



DENT COUNTY HEALTH CENTER

- - - County Officials- - -

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Ferdie J. Haas	Associate Judge
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Maurice Flett	County Collector
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- - - Board of Trustees- - -

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- - - - Personnel - - - -

Mrs. Paula C. Hamilton, R.N., B.S.	Public Health Nurse & Acting Administrator
Mrs. Madonna C. Mosley	Clerk-Typist
Mrs. Ethel Martin	Custodian

Medical advisors rotate for a period of three months. This is done as a community service.

Past Medical Advisors:

Roy Mitchell, M.D.

Martin M. Hart, M.D.

Communicable Disease:

Admissions to service-----	51
Conferences with private physicians-----	16
Medical directions from private physicians-----	7
Conferences with school personnel-----	36
Home visits (Educational)-----	49
Home visits (Educational with nursing procedure)	12
Office visits-----	18
Field visits (not home or not found)-----	3
Visits to schools regarding communicable disease	26

Health Education:

Attendance-----	207
Community meetings-----	3
Exhibits-----	2
Slides and films-----	1
Radio and TV scripts-----	6
Talks-----	1
Newspaper articles-----	10
Conferences with health personnel-----	15
Conferences with lay groups-----	19
Conferences with officials-----	15

Impetigo, a superficial skin infection, is still commonly seen.

Patients are advised to consult their physician and are usually taught to use a bacteriocidal soap such as Septisol or pHisoHex. A few cases of measles, whooping cough and scarlet fever were reported.

The Health Center made vaccine against rabies available to one patient who was unable to pay. The vaccine was administered by the patient's own physician.

Gamma Globulin, 62 cc, which is furnished by the American Red Cross to the Division of Health, was supplied free of charge to private physicians to give to patients who were family contacts of infectious hepatitis. This is also available to expectant mothers who have been exposed to German measles.

The Board of Trustees felt that rabies was one of the greatest public health problems in Dent County. The board also felt that the people needed to know more facts about rabies. As a result, 5,000 pamphlets entitled "Rabies" and "Don't Shoot That Dog" were distributed by the school children in Dent County to their parents and neighbors. A note was attached asking the people to read and keep the material for ready reference. Simultaneously, KSMO radio station, The Salem News and the Salem Post and KRCG-TV carried informative articles pertaining to the care of animal suspects and preventive measures to be taken by humans. The literature was supplied free of charge by the Missouri Division of Health, Jefferson City, Missouri. Dr. R. E. Weaver, DVM, and Roy Mitchell, M.D., assisted in planning this program. Byron Bryant, Health Educator from District #4, Poplar Bluff, also assisted. Since November 1963, Dr. Weaver reports that he has received eight positive laboratory reports on animal heads.

An informative and attractive exhibit on rabies was furnished by the Division of Health for the Dent County Health Center Fall Festival booth.

When whooping cough became prevalent, letters were sent to the parents again via the school children. They were urged to keep sick children home from school and to have all pre-school children immunized against whooping cough.

At the request of one of the private physicians, a very successful Food Service School was held at the Walnut Bowl. Much of the "leg work" was done by Mrs. Lorraine Williams, Salem School Lunch Room Supervisor. Personnel

presenting the program were from Central Office in Jefferson City, the State Department of Education, Jefferson City, and the District Health Office in Poplar Bluff, Missouri. Also assisting were Mrs. Lorraine Williams, Mr. Robert Folk, Dr. B. J. Bass, the Honorable Mayor Hinton Chafin, Jr., and Mr. Glyndal Roberts, Superintendent of the Salem Schools.

Venereal Disease:

Cases of primary syphilis reported----- 0

Cases of late-latent syphilis reported----- 3

Although national reports show that venereal diseases are on the increase, no new cases were reported in Dent County in 1963.

This does not mean that Dent County was 100% free of venereal disease. It means that patients are not receiving medical care, or that the cases have not been reported. There are some good films available from the Division of Health which should be shown to lay groups to help educate them regarding these diseases.

"The Invader" is a historical film which would give people a background of knowledge on the subject.

"Dance Little Children" is aimed toward parent-teacher organizations, church groups, women's clubs and men's groups. It illustrates methods used to stop the spread among teen-agers.

"The Innocent Party" is good for high school students. It is a simple sincere document of the nature, recognition, cure and control of syphilis.

