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Annual Report
of the
WINNEBAGO STATE HOSPITAL
to the
STATE BOARD OF PUBLIC WELFARE

October 26, 1960

PREFACE

Winnebago State Hospital is one of three State mental hospitals serving the population of Wisconsin. By Administrative Order we serve 32 counties in the northeastern portion of the state. In addition, we are designated as the institution for the criminally insane women.

Wisconsin hospitals are somewhat unique in that they transfer chronically ill patients to the various County hospitals for continued treatment. As such, this hospital is essentially an acute, intensive treatment hospital. The population is approximately 1000, the annual budget slightly less than $3\frac{1}{2}$ million dollars. Approximately 1850 patients are admitted and released each year.

The hospital was established in 1873. Two of the three patient buildings may be considered as modern. The old Main Building, housing approximately 50% of the patients, is 87 years old. The hospital is located on a 150-acre tract bordering the west bank of Lake Winnebago. Since 1954 our farm operation has been drastically curtailed. Presently there is in operation only an orchard and approximately 65 acres of truck crops.

Since World War II there has been a rather marked shift in hospital function. There has been ever increasing appropriation, number of employees, and admissions and discharges.

During this past year there was a decrease of 94 patients in the daily average population. In large measure this is a reflection of the rather precipitous drop in hospital population during the latter half of the last fiscal year, and not a reflection of activity during this year.

While primarily responsible for psychiatric treatment, the hospital is essentially a self-contained unit with adequate medical and surgical facilities for all conditions other than gynecological and obstetrical. Gynecological procedures are performed at our expense at the University Hospitals in Madison, and obstetrical procedures, likewise at our expense, at Mercy Hospital, Oshkosh.

Psychiatric treatment is quite diverse. It includes limited somatic treatments of insulin and electric shock, extensive use of the tranquilizers, and to an extremely limited degree psychotherapy. Of major importance are the various ancillary services such as occupational therapy, recreational therapy and music therapy. Social Service is quite active in case work therapy and discharge planning. Nursing Service, particularly the aide staff, are quite active in milieu and remotivation treatment of the patient.

TABLE OF CONTENTS

	<u>Page</u>		<u>Page</u>
Personnel	1	Fire and Safety	10
Treatment Program	2	Maintenance & Engineering	11
Medical	2	Building Maintenance	11
Psychiatric	3	General	11
Dental	3	Program Changes	12
Medical Records Library	4	Education	12
Laboratory	4	Nursing Service	12
X-Ray	4	Registrar's Office	12
Volunteers	5	Physiotherapy	13
Social Service	5	Hydrotherapy	13
Nursing Service	6	Building & Maintenance	13
Nursing Education	7	Hughes Hall	13
Psychology	7	Kemoster Hall	13
Activity Therapy	8	Main Building	13
Pharmacy	8	Infirmary Building	14
Registrar's Office	9	Mail Service	14
Farm and Garden	10	Problems	15
		Employee Shortage	15
		Follow-up Care	15
		Children	16
		Alcoholism	16
		Accreditation	16
		Patient Help	17
		Rated Capacity	18
		Population Movement	18

Personnel by Function on June 30, 1960

Administration		Social Service	10
Superintendent	1	Laboratory	3
Business Office	5	X-Ray	3
Clerical	25		
Telephone Operators	<u>5</u>	Physicians	
	36	Full-time	9
Nursing Service		Part-time	<u>8</u>
Nurses	62		17
Licensed Practical Nurses	3	Engineering	
Aides	<u>296</u>	Power Plant	11
	361	Craftsmen	<u>24</u>
Nursing Education			35
Nurses	4	Food Service	60
Activity Therapy		Housekeeping	37
Therapists	12	Laundry	26
Aides	<u>10</u>	Canteen	3
	22	Farm	3
Psychology	2	Pharmacy	1
Dental		Watchman	1
Dentist	1	Motor Vehicle Operator	1
Assistant	<u>1</u>		
	2		
Chaplains (part-time)	3		
		Total	630

There are 7 active medical consultants

On June 30, 1960 the following major vacancies existed:

Clinical Director (1)
Training Officer (Aide III) (1)
Pharmacist (1)

There were $2\frac{1}{2}$ resignations, and $2\frac{1}{2}$ additions to the Medical Staff during the past year. 8 of the 17 M. D. positions were vacant.

