

**FNS**

**FRONTIER NURSING SERVICE**

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In Memory of Dr. Anne Wasson

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Cover: Dr. Anne Wasson

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## Frontier Nursing Service

*If you have never been introduced to the Frontier Nursing Service we would like to take this opportunity to brief you on the history and the on-going work of the Service. Please share this information with a friend.*

Born in 1881 into a prominent American family, Mary Breckinridge spent her early years in many parts of the world - Russia, France, Switzerland and the British Isles. After the death of her two children, she abandoned the homebound life expected of women of her class to devote herself to the service of others, particularly children.

Mrs. Breckinridge established the Frontier Nursing Service (FNS) in Leslie County, Kentucky in 1925, then one of the poorest and most inaccessible areas in the United States. Mrs. Breckinridge introduced the first nurse-midwives in this country. Riding their horses up mountains and across streams in blizzard, fog or flood, the FNS nurses brought modern healthcare to families throughout an area of 700 square miles.

Until her death in 1965, Mary Breckinridge was the driving force behind the work of the Service whose influence today extends far beyond eastern Kentucky. Through the Frontier School of Midwifery and Family Nursing, hundreds of nurses have been trained and this important concept of family healthcare has been carried throughout the world.

Today, the FNS is organized as a parent holding company for Mary Breckinridge Healthcare, Inc., (home health agency, two out-post clinics, one primary care clinic in the hospital, Kate Ireland Women's Healthcare Clinic) and for the Frontier School of Midwifery and Family Nursing - the largest midwifery program in the United States.

Remarkably, the purpose and philosophy of the FNS has remained constant since 1925. -Deanna Severance, CEO

### **Beyond the Mountains**

*by Deanna Severance, CEO/President*

*"Whenever you are frustrated because everything seems to be so behind or slow, remember that many ills and agonizings are cured by a tincture of time" Dr. Anne Amelia Wasson*

How I miss your earthly presence sweet seraph. What you taught me remains with me, and I thank you for all the love and wisdom you unselfishly shared with me.

Dr. Anne wrote her obituary that was printed in the newspapers and is reprinted in this *Bulletin*. It is very straight forward, no maudlin or floral verbiage. I used to tease her about being so "New England". Then she and my husband with his New England Severance roots would rise up and lecture me about the frugality of never throwing anything away. "So what is a pack rat?" I would inquire. Dr. Anne would fondly request boiled dinners. Could I prepare some shrimp with cayenne? Occasionally, Dr. Anne would call me Anna Mae, referring to Miss January. We would laugh, and I considered this a great compliment.



### **Memories of Dr. Anne**

When I arrived at FNS in the summer of 1989, Dr. Anne had been retired since 1981. I first met her at a Board of Governors meeting. Slowly I learned she had performed almost every job at FNS from medical doctor to dean of the school to interim FNS director. Dr. Anne had begun her healthcare career as a laboratory technician. In 1989, there were many service issues at the hospital. I began telephoning her in New Hampshire and asking her to come to Wendover for a month "or so" to help me evaluate the lab, the home health agency, the pharmacy, etc. She came and came and came. One day she said to me, "Deanna, I can't afford to keep flying down here like this!" "Just move back,." I said. "How

could I do that?" she asked. "I will rent you an apartment in Lexington. You can drive back and forth with me. I will arrange a place for you to stay at Wendover. It will be great fun, and I need you!" The next phone call I received Dr. Anne had decided which furniture to bring and what size of a trailer would be needed to move the furniture. She engaged a young man to drive it down hitched to her car. I rented her an apartment she did not see until she arrived. She pulled in on a cold November day in 1993, and the rest is a history of fun with and love for each other.

This is the first Thanksgiving Dr. Anne has not spent with our family. Every New Year's Eve we played "Tile Rummy" until the new year rang in. Dr. Anne did not like to lose! Neither does my daughter Sarah, and we would play on and on, laughing and disagreeing over game rules.

There are more memories than I can recount in the *Bulletin*. But Noel Fernandez and Dr. Anne wrote her memoirs before her death. We hope to have those published in the spring. I will simply close with goodbye my soul sister, my buddy, my friend. Thank you for all you gave to so many. I love you.

#### ***Planning for the Future of the Frontier School***

The Frontier School of Midwifery and Family Nursing, Inc., with the authorization of the Board has submitted an accreditation application to the Southern Association of Colleges and Schools (SACS). The first "Master's" class was admitted in August. Part of the accreditation process is that a class must be graduated. Concurrently, most students continue to enroll in the Frances Payne Bolton College of Nursing Program at Case Western Reserve University.

#### ***Planning for the Future of Mary Breckinridge Healthcare***

As part of strategic planning, the Board is exploring a relationship with Manchester Memorial Hospital. In 2001, Manchester Memorial was named one of the top 100 best financially managed hospitals by *Modern Healthcare* magazine.

In July of this year we received a shock from the Office of the Inspector General for Medicaid Services who wrote and told

us that the Kate Ireland Women's Clinic and the Hyden Clinic could not be housed in the same facility. The Cabinet for Health Services passed a regulation in April of 2001 making this so. Therefore, we would have to move or close the clinic. Working with the administrators at Manchester Memorial, Dennis Myers and Tim Martin, it was determined that a move to Clay County would be feasible.

At the same time this was occurring, Mary Breckinridge Hospital was struck with a severe nursing shortage. We lost almost every RN on our maternity unit. Additionally, the births in Leslie County had dropped to approximately 100 per year and had remained stable at this figure for several years.

