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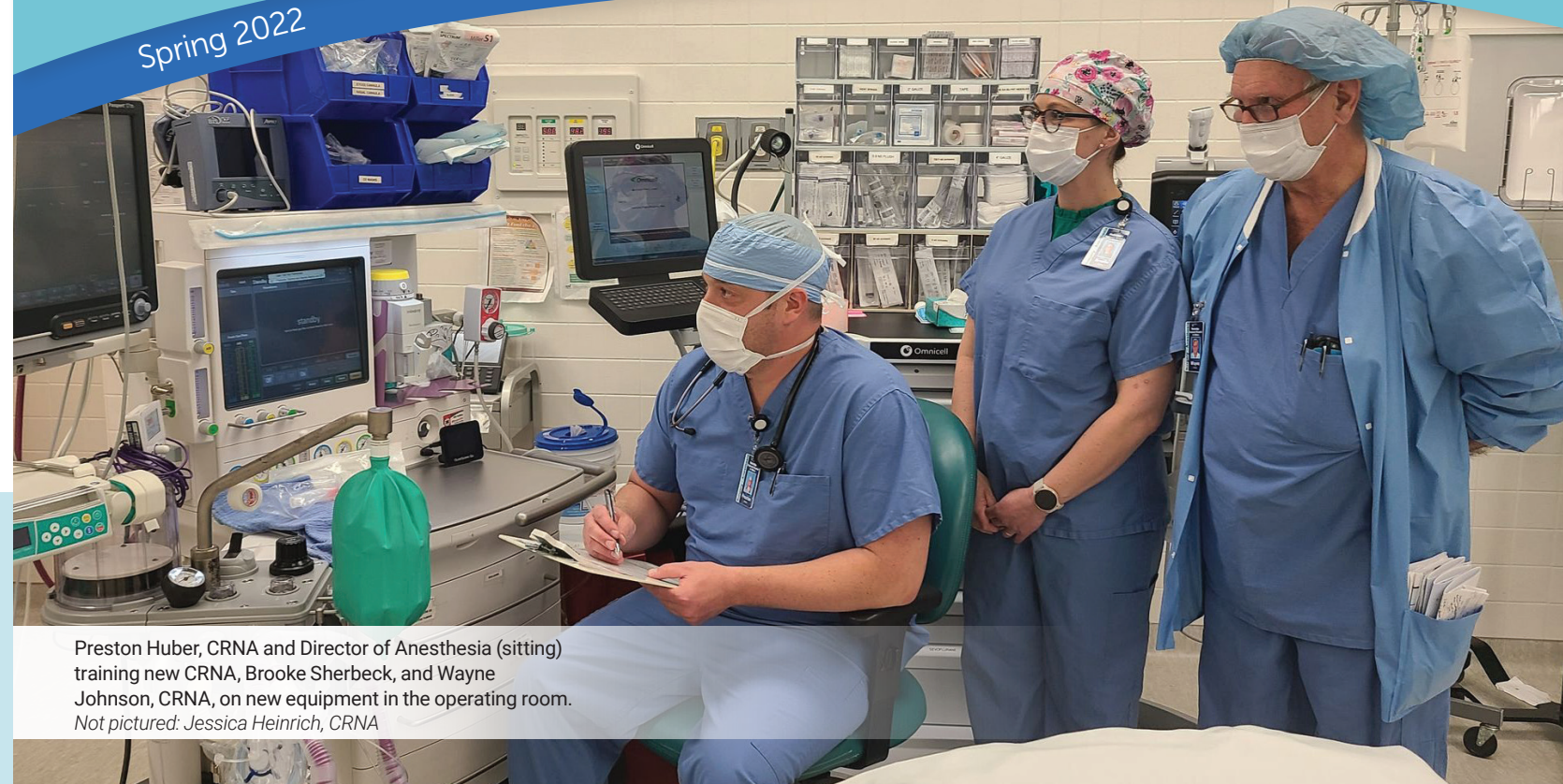
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HEALTH BRIDGE