These films may be borrowed by any group through your Health Center

Tuberculosis Control:

Tuberculosis (Diagnosed case, active or inactive)	
Admissions to Missouri State Sanatorium-----	10
Admissions to service-----	15
Conferences with private physicians-----	23
Referral from physician-----	1
Medical direction from physician-----	9
Home visits (Educational)-----	19
Home visits (Educational with nursing procedure)	15
Office visits-----	23
Number not found or not home-----	5

Health Education:

Attendance-----	17
Community Meeting-----	1
Talk-----	1
Conference with health personnel-----	7
Conference with lay groups or individuals-----	3
Conference with officials-----	16
Staff meeting-----	1
Orientation at Missouri State Sanatorium-----	4 Days

Missouri State Sanatorium at Mt. Vernon is operated by the Division of Health. It no longer limits care to tuberculosis patients. Patients having symptoms of other lung disease may be referred by their private physician and have a complete diagnostic work up. Patients who are able pay \$100.00 per month for care. Others get a County Court order and receive care at no cost to them. Private physicians may, and do, send many X-rays to the Sanatorium

annually to be read by chest specialists there. The local Health Center receives a copy of these X-ray reports. The Sanatorium also provides free laboratory services to private physicians for sputum tests. Regular chest X-rays and sputum tests help the doctor to follow the progress of the patient's condition after he is discharged from the hospital.

Patients with tuberculosis germs in their sputum can be ordered to the state hospital if there are children under the age of 18 living in the home. It was necessary to issue one Isolation Order during 1963, but the patient went to the hospital on his own accord after receiving the letter, and further action was not required.

The Division of Health also furnishes drugs to the tuberculosis patient. Upon receipt of a written order from the patient's physician, the following drugs were dispensed from your local Health Center:

INH-----	7,035 tablets
PAS-----	25,100 tablets
Neopasalate-----	3,000 tablets
Total number of patients receiving drugs ---	9

Tuberculosis -(Suspects or Contacts)

Admissions to Service-----	39
Arranged for chest X-rays-----	2
Arranged for Tuberculin Skin Test-----	2
Conferences with private physician-----	4
Conferences with school personnel-----	3
Home visits (educational)-----	49
Home visits (educational with nursing procedure)	10
Not found or not home-----	4



Office visits-----	8
Conferences with health personnel-----	1
Conferences with officials-----	2

Regular physical examinations are essential for everyone, but especially important for all close contacts of known tuberculosis patients. Tuberculosis is not "catching" like measles, where a short period of close exposure usually spreads the disease to a non-immune person. Instead, tuberculosis is spread in families or among groups of people in institutions or dormitories who live together. The germs are inhaled into the healthy lung from a person who has active tuberculosis, and germs in his sputum. When the infected person talks, coughs, laughs or sneezes, he may expell the germs. These germs do not always die immediately upon contact with the air. They may be breathed in directly, or may fall to the floor and be blown into the air by a fan or other such device. That is why tuberculosis is a "family" disease.

How is TB found?

- A) A tuberculin skin test which shows if you have any TB germs in your body.
- B) A chest X-ray.
- C) Laboratory test.
- D) Complete physical examination with medical history.

Due to the efforts of Mrs. Gene McCarter and other ladies from the Seidel Club, Missouri Federated Women's Club, Dent County now has an active Tuberculosis Society again. This organization has done much to educate people about tuberculosis and to help bring the disease under control.



Maternal Health:

Prenatal or Antepartal:

Admissions to service -----	12
Conferences with private physicians-----	5
Medical direction from physician-----	2
Home visits -(educational)-----	14
Home visits -(Educational with nursing procedure)-----	4
Not home or not found-----	1
Office visits-----	6
Conferences with health personnel-----	3
Conferences with officials-----	5
Conferences with lay groups or individuals-	1
Calcium tablets dispensed upon order of physician-----	720
Number of individuals receiving calcium---	7

Postnatal or Postpartal:

Admissions to service-----	6
Conferences with private physicians-----	1
Medical direction from physician-----	1
Nursing visits (Educational)-----	9
Nursing visits (Educational with nursing procedure)-----	12
Conference with lay group-----	1

There is a definite need for maternity classes, and it is hoped that such classes can be started in the early part of 1964.