After meeting with Manchester Obstetrician Dr. Faye Whiting, the decision was made to move the primary Kate Ireland Clinic to Clay County, and to move the midwifery service to Manchester Memorial. This will regionalize our midwifery service. This move was made November 1, and has been very successful. We have had very positive comments from the women and families we serve.

While we are exploring the management relationship for the hospital, we are investigating expanding the FNS clinic operations in eastern Kentucky. We engaged the firm of Tichenor and Associates to help us with data collection to determine if there is a need for care based on healthcare indicators. This data clearly indicates there is a need. In December we have engaged V. J. Krishma to hold focus groups in Leslie and five surrounding counties to determine if there is a perceived need by the folks that live there for nurse-practitioner care. We will keep you posted.

#### *Planning for the Future of Wendover*

As has been previously written, "The Big House" is now a bed and breakfast. The reports published show the numbers of people who are visiting. We have begun the development of walking trails at Wendover, and hope by the spring to have lovely trails, some gentle and some for the aggressive hiker. Our historic landmark is truly a jewel in our crown. Much preservation work has been completed as reported earlier. We are now in the process of

replacing the roof. Every season is beautiful. Now with the Christmas lights ablaze, and fire in the huge fireplace, it is particularly picturesque. Many thanks to Christine Collins and staff for the marvelous job they perform.

### *September 11, 2001*

My parents remember where they were when the bombing of Pearl Harbor occurred. I remember exactly where I was when I learned of the assassination of John Kennedy. My daughter, son, husband and I will always remember where we were when the WTC towers went down, when the Pentagon was blown up by an airline converted to a human bomb, and when brave Americans crashed an airliner to avoid the destruction of our White House.

I was in mediation in Manchester when the secretary said planes had flown into the twin towers. I felt as if a steel band had curled around and was squeezing the life's blood from my heart. Yet we carried on business as usual. Using my cell phone, I tried to reach my daughter, Sarah, who lives in Manhattan. All the lines were busy. She called me at 2:00 pm while I was eating at the BP in London. She was not on the early train to City University in Brooklyn, and she was safe. September 16, I left for New York City and spent several days with my daughter and her friends. This is such a difficult time. I pray for the safety of my child and all our children, for the protection of our nation's leaders and for wisdom to shine on them. And, I pray for victory.

### *Bluegrass Committee Luncheon*

Our annual Bluegrass Committee Luncheon was held September 26 at the Louisville Boat Club in Louisville with 32 in attendance. Many thanks to Marjorie Vogt, Chairman of the Bluegrass Committee and my assistant, Barb Gibson, for the great job they always do coordinating this event. Special thanks to Fifth Third Bank and our dear friend, Bill Hall, Vice-President of Fifth Third's Trust Department, for sponsoring this luncheon. They have sponsored this event for several years. Thanks to Marjorie Vogt and former Bluegrass Committee Chairman Francis (Poni) Luckett for providing the beautiful pumpkin center pieces which were given

away as door prizes. We were pleased to see how well Mrs. Lockett is progressing from illness and wish her full recovery.



### *The Bluegrass Luncheon*

#### *Boston Committee Luncheon*

The annual Boston Committee Luncheon co-chaired by Mrs. John C. Bloom (Ro) and Mrs. Burgess P. Standley (Caroline) met at the Wellesley Club November 7. FNS Chairman Jane Leigh Powell sent her regrets. She planned to attend but had fractured small bones in her foot the previous week.

It was great to have Miss Kate Ireland present. Kate told of her meeting with the Boston Committee and regaled us with her youthful fears of meeting with this august group. She spoke of her days as a Courier at the FNS and what the Service has meant to so many. We had a wonderful luncheon and a good time.

The Mardi Perry Scholarship Fund has continued to grow. As soon as the market picks back up the fund will be well over \$100,000.00. This fund means so much to our New England students. This year's recipients are Daisy Goodman and Judith Maines. Daisy Goodman was present and spoke of her appreciation for the



scholarship and of her work to come. She plans midwifery work in the upper region of Maine. Faculty member Milree Keeling was present and spoke on behalf of Judith Maines who was unable to attend.

It was decided not to meet next year. However, former Couriers mother and daughter Patsy Lawrence and Fran Aikman will host the next committee meeting. Frances Converse donated a first edition of Wide Neighborhoods to the FNS. I have been looking for a first edition for our library and was thrilled to receive this copy. Thank you!

Others attending were: Frannie Aikman, Carlyle Carter, Lois Cheston, Frances Converse, Liz Dawson, Mary Dewaele, Patsy Lawrence, Brooks Lobkowitz, Muffin O'Brien, Mardi Perry, Susan Perry, Mary Ann Sanders, Vera Whistler, Sally Willis, and Nicolette Vallandigham.

#### *New York Courier's Meeting*

Mrs. Peter R. Ehrlich (Selby Brown), 1951 FNS Courier, hosted a meeting of Couriers in the New York area at the Bedford Golf and Tennis Club on November 8. There was much reminiscing by Miss Kate Ireland and others. Mrs. Ehrlich and Mrs. Chanler brought picture albums. They have generously lent these to me for scanning into our archives. I spoke of today's exciting times as the Board engages in strategic planning. This was the first meeting of this group. Plans are being made to meet again and to expand the group. There are so many memories and stories. The Couriers continue today as a vital program of the FNS. Other attendees were: Cynthia (Branch) Mas ('74); Olivia (Hatch) Farr ('55); Janet (Brown) Jussel ('71); Anne Dexter Smith ('51); Evelyn (Rogers) Chanler ('50); Dorothy (Trefts) McEvoy ('71) and Cornelia Hamilton ('67).

