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THE COMMONWEALTH OF MASSACHUSETTS

ANNUAL REPORT

Of the

Mass.: NORTHAMPTON STATE HOSPITAL

for the

Year ending June 30

1959

Department of Mental Health

NORTHAMPTON STATE HOSPITAL

Post Office Address: Northampton, Massachusetts

BOARD OF TRUSTEES

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 ----- Director of Psychiatry
 Morris Kaplan, M.D., Director of Clinical Psychiatry
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 Walfried J. Reinthal, M.D., Senior Psychiatrist
 Shirley Gallup, M.D., Senior Psychiatrist
 ----- Senior Psychiatrist
 John Mulligan, M.D., Senior Psychiatrist
 Boris J. Sohn, M.D., Staff Psychiatrist
 Amado B. Estanislao, Jr., M.D., Staff Psychiatrist
 R. G. Purugganan, M.D., Staff Psychiatrist
 Anatol Petruschow, M.D., Staff Psychiatrist
 Kai-Chia Ho, M.D., Staff Psychiatrist
 ----- Staff Psychiatrist
 ----- Staff Psychiatrist
 Antonio Villegas, M.D., Assistant Physician
 Joel J. Berger, D.M.D., Dentist

HEADS OF DEPARTMENTS

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 Elisabeth G. Provost, Treasurer
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 Raoul Menard, Maintenance Foreman
 Frederick L. Higgins, Head Farmer
 Frank C. Sullivan, Pharmacist
 Florence L. Eaton, R.N., Director of Nurses
 Rhoda S. Kolcz, B.S., Head Psychiatric Social Worker
 Francis McCarthy, Chief of Male Supervisors
 Eleanor Mistarka, Head Occupational Therapist
 Millicent Warnock, Dietitian
 F. Mildred Bolton, Head Housekeeper

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 Joseph Hahn, M.D., Neuro-surgeon
 Edward J. Manwell, M.D., Surgeon
 David B. Jennison, M.D., Surgeon
 John J. Curran, M.D., Medicine
 Hugh Tatlock, M.D., Medicine
 James H. Averill, M.D., Medicine
 Joseph B. Hobbs, M.D., Internist
 Edmund J. Zielinski, M.D., Cardiologist
 Alfred Hollander, M.D., Dermatologist
 Donald Freund, M.D., Gynecologist
 Russell F. Gervais, M.D., Oto-Laryngologist
 Donald Chrisman, M.D., Orthopedist
 George A. Snook, M.D., Orthopedist
 Dr. Thomas J. Crowe, Roentgenologist
 Dr. Myer Sharpe, Roentgenologist
 Richard Dolloff, M.D., Anesthetist
 Frank E. Dow, M.D., Ophthalmologist
 Charles A. Gleason, D.M.D., Dentist
 Peter Laban, D.M.D., Dentist

Movement of Population

	<u>Male</u>	<u>Female</u>	<u>Total</u>
1. Number on the books June 30, 1959	955	1,476	2,431
On visit	65	184	249
On escape	6	-	6
In family care	1	16	17
In residence	883	1,275	2,158
2. Number of admissions during the year ..	466	478	944
Number of discharges during the year ..	370	362	732
Number of transfers to other hospitals	6	5	11
Number of deaths during the year	90	77	167
3. Number on the books June 30, 1959	955	1,510	2,465
On visit	60	209	269
On escape	10	-	10
In family care	-	8	8
In residence	885	1,293	2,178

To His Excellency, the Governor of the Commonwealth, and the Honorable Council:

The Board of Trustees of the Northampton State Hospital herewith submit the Superintendent's one hundred and first annual report for the year ending June 30, 1959.

Monthly meetings of the Board are held on the third Wednesday of each month.

Dr. Henry G. Clarke's appointment as Trustees expired in February 1959 and the Superintendent and members of the Board believe that it would be beneficial to the Northampton State Hospital if Dr. Clarke's valuable service as a Trustee be continued.

Much has been done during the year for the material improvements of the hospital. Some wards of the hospital have been brightened by the use of pleasing colors and the replacing of drab furniture with modern colorful chairs, tables, and other items. This has done much to improve the morale of our patients and employees. We sincerely hope that replacements and painting of wards will continue throughout every section of the hospital because it does create a more homelike and therapeutic environment.

