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HEALTH BRIDGE

Summer 2019

It's about life, it's about you

Stay Local: More Surgical Services Available Now Than Ever Before



Recent investments in the surgical department at Mobridge Regional Hospital enable doctors and surgeons to offer additional services with state-of-the-art equipment.

Needing surgery is never easy. From preparing for your procedure to actually getting in the operating room, the process can seem scary and daunting. It's important to feel comfortable from the beginning, and sometimes that starts with treatment from experienced local doctors in your neighborhood.

Residents of Mobridge and surrounding communities are fortunate to have an array of general surgical services at the hospital. These services are offered at the hospital and include general anesthesia, lumpectomies, appendectomies, gallbladder surgery, glaucoma and cataract procedures, c-sections, colonoscopies, EGD's, and more. As Mobridge's General Surgeon, Dr. Donald Lucek performs most of these surgeries, and the procedures are done with minimal invasiveness.

Recently, several specialized services in podiatry, gynecology, and orthopedics have been added to the list.

"We're trying to utilize as many of our skills as possible to make our patients as comfortable as possible," said Holly Lashmet, CRNA, Director of Surgical Services & Anesthesia at Mobridge. "Smaller community hospitals typically offer more one-on-one time with the individual, and we're able to spend more time with our patients than a larger hospital can."

Lashmet said several current Mobridge doctors and surgeons are happy to offer these additional surgical services with new, state-of-the-art equipment. Recently, significant

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Cheers to 60 Years!



At Mobridge Regional Hospital and Clinics, we have proudly served Mobridge and our surrounding communities for 60 years and counting. On July 1, 2019, we held an anniversary celebration where approximately 150 individuals attended and joined us in our celebration.

A few days later, we had 18 of our current and former staff join us on our Fourth of July float themed "Cheers to 60 years!" We hope you all will take a few moments to take our **Community Health Needs Assessment at surveymonkey.com/r/MRHC2019** and tell us what you and your families need from us so we can better serve you in the many years to come.

Upcoming Events & Classes

Take our Community Health Needs Assessment Survey



surveymonkey.com/r/MRHC2019

Free Community Health Fair in Mobridge

Wednesday, Oct. 16
Edge Event Center

Lab draws: 7 - 10 a.m.
Results will be mailed out

Tests available include: blood pressure, total cholesterol, HDL, LDL, blood sugar, triglycerides, BMI, and lung age assessment.



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.

Exercise Classes for Seniors Strength and Balance for Life

Tuesdays and Fridays
11 - 11:40 a.m.

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

Mobridge Senior Citizen Center
616 6th Avenue West
(970) 580-5249
All adults welcome, free of charge.



Healthcare Provider CPR Class

Aug. 5, Sept. 9 & Oct. 7
1 - 3 p.m.

MRH&C Education & Training Center

Heartsaver's CPR & AED Class

Aug. 12, Sept. 16 & Oct. 14
1 - 5 p.m.

MRH&C Education & Training Conference Room

Designed for daycare providers, teachers, and the general public, \$40.

To register for CPR classes, contact Kallyn Reinert at (605) 845-8163 or kreinert@primecare.org.

Blood Drive

12 - 6:30 p.m. Sept. 17

Family Worship Center
1708 Grand Crossing

CEO Update

Letter from John



John Ayoub, CEO

For 60 years, Mobridge Regional Hospital and Clinics has been faithfully fulfilling its mission to provide high-quality healthcare services in a compassionate and professional manner for people throughout the region. We are proud to do so and honored that so many put their faith and trust in the hardworking women and men that make up the organization. We appreciated seeing so many of you come to celebrate our anniversary with us and we look forward to continuing to build our legacy as an organization you can count on for assistance through the entire health care continuum.

As part of our ongoing commitment to the care of our community, we are beginning the process of conducting our 2019 community health needs assessment. The first step in this needs assessment is a community survey, which will allow us to learn in even greater depth your needs, your understanding of the services we currently provide, your perceptions of how that care is provided, and your input for how we can best serve your needs moving forward. I invite you to take the survey at surveymonkey.com/r/MRHC2019. Please share with us your thoughts as we continually strive for improvement. All are welcome to share their input, and I encourage you to do so and hope you encourage your friends, family, and neighbors to do the same. The more data we receive, the better the results of the assessment. I hope you will help us make this community health needs assessment as meaningful as possible by participating in the process.

Thank you for trusting us to care for our patients and our community over the course of the past 60 years. We look forward to continuing to serve and hope you will help us to ensure that our service is as meaningful as possible by having your voice heard in our community health needs assessment survey. It's about life, it's about you!

Take our Community Health Needs Assessment Survey

surveymonkey.com/r/MRHC2019

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

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)

For more information about Mobridge's Swing Bed Program, contact Patient Care Coordinator Jenn Dietterle with questions by calling 605-845-8160.

More Surgical Services *continued from the cover*

investments were made to better serve the community by purchasing the specialized equipment necessary to add these surgical services.

The reasoning behind the newest additions is convenience for the patient; with these new services, individuals will no longer need to travel out of town for their procedures.

