

thrive

Pender Community Hospital and Medical Clinics



FEELING GOOD
THANKS TO
PCH'S SWING
BED PROGRAM
PG. 4

From our interim CEO



Hello Readers,

Happy spring! We have a lot to look forward to in the next few months, and we thank you for reading our first 2022 edition of Thrive, our community magazine. I'm excited to share some exciting highlights from our year so far:

First, we're taking a peek at our recently rebranded OB department – and the amazing nursing staff that works there. At Pender Community Hospital, you'll find modern and spa-like birthing suites to create a more relaxing environment for mom and baby. Our robust OB department delivers more than 100 babies each year – tiny beginnings really do happen here!

Our next story highlights PCH's successful Swing Bed Program; we're featuring a piece about how one patient's wrong turn landed her in the right spot: Working with our fabulous rehab team from the convenience of her swing bed.

This issue also contains a feature story about the importance of staying up to date on your children's well-child visits and vaccine schedule – two key ways to keep your kids healthy and safe. Dr. Matt Timm, one of our primary care providers, explains that keeping kids in top shape is a collaborative effort between parents and providers.

We also have some great news to share: Pender Medical Clinics was named a 2021 Guardian of Excellence Award® winner by Press Ganey, which recognized the clinics as a top-performing healthcare organization, achieving the 95th percentile or above for performance in patient experience. Presented annually, the award applauds hospitals and health systems that consistently sustained performance in the top 5% of all Press Ganey clients.

Finally, we're excited to welcome to our orthopedic surgery team Dr. Justin Deans, who specializes in hip and knee replacement surgery.

Be sure to take a look at our back cover for a list of all of PCH's generous donors – we couldn't do it without their support!

Please enjoy this edition of Thrive and thank you for trusting us to be your healthcare partner.

Yours in good health,

SHANE SCHUSTER

Interim Chief Executive Officer





Pender Community Hospital’s smallest patients receive excellent care, thanks to our fabulous group of nurses on the OB team.

With more than 60 years of combined labor and delivery experience, the seven nurses who make up the OB nursing team take a lot of pride in providing families with tender loving care throughout their birthing experience.

“I think our patients enjoy the staff and how caring and helpful everyone is,” explained Shannan Johnson, one of the department coordinators. “We have the knowledge to care for patients, just like the large hospitals, but we have more time to spend teaching and caring for moms and their newborns.”

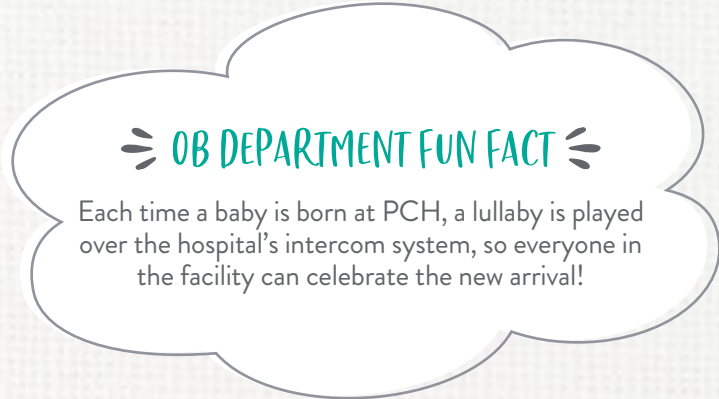
The extra TLC doesn’t go unnoticed by the patients. “The best compliment we receive is how compassionate we are,” added OB Coordinator Bethany Sedivy. “We take these moms under our wings and continue to help them even when they are at home – through phone calls, or follow up visits for nursing assistance. They feel well cared for throughout the whole experience, not just during their hospital stay. “We love seeing families bond because of a new baby, and we work hard to be their biggest champions while they learn all the new things that parenthood brings,” said Sedivy.

Johnson and Sedivy said that their lifelong love of babies is what drew each of them to the OB team, and both agree that labor and delivery were their favorite clinical rotations. “I have always loved babies, ever since I was little,” said Sedivy. “Labor and delivery in nursing school was my favorite rotation – and I excelled in this area, I think because I have a passion for it!”

OUR OB NURSING TEAM

PICTURED LEFT TO RIGHT:
 CHELSEY RABE, RN
 ABBY MALMBERG, RN, CLC
 OB COORDINATOR BETHANY SEDIVY, RN
 OB COORDINATOR SHANNAN JOHNSON, RN, CLC
 KATE NELSON, RN
 LEAH SJUTS, RN
 NOT PICTURED: MOLLY HANSEN, RN

In addition, Johnson, who is one of the department’s certified lactation counselors, added that “I am also a big breastfeeding advocate, and I love supporting moms who are breastfeeding – or pumping and feeding – and being there for them when they need it.”



With more than 100 babies born each year at PCH, it’s a great place to give birth close to home!