The new Admission Building has been completed and will soon be accepted. It is a modern and functional building and it will be an asset to the hospital. This building should be occupied by late summer.

Construction on the Rotunda was completed this year and that area will serve as a visiting room on all three floors.

The fire-proofing of the South Infirmary - Female Service was not completed by the end of the fiscal year but should be completed by fall. It is the opinion of the Trustees that fire-proofing of old functionless buildings is unsatisfactory. Complete replacement of these one hundred year old buildings with modern designs would relieve overcrowding and offer the patients better lighting, better ventilation, more living space and a better chance of recovery.

A picnic area with a large fireplace was started in a grove behind the Recreational Building and it will be a much desired addition to the hospital's recreational facilities.

The Affiliated School of Nursing was terminated in January 1959 because of the lack of teaching personnel. It is hoped that it may be re-established in the near future because of the strong possibility of obtaining the services of two Nursing Instructors.

Mr. Frank Smith, for many years Hospital Steward, retired on May 31, 1959. The hospital lost a valuable employee. One of Mr. Smith's many innovations was the Salad Bar or Smorgasbord in addition to regular

meals, which has been copied by many institutions throughout the State. We regret losing the services of so able an administrative assistant.

The past year has been one of progress in comforts, care and treatment. The use of tranquilizing drugs, group psychotherapy, increased occupational and recreational therapy is proving efficacious and the Board hopes for continued good service to patients.

The Board is aware of the increased activity in all departments, the increased admission rate, the increase in patient population and it hopes that the overcrowding will be eased by new construction, that combustible buildings be completely eliminated and the heavy load carried by employees be lessened by adding more employees.

The Board wishes to thank all the individuals and organizations who have given so generously of their time and efforts to benefit the welfare of the patients.

The Board wishes to commend Dr. Harry C. Solomon for his able administration of the Department of Mental Health and to thank Dr. Harry Goodman, Superintendent, for his cooperation and his willingness to discuss hospital policy and procedure with the Board, and to express their appreciation to the officers and employees of the hospital for their devoted services.

Respectfully submitted

Victoria Zujewski
Chairman - Board of Trustees

Henry G. Clarke M.D.
Secretary - Board of Trustees

Superintendent's Report

To the Trustees of the Northampton State Hospital:

In accordance with the provisions of the Department of Mental Health of Massachusetts, I hereby submit the one hundred and first annual report of the activities in the various departments of the Northampton State Hospital for the fiscal year July 1, 1958 to June 30, 1959.

The goal of our hospital is, of course, to give the best possible care and treatment to our patients and to return them to the community in a better state of mental health. Towards this end we have placed much emphasis during the year upon improvement of our hospital climate. Much attention was given to improving the physical surroundings and service to our patients. Many ward Units were painted in pastel shades, some old furniture was replaced. We must have warm pleasant and friendly surroundings as well as good medical and psychiatric care. Good living conditions are necessary in sustaining the dignity of man.

Much repair work is yet to be done, much worn out equipment must be replaced, better sleeping facilities must be supplied, lighting and ventilation improved, overcrowding lessened and combustible buildings must be replaced.

The trend of the hospital is toward permissiveness, tolerance and more freedom, creating a more active and therapeutic atmosphere. The doors of many wards were opened and there were about 400 patients with ground privileges. The therapy programs were expanded, there was a progressive increase in the number of patients treated with tranquilizers; only those drugs were used which had been accepted and approved. Some of the new mood elevating drugs were used in order to be evaluated, results seem promising.

The Medical Staff continued to hold diagnostic staff conferences on new patients daily. Dynamic staff meetings and neurological conferences were held on a weekly basis, administrative staff meetings were held monthly. Patients considered for release were seen daily by both the Clinical Director and Ward Doctor. In addition doctors were encouraged to attend clinical programs at the local hospitals, seminars and lectures in psychiatry and neurology at Yale University and Metropolitan State Hospital.