#### *Babies*

Heather East and her husband, James, are the proud parents of baby Chloe. Heather is the Multimedia Development and Team Coordinator for the Frontier School of Midwifery & Family

Nursing (FSMFN). Her other children are Hannah, age 7, and Jake, age 9.

Jennifer Mercer and her husband, Bill, are the proud parents of baby Anna Grace. Jennifer is a Certified Public Accountant and the Assistant Controller for FNS, Inc. Anna Grace is their first child.

### *Updates*

We have received a permanent endowment for Wendover from the Stone Foundation, Inc. Many thanks to Mary Stone Payson and the trustees who have granted this endowment. And, many thanks to Vicky Riley, my assistant, who did such a marvelous job of working with Ms. Payson. The principal of this endowment will remain intact and will grow. A spending policy will be established and the fund will forever promise the maintenance and beauty of our beloved Wendover. Contributions to expand the fund are welcome.

### *Other*

It is with great sadness that I accept the resignation of Chief Financial Officer Brian Lane. I am very happy for the opportunity that has been presented to him. He and his wife, Suzanna, will be moving to the Washington, D.C. area where Brian will be working with an international contracting company.

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### In Memory of Dr. Anne Wasson

Dr. Anne Amelia Wasson, MD, was born August 12, 1920 in Buffalo, New York, and died at Mary Breckinridge Hospital, Hyden, Kentucky, October 25, 2001.

In 1938, Dr. Wasson attended college at Alfred University in Alfred, New York. From 1940-1942, she attended school at the Boston Dispensary training as a laboratory technician. In 1942-1944, Dr. Wasson began work in the lab at the Rutland Hospital, Rutland, Vermont. She returned to the University of Buffalo in 1944 for more undergraduate studies to become certified as a lab technician.

After graduating as a lab technician in 1946, Dr. Wasson was accepted into medical school at the University of Buffalo. She did her internship at the Eastern Maine General Hospital in Bangor, Maine and then began a private practice in Bradford, New Hampshire in 1951. She practiced in Bradford and New London, New Hampshire for a total of 19 years. Dr. Wasson was a Board Certified Family Practice Physician and served as a member of the New England Obstetrical Society.

Dr. Wasson came to the Frontier Nursing Service in Kentucky, in 1969 as a volunteer and moved here in 1970. She became Chief of Clinical Services at that time. In 1971, she worked with Dr. Gertrude Isaacs and Dr. Rogers Beasley in the development of the Frontier School of Midwifery and Family Nursing Family Nurse-Practitioner Program. She served as Interim Director of FNS from 1981-1982, and became a member of the FNS Board of Governors in 1983. In 1983, Dr. Wasson retired and returned to her home in East Sutton, New Hampshire. There she ran a craft shop until 1993 when she sold her home and moved back to Kentucky, directing the Frontier School of Midwifery and Family Nursing Alumni Association and overseeing the beautiful gardens at Wendover, until the time of her death.

## Wendover News

by Christine Collins

Wendover had a very colorful fall and we all enjoyed its beauty.

We suffered a huge loss with the passing of Dr. Anne Wasson who was a dear friend to each and every one of us at Wendover. Dr. Anne died October 25 after a long illness. Our memories of her will never die. We



We extend a special thank you to Ida Brock, Leroy Couch, Beckie Hacker, Vickie Hacker, Debbie Morgan, Ruth Morgan, Lee Ann Wells, Sharon Koser, Dr. Roy Varghese and MBHC staff for the special loving care they gave to Dr. Anne.

We held our annual Thanksgiving luncheon November 15 with staff from the Lexington office, FSMFN Hyden office, MBHC staff and J.G. and Juanetta Morgan in attendance. Several staff members decided to try out our new Bed & Breakfast hiking trail which begins at the cemetery below the Wendover Post Office and continues up into the mountain.



*FNS staff members - the new hiking trail*

Wendover employees wish a speedy recovery to Jerry Santini, Cincinnati, Ohio, who is ill. Jerry is a big supporter and friend of the FNS.

Wendover maintenance has been busy painting the buildings and putting on new roofs. Wendover is looking more beautiful than ever!

Please consider visiting us and spending the night in our Big House Bed and Breakfast Inn.

Below is a list of overnight guests, special functions and tours since the last report:

Aug. 27            Community Visions luncheon (10).

Noel Fernandez, Pomona, New York. Worked with Dr. Anne on her book.

Sept. 7            Lucas McDonald, Willets, California. Came to visit Dr. Anne.

Sept. 17-26        Christine Larson, her baby, and her mother, Duluth, Minnesota. Ms. Larson was here for CNEP Level III classes.

Sept. 20            Luncheon for Sue Holiday and three friends, Lexington, Kentucky.

Sandra Curd and Brenda Lawson, Corbin, Kentucky, held a leadership meeting at the Big House.

Sept. 21            Dinner for Leadership Tri County, Corbin, Kentucky (35).

Lawrence and Bridgette Gill and their children, Sheridan, Wyoming. Mrs. Gill is a CNEP student and was here for Level III classes.