TREATMENT PROGRAM

Our treatment program can be divided into two major areas: Medical treatment, and psychiatric treatment.

Medical

One internist with two medical assistants and a $3/4$ general surgeon care for all the medical and surgical problems in the hospital.

Major surgical procedures	104
Minor surgical procedures	<u>314</u>
Total	418
Clinic visits	1829
Medical and surgical consultations	278

An attempt was made during the year to institute surgical treatment of patients presently hospitalized in the County Hospitals. This was to be a joint program with the University

of Wisconsin. For reasons not known to us the University, after giving tentative approval, was unable to continue the program. It is anticipated that soon the program will begin again without assistance from the University. This program will necessarily be small due to the fact that Laboratory and X-ray are running at near capacity.

Psychiatric

The psychiatric staff, composed of 2½ formally trained psychiatrists and 5 general practitioners, were responsible for the admission, physical and mental evaluation, treatment and disposition of 1858 patients. Of these patients admitted, 49 received insulin shock treatment, 99 electric shock treatment, and the vast majority received one or more of the so-called tranquilizers.

In a hospital of this type the physician's duty is of necessity supervisory and administrative. As such, the intimate relationship of patient-to-doctor as is frequently expected by the patient and his family does not occur.

Dental Treatment

All dental care is given by one dentist and one aide assistant. There were a total of 7678 dental examinations and treatments. One of the major functions of the dental department is supervision of dental hygiene on the wards. One dentist is unable to adequately handle this program.

MEDICAL RECORDS LIBRARY

In March of 1960 a Medical Records Librarian was employed. Our medical records library since that time has gradually begun to develop into a useful tool.

LABORATORY

Technicians: 3
Total Procedures 31,534
Histological Studies (inc. in total) 970

During the year the use of guinea pigs was begun to help in the diagnosis of tuberculosis.

During the year we joined the Regional Red Cross Blood Program. Through this program we obtained and administered 152 units of blood. We are able to obtain unlimited amounts of blood quite rapidly.

X-RAY

X-Ray Technicians: 2
Electroencephalographic Technician: 1

X-Ray Examinations		11,592, or
Individual films,	approximately	45,000
Electrocardiograms		688
Electroencephalograms		251
Basal Metabolism Determinations		77

VOLUNTEERS

Volunteers contributed 8411 hours of service during the year. This included conducting social affairs, arts and crafts, personal assistance to the patients such as writing of letters, giving manicures, facials, etc. Volunteers designated as "staff aides" assisted in non-patient areas performing clerical duties and did some special tutoring assignments.

SOCIAL SERVICE

Social Workers: 10.

Average number of major casework services provided per month, 200. Because of inadequate community resources for necessary follow-up, 40 individuals per month are receiving casework outside the hospital, for a total mileage of 51,000 miles of employee travel during the year.

During the year the Family Care Program was expanded to include 10 placements. It is anticipated that further expansion of this program will take place.

NURSING SERVICE

Registered Nurses	62
Licensed Practical Nurses	3
Women Aides	143
Male Aides	153
Barber	1
Beauty Operators	3
Secretary	<u>1</u>
Total	366

The position of Director of Nurses was filled on August 30, 1960. At that time due to qualifications of the new director we were able to combine Nursing Service and Education. At about the same time the position of In-Service Education Nurse was filled.

During the course of the past year there was considerable expansion of In-Service Education, particularly directed in the area of Remotivation and introduction to therapy for the aides.

There was some expansion of nursing coverage in the Main Building through the establishment of a "Hub" on the second floor to give nursing coverage for the second and third floors. All patients now have current nursing charts.

NURSING EDUCATION

Instructors: 4

186 student nurses completed the 12-week psychiatric nursing affiliation, from the following schools:

Mercy Hospital, Oshkosh,
Bellin Hospital, Green Bay
St. Agnes Hospital, Fond du Lac,
St. Mary's Hospital, Wausau,
St. Joseph's Hospital, Marshfield,
St. Luke's Hospital, Racine, and
Evangelical Deaconess Hospital, Milwaukee.

PSYCHOLOGY

Psychologists: 3

The position of Chief Psychologist was filled by a Doctor of Psychology on September 1, 1960.

