MU Health creates peer support program for caregivers

Caregivers also in need, studies find.

By Karyn Spory

Saturday, March 30, 2013 at 2:00 am

Health care professionals are there to treat and care for patients, but what happens when the patient they are caring for has a negative outcome?

University of Missouri Health Care System is making sure those health workers are being taken care of with a peer support program called forYOU, which is being used in hospitals across the country.

In 2006, Susan Scott became a patient safety coordinator at MU Health Care. Scott's job was to work with clinicians after an "unanticipated event" and see what can be learned. A negative outcome in this situation equates to an unexpected death of a patient.

However, at the end of her sessions, Scott could see how much the events had affected the clinicians. Scott said she often would ask how they were doing and at times she would find grown men reduced to tears. Scott began using the term "second victim" to describe the health care workers who suffered physically or emotionally after a patient has a negative outcome. Patients and their families are referred to as first victims.

"I reached for a tool kit, but I didn't have any tools," Scott said. So, she teamed up with Laura Hirschinger, clinical improvement specialist at MU Health Care, to see what tools they could create to help staff after an incident.

After approval from the institutional review board, an ethics committee that approves biomedical or behavioral research of humans, Scott and Hirschinger began interviewing "second victims" to see what kind of support and recovery they needed.

Hirschinger said 31 health care providers were interviewed about how negative patient outcomes affected them and who they turned to for support. Scott said of the 31 interviewees, more than 20 had never shared "what it was like for them to go through the experience." These findings were published in BMJ Quality & Safety Health Care.
The interview responses led to a survey asking almost 900 people what their ideal "response" team would look like. The findings helped to create the peer support group, forYOU, which operates on a three-tiered model. The model was published in The Joint Commission Journal on Quality and Patient Safety.

Tier I relies on local, inner unit support. Scott said this would include co-workers or supervisors asking if the second victim is OK. "At this level, this will take care of 60 percent of second victims," Scott said.

For Tier II, managers identify colleagues who are natural supporters, and they are invited to a training course that entails 18 hours of didactics, small group work and simulation. Those individuals are then ready to provide crisis intervention and peer support mentoring. About 25 percent of second victims would be supported through this tier.

The third tier includes 15 percent of second victims, who require quick access to professional counseling such as talking with social worker, chaplain or clinical psychologist.

Scott said it took nearly three years for the program get up and running, and she is excited to see it spreading to hospitals across the country, including St. Francis Medical Center in Cape Girardeau and Saint Patrick Hospital in Montana.

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Posted in Local on Saturday, March 30, 2013 2:00 am.
Breast cancer cells show vulnerability

By MU NEWS BUREAU

Saturday, March 30, 2013 at 2:00 am

More than 100 women per day die from breast cancer in the United States. The odds of developing breast cancer increase for women taking hormone replacement therapy to avoid the effects of menopause. New research by University of Missouri scientist Salman Hyder might lead to treatments for breast cancers associated with taking these synthetic hormones. Hyder, along with an international team, found that hormone-therapy-related breast cancer cells have a physical feature that could be attacked by cancer therapies.

"We identified a specific cell membrane protein that blocks cell death in breast cancer cells and allows these cells to grow in response to hormone replacement therapy," Hyder said. "Others have observed an over-abundance of these proteins in a population of breast cancer cells, which may explain increased risk of breast cancer in women who consume hormone replacement therapy. Therapies could be developed that would block the activity of these cell membrane proteins, which would make cancer cells more likely to die. The membrane protein is known as PGRMC1."

The proteins identified by Hyder and his colleagues were affected by progestin, one of the hormones given to women to stave off the effects of menopause. Progestin is a synthetic chemical that mimics the hormone progesterone. In hormone replacement therapy, doctors prescribe progestin along with synthetic replicas of the hormone estrogen.

The study, "Overexpression of progesterone receptor membrane component 1: possible mechanism for increased breast cancer risk with norethisterone in hormone therapy," was published in the journal Menopause.

