

# thrive

Pender Community Hospital | Summer 2019

STRONGER  
TOGETHER

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# From the CEO

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Dear Readers,

As we wind down on summer and look ahead to fall, we prepare for new routines and old traditions – the start of a new school year, apple picking and, of course, plenty of football watching!

Just as fall represents a season of change, there are also some exciting changes happening at Pender Community Hospital.

We now offer robotic-assisted surgery to our list of services. Pender is the first critical access hospital in Nebraska to offer this technology. Patients can expect a minimally invasive procedure with unprecedented results.

Another positive change is adding more offerings and providers to our women's health team here at Pender Community Hospital. This issue highlights a new family practice doctor, a better way to deal with urinary incontinence, and the use of robotic-assisted surgery for hysterectomies. We are constantly striving for excellence with the goal to always be the top women's health destination in the area.

There are more big changes coming to Pender Community Hospital soon so stay tuned! We are rolling out a fresh new name and look this fall. With every new change we make, our commitment to our community and same level of care will always remain at its highest.

And, as always, none of this could be possible without our dedicated and determined staff. In this issue, we also celebrate the employees who have served Pender Community Hospital and our community itself for a remarkable number of years.

I invite you to peruse this inaugural edition of Thrive. Please enjoy learning about all the wonderful and exciting things we have to offer.

Yours in good health,

**MELISSA KELLY**

CEO





## HAPPY ANNIVERSARY!

We value each and every employee who makes Pender Community Hospital such a great place to work and receive care. This issue, we would like to recognize those with stand-out years of service.

## 25 YEARS!

*L to R: Dana French, Staci Beutler, Debra Hansen, Julie Stewart*

### ▶ **Staci Beutler**

Staci is a dedicated and loyal employee with a sterling reputation. For all the years Staci has been in her role as lead mammography technologist, PCH has never had a deficiency from the FDA. She is the wife of Rick and mother of Emma and Lilly. Staci's colleagues consider her a joy to work with.

### ▶ **Dana French**

The word that best sums up Dana French? "Loyal." That trait makes Dana invaluable in her health information management role. Dana is an expert in protecting patient privacy and obtained her coding certification in 2016. For family, friends and PCH, Dana always says she is just a phone call away. She also volunteers for Meals on Wheels, Thriftique, and can be counted on when it's parade time.

### ▶ **Julie Stewart**

Over the past 25 years, Julie Stewart's love for nursing, the community and Pender Community Hospital has shined through everything she does. She speaks with great pride about the people she has cared for and they speak lovingly of her care and compassion. She has had many roles over the years, working on the patient care floor, surgery, and outpatient clinic before settling at Pender Medical Clinic. Throughout her career, her colleagues say, Julie has given her whole heart to provide great patient care and to support the Pender Hospital family.

## 45 YEARS!



### ▶ **Debra Hansen**

Debra Hansen is celebrating her "sapphire" anniversary this year, having served Pender Community Hospital for 45 years. We congratulate this gem of a woman who is a jewel in the PCH crown. Debra works with great personal integrity: She always does what she feels is right. She loves rabbits, will share stories with anyone, and volunteers for the Cuming County Fair every year. As healthcare has changed throughout the past 45 years, Debra has grown and adapted, meeting these challenges with grace and goodwill.

# Stronger Together

NEW OFFERINGS AND PROVIDERS MAKE **WOMEN'S HEALTH** AT PENDER COMMUNITY HOSPITAL BETTER THAN EVER

1

## ROBOTIC-ASSISTED HYSTERECTOMY AVAILABLE AT PCH

When it's time for a hysterectomy, a lot of things go through your mind. It's a deeply personal decision and you want to know you're making the best choice. That's why Pender Community Hospital is pleased to offer robotic-assisted hysterectomy with our new da Vinci surgical system.

Robotic-assisted hysterectomy offers many advantages. A major one, says Dr. Rena Kazos, is the mobility that the da Vinci system offers.

"The robotic laparoscopic instruments can move 360 degrees, in the same manner that your wrist moves on your arms," she explains. "Imagine trying to accomplish something without wrists, like your arms are just straight with no bend and no joints. It's much easier when you can move the instruments in the same manner as your hands would in an open surgical case."

This is a benefit to patients, as well, says Dr. Kazos, because she can be more responsive to special

circumstances such as C-section scars, adhesions, and uterine fibroids.

Patients also benefit from the smaller incisions required for robotic-assisted hysterectomy. That makes for less scarring, less pain, and a quicker recovery time. As a consequence of this, patients often do not need to turn to opioids for pain. Additionally, recovery time is quicker with robotic-assisted surgery than would be the case with traditional open hysterectomy.