- Sept. 24 CNEP/FNP Level III dinner (15).
- Sept. 26 Rebecca and Vinny Puthusseril, Chicago, Illinois.
- Oct. 2 Rosemary Radcliffe and Muriel Joslin, England. Former FNS staff.
- Dinner for the Mary Breckinridge Festival Committee (16).
- Tea for the Mary Breckinridge Festival Beauty Pageant (17).
- Oct. 6 Bob and Mildred Joyce, Louisville, Kentucky.
- Oct. 19 Board of Governors meeting held at Wendover. Overnight guests were Jane Leigh Powell, Bill Hall, John Foley, Ken Tuggle and Brian Lane. Deanna and Carl Severance were also here.
- Board of Governors dinner with FSMFN faculty and MBHC providers in attendance.
- Oct. 21 Jackie Morrill and Nuke Doualwe, Glenside, Pennsylvania. Attended CNEP graduation.
- Oct. 22 Eastern Kentucky University, Richmond, Kentucky. Six students/faculty.
- Nov. 2 Deborah and Herman Verdonch, Junction City, Kansas. Mrs. Verdonch interviewed for an FNP position.
- Nov. 4-16 Dr. Walter Zukof, Louisville, Kentucky, stayed at Wendover while working at MBHC.

- Nov. 9 Charlene Quinn, Cleveland, Ohio. Stayed at Wendover while attending Midwifery Bound. Midwifery and FNP Bound dinner. 42 in attendance.
- Nov. 15 Annual employee Thanksgiving luncheon. Included staff from Hyden and Lexington FSMFN offices and MBHC. Former Wendover staff Juanetta and J.G. Morgan also attended.
- Dec. 6 Annual employee awards dinner.
- Dec. 9 Fern Wooton, Hyden, Kentucky, and Pearlene Howard, Indianapolis, Indiana.



*Visitors Fern Wooton and Pearlene Howard*

- Dec. 10 CNEP and FNP Level III dinner.

**Tours**

- August 31                    Indiana Wesleyan University, Indiana-  
polis, Indiana. Two students.
- October 4                    Hyden Elementary, Hyden, Kentucky.  
27 students/faculty.
- October 9                    Rockcastle Practical Nursing, Rock-  
castle, Kentucky. 17 students/faculty.
- October 20                   75 CNEP graduates and families visited  
during CNEP graduation.
- October 22                   Eastern Kentucky University, Richmond,  
Kentucky. Seven students/faculty.
- October 25                   Lee County Area Tech., Beattyville,  
Kentucky. 13 students/faculty.
- October 29                   Leslie County Area Tech., Hyden,  
Kentucky and Wayne County Tech.,  
Monticello, Kentucky. 22 students/  
faculty.
- October 30                   University of Tennessee, Knoxville,  
Tennessee. 12 students/faculty.
- Nov. 14                    OB/GYN physicians Natalia Rebrova,  
Yevgeniya Zinchuk, Lydia Serikova and  
Tatiana Gynyatulina, from the Khab-  
arovsk Territory in Russia came for a  
tour.

The physicians from Russia visited FNS through the International University of Kentucky's (UK) Khabarovak, Russia



Community Health Partnership directed by University of Kentucky's Assistant Professor, Elizabeth D. Schulman.



*Heidi Froemke, FNP/CNM/District Clinic Manager (back row - left); Elena Domator, Project Coordinator (second row - left) and Dr. Elizabeth Schulman, Professor (front row - right) with physicians from Russia*

The partnership site between UK and Russia is in a rural area of Russia and will be focused on women's health issues. Dr. Elizabeth Schulman and Ms. Elena Domator, Project Coordinator for the UK College of Allied Health Professions, were in the group.

We gave the group a tour of Wendover, Kate Ireland Women's Center and Community Health Center. Heidi Froemke, FNP, CNM, Coordinator of FNPs, explained to them the practice of FNPs in FNS clinics.

**Frontier School of Midwifery and Family Nursing  
CNEP/CFNP News**

*Dr. Susan Stone, FSMFN Dean and President and  
Dr. Julie Marfell, CFNP Educational Director*



*Dr. Susan Stone*



*Dr. Julie Marfell*

The School has been busy as always this time of year. We admitted a total of 56 new CNEP students and 15 new CFNP students at the two Frontier Bounds held in August and November. Our current enrollment is 185 students. Graduation on October 19, 2001 brought students and faculty together from all over the United States. It was a wonderful celebration held at the newly renovated community college building in the center of Hyden. A total of 65 students received certificates as Certified Nurse-Midwives. We are expecting the first CFNP students to graduate early in 2002. The annual fall faculty meeting held concurrently with graduation, brought 33 faculty members together for future planning. This was a time of excitement and camaraderie.

During the past 18 months we have been working to redevelop the FSMFN Faculty Practice. All Family Nurse-Practitioners (FNPs) and Certified Nurse-Midwives (CNMs) who work at the Frontier Nursing Service were moved organizationally under the School umbrella. We now have three FNPs (Heidi Froemke, Service Director; Billye Moffatt and Beverly May) providing services at the Beech Fork Clinic, Community Health Center and Hyden Clinic. The clinics are very busy providing family-centered, primary care to the families of Leslie County. We are hoping to reach out to the other surrounding counties in the near future. We are currently in the process of doing a community assessment

including focus groups to determine the needs. Preliminary plans include possible outreach primary care clinics and school-based clinics.

The CNMs (Debbie Karsnitz, Service Director and Patricia Caudle) continue to provide all outpatient services at the Kate Ireland Women's Center in Hyden. As of November 1, 2001, the births are being attended at Manchester Memorial Hospital in Manchester, Kentucky. This change occurred after many months of struggling to keep the obstetrical unit at Mary Breckinridge Hospital viable. Rising costs and a lack of qualified nurses finally made it no longer possible to operate the unit. Our solution has been to continue to provide outpatient care at the Kate Ireland Center and to attend the births at the obstetrical unit in Manchester. The obstetrical unit in Manchester is bright and cheerful and fully staffed with nurses. The staff has been very accommodating and has welcomed our patients with open arms. The women who have given birth there have been very pleased with their experience. We are currently seeking a building to house the Kate Ireland Clinic in Manchester. When that building is located, we will operate the clinic in Manchester as well as the clinic in Hyden. As with the FNP practice, we are hoping to eventually bring prenatal care and primary care to the women in the surrounding counties.