It's about life, it's about you

Spring 2022



Preston Huber, CRNA and Director of Anesthesia (sitting) training new CRNA, Brooke Sherbeck, and Wayne Johnson, CRNA, on new equipment in the operating room.
Not pictured: Jessica Heinrich, CRNA

UPCOMING EVENTS & CLASSES



Blood Drive
Tuesday, July 12 • 12:15 - 6 p.m.
Family Worship Center • 1708 Grand Crossing

Healthcare Provider CPR Class
May 9, June 6, and July 11 • 1 - 3 p.m.
MRH&C New Education Center

Heartsavers CPR & AED Class
May 16, June 13, and July 18 • 1 - 4 p.m.
MRH&C New Education Center

Senior Yoga
Mondays and Thursdays • 10:30 - 11:00 a.m.

Senior Strength & Balance for Life
Tuesdays and Fridays • 10:30 - 11:00 a.m.

Classes are held at Mobridge Senior Citizen Center. Class times and schedule are subject to change.

Mission:

The mission of Mobridge Regional Hospital & Clinics is to provide high-quality healthcare services in a compassionate and professional manner for people throughout the region.

Vision:

To become one of America's finest rural health providers.

Mobridge Regional Hospital & Clinics does not exclude, deny benefits to, or otherwise discriminate against any person on the basis of race, religion, color, national origin, gender, sexual orientation, age, military status, disability, genetic information, ability to pay, or on any other basis that would be in violation of any applicable federal, state, or local law. For a full non-discrimination statement, visit: mobridgehospital.org/patients-and-visitors/pay-a-bill/non-discrimination-and-privacy-policy.

MRH&C: Putting the OB in Mobridge

2021 Obstetric Statistics at Mobridge Regional Hospital:

- 73 Babies Born
- 16 Cesarean Sections (C-Sections)
- 57 Vaginal Births

OB Services:

- Prenatal Care
- Two Delivery Suites
- Breastfeeding-Friendly and Formula-Friendly Facility
- Epidurals, Nitrous Gas, IV Pain Medication
- Midwife & Three Family Physicians That Can Deliver
- Wireless Monitoring
- Post-Partum Care

Mobridge Regional Hospital & Clinics is your local hometown hospital that has been providing obstetric (OB) care since our doors opened 63 years ago. OB services are a skill we have been providing and perfecting for decades.

Being in a rural community, MRH&C is the largest hospital within 100 miles in three directions, and 210 miles in the fourth direction. But distance isn't the only reason people choose our hospital to deliver. When you deliver at MRH&C, you receive one-on-one time with providers that you might not be able to find anywhere else. That connection is personal. When you arrive at MRH&C, you can rest assured knowing there is someone here to care for you and your baby, every hour of the day, 365 days a year.

Our providers are passionate about what they do, and it shows through the level of care they provide. Cathy Mickelson is a Registered Nurse and the OB Supervisor at MRH&C. She has always had a love for OB and believes she was born to work in this field. She said it is essential to have these services in our community.

"We are at minimum 100 miles away from any other hospital that can provide similar services," she said. "We would honestly be doing OB whether we chose to or not. For that reason, we feel that it is vital to the community that we continue to provide OB services, so patients don't have to leave the community."

COVID-19 Vaccine Updates at MRH&C:

To schedule an appointment at a vaccination clinic, go to www.mobridgehospital.org/covid-vaccine-survey/

www.mobridgehospital.org www.facebook.com/MobridgeRegionalHospital



John Ayoub, CEO

Letter from John

If it feels like I am constantly bragging about the wonderful people that we have working at Mobridge Regional Hospital and Clinics, it's because I am. There are a lot of exciting things taking place here and none of them would be possible without our phenomenal team.