Salman Hyder is the Zalk Endowed Professor in Tumor Angiogenesis and professor of biomedical sciences in the College of Veterinary Medicine and the Dalton Cardiovascular Research Center. The research into PGRMC1 was led by Hans Neubauer of the University of Tubingen, Germany. The research team included Michael Cahill of Charles Sturt University in Australia.

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Posted in Saturday Business on Saturday, March 30, 2013 2:00 am.
If Men Aren't So Bad, Thank Testosterone

Hey brother, feel sexually drawn to your best friend's wife? Testosterone, the bad boy among male sex hormones, is supposed to make it easier for you to ignore your friendship and make your move.

However, scientists at the University of Missouri have found that men are biologically inclined toward avoiding a close encounter with the mate of a buddy, and it works the other way around if she is not committed to a friend.

Testosterone seems to be depressed if a friend is involved, but elevated if there is no close relationship, a condition the scientists describe as a "striking reversal" in the role of this powerful hormone. The study was published in the journal Human Nature.

"Men's testosterone levels generally increase when they are interacting with a potential sexual partner or an enemy's mate," anthropologist Mark Flinn, lead author of the study, said in releasing the report. "However, our finding suggests that men's minds have evolved to foster a situation where the stable pair bonds of friends are respected."

The findings should be regarded as tentative, because the number of participants was limited and some data may be compromised by the difficult circumstances under which it was collected, as the researchers note in their own study. The conclusions depend partly on data collected a few years ago in the Dominican Republic.

In some cases, for example, testosterone levels were not determined before the "interaction" with the female, so it's not known how much the level changed during the event, and it was not known if there were prior interactions with the same female.

"Even with these important limitations, the apparent dampening of androgen (sex hormones) levels when interacting with friends' mates is remarkable nonetheless, and consistent with mutual respect of mating relationships and enhanced cooperation among group males," the study notes.

The scientists see their study as much broader than just the sexual temptation involving a friend's mate, because additional research was carried out showing that testosterone is actively involved in a wide range of human activities, probably even international conflict.
They found, for example, that the level of testosterone soared in young men in a Dominican community when they competed in sporting events with a rival from another community, but it remained unchanged if the rival was a close neighbor. And that, they suggest, shows we are biologically determined to form relationships, or coalitions, with those around us -- so we will act less aggressively within our group -- but we are more willing to trample or attack outsiders.

"A victory against friends does not affect testosterone significantly, whereas a victory against outsiders results in elevated testosterone," the study concludes. "Likewise, a defeat by friends has little effect on testosterone, whereas a defeat by outsiders results in decreased testosterone from pre-competition levels."

The researchers take that a step further, suggesting that testosterone remains low to help members of a community work together and it rises to help defeat a threat from outside the community. Thus, they add, it may play a critical role in human interactions, even at the international level.

However, there is still some debate among scientists over testosterone. University of Zurich scientists found that testosterone does not cause aggression if that would threaten one's own status, as in don't pick a fight with a bully if he's really big.

Another large study in Great Britain found that testosterone makes us less cooperative, even with our friends, and more egocentric. And researchers in Germany found that subjects who had received an extra dose of testosterone lied less frequently. So the effect can sometimes seem contradictory.

There seems to be little doubt, however, that this hormone can make a wise man act foolishly, relying on his wallet instead of his heart. There have been many claims that men routinely turn to prostitution when all else fails, dating back to the mid 1940s when the (then) scandalous Kinsey Report claimed that 69 percent of American males had turned to a prostitute at least once during their lives.

So if you don't want to lose a friend, why not turn to a lady of the night?

Well, one new study indicates that may just be a myth.

Martin A. Monto and Christine Milrod of the University of Portland conducted a series of national studies and concluded that only about 14 percent of American men have ever had sex with a prostitute, and only 1 percent admitted they had done so within the year preceding the research.

"While it is noteworthy to recognize that the 1 percent of adult men who paid for sex in 2010 still results in a large number of customers, there is no credible evidence to support the idea that hiring sex workers is a common or conventional aspect of masculine sexual behavior among men in the United States," Monto said in releasing that report, published in the current issue of the International Journal of Offender Therapy and Comparative Criminology.
These researchers also found that even men arrested for soliciting sex were not "peculiar," just slightly more liberal than men who had never visited a prostitute.

