful consideration of this matter, and after consultation with the Board of Hospital Trustees, we propose to offer a two-years' course of training for men and women in addition to the three-years' course now offered, beginning Oct. 1, 1924. While graduates from the two years' course will not be eligible for license to practice as Registered Nurses, by intensive training here they will be especially well fitted for our work, and they will be well

qualified to go out and care for sick people. There is a nationwide shortage of nurses and I believe that the proposed program will not only help us to give the patients in this hospital better nursing care, but it will also help to relieve a very urgent need in the community.

SOCIAL SERVICE.

Miss Virginia Rohde who has had several years' experience in social service work continued to carry on the work in social service until May 9, 1924 when she resigned. Miss Rohde has assisted the medical staff in the study of the patients' mental disorder by procuring histories of family traits and other underlying causes of the disorder. To patients out on parole from the hospital she has rendered valuable service by visiting them and giving them such advice and assistance as would be most helpful to them in making readjustments at home. In many instances the patient's mental peculiarities had to be explained to the family so that they might have a better understanding of the patient and thus be able to help him to adapt himself. During these visits of paroled patients the social worker has also done considerable work in giving the people a better understanding of mental disorders as well as correct information concerning the care and treatment of the mentally ill in state hospitals.

DIETETICS.

For several years past this hospital has employed a trained dietitian who has planned properly balanced rations for the various types of patients in the different dining rooms. She has overseen the preparing and serving of the meals and caused the food to reach the patients in an attractive and palatable manner. The Dietitian has also given instruction to the Training School classes on the subject of foods, their composition, uses and their preparation. From April 1922 until Mar. 31, 1923, Miss Evelyn E. Brownell was employed as dietitian. Miss Brownell was very efficient in her work, but resigned to accept a position as dietitian in another state at an advanced salary. Since Mar. 31, 1923, Miss Hope Perkins, a graduate in Home Economics of the University

of Maine has been engaged as dietitian and has rendered very satisfactory service.

BUSINESS DEPARTMENT.

Mr. William Thompson, the Steward and Treasurer has continued to do the purchasing of supplies and transact other business of the hospital. Included under his department are the accounting office, the kitchens and storehouse, the laundry, the various mechanical shops, the farm, the piggery and the various out-buildings.

The Steward's and Treasurer's report, audited by the State Auditor's Department, will show in detail the receipts and expenditures for each fiscal year of the two-year period just ended. Mr. Thompson has continued to show efficient business ability, and by co-operating with the Superintendent proper economy has been maintained throughout all the various departments of the institution.

REPAIRS AND IMPROVEMENTS.

The chapel, the front hall, the corridors and all the wards have been re-lighted with new Brasco-lights. The new lights not only improved the light and added greatly to the general appearance of the hospital, but the change also resulted in the saving of about one third of the electricity required for lighting purposes.

A new X-ray machine with a fleuroscopic outfit has been installed. This equipment is a necessary modern and scientific aid in making correct diagnoses and instituting proper treatment.

Three new sterilizers for sterilizing surgical dressings, water and utensils have been installed.

A new sanitary tile floor has been laid in the operating room. The sterilizers and the new tile floor in the operating room have enabled us to perform major and minor operations with more safety and better results than ever before.

A new dental room has been fitted up with a modern and up-to-date dental equipment.

In seven wards for women the bath rooms have been renovated and 14 new shower baths have been installed.

The new shower baths facilitates the bathing of the women patients and tend to improve their health and hygienic condition.

Three new baths for nurses and other employees have been installed.

Four toilets in wards for men have been renovated with new slate floors and sanitary fixtures.

Three additional continuous bath tubs have been installed.

A new dishwashing machine has been installed in the kitchen.

All the slate roofs have been repaired.

The kitchen in the Steward and Treasurer's residence has been renovated and the house has been painted throughout.

The chapel, the congregate dining room, the corridors, the nurses and other employees' quarters, and nearly all the wards have been repainted.

CHANGES IN THE MEDICAL STAFF.

Dr. Martin E. Grumley, resigned Oct. 1, 1922.

Dr. Jeremiah V. Sullivan, appointed junior assistant physician Oct. 30, 1922, resigned Aug. 29, 1923.

Dr. I. H. McKinnon, resigned Dec. 20, 1922.

Dr. Harold W. Ryley, appointed Senior assistant physician Feb. 14, 1923.

Dr. Joseph Lezberg, appointed junior assistant physician Sept. 1, 1923.

SALARIES AND WAGES.

While the salaries for the great majority of the positions in the hospital have been raised adequately so that we no longer have any difficulty in filling them, there are a few important positions in which the salaries are too low. The medical staff, the dentist, the superintendent of nurses, the dietitian, the occupational therapist and social worker are all underpaid compared with what other institutions are paying in similar positions. Consequently, it is very difficult to find possible candidates with the training, experience, and suitable personality required to fill these very important and exacting positions.

NEEDS OF THE HOSPITAL.

The present normal capacity is accommodations for 640 patients. The number of patients in the hospital is 727, and on several occasions the number of patients in the hospital has already exceeded 740. As the demand for more accommodations is chiefly on the men's wards, these are already over-crowded from 25 to 50 per cent. This means that the day rooms and sun parlors are gradually being filled up with beds to such an extent that the male patients no longer have suitable day rooms in which to live. It means that the patients are crowded together to such an extent that proper classification is impossible. It also means that the ventilation and sanitary conditions are only sufficient to properly care for one half the number now crowded together on certain wards. Under these conditions it is impossible to furnish the best individual care and treatment which every mentally ill patient requires. Indeed if this hospital is going to continue to remain a hospital for the treatment of mental diseases, rather than a place where unfortunate people with disordered minds shall be crowded to such an extent that they may even lose whatever reason they may have left when they are brought to the hospital, then this need must be met by increasing the accommodations to the required capacity. For this purpose I would recommend the construction of a new wing for the accommodation of 150 male patients. This need is urgent and I cannot urge too strongly that it be met by special appropriations for this purpose.

ACKNOWLEDGMENTS.

Governor Baxter and members of the Council have visited the hospital and have taken an active interest in its welfare.

The Protestant and the Catholic Chaplains have continued to perform their important duties in conducting religious services in the hospital chapel as well as visiting many of the physically ill patients.

Mrs. E. C. Dudley of Augusta, who for many years has served as a woman visitor, appointed by the Governor and Council, has continued to perform her duties faithfully, always showing a kind and helpful spirit to patients and em-

ployees alike, cheering the depressed and encouraging the hopeless.

Donations of books and magazines are also gratefully acknowledged.

Many local clubs and organizations have furnished our patients with concerts and other entertainments, all of which are gratefully acknowledged.

CONCLUSION.

Before ending this report I wish to express my appreciation of the efficient and loyal co-operation on the part of the different assistant physicians and of their earnest efforts to keep the medical work up to the highest standard. The consulting staff has likewise rendered valuable service and have contributed to the welfare of the patients. The nursing force, Mr. Thompson and all other employees, have all contributed much which has made the accomplishment of the past two years possible.

The people of Bangor have continued to show their kind interest in the institution, and the physicians of the community are showing more and more confidence in the hospital as an establishment for the proper care and treatment for patients suffering from physical and mental ills.

To the Board of Trustees who have kindly given me their support, advice and council, individually and as a board, and for the personal friendship shown I am greatly grateful.

Respectfully submitted,

CARL J. HEDIN,
Superintendent.