Dr. Garrett Wobst will head the new podiatry surgical services, and he will tackle all foot-related surgeries such as bunion removal and hammer toe repair. For gynecological surgeries, Dr. Jerry Obritsch will offer surgeries related to women's health, ranging from laparoscopic tubal ligations to hysterectomies to pelvic slings for incontinence. And lastly, Dr. Patrick Miller will be the head surgeon for orthopedic surgeries where he'll take cases for conditions such as carpal tunnel, minor bone procedures, knee scopes, and more.

Lashmet highlighted several benefits of scheduling surgical services locally at Mobridge, such as a shorter waiting list and more personalized service.

"We're readily available to answer any of our patients' questions at any time, our nursing staff is very good about answering call lights right away, and there's always great collaboration and communication between providers," she explained. "We can do as good of a job as bigger facilities — if not, better."

For more information or to schedule an appointment, call Mobridge Regional Hospital at 605-845-8119.

Wound Treatment Center-Mobridge Regional Offers Specialized Care for Healing Process

Most of us expect our wounds to heal on their own, but unfortunately, that isn't always the case. Sometimes, a specialist in wound care is needed to help with the healing process — especially for the cuts and sores that don't seem to be getting the job done themselves.

Wound Treatment Center-Mobridge Regional is a specialized outpatient service that provides comprehensive wound healing services for individuals in these situations. Individuals who are experiencing any of the following issues could benefit from advanced wound care:

- Slow-to-heal or non-healing wounds
- Foot or leg ulcers or wounds
- Non-healing surgical wounds
- Bone infections
- Non-healing skin grafts or surgical flaps
- Symptoms occurring on or around a point of radiation (i.e. pain, rectal or bladder bleeding)
- Crush injuries

A non-healing wound is one that has not started to heal in two weeks or one that hasn't completely healed in six weeks, and it is often a result of pressure, trauma or infection. Sometimes, the simplest of wounds can turn into a significant issue due to underlying conditions such as diabetes, circulation problems or previous radiation treatment.

Advanced wound care may include diagnostic testing (i.e. blood tests, x-rays, etc.), nutritional evaluation, infection control, patient education and more. The experienced doctors, nurses and specialists at the Wound Treatment Center-Mobridge Regional will assess your symptoms, determine the underlying cause of your wound and create a customized, effective treatment plan to stimulate healing.

Non-healing wounds are often associated with serious health consequences, so if you have a wound you're concerned about, ask your physician for a referral or feel free to contact the facility directly.

The Wound Treatment Center-Mobridge Regional is located within Mobridge Regional Hospital at 1401 10th Ave. For more information or to schedule a consultation, call 605-845-8125.

Specialty Clinics at Mobridge

A variety of specialty services from Aberdeen, S.D., and Bismarck, N.D., are available at Mobridge Regional Hospital and Mobridge Medical Clinic. Stay local and get your needs addressed by our experienced and knowledgeable medical staff.

Below, some of the specialty services we offer are listed along with a phone number you can call to schedule an appointment.

Audiology

Aberdeen Hearing and Tinnitus Center
866-352-8588

Cardiology

CHI St. Alexius Heart and Lung Clinic
800-932-8848

Cardiology

Avera Medical Group
605-622-2573

Counseling Services

800-991-6496

Ear Nose & Throat

Avera Medical Group
605-622-5506

Nephrology

Avera Medical Group
605-622-2895

Obstetrics/Gynecology

Mid Dakota Clinic Center for Women
855-530-6001

Oncology/Hematology

Avera Cancer Institute
605-622-8700

Orthopedic

Avera Orthopedic Surgery Specialists — 800-765-2660

Pain Management

Avera Pain Management Center
605-622-5123

Urology

Mobridge Regional Hospital 605-845-3692

Psychiatric

Conklin Psychiatric
605-725-4357

*For more information, go to www.mobridgehospital.org.

Mobridge's Swing Bed Program:

AN OPTION FOR PATIENTS WHO ARE ON THE ROAD TO RECOVERY

When it comes to surgery, everyone has their own personal recovery time. For some people, that means leaving the hospital a few days after their procedure. For others, the healing and recovery process can take weeks — even months — keeping them at the hospital longer than planned.

If you or a family member are on the road to recovery, but still need a little extra professional care, the Swing Bed Program at MRH might be an option for you. This program incorporates skilled nursing with rehabilitation under the direction of a physician to help patients meet their maximum potential prior to leaving the hospital.

"The Swing Bed Program allows patients to stay close to home near family and friends during their recovery," said Jenn Dietterle, LPN, Mobridge's Patient Care Coordinator.

Mobridge's Swing Bed Program serves as a positive intermediary step from any hospital, not just MRH, to your home — it's a great option for patients who are at the point in their recovery where acute care hospitalization is no longer necessary, but they still aren't ready to be discharged. Some examples of patients who could benefit from this program include: patients recovering from a major surgery, recovering after a major accident or stroke, or experience repeat hospitalizations; patients who need pain or diabetes management, IV therapy, nutritional therapy, or wound care; patients who need terminal care; and more.

Mobridge is fortunate to have a healthcare facility that provides this service in the area, and it is covered by most insurances, including Medicare and Medicaid.