



for your health

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An affiliate of SMDC Health System

Wellness News from Pine Medical Center



A chance to say thank you.

Many people never get the chance to thank the emergency medical technician's (EMTs) and paramedics that help them during their minutes of crisis.

Fred Schaefer would certainly like to thank the EMTs and paramedics at Pine Medical Ambulance, and everyone else who helped him, after a propane tank he was working next to exploded, burning over 45 percent of his body. He'd like to thank the first responder who was on the scene in minutes and Mike Menard, Pine Medical Ambulance crew leader from Sandstone, who got the call and responded from his home.

Menard was the person who called and dispatched St. Mary's Lifeflight helicopter from Duluth to Pine Medical Center the minute he saw how extensive Schaefer was injured. With the ambulance minutes away, Menard and the first responder were the ones who immediately got to work removing Schaefer's burned clothing, soaking him with saline to keep the burns wet and clean, and keeping his airway protected.

When the ambulance arrived, others got to work lifting Schaefer inside and taking their place for the fast, bumpy ride to Pine Medical Center.

"I don't remember much, but I do remember traveling very fast, over some rough terrain and feeling sorry for the EMTs," said Schaefer. "They were bouncing all over the place and taking great care of me at the same time."

According to Menard, Schaefer's injuries were so extensive they used all the burn supplies in the rig and were still ten minutes from the hospital.

"We had to improvise and use every bit of sterile gauze soaked in saline we could find," said Menard.

When Schaefer arrived at Pine Medical Hospital, the doctors and nurses immediately intubated him and stabilized him for his helicopter transfer to Miller-Dwan Medical Center's burn unit.

"I was treated very well at Miller-Dwan," said Schaefer.

"I'm glad I was taken there instead of the Cities. It was smaller and a lot easier for my wife. And the care was wonderful."

Pine Medical Ambulance is owned and operated by Pine Medical Center, which along with Miller-Dwan Medical Center, St. Mary's Medical Center and the Duluth Clinic, are all affiliates of SMDC Health System, a 400+ physician, multi-specialty group with 17 clinic locations and 4 hospitals throughout northeastern Minnesota and northwestern Wisconsin.

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Mike Menard and Sandstone Pine Medical Ambulance crew

EMERGENCY MEDICAL SERVICES WEEK IS MAY 20-26

Thank you for your commitment, your exceptional dedication and for being on the frontline providing day-to-day lifesaving care.

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Three Pine Medical Ambulance squads cover a 1,266.5-mile service area with a population of approximately 26,530. Squads are based in Pine City, with two ambulances; Hinckley, with one ambulance; and Sandstone, with 2 ambulances. Bases in these cities also allow Pine Medical Ambulance to cover outlying towns such as: Askov, Bruno, Finlayson, Wagner Township, parts of Kanabec County, Rock Creek, Kingsdale, Duxbury, Duquette, Beroun, Cloverdale and three State Parks and Forest areas.

There are seven professional paramedics and EMTs on staff at Pine Medical Ambulance and 47 highly trained EMT volunteers. All have training with emergency equipment, medication administration and disaster preparedness. They are often the first caregivers in a line of world-class care our area receives from Pine Medical Center and our region receives from SMDC Health System in Duluth.

"I never really got to thank the responders out there," said Schaefer. "I wish I could have."

Thank you to all the paramedics and EMTs in our area who care for us in moments of crisis. You often remain nameless. But you are never forgotten. Thank you for your care and for giving us peace of mind just knowing you are close and ready to respond. Thanks—from Fred Schaefer and from all of us. ♦

A lifesaver in your wallet

According to the National Coordinating Council for Medication Error Reporting and Prevention, approximately 1.3 million Americans are sickened or injured each year by errors in prescribing, dispensing or taking medications. And, at least one person dies every day due to a medication error.

As a way to keep you safe and provide you with complete, coordinated care, Pine Medical Center, Gateway Clinics and Pine County Public Health have partnered to provide you with a handy wallet-size medication list card.

This valuable card includes space for you to list all the prescription and over-the-counter medications you take regularly—including vitamins, herbs, dietary supplements, aspirin or acetaminophen.

"People should carry their medication list card with them at all times in case of emergency," said Jim Koppen, director of pharmacy at Pine Medical Center. "They should also present their card each time they meet with their pharmacist, doctor or any other caregiver. This allows caregivers to see what type, and how much of a particular medication they have already been prescribed. It also cuts down on the possibility of over medication and on people being



prescribed a drug that may adversely interact with something else they are taking."

If you present your card to your healthcare provider each time you visit, your provider can write the name of any new drug on your card, what it is taken for, its dosage, and how often it should be taken.

People who are in the hospital can have their card filled out by healthcare providers at the hospital and receive it at the time they are discharged.

"If your doctor takes you off a medication or you stop taking a vitamin or supplement, simply cross it off your list," said Koppen.

There is a spot on the card to list allergies, health problems, and a place to keep track of your blood pressure. It is a good idea to update those sections of your card whenever information changes as well.

