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“Burn” Medical Training to be Offered

This past summer, natural gas ignited during drilling operations at an oil well in western North Dakota, starting a fire that severely burned two men, injured another and continued to burn for at least a week before it was brought under control.

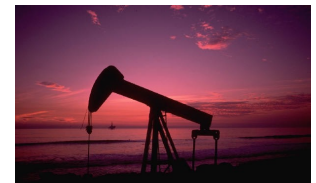
With the continued expansion of the oil industry in our area, the possibility of more gas and oil fires is evident, and health care providers and emergency responders need to be ready to treat the victims when this occurs.

Burn training is a course for physicians, mid-level providers, nurses, therapists and paramedics that provide guidelines in the assessment and management of the burn patient during the first 24 hours post injury.

SMC and Mercer County Ambulance, in conjunction with Regions Hospital Burn Center from St. Paul, MN, are partnering to bring this much needed training to Mercer County and the surrounding area through a grant obtained from the UND Center for Rural Health.

We are including an open invitation to emergency responders and providers within our surrounding area to participate as well.

The exact date for the training has not yet been scheduled, but it most likely will be in the Spring of 2012. For more information regarding the training opportunity, please contact Marcie Schulz, Director of Patient Care, at 748-7287.



2011 EMPLOYEES OF THE MONTH

- June
Barb Rathjen
- July
Miranda Donovan
- August
Verna Baker
- September
Julie Grossman
- October
Marcy Knoell
- November
Vicki Erhardt

Highlights of the Hazen Memorial Hospital Association Annual Meeting

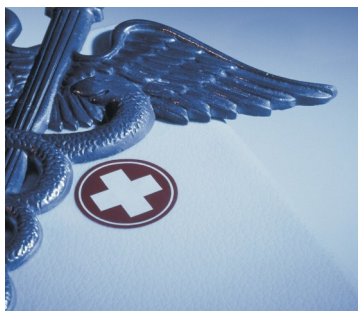
The Hazen Memorial Hospital Association held their annual meeting on Thursday, October 27th at Hazen City Hall. Approximately 85 people attended the meeting and participated in the evening events. Along with conducting the annual business meeting, partici-

pants enjoyed a delicious

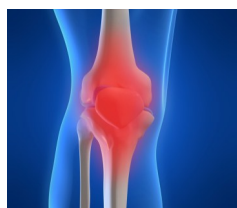


BSC nursing students provided blood pressure screenings for those attending the meeting.

meal of baked chicken and rice pilaf served by the Hazen Highlights. There was blood pressure screening provided by the BSC nursing students, and educational information on Advance Directives, and new and updated information regarding stroke prevention and treatment.



Pain Relief Available for Chronic Pain....



Pain Management Service Now Offered at SMC...

Do you have low back pain, herniated disc, sciatic pain, tennis elbow, golfers elbow, trigger or tender points, shingles, carpal tunnel syndrome or perhaps chronic worsening pain in your knee, hip or shoulder joint?

Then you may benefit from this new service.

EPIDURAL STEROID INJECTION

Epidural Steroid Injections (ESI's) are techniques where an anti-inflammatory medicine (steroid) is deposited into the epidural space. When the pressure and irritation is removed from the nerve root, the nerve is re-

lieved and the pain lessens or even goes away. An epidural steroid injection does not correct the pre-existing medical problem. However, it may decrease your level of pain while increasing your level of physical activity.

Risks for the procedure are low. This is the same technique and physical space used for "labor epidurals" for moms in childbirth .

The success of an epidural steroid injection depends upon a number of factors: the cause of the nerve root irritation, how long you have had the symptoms and/or your physical body weight.

EXCLUSIONS/EXCEPTIONS

Epidural Steroid Injection cannot be done if there is a recent joint replacement, active infection, flu, cold, fever, or very high blood pressure. If you are on blood thinners, you will need to have your medical provider temporarily stop them prior to the injection (Coumadin & Warfarin - 5 days; Plavix & Heparin -7 days).