Feeling Good | DOWN TO HER TOES

THANKS TO PCH'S SWING BED PROGRAM

An unfortunate wrong turn landed Maureen* in the right place.

In January, Maureen became a patient in Pender Community Hospital's swing bed program after an unexpected fall at her home following knee surgery.

When a patient doesn't need acute care, but would benefit from skilled care services that cannot be easily given in the patient's home, a hospital swing bed program is often the best fit.

"The night after surgery, I fell and broke my foot," said Maureen, explaining that the broken foot is on the same leg as her recent knee surgery. "I had gone to bed, woken up, got up, came around the corner, got lightheaded, passed out and twisted it just right."

Maureen said that she didn't immediately realize that her foot was broken – in fact, it took an X-ray several days after the spill to determine that the injury was more than just a little swelling, as she had first thought: She had a fifth metatarsal fracture, which is a break in the bone connecting the ankle to the pinky toe.

"My knee is all healed up – I didn't have a speck of trouble with that," said Maureen, who had already had surgery on her other knee and was expecting this second recovery to be as uneventful as the first.

Instead, she spent about a week in the PCH's swing bed program because the broken foot was a non-weight bearing injury, and yet she needed to continue to rehabilitate her

knee – while also figuring out how to adapt to not being able to put any weight on her broken foot.

“It was so convenient, being right there; they’d just come get me twice a day,” Maureen says about PCH’s swing bed program. “I didn’t have to worry about falling again – and I didn’t want to put my husband through that. My house – like most people’s – wasn’t really set up for a walker, so the swing bed made it an even better situation, especially at first.

“THE THERAPISTS ARE WONDERFUL. THEY WERE SO PATIENT WITH ME; THEY REALIZED WHAT I HAD JUST GONE THROUGH. THEY ARE JUST REALLY NICE, NICE PEOPLE.”

– MAUREEN, SWING BED PATIENT

“I was just glad I was there, and to get going on it, and how to do things rather than trying to figure out everything on my own. I started with physical therapy, and then some occupational therapy to strengthen my arms and upper body to use the walker because I couldn’t put any weight on my foot until at least the end of March.”

PCH’s rehab services team, which consists of physical, occupational and speech therapists, praised Maureen’s flexibility when it came to her physical and occupational therapy, especially because of the challenge posed by her broken foot.

“I’ve done this for 35 years, and I’ve never had that complication on a routine knee surgery before,” said Rehab Services Director Roger Svec, PT. “When she broke her foot, and then had to be non-weight bearing, that stretched out her rehab. But she was trooper – she was patient, and that’s not easy for everybody to do.”

Maureen said she felt the same admiration for the rehab services staff: “The therapists are wonderful. They were so patient with me; they realized what I had just gone through, and anything I needed or any questions I had, they were more than willing to help me get through this. They are just really nice, nice people.”

PCH occupational therapist Haley Haymart added: “She did really well – we did a lot of brainstorming about how to transition her home, and how to be safe at home. Our job was decreasing some of that anxiety for her: If patients can do it here, they’re going to be more successful at home.”

*Patient has opted to use only her first name for this story.



THE INS AND OUTS OF A SWING BED

Although swing bed programs have been in use in rural hospitals since the 1980s, many people aren’t familiar with the term – until they find themselves in need of one.

A hospital swing bed program allows patients who don’t need active, short-term treatment to remain at the hospital and receive care. This can be beneficial after a major illness, surgery, or injury as skilled nursing care often complements rehabilitation services. Skilled nursing care is performed by licensed nurses and is only offered in certified locations such as hospitals, assisted living communities, or nursing homes.

As part of PCH’s swing bed program, patients can receive skilled care when they:

- are recovering from a major illness or surgery
- need intravenous (IV) medications or IV pain management
- have complex nutritional therapy needs
- require intensive physical, occupational or speech therapy that can’t be safely completed as an outpatient
- experience complex wound care

Patients may be referred to a swing bed program if their diagnoses include:

- Heart attack
- Stroke
- Heart failure
- Chronic obstructive pulmonary disease (COPD)
- Severe infection
- Post major illness or surgery with complications

Vaccines Work: Here's How

Immunity is the body's way of preventing disease, and vaccines are the best way to reduce risk of infection because they work with your child's natural defenses to safely build up immunity.

Here's how vaccines work: They use tiny amounts of antigens (foreign matter that stimulates an immune response) to help your child's immune system learn to combat diseases.

Why vaccines are safe: The FDA oversees extensive lab testing of vaccines before they are given to people; this testing takes several years to make sure vaccines are both safe and effective. After testing in the lab, clinical studies (testing on people) take several more years. Even after they are licensed, several organizations, including the FDA, CDC, and National Institutes of Health (NIH), regularly monitor all vaccines and investigate any potential safety concerns.