Infant, Preschool and School Health Services:

Admissions to Service-----	56
Premature babies admitted to Burge Hospital----	1
Conferences with private physicians-----	16
Medical direction from physicians-----	165
(Includes order for PHN to give immunizations)	
Conferences with school personnel-----	66
Immunizations: DPT-----	5
DT-----	19
Polio-----	14
Smallpox-----	87
Booster: DPT-----	1
DT-----	55
Polio-----	9
Smallpox-----	33
Home visits (Educational)-----	75
Home visits (Educational with nursing procedure)	30
Not home or not found-----	10
Visits to schools by Health Nurse-----	97
<u>Health Education:</u>	
Attendance-----	190
Community Meetings-----	4
Talks-----	7
Newspaper Articles-----	4
Screening procedure demonstrated-----	13
<u>Screening:</u>	
Dental-----	86
Hearing-----	74

Screening (continued)

Hearing (by others in program)-----	252
Height and Weight-----	701
Vision -----	226
Vision (by others in program)-----	172
Rescreening - hearing-----	14
Rescreening - vision-----	5
Conferences with health personnel-----	9
Conferences with lay people-----	21
Conferences with officials -----	22
Staff meetings -----	2
Vitamin drops dispensed on prescription---	400 cc
Number of children receiving vitamins-----	9

During 1963, the Premature Care Program was approved by the Board of Trustees and physicians of Dent County. Counties within a radius of 125 miles of Springfield and having a Public Health Nurse are eligible for this service. The portable incubator, oxygen, and other supplies are furnished by the Missouri Division of Health. Babies must be referred to the hospital by the family physician. A registered nurse must accompany the baby to the hospital. The Board of Trustees also made arrangements for a substitute RN to accompany the baby to the hospital in case the Public Health Nurse is out of town or unable to make the trip. Mrs. Kenneth Seidel and Mrs. Edward Atkisson are available in case of emergency.

With the wonderful assistance of volunteers, pre-school health round-ups were held for all first graders. The purpose is to initiate the child's school health record and to encourage parents to prepare their children physically

and emotionally for school. Parents are urged to take their children to their physician and dentist and have all immunizations and defects corrected before school. Our thanks go to all the ladies, teachers, principals, custodians and cooks who helped to make these round-ups a success.

The school program takes up a great deal of the nurse's time. Here again, the volunteers and school personnel have been very cooperative. It is hoped that more can be accomplished during the coming year in the school health program.

Chronic Illness Including Children on Missouri Crippled Children's Service)

Admissions to Service -----	56
Arranged for admission to clinic-----	2
Conferences with private physicians-----	17
Referrals from physicians -----	3
Medical direction from physician-----	12
Conferences with school personnel-----	7
Conferences with plant personnel-----	2
Home visits - educational -----	74
Home visits - educational with nursing care----	10
Not home or not found-----	8
Office visits-----	43

Health Education:

Attendance -----	157
Community Meetings-----	6
Exhibits-----	2
Films and Slides -----	7
Radio and TV Scripts-----	1
Talks-----	9
Newspaper articles-----	2
Screening - hearing-----	2
Conferences with health personnel-----	28
Conferences with lay groups or individuals-----	37
Conferences with officials -----	27
Meetings or institutes-----	7
Vitamin capsules dispensed on prescription--	1,650
Individuals receiving vitamins-----	17
Iron tablets dispensed-----	520
Individuals receiving iron tablets -----	5

In September, 1963, the Crippled Children's Service case load was turned over to the Dent County Health Center. Mrs. Gertrude Hammack, Field Nurse, with headquarters in Rolla, Missouri, makes periodic visits to Dent County. Mrs. Hammack and/or the Dent County Public Health Nurse make home visits when necessary. Patients are sent to University of Missouri Medical Center in Columbia, or Cardinal Glennon Memorial Hospital in St. Louis for Care.

Children with other special problems such as deafness or blindness are also carried under chronic illness. The remainder of these patients are adults. Nursing procedures are not performed without medical direction.

The Missouri Society for Crippled Children and Adults supplied a sedentary walker for one child. The walker helps him to exercise his legs and enables him to move about in his home. This is one of the many benefits derived from your Easter Seal Fund. The Missouri Society for Crippled Children and Adults also furnishes transportation to and from the hospital for crippled children when needed. Mrs. Ray Pickering is the chairman of the local chapter.

Other Chronic Diseases:

Cancer:

Admissions to Service -----	5
Conferences with private physicians-----	2
Medical direction from private physicians-	2
Home visits (educational)-----	2
Home visits (educational with nursing procedure)-----	21
Office visits-----	3
Conferences with officials-----	3

Health Education:

Attendance-----	36
Community Meetings -----	1
Talks -----	1

The Missouri Division of Health maintains one of the best cancer treatment hospitals in the United States. It is the Ellis Fischel Hospital located in Columbia, Missouri. Patients must be residents of Missouri and must be referred by their family physician. They must also get an order from the County Court stating that they are medically indigent.