The future plans are very exciting. We are currently recruiting for both FNPs and CNMs to help us bring more care to the families in Southeastern Kentucky. If you know of any practitioners who might be interested in providing care to the families in this region, have them either call or e-mail Susan Stone as [ssstone@midwives.org](mailto:ssstone@midwives.org) or 859-253-3637.

#### WEBSITES

Frontier Nursing Service - [www.frontiernursing.org](http://www.frontiernursing.org)

Community-Based Nurse-Midwifery Education Program (CNEP)  
- [www.midwives.org](http://www.midwives.org)

Community-Based Nurse-Practitioner Program  
(CFNP) - [www.frontierfnp.org](http://www.frontierfnp.org)

### Courier Program News

-Barb Gibson

Our summer group of Couriers left during September and we haven't had any couriers during the fall. We are in the process of restructuring the Program so that Couriers have more opportunities to be of assistance in our out-post clinics and to possibly shadow family nurse-practitioners.



We are looking forward to our next Couriers and plan for them to have a better experience than ever!

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### Former Courier News

**Danielle (Olds) Godinez ('99)**, Tarentum, Pennsylvania, wrote that she is married to Lucas J. Godinez, Pediatrician.

**Betsy (Carter) Walsh ('95)**, Jamaica Plain, Massachusetts, wrote that on September 16, 2000, she married Christopher Walsh. Betsy is working as a research coordinator for cardiology clinical trials for the TIMI study group at Brigham Women's Hospital in Boston.

**Nancy Rinehart ('98)**, joined the Peace Corps and left June 3, 2001 for Armenia. She will be in Jermuk, an old resort town, teaching health education and gender development to teens. The photograph on the following page shows Nancy sitting in an old church graveyard near Martooni Village.



*Nancy Reinhart - an old church graveyard near Martooni Village in Armenia*

### *Courier Experience*

*LouAnne Roberts was a Courier from May-August 2001. Before leaving FNS LouAnne wrote a note to her friends and family regarding her experience as a Courier. The following are excerpts from that note:*

My three-month stint in southeastern Kentucky is coming to an end. I will be very sad this Friday when I have to say goodbye to the serene beauty of the Appalachian Mountains and the wonderful people I have established everlasting friendships with. After traveling abroad for thirty months I can't begin to explain how great it has felt to be part of a community. It's not too hard to find that certain niche for oneself in a town of 400 folks, especially if you are a part of the Frontier Nursing Service. The Service employs approximately 300 people from Hyden, Wendover and hollows all around here like "Devil's Junk Branch", "Squabble Creek", "Twistin' Sourwood" and the famous "Hell-fer-Certain" which got it's name after a cold winter night when two freezing men agreed that they must be in Hell for certain!

During my internship I've spent more time in the hospital than I ever thought possible, shadowing doctors and visiting patients who are members of the community where I live. I also spent many a morning in the Leslie County Health Department with the nurse-midwives doing prenatal care and many afternoons with the social worker driving into the hills to visit clients in dire need of services. Typically I've been just as fascinated with the patients and their colorful personalities as the health related issues they are being seen for. At times I've pulled dentures out of their handbags so they could eat or held their hand because they thought I was their niece. Other times I brought home canned and fresh vegetables from their gardens. Sometimes they can't always remember my name but "sweetie" and "darlin" work just fine.

I witnessed my first childbirth with a midwife in the Mary Breckinridge Hospital. It was an incredible experience and a perfect way to round up my time here. I've also had the opportunity to attend various Pentecostal Holiness churches around the area. I've not heard better live music in months. It's like a mix between delta blues and country with people throughout the congregation adding the sounds of cymbals and tambourines. I feel grateful to have experienced four different services at four different churches and a baptism at the Red Bird River. Truly amazing!

When I think about it there really isn't anything around here I'm not going to miss except getting stuck behind the coal trucks going up the mountains. I love waking up and seeing mist hanging low in the valley, the consistent afternoon thundershowers, waving at everyone I pass on the road, the garden full of flowers just outside my door I pick from each Saturday morning to keep in my room, random sightings of deer swimming across the river, having things like chicken-n-dumplings along with homemade rolls and fresh green beans prepared for my lunch and listening to the bluegrass and country radio stations whose songs ring so true while I leap off the rope swing into the muddy waters of the Middle Fork river.

My next adventure will take me to New York City. I can't imagine a more different atmosphere, yet one filled with great opportunities and people.

*-LouAnne Roberts*

**Sheila Kitzinger's Letter from Europe:  
Awake, Aware - and Action!**

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Diony Young, Editor

Lively debate is taking place around the subject of birth in Britain. There is a new awareness of its importance as a central experience for a woman's sense of self and for the family, and also of its major impact on public health. Discussion is no longer limited to those with specialist knowledge. It is right out in the open.

Instead of being confined to women's pages and parenting magazines, the topic of childbirth has moved center stage. It is presented on television, radio, and in the press as a subject about which we should all be concerned. Last summer a major theme was "Too posh to push?! - the hook being stories about pop stars and other celebrities who opted for elective cesareans, and The Times published a special supplement on childbirth. Yet it is still easy to put cancer care in the headlines, more difficult to demonstrate the vital importance of women having choice and control in childbirth.