689 psychological tests were administered to 332 patients. In addition, the members of the Psychology Department delivered lectures to student nurses, student practical nurses, and employees in the in-service training program, and supervised the Alcoholics Anonymous program.

ACTIVITY THERAPY

Professional Therapists: 12

Aides: 10

There were on the average 434 patient contacts daily by members of the Activity Therapy department. This figure includes clinic contacts only, and not evening or voluntary activities.

Activity Therapy includes music therapy, recreational therapy, and occupational therapy. In addition to the above activities, this department also arranges numerous trips for the patients off the grounds to plays, the State Fair, concerts, etc. During the year the old bakery in the Main Building was converted into an occupational therapy clinic. Now 35% (161 patients) of the Main Building patients attend occupational therapy.

PHARMACY

Pharmacists: 1

Many new medications have been added to the pharmacy this year. The "psychic energizers" were the chief psychochemicals added. During the year 2503 patients were started on tranquilizers. Celontin and Eliptin for the control of epilepsy, Altafur and Spontin for the treatment of staph infections and many dermatological preparations are significant additions.

Purchases (Total)	\$73,835.00
Psychochemicals purchased	40,150.00

In December 1959 the additional task of setting up medications for patients going home on week-end passes or being discharged was assigned to the Pharmacy. 2360 such prescriptions have been filled since then.

Pharmaceutical manufacturers furnished psychotherapeutic medications as clinical material or samples in the following quantities. (This does not include materials given to the physicians.)

M.A.O. Inhibitors	\$ 800.36
Phenothiazines	2,498.98
Others	<u>2,097.06</u>
	\$4,779.40

The pay level of the Pharmacist I classification has made it difficult to recruit for a replacement of the pharmacist who retired during the year.

REGISTRAR'S OFFICE

In January 1960 the position of Registrar was established, and two offices were made available in the Main Building. Personnel consists of the Registrar, a stenographer, and a clerk. At this time the Admission Office was placed under the supervision of the registrar. A graduate nurse is in charge of admissions, and she has two aides for assistants. The duties of the Registrar's Office are as follows:

- Statistical reports to Madison
- Daily census
- Correspondence with committing Courts and families
- Arrangement of transfers and deportations, and,
- In general, all legal and statistical aspects of admission, discharge and transfer.

FARM AND GARDEN

Personnel: 3

In addition to the routine care of the grounds, the farm and garden operation produced 198½ tons of fruits and vegetables.

Due to limitation of personnel we have been forced to neglect our trees to a dangerous degree.

FIRE AND SAFETY

A system for reporting smoke and small fires in various buildings was set up, with a code number system and utilizing the paging system. A Fire Committee was established during the year to better expedite fire control, fire prevention, and evacuation of patients.

During the year there were 23 fires reported within patient buildings. All were of minor degree.

Due to bed limitations we have been forced to place certain semi-ambulatory patients on the second floor of the Main Building.

MAINTENANCE AND ENGINEERING

Building Maintenance

The maintenance of the Main Building has been kept to a minimum, doing only such as is necessary to keep it in a presentable condition.

Work has been started in the conversion of the two porches on Kempster 3 to ward areas. Each porch will add 10 beds, for a total of 62.

The Maintenance Building was completed during this year and all the crafts moved into this building. The rear of the Main Building is now ready to be torn down and proposals are being received from contractors to do this work.

General

Continued studies of the water corrosion problem were made during the year. Treatment of the water with sodium hydroxide was started on an experimental basis. Some test results have indicated that this treatment is not effective in removing the dissolved iron in the water. The corrosive properties of this well water continue to cause considerable maintenance problems. Some of this work is being corrected with the replacement of the piping in Kempster Hall.

PROGRAM CHANGES DURING THE YEAR

Education

There has been a general intensification of our hospital-wide education program. This might be classified under two headings of General and Specific.

General: We have attempted through our hospital orientation program to clarify for all employees the general philosophy, attitude and technics of the hospital.

Specific: In a large measure this is aimed at training of nurses and aides, to make them more efficient in their understanding and caring for the patients. There is also specific training in the areas of sanitation, safety, fire prevention, food preparation, etc.

