

wellOne Connection

a publication from your friends at Huron Regional Medical Center

How Can Hospitalists *Help You?*

IF YOU'RE ADMITTED TO HURON REGIONAL MEDICAL CENTER, A PHYSICIAN WHO SPECIALIZES IN CARING FOR HOSPITALIZED PATIENTS CAN OVERSEE AND COORDINATE YOUR CARE. THAT'S GOOD NEWS FOR YOU AND YOUR PRIMARY CARE PHYSICIAN (PCP).

TRADITIONALLY, PCPS MANAGED the care of their patients who were admitted to the hospital for illness or injury. Now, however, many PCPs are so busy seeing individuals in clinic that it's difficult to divide time to see hospitalized patients. That's where hospitalists come in.

Hospitalists are physicians whose sole focus is caring for patients during a hospital stay so they can safely return home or move to the next level of care. Often trained in internal or family medicine, hospitalists can care for patients in almost every unit of the hospital, from the emergency department to postacute care.

In November 2019, HRMC established a hospitalist program featuring three physicians who take turns caring for patients and providing around-the-clock availability, typically for one week at a time. The program at HRMC is unique because PCPs can still care for their patients in the hospital, unlike other larger hospitals where only the hospitalist sees inpatients. HRMC hospitalist James Kerr, MD, has practiced family medicine and emergency medicine in large and small hospitals throughout the U.S. for more than three decades.



Thomas Fennesy, MD, left, is a family medicine physician from Norfolk, Nebraska. He and James Kerr, MD, also a family medicine physician who lives in Yankton, South Dakota, pose for a photo in trauma room 1 in HRMC's emergency room.

"During an average day at HRMC, I'm caring for six to 10 patients in the hospital and making sure they get the other services they need, such as physical therapy or laboratory tests," Dr. Kerr says. "I also help arrange post-discharge surgeon or specialist consultations. When I'm not at the hospital, I'm always available by phone and can get there in minutes. I get to know all of my patients during the week that I care for them."

Hospitalists keep community physicians updated about their patients and help patients transition back to their physicians' care following discharge. Studies have shown that receiving care from a hospitalist can reduce the length of a hospital stay by 30%, according to the Society of Hospital Medicine.

Story continues on page 4.

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A Letter From Our CEO

A Time for Every Season



David Dick

BY THE TIME you read this, I will have entered a new season in my life – I am retired! Wow, does that feel good to say out loud! Yet, I will miss working with health care teams. Truly, I have experienced many miracles performed by caring health care professionals in my career. I have always believed in and witnessed God's many blessings given to keep health care locally accessible in rural areas.

I grew up in Nisland, South Dakota, a small rural community about 16 miles from Belle Fourche. Rural living has instilled in me what would become my life's mission – to help rural citizens have greater opportunities. Greater opportunities mean rural citizens not only have an opportunity, but also have a choice in opportunities that are valuable to them.

Though I didn't start out working in health care administration, the role has fit perfectly with that mission. Health care organizations provide stable, rewarding jobs for rural community members. Hospitals, nursing homes, treatment centers and clinics also help rural citizens return to being productive community helpers. A rural health care system is a leader in technology and brings a high level of knowledge into our rural communities.

As an administrator, I've also had the great opportunity and honor to serve on many boards and in civic leadership roles, allowing me to roll up my sleeves alongside many influential, community-minded leaders. They are amazing.

A CEO friend once told me that he doubted I would ever retire, saying, "David, you just can't say no to a good project." That scared me when he said it, because I feared he was right. Certainly, not all the worthy projects are done. Yet, I realize that they are worthy projects not because they are mine, but because they are ours for our community.

This is especially true of having a local nursing school, as well as other health care workforce development initiatives in Huron. I am extremely grateful for the role of the nursing task force and HRMC Foundation teams for making this project successful. All of us must continue to financially support our Foundation's efforts because of the extreme importance of career awareness and scholarships. This gives all of us an opportunity of having choices in receiving health care services locally. I know I will continue to support the important work, even though I am retired.

Now, Cheryl, my wife, has a long list of projects for me, as I will finally not have an excuse to put them off. I'm looking forward to those, Cheryl. I also look forward to the many miracles I have yet to experience. I have faith they will complement the many blessings of this lifelong career and the communities I have worked within.

This is maybe not goodbye as much as it is hello to David Dick in a new role as neighbor, community volunteer and, of course, temporary golf course resident.

A handwritten signature in black ink that reads "David Dick".

David Dick
President and CEO
Huron Regional Medical Center



Anthony Loewen, MD

WE'RE EXCITED FOR THIS HURON NATIVE TO JOIN OUR TEAM OF GENERAL SURGEONS.