Another positive sign is that birth has found a place in the political agenda, and is coming to be seen as integral to public health policy. Earlier this year, a Minister of Health stated: "Our standard must be that women in all parts of the country, not just some, have choice, including the choice of a safe home birth." He also said, "Just 70 percent of maternity units are able to offer women one-to-one continuous support during labor. This should be 100 percent. The gold standard should be that every woman will have access to a dedicated midwife when in established labor, one hundred percent of the time" (1).

Backing this is a \$100 million plan to attract more midwives into the National Health Service, with a pledge for 2000 extra midwives. The idea is to initiate projects all over the country, including birth centers, as well as family and water-birth rooms in hospitals. The funding is available only if users are involved in deciding how this money is spent. Another Government initiative, Sure Start, focuses on the needs of disadvantaged women and their families, with fresh injection of \$60 million this year and a program on pregnancy, with prenatal groups for teenage mothers, and

addressing the needs of early motherhood, nutrition during and after pregnancy, breast-feeding, and postnatal mental health.

Since November 2000 an Inter-Party Parliamentary Group on Maternity has met regularly in the House of Commons. It was sparked off by a collaborative group that includes consumer organizations like the National Childbirth Trust, which is the largest birth charity in the United Kingdom, and professional organizations such as the Royal College of Midwives and the Royal College of Obstetricians and Gynecologists. Preventive action is needed to reduce rates of postnatal depression, and also posttraumatic stress disorder after birth in which a woman feels she was treated like meat on a butcher's block. Urgent action is also needed about conditions in women's prisons, where pregnant women and new mothers are the most vulnerable in our society. (Some readers may know that these are two areas in which I have been working with special energy.) The All Party Parliamentary Group is also urging the Government to extend flexible midwife care to cover the first 6 weeks after childbirth, instead of 10 to 28 days as at present.

### **Cesarean Deliveries**

Major medical organizations are starting to explore how to provide woman-centered care and one-to-one midwifery. That is happening against a background of alarm about the increase in the rate of cesarean sections. In some National Health Service hospitals one birth in five is now a cesarean, and, as in countries around the globe, rates are higher still when women have private obstetric care. The Royal College of Obstetricians and Gynecologists has conducted a cesarean audit that gives the reasons for doing them. Every cesarean delivery must now be reasonably justified. It is clear that cesareans, although safer than ever before, often introduce unacceptable risks. A study in South East England of births to approximately 50,000 women revealed a fourfold rise in the rate of "major life-threatening events" or "near miss maternal mortality" associated with cesareans (2). Complications included massive hemorrhage, severe sepsis, and uterine rupture. The researchers omitted examining the incidence of thromboembolism, acknowledged as the leading cause of maternal death,



because of difficulty in diagnosis. So the true incidence of risk is underestimated.

### Doulas

So many doula organizations have sprung up in the United Kingdom over the last few years that some of us thought it was necessary to come to an agreement on standards and to reach consensus about the kind of people doulas are and the work they do. So we now have an Independent Accreditation Panel (on which Michel Odent and I serve, along with activists in the various doula groups), which has developed a code of practice. Doula groups in this scheme include the Holloway prison doulas, who are now a registered charity called Birth Companions.

For a long time I did not believe that we needed doulas in Britain because we had midwives. But it is clear that if women are to have one-to-one support they cannot rely on it coming from busy midwives in a high-tech hospital, and that although agreed goals for midwifery include continuity of care and sensitive awareness of every woman's needs, at present this cannot be guaranteed.

We believe it is important that a doula gets to know her client before she goes into labor, and comes to help as soon as she is required without the time lag that inevitably results if she is called only when a woman is already in hospital, and has gone through the admission ritual, been put to bed, wired up, and had an epidural. The Kaiser Permanente (3) and the Canadian (4) research showed no reduction in cesarean sections with doula care, and the authors suggested that one possible explanation may have been that the doulas in these studies were not already on site. Some British midwives are still uneasy about doulas and see their presence as implying criticism of the care midwives offer. Yet it is the hospital system that needs to be criticized, in which childbearing women and caregivers alike become trapped, not the midwife.

Writing about the conflict between support and control by doulas and midwives. Diane Walters, a doula, and Mavis Kirkham, Professor of Midwifery at Sheffield University, say that without a supportive culture for midwives "there is always the danger that we will act out of defensiveness or aggressive oppression rather

than a true desire to give support. We therefore need to radically rethink the culture within which we work as midwives . . . The structures and responses of an era of hierarchial control are highly inappropriate to an era of choice and control for the women in our care. Doulas offer midwives an example of nonhierarchical ways of approaching issues of support for ourselves and for clients . . . we need particularly to examine our defenses against the anxiety generated by the uncertainties of practice and by constant organizational change" (5).

### **Birth Centers**

The birth center movement is growing in strength. The first freestanding birth center within the National Health Service (women do not have to pay) is the Edgware Birth Centre in London. Midwives working there have a philosophy of no intervention, that is, no induction, no electronic fetal monitoring or other high tech equipment, no epidurals, and no doctors. Of 396 women planning to give birth there (irrespective of where they actually delivered), only 1.5 percent used perhidine (Demerol), compared with 30 percent of those who had normal deliveries in hospitals in the area, and only 6 women received episiotomies, compared with a 26.5 percent rate in hospital (6). Each woman has freedom to do what she feels is right for her during childbirth, and partners can stay right through the 24 hours. One half of all clients give birth in a pool. If a woman needs to be induced or she is having a very long labor (the most frequent reasons for transfer), her midwife goes with her to the hospital.