Heart:

Admissions to service-----	3
Home visits (educational)-----	2
Home visits (educational with nursing procedure)-----	2
Conference with health personnel -----	1
Office visits -----	1

Heart disease is still a major health problem in our nation today. Literature and films are available through the Health Center. Under medical direction, the Public Health Nurse could do much to help rehabilitate stroke patients.

Diabetes:

Admissions to service-----	1
Home visits-----	1
Nursing service at Blood Center-----	2
Conference with health personnel -----	1

A very excellent exhibit was shown at the Fall Festival on diabetes.



"Do you know these facts?

- 1) Diabetes occurs five times more frequently among blood relatives of diabetics than among other people.
- 2) People who are overweight are more likely to have diabetes.
- 3) Diabetes develops in people in all age groups, but people over 40 are more likely to have it.
- 4) About 2 out of every 100 people in the United States have diabetes -- and half of them do not know it.
- 5) The sooner diabetes is diagnosed by a physician, the more readily it can be controlled with modern treatment. A person having diabetes who is under proper medical care can lead a normal life.

If there is diabetes in the family and you are over 40, and have a tendency toward being overweight, it's a good idea to go to your doctor for a blood sugar test. Only a physician can tell whether or not you have diabetes".

From: Publication No. 726 "Are You Related to a Diabetic"?  
Public Health Service - U. S. Department of Health,  
Education and Welfare

Mental Health:

Admission to service-----	1
Home visit (educational)-----	1
Office visit-----	1
Conference with school personnel-----	1
Health Education (Newspaper article)-----	1
Conference with officials-----	2
Staff meeting-----	1

Mental Health (continued)

A very interesting and informative staff meeting was attended by the nurse and secretary at the State Hospital for mental patients at Farmington. It was most gratifying to see that patients are now receiving more occupational therapy than in former years, and that emphasis is placed upon rehabilitation, rather than custodial care alone. Music is used as a means of therapy and the health personnel were royally entertained by the Music Department. Incidentally, this musical group is available to the community and surrounding area and they broadcast over the local station in Farmington weekly.

Mental Retardation:

Admission to Service-----	4
Home visits (educational) -----	8
Home visits (educational with nursing procedure) -----	1
Office visits-----	1
Conference with private physicians----	3
Conferences with school personnel-----	13
Conferences with lay groups or individuals-----	9
Conferences with officials-----	2

It is felt that this is an area which has long been neglected. Dent County citizens are not taking advantage of facilities and aid available for these children. A group of parents are becoming interested and plans are underway to evaluate the needs and explore possibilities of obtaining a Training Center under the Department of Education.

Occupational Health:

Health Education (Community Meetings)----- 1  
Health Education (Attendance) -----20  
Health Education - Newspaper Article----- 1  
Conferences with Health personnel----- 2  
Conferences with lay groups----- 1

Dent County has several industries. It is felt that the Health Center, with the assistance of the Occupational Health Nursing Consultant from Jefferson City, could offer some guidance in safety and a positive health program for employees. Upon request of industrial managers, an appointment with the consultant would be made.

Veterinary Public Health:

Conference with veterinarian----- 1  
Conference with health personnel----- 1  
Conference with lay groups----- 1

The personnel and Board of Trustees of the Health Center appreciate Dr. Weaver's support and advice in the rabies education and control program.

Dental Health Program:

Conferences with local dentists -----	2
Conferences with school personnel -----	2
Visits to school by Health Personnel---	1
Health Education (Films & slides)-----	3
Health Education - attendance-----	495
Health Education - talks-----	16
Health Education - screening-----	216
Conferences with health personnel-----	1

Of the children screened for dental caries in school and at pre-school round-ups, it was learned that 63.5% of the children need dental care. With only two dentists in the county, it was difficult to obtain all necessary corrections. Lack of financial means prevented many parents from providing dental care also.

Health Promotion:

Health Education (talks)-----	2
Health Education - attendance -----	31
Health Education - community meetings-	5
Conferences with health personnel-----	9
Conferences with lay groups or individuals -----	12
Conferences with officials-----	5
Staff Meetings -----	1

The two major functions of public health are to control preventable diseases and to carry out a health education program.

