



# for your health

Summer/Fall 2008

An affiliate of SMDC Health System

Wellness News from Pine Medical Center, your community hospital



## “I’m looking forward to being able to spend a lot more time with my grandkids.”

It was June 21, 2008—Father’s Day. Cynthia Rushmeyer was in church with her two oldest grandchildren, ages three and four, and her parents. She’d been experiencing severe heartburn for a few days, but chalked it up to recovering from the gallbladder surgery she had only a few weeks earlier. She had no idea her heart was in distress and she was headed for a massive heart attack right there in church.

“I don’t remember a thing about what happened,” said Cynthia. “I think I was gone. I’ve been told that four people in the congregation and the paramedics brought me back.”

Those four church members, which included a police officer and a nurse, were able to administer CPR to Cynthia. When the ambulance arrived, paramedics shocked her to get her rhythm back for the fast one block trip to Pine Medical Center.

Cynthia doesn’t remember being at Pine Medical Center either. It was determined that she had suffered a heart attack called a STEMI (a segment elevation myocardial infarction). This type of heart attack is caused by a prolonged period of blocked blood supply and affects a large area of the heart muscle. The team at Pine Medical Center went to work fast doing a procedure called cool-it. Ice bags are applied to the armpits, groin



Cynthia Rushmeyer with her grandchildren

and neck areas to cool the patient to 33.5 degrees Celsius in order to prevent neurological deterioration while the patient is transferred to a tertiary care hospital for surgery.

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**“Since the heart attack, I’ve run into a few of the people who were instrumental in saving me that day, said Cynthia. “I’ve given them hugs and thanks when they realize who I am and what they did to save my life.”**

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Cynthia is now back at Pine Medical Center doing rehabilitation.

“We started slow, just once a week. Now I’m up to three times a week. I’m doing the treadmill and the recumbent bike,” said Cynthia.

“My cardiac therapist Dustin (Lundin) is very encouraging. He’s told me some things I should and shouldn’t eat. I’m on a low sodium diet. And he’s taught me how to watch my cholesterol.”

Cynthia lost 25 pounds while she was in the hospital recovering from her heart attack. She continues to lose weight and is living as healthy as possible these days.

“I’ve got a lot of living left to do,” said Cynthia. “I’m looking forward to being able to spend a lot more time with my grandkids.”

# *Pine Medical Center, Gateway Family Clinics and SMDC Health System* **JOINING FORCES TO SERVE YOU BETTER**

In a continuing effort to provide the best and most convenient care to patients in this region, Pine Medical Center and the Gateway Family Health Clinics in Hinckley and Sandstone are embarking on an exciting new joint venture.

Now, patients who need medical imaging services no longer have to travel to Pine Medical Center to have those procedures done. Pine Medical Center's imaging technologists will take X-rays right at the Gateway Family Clinic in Hinckley and provide X-rays and mammograms at the Gateway Family Clinic in Sandstone. MRIs, CT scans and ultrasounds will still be performed at Pine Medical Center.

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**"This arrangement ensures accurate, clear images are taken."  
— Dr. Brian Barstad**

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"This joint venture is significant because it allows us to bring as much high quality, high-tech care to our community as possible," said Eric Nielsen, administrator, Gateway Family Clinic.

According to Dr. Brian Barstad, Gateway Family Clinic physician and Pine Medical Center chief of staff, this partnership also includes an agreement with SMDC Health System's board certified radiologists.



*Dr. Brian Barstad*

"All imaging services at Gateway Family Clinics in Sandstone and Hinckley will be performed by Pine Medical Center imaging technologists. The images will then be sent to SMDC Health System to be read by their board certified radiologists," said Dr. Barstad. "This arrangement ensures accurate, clear images are taken. Those images are then read by highly trained radiologists who consult with our physicians for a proper diagnosis."

In addition to providing imaging services at Gateway Family Clinics in Sandstone and Hinckley, Pine Medical Center has just purchased a new imaging suite with computed radiography (CR).