DR. LOEWEN, GENERAL surgeon at Huron Regional Medical Center, is now offering his surgical services at the New Life Clinic. A native of our community, Dr. Loewen graduated from James Valley Christian School in 2005 before attending Tabor College in Hillsboro, Kansas. There, he earned his Bachelor of Arts in premedical biochemistry, and then earned his Doctor of Medicine from the University of South Dakota Sanford School of Medicine.

"Growing up in Huron was a positive experience for me,"

Dr. Loewen says. "The sense of community is why I wanted to come back."

All In The Family

As some of you may already know, Dr. Loewen will not be the only Loewen on our team. Nathan H. Loewen, MD, family medicine with obstetrics physician at HRMC, is Dr. Loewen's father. He has offered his services to our community for over 20 years. The father and son will practice together at the New Life Clinic.



Dr. Anthony Loewen, his wife, Emma, and their four sons moved back to Huron in July.

■ To learn more about Anthony Loewen, MD, watch his introduction on our YouTube channel. To schedule an appointment, visit www.huronregional.org/find-a-doc.

Christopher Bronson, MD

DR. BRONSON IS OUR NEW INTERNAL MEDICINE SPECIALIST AT HRMC PHYSICIANS CLINIC.

DR. BRONSON JOINED our team in July as both an inpatient and outpatient internal medicine specialist. He and his family became part of the Huron Community in June. An Illinois native, Dr. Bronson graduated from Western Illinois University in Macomb with a Bachelor of Science in psychology. He then earned his Doctor of Medicine at the University of Illinois at Chicago College of Medicine.

"I've always enjoyed science and how it can be used to solve problems," Dr. Bronson says. "I look forward to using my fields of study to help patients live fuller and healthier lives."

Dr. Bronson believes strongly in the importance of good sleep and regular

exposure to sunshine in maintaining good health and preventing chronic illness. He works with patients to not just manage their conditions, but also improve their daily quality of life.

Help In Times Of Crisis

One area in which Dr. Bronson hopes to help our community is through treatment of opioid addiction.

"It's a huge problem all around the country, and there's a huge need for that kind of treatment," he says. "It's something we hope to set up at Huron Regional Medical Center. The goal, eventually, is to be able offer treatment to everyone who needs it."

■ To learn more about Christopher Bronson, MD, and listen to a podcast interview, visit www.hrmcphysiciansclinic.org/ourproviders. To schedule an appointment, call (605) 353-7600 or request online.



Story continued from cover.



Becca McCaskell, CNP

“The hospitalists care for not only patients who have PCPs, but also patients who either don’t have a PCP or their provider does not have admitting privileges,” says Becca McCaskell, CNP, who is a case manager on the medical floor at HRMC. “I appreciate knowing that whenever I have a question, I can contact the providers and talk through a situation or plan

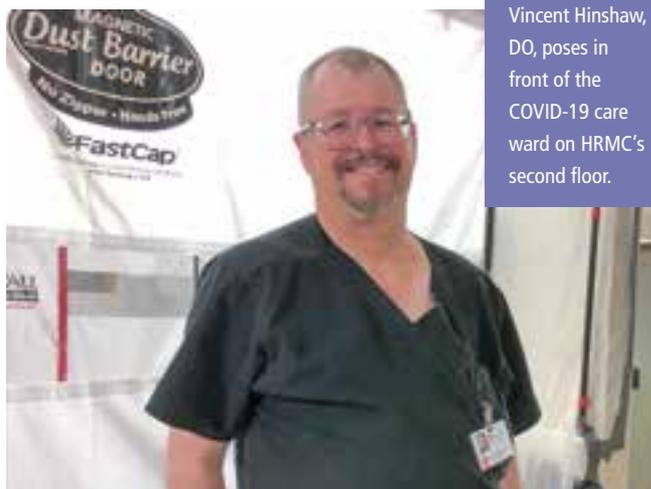
of care. Keeping the continuity of care is so important in our community.”

Thomas Fennessy, MD, a family physician who also joined the HRMC hospitalist team, agrees that teamwork is a vital element of the hospitalist program that benefits patients.

“Working with the emergency room provider and the patient’s primary care physician, we partner to provide timely and seamless care from admission to discharge,” Dr. Fennessy says. “Having a hospitalist program allows more patients to receive great care close to home because of our team approach.”

A Timely Addition

We weren’t thinking about the possibility of a global pandemic when we established the hospitalist program last fall, but with the advent of COVID-19, it became apparent that the timing was perfect. The program strengthens and supports our COVID-19 safety initiatives (see “Safe Care Is Right Here”) and allows PCPs and other physicians in our community to focus on caring for patients via telemedicine or in person.



Vincent Hinshaw, DO, poses in front of the COVID-19 care ward on HRMC’s second floor.

HRMC hospitalist Vincent Hinshaw, DO, says his experience working in critical-access and large hospitals around the country has uniquely equipped him to care for patients with COVID-19 at HRMC.