Electro-shock treatment was used exclusively in depressions which failed to respond to drug therapy and where there was a danger of suicide (53 patients). It was used in conjunction with Sodium Pentothal and Anectine. The anesthesia was administered

by a Board Certified Anesthetist (441 treatments).

Group psychotherapy was available to chronically ill and regressed patients as well as new admissions. It is estimated that 200 patients received approximately 4,000 hours of group psychotherapy during the year. This therapy was conducted by the medical staff and members of the Psychological and Social Service Departments with supervision by psychiatrists. Each member of the Medical Staff also carried one or two patients on individual psychotherapy, about 900 hours of such therapy was given.

Follow-up care for released patients has not improved throughout the years. We take care of an exceptionally large area and one doctor conducts clinics at regular intervals in almost the entire Western third of the State (242 patients seen, 1,470 interviews). This phase of treatment requires many clinics and doctors in order to be satisfactory and cut down the readmission rate.

Emergency surgical cases were operated on in the local hospital. This procedure is far less expensive than having a full-time surgical nursing staff and running our own operating room. Only 17 emergency operations, paid by State funds, were performed. Other surgical procedures were done for us at no expense at the Westfield State Sanatorium (24 operations). In addition, 277 patient visits were made for examination and treatment at their out-patient clinics.

There were 98 emergency consultations in all specialties; 26 dermatological clinics, 24 gynecological clinics, 5 pulmonary clinics, 10 eye clinics, 104 chiropody clinics and weekly readings of X-ray plates. There were 205 EKG's and 60 EEG's interpreted by outside specialists.

We have one dentist who performed 1,844 examinations and treatments and made or repaired 91 dentures.

The X-ray Department did routine chest plates on all admissions and new employees. They took 1,710 X-rays for diagnostic purposes and did 240 fluoroscopies. In addition they took 184 electrocardiograms and 60 electro-encephalograms. During the year all continued treatment patients were X-rayed and tuberculin tested by personnel from the Department of Public Health.

The Laboratory did about 12,000 tests; 5,255 blood examinations were done in relation to the tranquilizing blood program and during the year only 15 autopsies were performed because of the difficulty in obtaining the services of a qualified pathologist.

During the year the Psychology Department functioned with the service of two Psychologists and one Psychological Assistant. The head of this department holds a Phd. Degree in Psychology and he is also associated with the University of Massachusetts and he supervises their practicum students. In addition to psychological testing (521 tests performed), this department took part in group and individual

psychotherapy, and in training of practical and student nurses. The head of this department supervises further training of graduate students in psychology from the University of Massachusetts and Springfield College. The hospital derives much benefit from these students. We have an excellent opportunity to affiliate with several colleges in this vicinity and to become a training center for this part of the State provided we have a more adequate staffing pattern and could pay a realistic salary for qualified personnel with Phd. or M.A. degrees in psychology. Patients would derive much benefit from such a program.

Our complete staff of Social Service Workers consisted of one head worker and seven psychiatric social workers. We had one vacancy in the block of Psychiatric Social Worker. One worker is attached to the convalescent after-care clinic and attended 142 clinics and interviewed 1,182 patients and relatives. The workers have intensified their efforts in community placement; they have worked in cooperation of the Department of Rehabilitation in job placement (only 8 persons placed). They have met with other agencies, Civil Defense, Old Age and Public Welfare, constantly aware of their liaison function. They have attended work shop and training programs. They attended administrative interviews, diagnostic and treatment staff discussions, weekly classes in group therapy, and taken part in group therapy programs with patients. During the year 503 histories were obtained, interviews numbered over 3,000 and almost as many personal services were rendered by phone or mail. There were 169 patients studied for placement in the community for jobs, placement in family care and rest homes. One new family care home was opened, none were closed and during the year five patients were placed and three patients returned to the hospital. At the end of the year there were 11 patients in three homes.

The Social Service Department like the Psychology Department could become a training center for the several excellent colleges in this area. If we had a position in higher grade and salary than Head Psychiatric Social Worker, we might attract a qualified social worker and the colleges would then probably consider affiliation of social service training. The hospital then would benefit greatly by more community placements and the patients by an earlier return to the community.