If you feel you may benefit from this service, please contact your medical provider or physician and ask if they think that this procedure may help you.

Hospital Auxiliary - Ready For The Holidays

The dedicated volunteers of the SMC Auxiliary help keep the hospital a vital part of our community!



October 2011 Auxiliary Meeting "Celebrating 64 Years of Caring"

The Hospital Auxiliary celebrated its 64th birthday this October and continues to promote the mission of the organization which is to support the Hazen Memorial Hospital Association in community outreach through our fundraisers, as well as being individual ambassadors for the hospital and Senior Suites.

Right now, our focus is on the "Love Light Tree" project. A large tree in front of the hospital is decorated in colorful lights in honor of and in memory of loved ones. Anyone who wishes to take part can purchase

one light or more for the tree. The names are posted in the hospital lobby and also are printed in the Hazen Star and Beulah Beacon. Names are accepted until Christmas time although the tree is decorated earlier by Roughrider Electric who generously donates their time and use of equipment to reach the tall branches.

We are still selling tickets for the beautiful hand made quilt which will be given away at the Turkey Dinner on April 15, 2012. Any member may be contacted to purchase tickets, or you

can call the Volunteer Coordinator, Shauna, at 748-7380.

The Auxiliary awarded Mary A. McCord Scholarships of \$500 to Jessica Steffan, Brendan Boe, Miranda Donovan and Brenna Johansen. Each year we are able to award scholarships to individuals studying in health related fields. The Scholarship created by the Stroup family is administered by the Hospital Auxiliary. Anyone interested in applying can contact any Auxiliary member.

P.A.D. Testing Available at SMC

Peripheral Arterial Disease (P.A.D.) is a serious disease. One in 20 Americans over the age of 50 has P.A.D. It occurs when arteries in the legs become clogged with fatty deposits or plaque. When the arteries in the legs are clogged, blood flow to the legs and feet is reduced.

Most people with P.A.D. do not have obvious symptoms. For some people, the first sign of P.A.D. is fatigue, heaviness, tiredness, cramping,

or pain in the leg muscles. This discomfort occurs during activity such as walking and promptly goes away at rest. Many times, people think this pain is just a natural part of aging and do not tell their health care providers. However, leg discomfort can be a sign that the leg arteries are already clogged. Symptoms of more severe cases of P.A.D. include foot or toe pain at rest that often disturbs sleep and sores or wounds on your feet that

are slow to heal.



PADnet+ is a non-invasive diagnostic test that can provide early detection of P.A.D.

To learn more about P.A.D., ask your health care provider to check your risk for P.A.D. and take action today to lower it. Learning about P.A.D. can help you stay active and continue enjoying life.

“Journey To Wellness”

SMC “Journey to Wellness” Committee has been busy.



The committee has initiated some health challenges which have been very successful and

effective in forming personal health habits for employees.

Activity Challenge - winning team is Lacey Johnsrud, Marcy Knoell, Wendy Green, Jen Wolff, Ron Schmitz.

Water Challenge - winner is Wanda Etzel.

Change takes time - never quit trying to live a healthy life style.

We are gearing-up for our 2nd Annual “Know Your Numbers” Health Screening. We had a great response last year and are hoping to increase our numbers this year.

The “Lunch & Learn” sessions have been well attended. Our next session is *“Eating Healthy Over the Holidays”* presented by Jean Langeliers on Wednesday, November 23rd.

Cafeteria vending machines now host “healthy snacks” to choose from.

We ARE making a difference in our employees’ health!

I’ll leave you with this quote I found to be very thought provoking.