Nursing Service

A "Hub" was established on the second floor of the Main Building to act as a central nursing station for the second and third floors. This has resulted in improved nursing coverage and clinical charting.

Registrar's Office

The Registrar's office was established during the year. It is gradually developing into a department to handle all statistical and other non-clinical functions pertaining to patient care.

Physiotherapy

A total of 4646 treatments were given during the course of the year. Over 90% of these treatments were physiotherapy for non-psychiatric conditions.

Hydrotherapy

Seven of the eight hydrotherapy tubs have been discontinued and will be physically removed soon.

Building and Maintenance

Hughes Hall

Cleanouts were corrected by the contractor.

Kempster Hall

Approval has been obtained for the enclosure of Kempster 3 porches. This will increase the number of medical-surgical beds from 42 to 62.

Work is under way for gradual replacement of all galvanized pipe in the Kempster water system with copper piping.

Main Building

All the maintenance shops have been removed from the rear portion of the old Main Building and approval for destruction has been obtained.

Proposed Infirmary Building

Completion of the Infirmary Building plans has been authorized. There has been general agreement upon the location, size and overall dimensions of this building. It is anticipated that construction of this building will be coupled with partial destruction of the north wings of the Main Building. This building will be so designed as to handle 200 of the older patients of all types. There will be ambulatory liberty patients as well as those individuals requiring intensive bedside nursing.

Mail Service

A twice-daily mail service within the hospital was established under the auspices of laundry and housekeeping service.

PROBLEMS

Employee Shortage

This is particularly critical in the physician, psychology and clerical areas. We have never been able to fill all our physician positions due in some measure to the nationwide shortage of psychiatrically inclined physicians. Our third psychology position was just recently filled, having been vacant for a number of years. Again, this is related in some measure to the overall shortage of clinical psychologists.

There has been some response to the new salary scale for physicians. A well-trained psychiatrist has accepted employment here but as yet has not reported. We have received one psychiatrist through the residency training program sponsored by the Department.

Follow-up Care

43% of our admissions are readmissions. It is generally agreed that many of these readmissions would be unnecessary if adequate post-hospital care were available. While this may not be a strictly hospital function, it is an area in which we are vitally concerned. It is hoped that the Division of Mental Hygiene social work consultant program can be expanded in order that they can work for the development of more follow-up services in the local communities. It is also hoped that the community clinics will be able to offer some out-patient services.

Children

We now have approximately 50 individuals ranging in age from 6 to 20. We do not have adequate treatment facilities for these individuals. In the next biennium it is planned to develop a children's unit within the framework of this hospital. Tentative thinking is along the lines of a day-hospital type of program within the framework of the mental hospital, without strict segregation of the younger patients. Emphasis will be towards formal education, group activities, and individual and group psychotherapy.

Alcoholism

We now admit, treat and make disposition of the alcoholic in the same fashion as with the regular psychiatric patient. At present, material is being gathered as to the feasibility of a segregated treatment program for alcoholics. The need of such a program is indicated by the following statistics:

Slightly better than one of every five admissions is either an inebriate or drug addict (376 per year).

One in three inebriates is a readmission.

One in five inebriates has been here four or more times.

Accreditation

The hospital is still not accredited by the Joint Commission on Accreditation of Hospitals. It does not appear feasible to request a re-examination by the Accreditation Commission until we have our new building and some increase in our medical staff.

Patient Help

Due to more intensive treatment of the individual patient and a shorter duration of hospitalization, patient help continues to be less and less effective in production work. Plans are presently afoot to develop the position of an industrial therapist so as to more efficiently utilize patient help and attempt to make it therapeutic.

WINNEBAGO STATE HOSPITAL

1959 - 1960

	<u>Rated Bed Capacity</u>	<u>Population June 30, 1960</u>
Main Building	319	461
North Cottage	46	46
Barracks	51	69
Kemoster Hall	189	207
Hughes Hall	<u>196</u>	<u>186</u>
Total	801	969

POPULATION MOVEMENT

The following summary does not include Home Visits.

<u>Additions</u>		<u>Separations</u>	
First Admissions	1098	*Releases	1051
Readmissions	709	Deaths	107
Transfers In	52	Transfers Out	328
	<u> </u>	Other	<u>365</u>
Total	1859	Total	1851

*Releases include discharges and conditional releases.