CDC Vaccine Information Statements (VISs) explain both the benefits and risks of vaccines and are available for every vaccine. For more information about when to vaccinate your child, visit [cdc.gov/vaccines/schedules](https://www.cdc.gov/vaccines/schedules)



DR. MATT TIMM

WELL-CHILD VISITS are Key to Kids' Good Health

A well-child visit might sound counterintuitive to a lot of parents; after all, people go to the doctor when they're sick – not when they're well – right?

But well-child visits are one of the best ways to keep your child healthy because they help you and your provider stay on top of your child's development and growth; it's also a great way to keep your child's vaccines up to date.

More good news: Most health insurance plans fully cover these visits!

"Parents and providers have the same goal: Keeping kids healthy, safe and happy, and well-child visits are a great way for all of us to give kids the care they need," explains Dr. Matt Timm, one of PCH's primary care providers.

Most providers recommend scheduling a well-child visit at:

- 12 months old
- 15 months old
- 18 months old
- 24 months old
- 30 months old
- 3 years old
- 4 years old

How Often Does My Child Need a Well-Child Visit?

The typical well-child visit schedule is seven appointments between ages one and four, and then annually after that (kids have more visits in those early years because they grow so fast during that time!).

What Happens at a Well-Child Visit?

At a well-child visit, your child's provider will do a physical exam and update your child's medical history. The physical exam will include checking your child's height, weight, blood pressure, vision and overall body.

You'll also discuss your child's vaccine schedule and ask questions about any concerns.

What Should I Ask My Child's Doctor at a Well-Child Visit?

This is a great opportunity to ask your child's provider questions; remember to write down your questions before your scheduled visit. Typical questions might include ones about:

- Sleeping or eating habits
- Sibling rivalry
- Getting enough physical activity
- Age-appropriate discipline
- Screen time

This is also a great time to ask about how to get in touch when the office is closed during the evening or on weekends.

This project was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number G29RH43460-01-01, Rural Health Clinic Vaccine Confidence Program for the amount of \$198,116 grant amount with 0% percentage financed with nongovernmental sources. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.



PCH Welcomes New Hip Replacement Specialist

Dr. Justin Deans Joins Orthopedic Staff

PCH is excited to welcome orthopedic surgeon Dr. Justin Deans to our skilled surgical team!

Dr. Deans is board-eligible with the American Osteopathic Board of Orthopedic Surgery, and is licensed in Iowa, Nebraska, and South Dakota.

Dr. Deans specializes in hip and knee replacement procedures, and provides comprehensive care for your entire family – from your initial evaluation through your complete rehabilitation. In particular, his practice focuses on minimally invasive anterior hip replacement, which does not require cutting tissues or detaching tendons, leading to less pain and faster recovery times.

After finishing his medical degree at Touro University Nevada, Dr. Deans completed an orthopedic surgery internship, and is fellowship trained in adult reconstruction and joint replacement surgery.

“

HERE'S WHAT PATIENTS ARE SAYING ABOUT OUR LATEST ORTHOPEDIC TEAM MEMBER:

“Dr. Deans is so down-to-earth, warm, and with a positive attitude in taking care of me...new patients will love his ability to make them feel like they're in very good hands.”

Among the services our orthopedic department offers are:

- State-of-the-art CT and MRI imaging
- Knee pain management,
- Knee scopes
- carpal tunnel surgeries
- minimally invasive shoulder procedures
- hip and knee joint replacement

Call **402-385-4090** to schedule a consultation with Dr. Deans or learn more at pchne.org/GetMoving.



Pender Medical Clinics Receive Prestigious Award

Press Ganey Honors Clinics for Providing Outstanding Patient Experience

As a top-performing healthcare organization, Pender Medical Clinics received the 2021 Guardian of Excellence Award for ranking in the 95th percentile or higher for performance in patient experience.

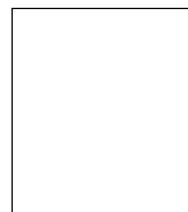
“We are so pleased to receive this prestigious award that recognizes the steadfast commitment our providers, nurses and staff have to our patients

and our community,” said Shane Schuster, Pender Community Hospital interim CEO. “It’s a true honor to be chosen and we are grateful to receive this award recognizing our efforts.”

Director of Rural Health Clinics Lori Minert added: “Our team members care deeply about every patient, so it’s wonderful that their hard work and talent have been recognized with this patient experience award. We are fortunate to have our staff and

providers at Pender Medical Clinic and its satellites.”

The Press Ganey Guardian of Excellence Award is a preeminent, competitive achievement for leading healthcare organizations. Presented annually, the award applauds hospitals and health systems that consistently sustained performance in the top 5% of all Press Ganey clients. Press Ganey is the national leader in healthcare consumer and workforce engagement.



Thank You Donors!

The Pender Community Health Care Foundation would like to thank all of the donors who generously contributed in 2021.

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Janice Weborg

The Foundation was formed to encourage people, businesses, groups and other organizations within the community to give back to the hospital and residents of the Pender Community Hospital District through charitable donations. The foundation accepts, administers, and distributes these donations to different PCHD initiatives.