So, how many myths have we destroyed with this research?

Men do not want to make out with their friend's wife. Not all are willing to turn to a prostitute, especially within the last year or so. And if we could control testosterone, we might achieve world peace.

As the Missouri study pointed out, this needs more work.
Columbia confronts downtown student housing crunch

March 30

By ALAN SCHER ZAGIER

The Associated Press

COLUMBIA, Mo. — Back in the day, leaving college dorm life for an off-campus apartment meant only a slight upgrade in niceties. The bigger prize? Greater independence and more freedom from prying adult eyes.

It’s time to leave that 20th century perspective— and the ratty porch sofa — behind. Now, students at the University of Missouri and in other college towns are flocking to high-end downtown apartment complexes that boast granite countertops, enormous flat-screen TVs and an ample taste of the good life with such amenities as rooftop swimming pools and on-site tanning salons.

In Columbia, the desirous downtown destinations are forcing city leaders to confront thornier questions about parking, excessive noise, historic preservation and long-term planning. Downtown development is a prominent issue in Tuesday’s mayoral election, which comes soon after a St. Louis developer backed away from plans to tear down the historic Niedermeyer building and replace it with more student high-rises.

“The big concern is a loss of downtown as we know it,” said Sid Sullivan, who is challenging Mayor Bob McDavid in the municipal election. “Many of us are concerned that too much of a good thing is not necessarily a good thing.”

Only a few short years ago, downtown boosters and civic leaders were bemoaning the lack of more upscale housing choices in the central city. That was before such projects as Brookside on College, which houses several hundred residents on a busy intersection across from Stephens College and plans to more than double in size.

The same developers, brothers Jon and Nathan Odle, also have opened an Elm Street student complex and are building a third downtown Brookside project just blocks away.
Across the street from the university’s School of Journalism, a local development team’s Lofts at 308 Ninth promises its future tenants not just convenience but whirlpool bathtubs, 50-inch flat screens and top-of-the-line appliances. The five-story building’s first floor will feature retail space, including a Jimmy John’s sub shop and International Tap House, a St. Louis-based business that boasts a selection of hundreds of beers.

“People would love to have our problem,” said project partner Tom Mendenhall, rattling off the names of nearby smaller communities where boarded-up storefronts dominate the downtown landscape.

Historic preservation consultant Deb Sheals said the recent and rapid downtown growth requires a broader review of how the city manages growth. As public outcry over the proposed Niedermeyer demolition mounted, the Columbia City Council considered a six-month moratorium on issuing demolition projects downtown. That idea fizzled, and a University of Missouri math professor and local landlord now plans to buy and fix up the building.

“I think we need to pay attention to how growth develops, but I don’t think we’re in danger of falling apart,” Sheals said. Rather than an abundance of student housing, she hopes to see more projects that appeal to a broader demographic, from young professionals and 30-something parents to empty nesters with time and money to spare.

“What happens if the bubble bursts?” she said. “We’ve got to figure it out.”

The city isn’t sitting by idly, considering increased parking requirements for downtown developments as well as a broader review of its zoning code.

The Downtown Community Improvement District, which represents downtown residents and business owners, is asking the Columbia City Council to support a 10-story height restriction on new buildings. Developers who added “bonus zoning options” such as ground-floor commercial space or subsidized transit passes for residents could receive variances to increase those height limits.

That 10-story limit is no accident. The iconic Tiger Hotel, circa 1928, is 10 stories high – counting its rooftop “TIGER” sign.
The Maneater nixes April Fools’ edition after last year’s debacle

By Karyn Spory
Sunday, March 31, 2013 at 2:00 am

Tomorrow, The Maneater will be giving readers hard-hitting news, and that’s no joke.