Other birth centers are starting up now, although some are outside the National Health Service. We are planning one in Oxford. Since the early 1970s doctors in training have rarely had the chance of witnessing birth without intervention. Many midwifery teachers are greatly concerned that the same thing has happened in midwifery. Student midwives in large hospitals have little opportunity of ever seeing truly physiological birth. If we can attract investors, the Oxford Birth Centre will also train midwives in the skills of supporting women who give birth at home - not only midwives in the United Kingdom, but also from other countries.

The 55 freestanding midwifery run birth units open in England (7) are a legacy from the past and are highly valued by their communities. Whenever one is threatened (on the economic argument that all resources should be concentrated in a large regional center), people come together to battle to save them. The caring, hands-on midwives who work in these small, cottage hospital type of units see themselves as guarding a precious heritage. This is true. This image may have to change, however, if they are to survive. They have the potential to be transformed into birth centers and to pioneer the process of giving childbirth back to women.

### Natural Childbirth

On a lighter note, a sign of the times may be that this year the Royal College of Obstetric Anesthetists staged a debate in the prestigious Church House, Westminster (home of the Church of England Synod), about pain in childbirth, and asked me to represent women who declined medication for pain relief. It is significant that Cherie Blair, the wife of the Prime Minister, although the media assumed she was to have a cesarean section after her previous baby, a breech, was delivered that way, chose to have a vaginal birth, and instead opted for total midwife care, decided against an epidural and returned home within 4 hours of giving birth. Inviting me to speak against the motion "That natural childbirth is inappropriate in a modern world," and to present "the Cherie Blair point of view," it seemed that the anesthetists were baffled by women who declined epidurals and who instead chose what my opponent, a consultant anesthetist at the hospital where Mrs. Blair had her baby, described as "the curse of Eve." He cited Queen Victoria, who accepted anesthesia with her last birth, as the great advocate for women, and, defending interventions of all kinds, quoted maternal mortality statistics from Ethiopia, compared them with those in Britain and attributed the difference entirely to obstetric advances. (Incidentally, I won the debate!)

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- (4) Gagnon AJ. Wahorn K. Covell C. A. randomized trail of one-to-one nurse support of women in labor. *Birth* 1997; 24: 2:71- 77.
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- (6) Saunders D. Boulton M. Chappla J. ot al. *Evaluation of the Edgware Birth Centre*. London
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**Mary Breckinridge Healthcare, Inc. News**

by *Mallie Noble, Administrator*

September 13, 2001, a prayer service was held on the front lawn of the hospital. Over 100 hospital employees and visitors attended the service in memory of all the victims who were lost in the September 11 terrorist attacks on our nation. It was a time of patriotic unity and spiritual healing. The service ended with everyone singing "God Bless America".



On behalf of the administrative staff and all the employees, I would like to take this opportunity to thank Deanna Severance, CEO, for allowing employees to take time off on Friday, September 14, 2001 to be with their families during this tragic event. Thank you Deanna, from all of us.

***Promotions***

Congratulations to the following people for promotions:

Lena Bishop, Interim Director of Nursing

Edith Hacker, ER Head Nurse

Raegan Caldwell, OR Head Nurse

Jennifer Smith, Med/Surg Head Nurse

Melissa Joseph, House Supervisor

Margaret McIntosh, House Supervisor

Debbie Napier, Manager of Kate Ireland Women's Clinic

***Halloween Contest***

The Halloween Contest was a fun time for all employees. There was a visit from Pooh Bear (Sherry Jones, Respiratory Manager); Hundred Acre Woods, Elvis (Eric Mead, Front Desk Cashier) who performed and won first place; The Home Health Honeys (Betty Lashon and Julie Dixon) were an eye catching pair as they bedazzled everyone and won second place, followed by the Mary Breckinridge Queen (Sandra Shepherd) who was quite regal in her

attire and won third place. Congratulations to everyone who participated. All employees enjoyed a free lunch and a good time was had by all.

### ***Thanksgiving Luncheon***

The annual employee Thanksgiving luncheon was held on Friday, November 16, 2001. Morning prayer service was held in the chapel. Everyone had an opportunity to express what they were thankful for during this time.

### ***Sympathy***

Sammie Burns, House Supervisor - mother

Carrie Couch, Housekeeping - mother

Drucilla Howard, Business Office - mother

Timothy Caldwell, Admissions - grandmother

Teresa Dixon, Quality Assurance - brother

Ann Smith, OB Nurse - son

Dr. Anne Wasson, member of Board of Governors, passed away October 25. Our hearts are full of sadness and, at the same time, full of gratitude that it was our privilege to be associated with Dr. Anne in the work to which she dedicated herself - the Frontier Nursing Service. Dr. Anne was not only a devoted and loyal supporter of the FNS, but was much more. She was a good woman, a woman of integrity and of deep sincerity. No one could help but be at ease in her presence. Her features instantly impressed one with her kindness or with a gentle touch on the shoulder she could win the heart of anyone she met. She shared with us our ideals, thoughts, principles and desires. She taught us about the importance of "a tincture of time".

### ***Employee of the Month***

October Employee of the month - Brenda Smith, Medical Records; September Employee of the Month - Bonnie Pennington, Purchasing; and November Employee of the Month - Leah Combs, Business Office.

**IN MEMORIAM**

These friends have departed this life in recent months. We wish to express our sympathy to their families, and our gratitude for their interest in our work.