"Our new computed radiography system will soon allow us to transmit radiology images through a computer

system directly to the radiologist at SMDC within minutes," said Julie Gustafson, Imaging Services manager, Pine Medical Center. "This means physicians at Pine Medical Center will be able to get feedback from SMDC radiologists while they are attending to their patient."

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#### **BENEFITS YOU'LL RECEIVE:**

- **Women needing mammograms can either have them done at the same time as their annual physical, or schedule a separate appointment.**
  - **Patients will be able to have diagnostic X-rays taken right at the clinic.**
  - **Patients needing diagnostic ultrasounds, MRIs or CT scans can continue to have them done at Pine Medical Center.**
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## **How Are YOU Doing?** *Following up to make sure you're okay.*

If you visit the emergency department at Pine Medical Center, you can expect a call from Jenny Loew-Barstad, the Emergency/Urgent Care nurse manager at Pine Medical Center, within 24 to 48 hours after you return home.

Jenny will want to know how you're doing, if you have any concerns and what your visit to the emergency department was like.

"We want to know you're okay," said Jenny. "We also want to know what we're doing well and what we need to improve on in order to better meet your needs and the needs of all our patients."

The information Jenny gathers is used to help make improvements, recognize staff members who have done an outstanding job, and make Pine Medical Center the best place to receive care.

# OUR PATIENT RECORDS ARE Going Paperless

## What it means to you.

Pine Medical Center is moving from a paper medical records filing system to a computer record keeping system called Meditech.

“Not only is electronic record keeping the wave of the future in healthcare,” said Katie Kerr, MA, RHIA, Pine Medical Center. “It has distinct advantages that we are eager to be able to provide for our patients.”



### ELECTRONIC RECORDING KEEPING:

- **Ensures safety**

- automatic dose, medication, and condition/disease safety checks are provided

- allergy and adverse drug reaction information is maintained across visits and used to perform safety checks when ordering and administering medication

- the system also checks for drug interaction and incompatibilities

- **Means care providers** have lab and radiology results and medication administration records at their fingertips, so they can address results and concerns immediately.

- **Automatically tracks you,**

- improving communication between your caregivers.

- **Insures your medical reports** are faxed to your primary care physician or any provider caring for you so that further follow up can be addressed in a timely manner.

- **Provides caregivers information** from visits anywhere along your continuum of care. Emergency room, urgent care, outpatient visits, surgical visits and long-term care records are maintained for a lifetime and instantly available to your provider wherever you are.

## Our Strong Commitment to Care is Showing

A few months ago, the residents at Pine Medical Health Care Center took part in a resident satisfaction survey. The survey is periodically given to residents in all Benedictine Health System facilities in order to get an indication as to how well the staff is caring for and meeting the needs of their residents.