Occupational and Recreational Therapy was instituted on a few more wards, classes are now held on 9 wards. Two geriatric wards, one regressed patients' ward, and one male disturbed ward were added during the year. Our industrial shops are in four different locations, three of which are held in basements of ward buildings. A total of 983 patients attended Occupational Therapy classes during the year, another 583 were placed on therapeutic hospital industrial programs, and an uncounted number took place in recreational programs such as bowling, softball, soccer, basketball, shuffleboard and dancing. A group of

patients attended the local golf course weekly. Dances are held weekly for male and female patients.

One Occupational Therapist attended the six weeks' seminar for Occupational Therapist Assistants held at the Westboro State Hospital. Three workers attended a workshop on recreation.

Much more satisfactory work could be done if the occupational therapy classes could all be held in a single occupational therapy building. We are in need of more occupational therapy workers to expand the program and to cover weekends.

The Nursing Service continued to attempt to do two kinds of nursing care: (a) custodial for the chronic patients and the many bedridden, (b) improve the psychiatric nursing care given to the acute and convalescing patients. The type of nursing care that can be given had been increasingly improved due to the greater amounts of materials provided. Patients benefitted from the acquisition of additional furniture, clothing and nursing supplies.

Educational programs have continued for all new personnel; in-service for employees on all levels and a continued program for preparation for Licensed Practical Nurses. There has been an effort to fill the vacancies that exist as Assistant Director of Nurses and Instructors so that the Affiliate School of Nursing could be re-installed. The greatest shortage of personnel has been in Registered Nurses. Vacancies are difficult to fill in this category because we cannot meet the competition by the Veterans Administration and local general hospitals due to their higher pay scales and the overall shortage of Registered Nurses.

The hospital Chaplains were active during the year. Catholic services were conducted weekly throughout the year, the Sacraments of confession and Holy Communion were held at least once a month and last rites were administered to all Catholics as needed. Jewish services were held twice a month and during the Holy days. Protestant services are conducted on Sundays throughout the year, Holy Communion served once a month. The Chaplains visited newly admitted patients and other patients when referred by the staff, relatives, or other Clergy. Bi-weekly worship and Communion services for Episcopalian patients were conducted by Reverend Benson H. Harvey of Easthampton. Our Protestant Chaplain was active as Assistant Supervisor in Clinical Pastoral Training at the Worcester State Hospital in July and August of 1958 and June of 1959. He also conducts a group of patients regularly in group psychotherapy.

1958 - 1959

Maintenance becomes more of a problem as the years pass, and the past year was no exception. The Maintenance and Engineering Departments were kept extremely busy in making repairs and replacement of parts of worn out equipment. Plumbing, heating, electrical and automotive equipment require much servicing. Much carpentry had to be done, a sawdust bin and hay-house were built, old furniture refinished and repaired, doors and glass replaced, and locks adjusted. Painters were kept busy painting verds besides doing outside painting. As the hospital goes into its second century more and more maintenance work must be done, yet out maintenance crews are not augmented and the results will be the necessity of expensive replacements instead of repairs.

The farm is still in operation and grew tons of vegetables that were consumed fresh and also canned for future use. Tons of hay is grown for 95 cows boarded for the Belchertown State School. About 500 pigs and shoats were raised at no cost for feeding, as garbage is collected from the University of Massachusetts. The farm crew also helped maintain the grounds and farm equipment, plowed snow, laid drain pipes, made parking areas. The farm also served as an area of industrial placement for about 50 to 75 patients (male and female), depending upon the season.

Acknowledgments

May I state that we have a long way to go before we reach an ideal hospital set-up and perhaps such a goal will never be attained but we will keep on trying. Overcrowding, shortage of personnel and increasing admissions of older patients are limiting forces, nevertheless we feel that we are making progress.

I am every grateful to all hospital employees for their cooperation and thankful to the Commissioner of Mental Health and his associates for their encouragement and material help in our endeavor to raise this hospital's standards.

I also wish to thank all hospital Volunteers for so generously contributing their time and efforts, for they offer a service money cannot buy.

Respectfully submitted

Harry Goodman M.D.
Superintendent
Northampton State Hospital
Northampton, Massachusetts