“If I would have known that I was going to live this long ... I would have taken better care of myself.” George Burns

To Your Health,
Bert Speidel, RN
Director of Care Management

2011/2012

Hazen Memorial
Hospital Association
Board of Directors

Christie Obenauer,
Hazen

Beverly Huber,
Stanton

Lori Kuschel,
Beulah

Myria Perry, Beulah

Fred Stern, Beulah

Jan Rudolf, Beulah

Mark Gerde, Beulah

Sienna Sailer, Hazen

Employee Wellness Program Highlights



**SAVE THE
DATE!**

**SMC Employee
Recognition Fiesta**

Friday

January 27, 2012

Student Nursing Program Underway in Mercer County

A nursing program that could provide a few more local nurses is now underway at our facility. Sakakawea Medical Center, Coal Country Community Health Center and Knife River Care Center, together host the Dakota Practical Nursing Program, an 11-month course, offered through Bismarck State College. Classes started in August and will run through July. Upon successful completion of the program, students will receive a Certificate in Practical Nursing and be eligible to take the NCLEX-PN exam (nursing boards). Currently, there are six students from around the area in the class.

Students are on campus at SMC four days a week. They receive theory lecture via the Interactive Video Network (IVN) two days a week and the other two days are designated for hands-on-skill work. Clinicals will begin in December and go through completion of the program in July and will be held at multiple facilities, providing the students with the best learning experience possible.



Sakakawea
Medical Center

*There is a place where your generosity can make a difference;
when you can touch individual lives and make a lasting
contribution to the healthcare community.*

Contact the SMC Foundation at 748-7218 for more information.

\$100,000 Surprise!

SMC experienced a big “surprise” during the hottest part of the summer in 2011 when the **1969 CHILLER** decided to take an unexpected mechanical leave-of-absence. Many dollars and many months later, SMC is proud to announce that a new **2011 CHILLER** is installed and has worked perfectly for the few weeks that remained during the summer!



- 1969 Trane Chiller - 7400 lbs. total weight
208 volt - 3 phase -1 compressor that ran 450 lbs. high, 300 lbs. low
2 vent fans and no compressor heaters
Needed 300 lbs. R22 refrigerant
- Ran at Full Capacity at 84°F ambient temperature in order to keep chilled water at 64°F range
 - At 90°F, old chiller ran chilled temperature of approximately 68° to 70°F



- 2011 Trane Chiller- 4200 lbs. total weight
208 volt - 3 phase - 4 compressors
4 vent fans - 2 way VFD controlled fans
4 compressor heaters -1 heat trap heater
Needs only 64 lbs. R410A refrigerant
- Runs at 2/3 capacity at 84°F ambient temperature in order to keep water at 58°F range
 - At 90°F, new chiller runs chilled temperature of exactly 62°F

“We could go on and on with comparisons of *old* vs. *new*, but for now I will just say it is great to have a new friend setting on top of SMC doing what it is designed to do with less effort and more productivity.”

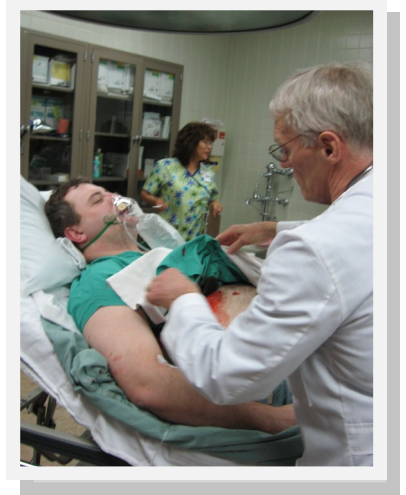
Brent Knaell, Engineering



Level IV Trauma Designation Awarded

Sakakawea Medical Center is pleased to have been designated a Level IV Trauma Center again. On June 3rd, 2011 the North Dakota Department of Health team consisting of Dr. Jeanette Viney, Shelley Arnold, RN and Amy Eberle, RN visited and reviewed our facility. During this survey Sakakawea Medical Center was recognized for their numerous improvements that were made to our trauma program during the past 18 months. Our trauma program is led by Dr. Michael Schmit, with Marcie Schulz, Trauma Coordinator, and Nicole Bruce, Trauma Analyst.