Perhaps the biggest benefit, however, is that the surgery is available right here at home. "It's always nice to have surgery closer to where you live so that you have family support and convenience while you recover," says Dr. Kazos.



To learn more about robotic-assisted surgery, please visit [pendercommunityhospital.com](http://pendercommunityhospital.com). You can also schedule an appointment for a consultation, please call **402-385-4090**.

## 2

## A WARM WELCOME HOME: NEBRASKA NATIVE RETURNS TO ROOTS



Dr. Ashley Tiaht is thrilled to be back in Nebraska. “I grew up in Laurel, Nebraska, so coming here to Pender is like coming home for me,” she says. “My husband and I wanted to raise our boys in a small community, so this is ideal.”

Dr. Tiaht and her husband have two boys, ages one and two, and two dogs. And although she is new to the family practice clinic here, hospital staff will recognize Dr. Tiaht. “I’ve been working in the ER here for a few years,” she says. “And now I’m so glad to be a family practice provider. The group here is just phenomenal.”

Dr. Tiaht is particularly interested in women’s health, especially since in rural health, it’s often a challenge to find providers with OB capabilities. That’s not the case at Pender, thanks to a robust women’s health team, including Dr. Tiaht.

“I received as much training in OB as possible,” says Dr. Tiaht, who can deliver babies and perform C-sections. As far as general women’s health, Dr. Tiaht has this piece of advice: “Take it one day at a time. Set simple, realistic goals.” She says that people have more success with small, incremental changes rather than a dramatic overhaul of diet or lifestyle. Additionally, Dr. Tiaht urges women to get regular checkups and screenings. “I’d rather catch it earlier and address the problem sooner rather than later,” she says. “If we wait, it’s harder to treat and harder for the patient.”

Another benefit of getting regular checkups is that it helps a patient establish a relationship with her provider. “My style is pretty easygoing,” says Dr. Tiaht. “It’s important for me to have a good relationship with my patients. After all, patients have to like their doctor and get to know them for the relationship to work.”

Dr. Tiaht is looking forward to forming new relationships with her patients at Pender. To schedule an appointment, please call **402-385-3033**.

## 3

## URINARY INCONTINENCE— SOLVED



Let’s face it, if you’re over a certain age or have delivered a child, chances are you experience a little bit of urinary incontinence now and then. A laugh, a sneeze, or helping the kids haul boxes out of their dorm rooms, these all might trigger a leak. If you’re tired of experiencing this, physical therapy from PCH can help.

“There are two types of incontinence,” says Justine Sebade, PT, DPT. “So the treatment depends on which kind you have: stress or urge. Often women present with both. When this is the case, the patient can expect to strengthen and normalize the tissue in her pelvic floor, abdominals and low back as the whole region works together. Just like your biceps and triceps, you can’t use one muscle without affecting the surrounding muscles and when one is not functioning properly, the other muscles are affected. We help to change that.”

Justine says that the patient can expect to be guided through a progressive plan of care that is case dependent. “There will be a biofeedback monitor that can detect muscle contractions to provide the patient with real time feedback on her ability to complete a pelvic floor contraction. She can also expect to have an open question and answer session as the conditions related to the pelvic floor can affect quality of life.”

For those who might feel embarrassed about their incontinence, Justine says there’s no need: “Incontinence is extremely common: Whether it is the female runner who starts to leak 2 miles into a run, the woman who just had a baby, or the 73-year-old who crosses her legs every time she laughs, I want women to know that there are simple solutions to these problems. Don’t be embarrassed! The lady sitting next to you is probably experiencing the same thing.”

Have questions about urinary incontinence? Schedule an appointment for a consultation, by calling **402-385-4026**.



*Dr. Mark Abraham and team*

# HUMAN INTUITION, ROBOTIC PRECISION

ROBOTIC GENERAL SURGERY NOW AT PENDER COMMUNITY HOSPITAL

**Dr. Mark Abraham** is no stranger to surgery—he’s been doing general surgery for five years—and he’s no stranger to robotic surgery, either. After all, he has been performing surgery with the aid of robots for over two years now. What is new to him is the presence of sophisticated robotic technology right here at Pender Community Hospital.

“Pender is the first critical access hospital in Nebraska to offer this,” says Dr. Abraham. “Pender’s position as a small town hospital with big city technology is almost unheard of. Patients here get both personal care and top of the line technology.”

