



for your health

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An affiliate of SMDC Health System

Wellness News from Pine Medical Center



“We can live a normal life, close to everything and everyone we love.”

Thirteen-year-old Ali Anderson loves anything and everything that has to do with horses—she has six. And when she’s not reading books about horses, she’s busy training them, competing in horse shows and caring for them. Ali recently won Grand Champion Youth Mare at the Minnesota State Fair.

“Ali loves the ‘horsey’ lifestyle,” said her mom, Tessa Anderson. “She is looking forward to showing horses as long as her health permits.”

Since she was born, Ali has suffered from a genetic immune deficiency, which makes her highly susceptible to all types of infections. When Ali gets sick, her fever spikes to dangerous levels and she needs IV antibiotics and blood transfusions to help her fight the infection.

Ali receives most of the primary care for her condition at the University of Minnesota Medical Center, Fairview, in Minneapolis, about 90 miles away from her home in Askov. However, thanks to Pine Medical Center’s (PMC) treatment room services, Ali doesn’t have to make the long trip to Minneapolis every time she gets sick.

“If Ali gets sick we can spend weeks away from home,” said Tessa. “If her condition is manageable, we can go to the treatment room at



Ali and one of her horses.

Pine Medical Center and spend an hour getting the infusions of antibiotics and blood products she needs to fight the infection.”

According to Tessa, the treatment room at PMC has allowed Ali to live as normal a life as possible.

“Without them, we would have to live away from family and friends and everything we know and love,” said Tessa.

Tessa and Ali not only appreciate being able to *continued on page 2 ...*

TREATMENT ROOM SERVICES

are provided by the nursing staff at Pine Medical Center and can be done with a physician’s order from any facility. Some of the wide range of treatment room services provided include:

- IV Antibiotic Therapy
- Wound Dressing Changes
- Erythropoietin (EPO) Injections
- Remicaid Injections
- Iron Therapy
- Blood Transfusions

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get treatment close to home, they also appreciate each and every doctor and nurse that takes care of Ali when she needs help.

“We love the nurses at Pine Medical Center. They spend a lot of time taking care of Ali as a person,” said Tessa. “The doctors and nurses are

so phenomenal. All I have to do is call and say we are coming in and they take care of her.”

Having PMC so close gives Tessa peace of mind. And it gives Ali the chance to attend the sixth grade with all of her friends, enjoy life on her grandma and grandpa’s farm

and do normal 13-year-old stuff with her friends.

“It was a huge thing for Pine Medical Center to take on Ali’s case. I am so grateful to them.” Knowing that the hospital is so close is a huge help,” said Tessa. ♦

EVERY PATIENT/EVERY TIME

Preventing accidents and saving lives

This past June, Pine Medical Center’s (PMC) pharmacy staff adopted a new patient discharge interview policy called *Every patient/Every time*. This new policy was designed to prevent accidental medication reactions by opening the lines of communication between the pharmacist, the primary care provider and the patient.

Every patient/Every time involves a pharmacist sitting at a patient’s bedside before he or she is discharged from the hospital. The pharmacist and the patient discuss all the medications and dosages the patient was taking when he or she came into the hospital, as well as those the patient will need to take when discharged.

The process is relaxed and unhurried. The pharmacist asks basic questions about how, when and what medications the patient takes at home.

“Asking these questions gives us insight into how patients really take their medication,” said Jim Koppen, pharmacist at PMC.

“The interview process also gives patients plenty of time to discuss other information on their chart with us, as well as their plan for treatment.”

The medications needed, correct dosages and results from the interview are given to the patient and passed to the patient’s primary care provider.

“Physicians have reacted very positively to the process,” said Koppen. “Since we began in June, we have uncovered many potential hazardous situations that were diffused by a simple interview. We were so amazed at the quantity of potential medication errors we found through this process, that we started to collect data on our findings.”

If the pharmacist doesn’t get the answer they need from the interview process, they will investigate until they find the required information. They will call pharmacies, clinics, physicians, and family, if need be, to get an answer. Their goal is to have everyone—patient, pharmacist, primary care provider and family—on the same page.

“Patients are very appreciative of our sincere concern for safety and accuracy,” said Koppen. “They feel the process gives them a true voice in their care and gives their primary care provider more than just a list of medications to follow.” ♦



Looking to the future

NEW HOSPITAL BEING STUDIED

Pine Medical Center (PMC) has served this region well since 1946. However, the current facility does not allow PMC to move forward, or to offer the area the newest medical technologies and services.

For that reason, a committee of local residents and representatives from PMC, SMDC Health System and Gateway Family Health Clinic are working on a detailed financial feasibility study to consider a plan to build a new hospital in Sandstone.

According to Pine Medical Center Administrator Tim Zwickey, the study, which looks at the healthcare needs and characteristics of the patients PMC serves, is now complete.

"The focus is now shifting to the financial portion of the study," said Zwickey.

Data is currently being collected on how much the community is using our facility. Increased community support of local health-care services will be needed to make a new facility a reality."

The results of the study will be used to make a decision whether or not to proceed with the project. The financial piece of the study should be completed in the Spring of 2008.

"Our responsibility has been, and will always remain, the healthcare needs of the people of this region," said Zwickey. "A new hospital in Sandstone will guarantee that we will be able to continue to deliver quality healthcare services locally well into the future." ♦

More exciting news

Pine Medical Center and the physicians at Gateway Family Health Clinic are currently working out details on a plan that will redefine their relationship and enhance the care being delivered to patients in our area. According to Zwickey, particulars are close to being finalized.

"I am proud to say we will be able to share some very exciting news in our next newsletter," said Zwickey. ♦



Packing it all in safely

School has been in session for a while and kids have been toting heavy books, lunches and supplies from home to school every day for a few months. In order to avoid back and neck injuries that can be caused by routinely hauling bulky backpacks, we recommend following these backpack safety tips:

- Choose a backpack with wide, padded shoulder straps and a padded back.
- Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the

center of the back. The backpack should never weigh more than 10 to 15 percent of the student's body weight.

- Always use both shoulder straps. Slings a backpack over one shoulder can strain muscles.
- Consider a rolling backpack. This type of backpack may be a good choice if your child must tote a heavy load. Remember that rolling backpacks still must be carried up stairs, and they may be difficult to roll in snow. ♦

Breathe easy

We're tobacco free inside and out

Pine Medical Center (PMC) is now a tobacco-free campus. This past year, the Minnesota Hospital Association passed a resolution asking all healthcare organizations to become smoke free. As a result, PMC went tobacco free on July 1, 2007.

Our new tobacco-free policy prohibits smoking on or near our campus. This includes all parking and public areas. Pine County's smoking ordinance prohibits smoking on public property within 60 feet of a public building. In order to comply with our tobacco-free policy and the county's ordinance, we ask that you refrain from smoking while you are at PMC. And, out of respect for our neighbors, we ask that you not smoke on their property as well.

We are pleased that patients and visitors can now enjoy healthier air while they are at PMC. ♦

New look, new feel



Registered dietitian Marita Haberman and resident Leroy Dobosinski

Residents of the Pine Medical Center Health Care Center are now enjoying a new restaurant-feel dining experience. Features include tablecloths and place settings, beverages before the meal, being able to select from a list of items being served that day, and the opportunity to invite a friend to dine with you. ♦



Pine Medical Center

An affiliate of SMDC Health System

The soul and science of healing.

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