Throughout the past year, our trauma team has focused on educating our staff and surrounding ambulance personnel. For example, last May we coordinated mock trauma drills with Mercer County Ambulance. At this time, three different scenario's were carried out. This training gave nursing staff and ambulance personnel a hands on learning experience. Most recently, four members of our nursing staff were able to attend the North Dakota State Trauma Conference that was held in Bismarck, ND during the month of October. Attending was Lori Hintz, ER/OR Coordinator, Susan Cook, ER RN, Stacy Johnson, ER RN, and Nicole Bruce, RN, Trauma Analyst. Also in attendance were medical provider's Robert Volk, FNP, Dr. Klindworth, Dr. Jackson and Dr. Zimmerman. The two day conference had various physicians from across the state and from Minnesota and South Dakota speak on different trauma cases. This provided very valuable education to our staff. Sakakawea Medical Center continues to strive to provide the best quality care for all trauma patients.



Disaster Drill 5-2-11
Dr. Rodney Zimmerman
assesses patient, Matt Richter,
for injuries.

Electronic Medical Management....soon to go live....

The "super user" committee has been meeting to review all of the new changes to the Electronic Medical Record (EMR) clinical package, which is due to be introduced in February 2012. The clinic staff, medical providers, radiology and laboratory personnel attended a presentation by Tech Time to view the new features of the clinical software package.

Plans are being made for the "super user" group to be fully trained and be able to assist in the training of all staff. There will be many training sessions for all employees to attend to learn the new system before we "go live". While there are a lot of changes, the positive impact will benefit all users and make the system user friendly as all applications will be in one area. *Watch for more updates as we approach the February Go-Live date!*



**Yippee,
We are
Ready!**

It's Not Too Late to Get Your Flu Vaccine

Sakakawea Hazen Clinic - 748-2256

Sakakawea Beulah Clinic - 873-4242



Don't let the flu catch YOU by surprise this season. Be prepared; get vaccinated today!

It is the best way to protect you & your family!



**Sakakawea Hazen Clinic
517 8th Ave NE
Hazen, ND 58545**

Specialists that see patients at Sakakawea Hazen Clinic:

Dr. Hutchens	OB/GYN	Mid-Dakota Clinic
Dr. Carlson	Orthopedist	Bone and Joint Clinic
Dr. Larson	Orthopedist	Bone and Joint Clinic

To make an appointment for any of the visiting specialists, you need to call the clinic listed after their name.



**Sakakawea Beulah Clinic
1101 3rd Ave NW
Beulah, ND 58523**

Specialists that see patients at Sakakawea Beulah Clinic:

Dr. Eshoo	Cardiologist	St. Alexis Heart & Lung Clinic
Dr. Gale	Podiatrist	Dakota Foot & Ankle Clinic
Dr. Olson	Podiatrist	Mid-Dakota Clinic
Dr. Paulo	Pulmonologist	St. Alexis Specialty Clinic
Chuck Motis	Employee Assistance	St. Alexis Medical Center

KNOW WHAT YOUR INSURANCE PLAN WILL PAY FOR AND WHAT IT WILL NOT!

Insurance Requirements for Certain Medical Testing

Due to changes in benefits that insurance companies provide, it has become crucial for patients to check with their health insurance plans to make sure that exams such as **MRI's** and **CAT Scans**, are covered under their policy. It has recently become mandatory with many insurance companies to have these more extensive tests approved **before** the exam is done. **It is the patient's responsibility to know what tests might require pre-authorization.** If the exam is completed without prior approval from the insurance company, the entire fee will be billed directly to the patient. At this time, the two major insurance companies that this does NOT affect, are BCBS and Medicare.

"Quality Health Care Close to Home"



We're on the Web!
www.sakmedcenter.org