## WHAT IS ROBOTIC-ASSISTED SURGERY?

Although it might sound like the stuff of 50s-era science fiction movies, robotic-assisted surgery is really quite simple.

“The way I explain it is that I’m still the one leading all the decisions and the surgery,” says Dr. Abraham. “The surgery robot is really just a tool that helps me do better. I’m still in control, and the robot itself doesn’t do anything. It’s more like an extension of my hands, allowing me to perform better and more precisely.”

## WHY CHOOSE ROBOTIC-ASSISTED SURGERY?

In addition to the benefits robotic-assisted surgery bring to surgeons (it’s more ergonomically friendly and allows them greater precision, thanks to a “wristed” movement that the robot provides), patient outcomes are greatly improved with robotic surgery.

“Patients can expect a minimally invasive procedure. They will have smaller incisions, smaller scars, experience less pain, and will have generally quicker healing times than with traditional surgery,” says Dr. Abraham.

## PROCEDURES AVAILABLE AT PENDER

A brief list of robotic-assisted general surgery procedures at Pender includes hernia repair, colon surgery, gallbladder surgery, and other abdominal surgeries. But Dr. Abraham knows the list doesn’t stop there.

**“HAVING THE CAPABILITY AT PENDER BRINGS A LOT MORE OPTIONS TO THE PEOPLE IN THIS COMMUNITY. THIS IS JUST THE BEGINNING OF WHAT WE CAN DO HERE.”**

To learn more or schedule an appointment, call **402-385-4090**.



# A BRIGHT FUTURE: 2019 scholarship winners announced

**Pender Community Hospital Foundation** is pleased to assist financially in furthering the education of community members planning healthcare careers. Congratulations to this year's recipients.

## **TRACEY NEUMANN**

*Recipient of the Trisha Kinnaman Scholarship*

It's Tracey's first semester as a graduate student, but she's already looking forward to her career as a speech language pathologist.

"In speech-language pathology, you make a difference in the life of every patient you help by improving his or her communication skills," she says. "I have had the opportunity to work in this field with students in a school setting. I am pursuing my master's degree because I want to make a difference in these children's lives."

Tracey plans to continue to work with children either in a school setting or a pediatric clinic.

## **MEGAN BORG**

*Gloria Vollers Memorial Scholarship*

Having completed her associate's degree in science, Megan Borg is ready for her next challenge. In the fall, she will be attending University of Nebraska Medical Center in Norfolk to complete her bachelor's degree in nursing.

"The residents and patients I work with now provide tremendous job satisfaction and remind me what an impact I can make personally."

Upon graduation, Megan plans to work in the NICU or on the OB floor. She is also interested in becoming a traveling nurse.

## **KIA LIERMANN**

*Justin J. Slama Memorial Scholarship*

Kia Liermann always knew that she wanted to go into medicine. "I always knew that I belonged in the healthcare field, but I never knew what exactly I wanted to do," she says. "Then during high school, I shadowed at a local hospital and fell in love with surgeries."

Kia is currently a CNA and will be a sophomore at Bryan College of Health Science in the fall. She is studying biomedical sciences and plans to continue to medical school.

"I love getting to learn new things about the human body and then later getting to see them firsthand through working as a CNA," she says. "After I finish school, I hope to return to a rural area and work as an orthopedic surgeon."

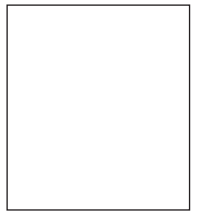
## **ANNE BEUNE**

*Merlin Brondum Memorial Scholarship*

Anne Beune is on the fast-track: she is currently enrolled in the accelerated nursing program at South Dakota State University in Sioux Falls and will complete her first degree at Concordia University in Seward, NE with a bachelor's degree in biology.

"I have always been interested in nursing since kindergarten," she says. "The idea of helping people get better in the hospital was very appealing to me."

In high school, Anne obtained her CNA license and started working at the Wisner Care Center just prior to her senior year. It was through that experience that she learned nursing was definitely the career route for her and she hopes to eventually end up working in rural healthcare.



**OPENING  
OCTOBER 2!**

**EMERSON MEDICAL  
CLINIC & PHARMACY**

1003 South Main Street  
Emerson, NE

We are excited to announce the opening of the **Emerson Medical Clinic & Apothecary Shop**, in a brand new building with enhanced services. Expanded features include:

- Convenient drive-through pharmacy
- Wide selection of over-the-counter medications
- X-ray capabilities
- Dedicated procedure room