In our Fall 2021 newsletter, we shared significant information regarding our surgical team. They also support our obstetrics program, allowing our physicians to provide cesarean sections. The anesthesia team not only supports the good work that the surgery department does, but they are also an integral part of the baby delivery process. They have specialized training that allows them to assist with pain control during labor, including epidurals and nitrous oxide; they also seamlessly transition into surgical mode if a delivery needs to go from vaginal to C-section.

Our team of compassionate and professional caregivers is top-notch. They work hard to provide high-quality care for all of their patients in all stages of life, including prenatal care that often times begins prior to conception. Not only is the care excellent in joyous moments such as childbirth, but the team is also prepared to care for patients when the unexpected happens. MRH&C is trauma certified not only in South Dakota but North Dakota as well. The entire team has been recognized in back-to-back years as being in the Top 100 Critical Access Hospitals in the nation. It is humbling to be honored and recognized as being in the top 7.5% in our class.

We strive to provide you with proactive information about care and services we proudly offer, but there are so many that it's not always possible. If you have any questions, please do not hesitate to reach out to us to inquire about treatments, therapies, and procedures. You might be surprised at all the high-quality care we provide right here at home. It's about life, it's about you!

John J. Ayoub, FACHE, Chief Executive Officer
Mobridge Regional Hospital & Clinics

Mobridge Regional Hospital & Clinics

Mobridge Regional Hospital
1401 10th Avenue West
Mobridge, SD
605-845-3692

Mobridge Medical Clinic
1309 10th Avenue West
Mobridge, SD
605-845-3692

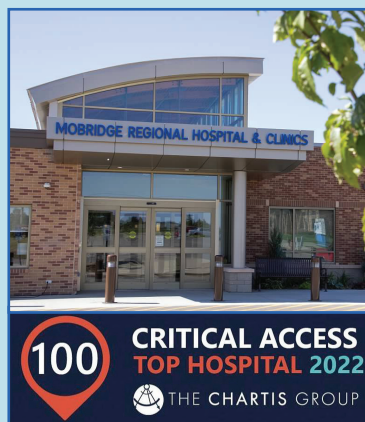
Prairie Sunset Village – Assisted Living and Senior Housing
1320 West Grand Crossing
Mobridge, SD
605-845-8193

Selby Medical Clinic
4401 Main St
Selby, SD
605-649-9999

West Dakota Health Center
906 Main Street
Timber Lake, SD
605-865-3258 (MT)

West River Health Clinic
103 1st Avenue East
McLaughlin, SD
605-823-4253 (MT)

MOBRIDGE REGIONAL HOSPITAL NAMED 2022 TOP 100 CRITICAL ACCESS HOSPITAL



For the second year in a row, during a pandemic, Mobridge Regional Hospital has been named by the Chartis Center for Rural Health as a Top 100 Critical Access Hospital. This means that MRH&C is a part of the top 7% of Critical Access Hospitals across the United States. Receiving such a huge honor would not be possible without our team of dedicated professionals.

"I appreciate all of our staff's excellent work to provide the highest quality care and patient service experience – living our mission by truly providing 'high-quality healthcare services in a compassionate and professional manner for people throughout the

region," said John J. Ayoub, CEO. "It is exciting and heartening to know that we have earned this honor in four of the past six years. I consider this a testament to our staff's dedication that we've been recognized for two years in a row during a global pandemic. We truly are professional people, with a personal touch."

The Critical Access Hospital designation is given to eligible rural hospitals by the Centers for Medicare & Medicaid Services. Every hospital given this designation provides vital healthcare services to rural communities. Being named in the Top 100 for four out of the last six years means that MRH&C has been continually recognized, on a national level, for the high-quality healthcare we provide to the areas we serve.

MRH&C sends a huge thank you to our staff for their integrity, compassion, collaboration, and excellence in work that makes vital healthcare access available to the communities we serve.