Last year’s April Fools’ Day edition of the University of Missouri’s student newspaper featured a section called "The Carpeteater," a derogatory term for a lesbian. The edition sparked a controversy that resulted in the resignation of Managing Editor Abby Spudich and Editor-In-Chief Travis Cornejo.

Editor-In-Chief Kelly Olejnik said she and Managing Editor Pat Iversen felt canceling the 2013 edition was for the best. "We always said we shouldn’t be doing an April Fools' issue if it couldn't be done well," Olejnik said.

Iversen added: "If we're going to be taken seriously as a newspaper again, we're going to have to show people that we are taking ourselves seriously first."

Olejnik said it takes a lot of time and energy to create a spoof paper. "We're not the Onion, we're not a satirical newspaper. I think spending our time working on a good paper, good news pieces … our time is more well-spent doing that," she said.

Frank LoMonte, executive director of the Student Press Law Center, said good judgment and common sense is required to pull off a spoof edition.

"The whole purpose of having students in charge of making the ultimate decision on what runs and what doesn’t is so they learn to take ownership — even when there is a mistake," he said.

The decision about future April Fools' editions of The Maneater will be left up to the incoming editorial staff, which will be selected next weekend. If the jokester edition is brought back, Olejnik said she would advise the staff to think critically about what they are going to publish.

"I think there's a line between satire and putting things out there to be shocking and offensive," Olejnik said.

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MU student newspaper drops April Fools' edition after controversy last year

April 1

COLUMBIA, Mo. — The University of Missouri's student newspaper says Monday's edition is full of serious news — and that's no April Fools' Day joke.

The editors of The Maneater decided to drop the traditional April Fools' Day edition this year after last year's effort ignited a controversy.

Last year, the newspaper featured a section called "The Carpeteater," a derogatory term for a lesbian. The resulting controversy led to the resignation of the managing editor and editor-in-chief.

Editor-In-Chief Kelly Olejnik said it takes a lot of time and energy to create a spoof paper, and it shouldn't be done if it can't be done well.

The Columbia Daily Tribune reports the decision about future April Fools' editions will be left to the incoming editorial staff, which will be selected next weekend.
Branding pushed to help deter cattle thefts in Missouri

March 31

The Associated Press

MOUNT VERNON, Mo. — Hundreds of cattle owners in southwest Missouri turned up for a demonstration on cattle branding, which officials say may help deal with the recent upsurge in cattle thefts.

Brad DeLay, sheriff of Lawrence County, said a spate of cattle thefts across southwest Missouri in recent weeks has subsided. But officials estimate that up to 200 head of cattle have been stolen in the past two years, creating a potential loss of $200,000. The most recent theft was reported about a month ago in Greene County.

"I think there is an awareness kicking in now," DeLay said. "People are more watchful, and they are coming to branding demonstrations like this one. This won't solve everything, but seeing a brand on someone's cattle might deter a theft."

Kris Callison demonstrated freeze branding at the recent event, staged by the University of Missouri Extension office in Lawrence County, the Southwest Missouri Cattlemen's Association and area sheriffs' departments. Rather than burning a scar into the animal, a freeze brand damages the pigment-producing hair cells, causing the animal's hair to grow white where the brand has been applied.

"It would hit us hard if we had just one or two cattle taken in a theft," Callison said.

Eldon Cole, a cattle expert with the extension, said branding has long deterred cattle theft and settled ownership issues. He said having a brand remains a good way to identify the ownership of cattle, since tattoos can be removed and ear tags can be cut away.

"But a brand is like a return address," he said. "You might get them back, and you might not."
A registered brand under Missouri law must have two or more characters. It costs $35 to register a brand for five years with the Missouri Department of Agriculture, Cole said.

Darrel Franson, a Mount Vernon cattleman, has been using freeze branding since the mid-1990s. So far, none of his cattle have been stolen. But he is aware his farm could be vulnerable to cattle rustlers.

“They (rustlers) have got to have light to sort out the calves worth stealing,” he said. “That’s why I get out and patrol part of my farm on moonlit nights. I know where they would try to get in.”

*Information from: The Joplin (Mo.) Globe, http://www.joplinglobe.com*