*Dr. Anne Wasson*, 81, Wendover, Kentucky, died October 25, 2001 at the Mary Breckinridge Hospital, Hyden, Kentucky (see page 9)

The Board of Governors has lost one of its most valuable members with the death of Dr. Anne. A Board member since 1983, she advised, contributed to and educated the Board on many matters concerning medicine, nursing, and so much more. We shall miss her very much. *-Jane Leigh Powell, National Chairman of Board of Governors*

**IN MEMORY OF:**

- |                                       |                                   |
|---------------------------------------|-----------------------------------|
| <b>Shirley Daley</b>                  | <b>Georgia Lucian Wilkinson</b>   |
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| The Margaret Voorhies                 | <b>Scholarship Fund</b>           |
| Haggin Trust                          | Rhonda M. Johnson                 |
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If you wish to make a contribution to the Frontier Nursing Service in memory of a friend or loved one, please fill out and return this section to the Development Office at FNS.

In memory of \_\_\_\_\_

Contributor's name \_\_\_\_\_

Person (s) to whom you wish acknowledgment sent

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If you wish to make a contribution to the Frontier Nursing Service in honor of someone's accomplishments or achievements, please fill out and return this section to the Development Office at FNS.

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### **Form of Bequest**

For the convenience of those who wish to remember the Frontier Nursing Service in their Wills, this form of bequest is suggested:

"I hereby give, devise and bequeath the sum of . . . dollars (or property properly described) to the Frontier Nursing Service, a corporation organized under the laws of the State of Kentucky.

### **How Endowment Gifts May be Made**

The following are some of the ways of making gifts to the Endowment Fund of the Frontier Nursing Service:

1. By specific gift under your Will - you may leave outright a sum of money, specified securities, real property, or a fraction or percentage of your estate.
2. By gift of residue under your Will - you may leave all or a portion of your residuary estate to the Service.
3. By life insurance - you may have life insurance made payable direct to the Service.

The principal of the gifts will carry the donor's name unless other instructions are given. The income will be used for the work of the Service in the manner judged best by its Trustees.

Contributions to the Frontier Nursing Service, Inc., are tax deductible under Section 501 (c) (3) of the Internal Revenue Code of 1954.

Gifts of stock should be sent to:  
Frontier Nursing Service  
Mr. William Hall, Treasurer  
Fifth Third Central Kentucky Trust  
250 West Main Street, Suite 100  
Lexington, KY 40507

### Staff Opportunities

Because text for the *Bulletin* must be obtained several days before publication, it is not possible for any issue to contain an up-to-date list of job opportunities. Instead, we list types of positions that are most likely to be available and invite anyone qualified and interested to write for current information.

**Staff opportunities:** Family Nurse-Practitioners, Registered Nurses, and Physicians. For current information or to apply for a position, contact the Department of Human Resources, Wendover, KY 41775 (606-672-2913).

**Courier Program:** This Program encourages applications from anyone who is willing to volunteer for a minimum of 8 weeks and would like to be exposed to the work of the Frontier Nursing Service. For current information, write or call Courier Coordinator, FNS, Inc., 132 FNS Drive, Wendover, KY 41775 (606-672-2317). Courier Program e-mail - [courierprogram@yahoo.com](mailto:courierprogram@yahoo.com).

**Nursing Volunteer Program:** This Program is designed to meet the needs of nurses and nursing students who only have a short length of time in which to come to FNS and gain experience. In this Program, if accepted, there is no required amount of time. For current information, write or call the Director of Nursing, Mary Breckinridge Healthcare, Inc., 130 Kate Ireland Drive, Hyden, KY 41749 (606-672-3162).

## URGENT NEEDS

FNS has an urgent need for the items listed below and hopes that its friends will wish to contribute toward their purchase. We sometimes receive more gifts for a particular item than needed. In those instances, your gift will be applied toward another need.

### **Community Health Center:**

Wall Mounted Oscopes (2)	574.59
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### **Emergency Room:**

Warming Blankets	657.74
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Alligator Forceps (ear, nose)	560.87
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### **Frontier School of Midwifery & Family Nursing:**

Commercial Stove for Dorm	2,900.00
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### **Home Health:**

Stethoscopes (2)	88.00
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### **Operating Room:**

Patient Positioning Pads	580.00
--------------------------	--------

### **Respiratory Care:**

Macintosh Laryngoscope Set	342.00
----------------------------	--------

WE THANK YOU  
FOR YOUR PARTICIPATION



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Please send me more information about:

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- Books and other literature concerning FNS.
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Enclosed is my gift of \$ \_\_\_\_\_



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## **FRONTIER NURSING SERVICE, Inc.**

Its motto:

“He shall gather the lambs with his arm and carry them in his bosom, and shall gently lead those that are with young.”

Isaiah 40:11

Its object:

To safeguard the lives and health of mothers and children by providing and preparing trained nurse-midwives and nurse-practitioners for rural areas where there is inadequate medical service; to give skilled care to women in childbirth; to give nursing care to the sick of both sexes and all ages; to establish, own, maintain and operate hospitals, clinics, nursing centers, and educational programs for nurse-midwives and nurse-practitioners; to carry out preventive public health measures; to educate the rural population in the laws of health, and parents in baby hygiene and child care; to provide expert social service; to obtain medical, dental and surgical services for those who need them, at a price they can afford to pay; to promote the general welfare of the elderly and handicapped; to ameliorate economic conditions inimical to health and growth, and to conduct research toward that end; to do any and all other things in any way incident to, or connected with, these objects, and, in pursuit of them to cooperate with individuals and with organizations, private, state or federal; and through the fulfillment of these aims to advance the cause of health, social welfare and economic independence in rural districts with the help of their own leading citizens.

From the Articles of Incorporations  
of the Frontier Nursing Service.  
Article III as amended June 8, 1984