At MRH&C, we have a Certified Nurse-Midwife/Certified Nurse Practitioner, three Family Practice Physicians who offer OB services, and a visiting OB/GYN doctor. Dr. Emily Boden is one of our Family Medicine and OB providers at MRH&C. She has practiced in Mobridge for the last several years and is originally from Timber Lake. After growing up in the area and now working in our community, she said it is vital that OB services are offered here.

"Babies don't care about your timing or planning," she said. "At MRH&C, we cover a large area. We are a Critical Access Hospital. Without us, a lot of moms in this area might not even be able to make it to the care they need."

Dr. Boden said she loves practicing both in Family Medicine and OB because she gets to deliver babies then care for them as they grow up. She loves that she gets to see the whole life cycle.

"I've helped one mom deliver two of her babies. Now, I get to take care of them as they grow up. It is so rewarding," she said. "I am part of an amazing team that makes one-on-one care possible for moms in this area. We make it possible for them to get this vital care closer to home."

In addition to Family Medicine and OB service lines, we also have four Certified Registered Nurse Anesthetists (CRNAs). They can provide epidurals and help during labor and delivery as well as provide anesthesia and more in surgical settings. Preston Huber is a CRNA at MRH&C and head of the anesthesia department. He said that there is an opportunity for job shadowing at the hospital and encourages young people in the area to consider a healthcare profession at MRH&C.

"The role of a CRNA is vital for any patient needing surgical intervention especially in the rural setting," Huber said. "We administer anesthesia to keep the patient comfortable during surgery, provide pain relief for OB patients and can help stabilize patients in the Emergency Department and Intensive Care Unit settings."

Brooke Sherbeck, MSN, CRNA, is the latest addition to that team. She said she loves visiting with expecting mothers and their babies as well as helping ancillary departments and colleagues. She is looking forward to working with the MRH&C team to help the community.

"There is nothing better than seeing fear, anxiety, or pain being replaced with a smile," Sherbeck said. "Healthcare is oftentimes intimidating to patients because they don't understand. I want my patients to understand the 'why.' Effective communication is important."

At MRH&C, our goal is always to provide our patients with well-rounded service. We are able to care for you individually and as a family unit. No matter what your healthcare needs are, we are here for you from before birth and throughout your life.

"We are a smaller hospital, but that just means that we can provide more care and attention," Dr. Boden said. "People would be surprised at how much we can do."

MEET OUR PROVIDERS

EMILY BODEN, MD



What do you like about working in Family Medicine and Obstetrics? Delivering babies is one of those happy things we get to do in medicine, and it is very rewarding. Being a Family Medicine provider, I then get to see those babies grow up. I love being able to care for people no matter what age they are.

What is your main goal in how you approach patient care? To help people. My main goal is to teach. I want to help people with information about preventative care, what healthy pregnancy can look like, healthy lifestyles, and just helping people live the best lives they can.

What is your favorite activity outside work? I love hanging out with my two kids and husband, Matthew, who is usually busy with his HVAC business. We love golfing, fishing, and camping.

To make an appointment with Dr. Boden, call 605-845-3692.

NEW: BROOKE SHERBECK, MSN, CRNA



What piqued your interest in becoming a CRNA? When I was young, I would travel with my father, who is a CRNA, to Critical Access Hospitals and shadow him. I loved every part of it.

What made you want to practice at MRH&C? I found MRH&C to be unique in that

they are focused on the patient and the best outcome for them. From the beginning, I have felt at home with the hospitality of the staff. I look forward to working with an incredible team, knowing we are there for the community.

What is your main goal in how you approach patient care? Communication is key and understanding is knowledge. I always love having that one-on-one conversation with a patient prior to their procedure. It is so important helping them feel informed and letting them know the choices they can make with their care.

What is your favorite activity outside work? I love the outdoors; sunshine is my happy place! I enjoy hiking, gardening, planting flowers, riding horses, and traveling.

To learn more about our facility and services, call 605-845-3692.