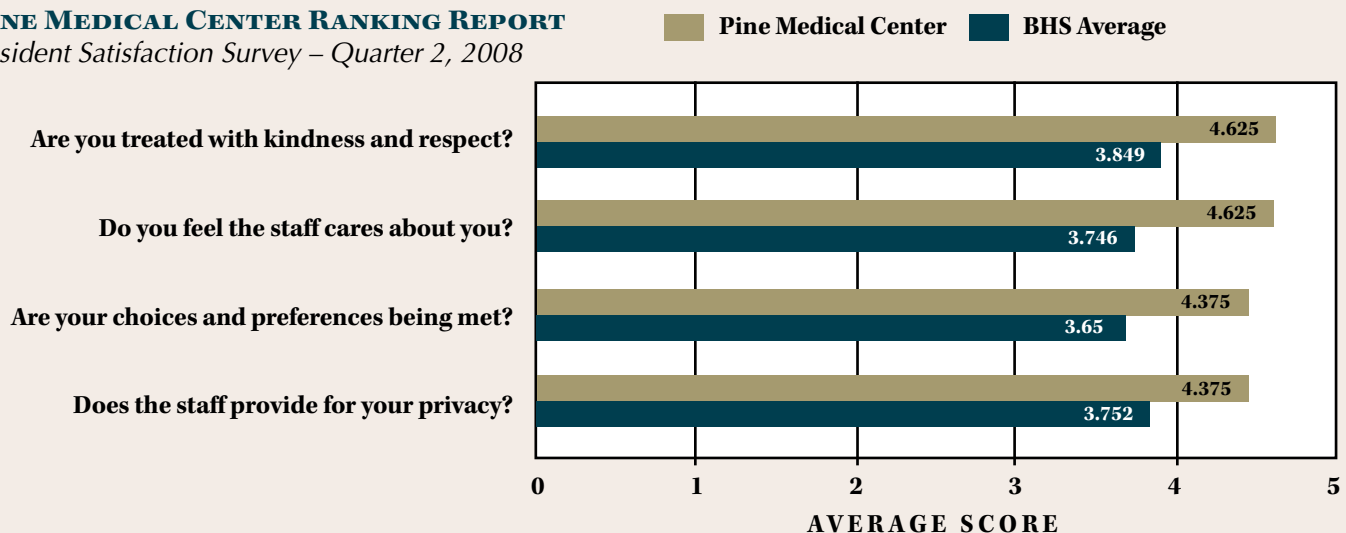
A multitude of questions were asked in 24 areas ranging from how the staff met daily needs, whether residents were provided with interesting activities, how the food tasted and resident's overall satisfaction with the facility.

The staff at Pine Medical Health Care Center scored above average in all areas, sometimes way above average.

“There is a very strong commitment from the staff here to provide the best quality of life we can for our residents,” said Debee Stassen, Director of Nursing Services, Pine Medical Center. “We connect with and care for our residents on a very personal level and what we give them is often given right back to us.”

### PINE MEDICAL CENTER RANKING REPORT

Resident Satisfaction Survey – Quarter 2, 2008





## LEAF RAKING SAFETY TIPS

Raking leaves gives you the perfect opportunity to get out and enjoy the clear days and crisp air of the fall season. And, it is great aerobic exercise. A 135-pound person can burn about 240 calories an hour raking leaves.

### Follow these tips to stay safe and healthy:

- Rake leaves when they're dry. They weigh less.
- Don't lift bags with your back. Bend your knees and lift with your leg muscles.
- Don't overfill bags. They become too heavy to lift properly.
- Look out for insects (especially the stinging kind) that might have made the leaves their home.
- Wear gloves to protect your hands.
- Pace yourself. Take frequent breaks and drink plenty of water.
- Switch sides so you're not using the same muscles and doing the same movement over and over.



## OUR SERVICES

*Pine Medical Center offers you a wide range of services to meet your every need. For more information, please call 320-245-2211.*

- 24-Hour Emergency Care
- Acute Care Hospital Services
- ALS/BLS Ambulance Services
- Cardiac Services
  - Phase 2 Cardiac Rehab
  - Exercise Stress Test
- Imaging Service
  - CT Scans
  - ECHO/ECG
  - Mammography
  - MRI Services
  - Radiology
  - Ultrasound
- Inpatient and Outpatient Surgery
- Laboratory Services (including Drug Screens, Outpatient & Paternity Collection)
- Nutrition/Diabetes Counseling
- Outpatient IV Therapy, Treatment Rooms
- Pharmacy – Inpatient
- Rehab Therapy Services
  - Occupational Therapy
  - Physical Therapy
  - Speech Therapy
- Respite Care/Swing Bed Program
- Social Services & Therapeutic Activities (Home Care Center)
- Transitional Care/Long-term Care
- Urgent Care
- Chaplain Services
- Community Outreach
  - Blood Pressure Clinic
  - Diabetes Support Group
  - Grief Support Group
  - Health Fairs
  - Health Screening Events: Cholesterol, Diabetes, Prostate
- Eye Clinic
- Health Care Auxiliary



**Pine Medical Center**

*An affiliate of SMDC Health System*

*The soul and science of healing.*

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