Health education may be done on an individual basis, as when the Public Health Nurse demonstrates a nursing procedure to the patient or his family. Group teaching may be done by giving talks, showing movies, slides, exhibits, etc., to clubs and school children. Group teaching may also be done by having interested people meet regularly for a period of time to study a certain course. The Medical Self Help classes held at Jadwin early in 1963 were a good example of community action and participation. Wayne Lough, the local RAD Chairman, organized the classes and was responsible for obtaining an instructor for each lesson. Classes were taught by a health representative from the District Office, the Public Health Nurse, Coach Ben Koeneman, Max Warfel, Funeral Director, and B. J. Bass, M.D., Chairman, Mid-Missouri Medical Association. Mr. Koeneman and Mr. Fraley also incorporated this material into their high school health education classes last spring. These classes are available to any group.

Upon request, the Public Health Nurse spoke to three different Extension Clubs in 1963. She also spoke to one 4-H group, The War Mothers, three General Federation of Womens' Clubs, and the International Ladies Garment Workers.

Films, slides and literature are available from the Central Office in Jefferson City upon request. Audio-visual aids are a good means of health education.

With the assistance of the Dent County Health Council and the State Division of Health, an informative exhibit was on display at the Dent County Fall Festival. Mrs. Jimmy Edwards and Mrs. C. C. Halbrosk were especially helpful in setting this up.

The personnel of the Health Center wish to thank Mrs. Robert Vickery and all the staff of the Salem News and Post for their fine cooperation during the past year.

Our gratitude also is extended to Mr. and Mrs. Bill Smith and their staff of Radio Station KSMO for the fine publicity on rabies and whooping cough.

Education must be a continuing process. During the past year your public health nurse attended a five-day orientation at the Central Office in Jefferson City, and a four day orientation period at Mt. Vernon State Tuberculosis Sanatorium. She also attended monthly staff meetings at the District Office in Poplar Bluff. Your clerk attends quarterly staff meetings and both attended the Missouri Public Health Association meeting in May.

In addition to regularly scheduled meetings, the district and central office personnel are always ready to assist with special problems.

Environmental Sanitation:

All present special sanitation problems and routine inspections are made by district public health sanitarians and engineers. Dent County could share a part-time sanitarian with another county or two, and a definite program of community improvement could be planned and put into action. Since Dent County citizens are interested in attracting new industry and tourists, the knowledge of a trained person could be of real value. Proper food handling, pure water, and adequate sewage disposal are all essential for community improvement. Dent County citizens need to concentrate on reducing the rat population, and in cleaning up vacant lots.



Administration:

Board of Trustees Meetings - 12

All citizens of Dent County should express their appreciation to the Board members who gave their time without remuneration. It is their sincere desire to provide the best health services available with your tax money. In some instances their hands are tied and they are not able to accomplish the things that they see need to be done. It must be understood that a public health program varies in each locality depending on resources and needs. It must also be understood that it takes about five years to develop a good, sound health program. You, the citizens of Dent County, can help to expand the services available through your Health Center by sharing your ideas and experiences, volunteering your time, energy, and "know-how", and by stimulating everyone in your community to become aware of his own health problems and sanitation needs. It takes community effort to achieve community improvement.

It has been said that public health is "helping people to help themselves." It has also been said that public health is "doing the greatest good to the greatest number." With these two thoughts in mind, let us set our goals for 1964:

1) Raise the immunization level of our children:

If 85% of the population is protected against a given disease, epidemics will not occur.

Of the children who enrolled for first grade in 1963 -

44% were adequately immunized against diphtheria-tetanus

52% were adequately immunized against smallpox

45% were adequately protected against polio.

To be of real value, immunizations must be given during the first year of life. Waiting till the child starts to school is like locking the barn door after the horse is stolen.

2) Improve our tuberculosis control program:

Early case finding.

Referral to physician, then Mt. Vernon for care.

Follow-up on post-hospitalization.

3) Diabetic detection program so that people can obtain treat-

ment before the disease gets out of control and severe damage is done.

4) Follow-up on necessary corrections of defects found in school screening.

5) Assist in the organization of a group of parents who have children with special problems.

6) Offer classes for prospective parents and home makers.

7) Establish at least one Child Health Conference.

Actually, three are needed; one in the Jadwin area,  
one in the Bunker area and one in Salem.

8) Rid Salem of rats.

9) Offer some assistance to the rehabilitation of alcoholics.

We wish to take this opportunity to thank the following organizations and individuals who have assisted us during the past year:

University Extension Office

County Officials

Dent County Welfare Office

Tuberculosis Association

Missouri Society for Crippled Children  
& Adults

American Red Cross

Personnel of Central Office - Jefferson  
City

Personnel of District Office -  
Poplar Bluff

Physicians

and all individual citizens who volunteered their services for the various health programs. Your continued support will be greatly appreciated.