Medication list cards are free and available at Pine Medical Center, Gateway Clinics and the Pine County Public Health Building. These cards are made possible through a grant from the State Office of Rural Health. ♦



Gold star treatment

The Emergency Room at Pine Medical Center cares for about 270 people per month. Last year, 3,400 people passed through the ER doors at Pine Medical. One of those people was Pine City resident, Ilene Leet.

In January, Leet injured her spine and was taken to Pine Medical. Since then, she has been to the ER several times for recurring pain.

"I've been seen by Dr. Skip Hofstrand, Dr. Steven Tekippe and Dr. Michael Debevec," said Leet. "Each time I have been treated with such wonderful care. They are old school there. They listen and they make you feel better."

Unlike large metropolitan ERs, Pine Medical Center is community-based.

"Being community-based means our wait times may be minimal and many patients we see are our friends, family or neighbors," said Heidi J. Voss, hospital director of nursing at Pine Medical Center.

Most of the cases Pine Medical ER sees are for chest pain. They have an excellent program in place to

expedite treatment and transport patients to the catheterization lab at St. Mary's Duluth Clinic Heart Center, an affiliate of SMDC Health System in Duluth, which was recently named a Top 100 Heart Hospital® for the eighth year in a row. Patients can also be transported to hospitals in the Twin Cities, if needed. Because of its close proximity to the freeway, Pine Medical Center's ER also sees a significant number of motor vehicle accidents.

According to Voss, the staff at Pine Medical Center is top-notch and has been trained in comprehensive advanced life support, trauma nursing, advanced cardiac life support and pediatric advanced life.

"We are ready," said Voss.

Leet said you know you are going to get the help you need when you are at Pine Medical Center.

"Skip especially makes you happy when you see him," said Leet. "He's there to get you better right now."

Each person who enters the Pine Medical Center ER is cared for in



Dr. Skip Hofstrand

a healing environment that is fast and efficient and extremely compassionate.

"They are there to make you feel better. They are very lucky to have the three doctors I saw there," said Leet. "They get a gold star." ♦

A time to be close



The end of life is a time for quiet remembrances and reflection. And, a time to be close to loved ones. Pine Medical Center's new Comfort Care Room provides families with a comfortable, private, homelike space to reminisce and spend their last days together. The room is adjacent to our family room and has a window that overlooks a beautiful garden maintained by residents and staff.

"This special room allows us to provide more holistic care," said Debee L. Stassen, RN, DON, Pine Medical Center. "It is a privilege to be able to assist and support the resident and family during this delicate time. Our Comfort Care Room gives them the privacy they need to share their last days together. And, it give us the opportunity to talk with them about end-of-life care, the dying process,

the use of pain medication, and the spiritual resources that are available for them."

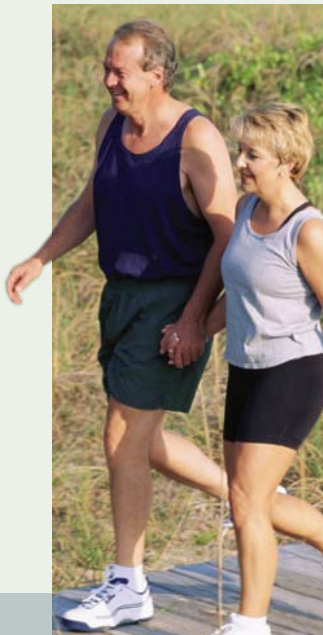
Funding for Pine Medical Center's Comfort Care Room was provided by the Pine Medical Center Hospital Auxiliary. For more information, contact Debee L. Stassen, RN, DON or Darla Hall, LSW, MSW, Pine Medical Center (320) 245-2211. www.smdc.org. ♦

Stepping out

Walking is one of the most beneficial and easiest forms of exercise. If you haven't been out for a while, here are some tips to get you on the road safely.

- Start with a short walk. Add five minutes every week.
- Walk tall and stride naturally.
- Get plenty of water before, during and after your walk.
- Start at a slow warm-up pace. Work some stretches in. Work up to a faster pace and finish with a cooldown. Stretch after.
- Work at a good rate using the "conversational pace" rule. If you can talk and walk at the same time, you aren't working hard enough. However, if you get out of breath quickly, you're probably working too hard—especially if you have to stop and catch your breath.

If you have any health concerns or medical conditions, be sure to check with your doctor for advice before you start a routine.



OUR SERVICES

Pine Medical Center offers you a wide range of services to meet your every need.



- 24-Hour Emergency Care
- Urgent Care (after hours and weekends)
- Inpatient and Outpatient Surgery
- Outpatient Cardiac Rehabilitation
- Acute Care Hospital Services
- Respite Care
- In-House Hospice Care
- In-Patient Therapy Services (PT/OT/ST)
- Outpatient Therapy Services—Pediatric through Adult
- Physical Therapy, including:
 - Women's Health
 - Occupational Therapy
 - Speech Therapy
- Outpatient Treatment Room
- Laboratory Services
- Imaging Services
 - Radiology
 - Ultrasound
 - CT Scanning
 - Mammography
 - EKG
- Swing Bed/Transitional Care
- Dietician Consultations
- Community Outreach Nurse
- Short-term and Long-term Skilled Nursing Facility
- Comfort Care Room



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The soul and science of healing.

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