“Because I’ve cared for seriously ill patients, including those with and without COVID-19, in larger hospitals, I have a keen sense of when it’s appropriate to keep those patients at HRMC and when we should transfer them to a bigger facility,” Dr. Hinshaw says. “In many cases, a bigger hospital would provide the same level of care that we would. However, there are also times when patients would benefit from immediate access to other specialists, such as cardiologists or pulmonologists.”

■ **Keep up with the latest news from Huron Regional Medical Center at www.huronregional.org.**

Safe Care Is Right Here

A lot has changed because of the COVID-19 pandemic, but our community’s health care needs have not. People still need wellness exams, diagnosis and treatment of illnesses, emergency care, management of chronic diseases and maternity services. Huron Regional Medical Center has instituted safety precautions and new initiatives to keep you safe so you don’t have to delay important medical care, including 5 Steps to Safer Health Care:

1 Temperature screenings – When you arrive at HRMC, HRMC Physicians Clinic or the Women’s Wellness Center, we’ll take your temperature to screen for COVID-19.

2 Mask wearing – If you don’t have a face mask, we’ll provide one.

3 Social distancing measures – We’ve reduced foot traffic and taken other steps in our facilities to allow patients and staff to maintain an appropriate distance from one another.

4 Extensive cleaning and disinfecting – We sanitize high-touch areas during the day and after hours.

5 Virtual visits – You can see or speak with an HRMC Physicians Clinic provider from the comfort of home.

We offer two options for virtual visits: phone and video. For video visits, we use the videoconferencing app Zoom, which is private, secure and allows you to communicate with your provider just as you would in the office. When you call the HRMC Physicians Clinic to schedule an appointment, the staff will help decide whether a video, phone or in-person visit is appropriate. If you schedule a video visit, you’ll receive instructions for downloading Zoom and initiating the visit. A staff member will test the connection with you to make sure you’re ready to go for your appointment.

■ **Whether you’re a new or existing patient, you can schedule a virtual visit with an HRMC Physicians Clinic provider by calling (605) 353-7660 or visiting www.hrmcphysiciansclinic.org.**

Breast Is Best

THE BENEFITS OF BREASTFEEDING GO BEYOND JUST NUTRITION FOR YOUR BABY.



Amy Mattke, RN



Teri Weidner-Eichstadt, RN

AUGUST IS NATIONAL Breastfeeding Month, and if you're pregnant or planning to be soon, it's a great time to learn why your own milk is the best thing you can feed your baby in the crucial first year of his or her life.

"Breastfeeding is not just a great benefit to help protect and nourish your newborn," explains Amy Mattke, RN, Women's Wellness Center. "Moms who breastfeed have a decreased risk of breast and ovarian cancer, as well as a decreased risk of osteoporosis, hypertension and diabetes later in life."

Why Breastfeed?

The hormones and antibodies in breast milk can protect your baby from illness and will help your child's digestive system mature. The milk your body produces will also change along with your child, adapting to his or her needs and providing better immunity.

Besides the health benefits, breastfeeding increases physical contact with your baby, which is important for both of you. Plus, breast milk is free, saving you \$1,500 or more during the first year of your baby's life that would otherwise be spent on formula.

Breastfeeding Troubleshooting

Even if your baby latches the very first time, you will likely still experience struggles during breastfeeding. That's why Huron Regional Medical Center providers ensure mothers have the tools and information they need to overcome challenges on the road to successful breastfeeding.

Breastfeeding education is an option during HRMC prenatal classes, which are being provided virtually due to COVID-19. All of HRMC's delivering physicians support and encourage expectant moms to breast feed.

Education about breastfeeding may include information about:

- **Breast engorgement.** If breast engorgement continues, use cold compresses to help with swelling. There are also simple techniques you can learn to help soften pressure.
- **Plugged ducts.** If you think you may have a plugged duct, thrush or mastitis, an infection that can cause fever, you need to see a physician or lactation consultant.
- **Overfull breasts.** If a breast feels overfull, feed on one side for more than one feeding. You can also express some of the excess milk into a sink or breast pump.
- **Sore nipples.** If you have sore nipples, make sure your baby is latched onto the entire areola, not just the nipple.
- **Moisturize** cracked nipples with breast milk or ointment.

Find more helpful information at HRMC's Pregnancy Center online by visiting www.huronregional.org and selecting Health Info.



■ For more information on breastfeeding support, call Amy Mattke, RN, at (605) 554-1020 or Teri Weidner-Eichstadt, RN, HRMC Birthing Center nurse, at (605) 353-6251, or join the Huron Area Breastfeeding Support Group on Facebook.

Breastfeeding Support

At Huron Regional Medical Center, we know breastfeeding isn't always easy. That's why we provide support and encouragement for mothers or soon-to-be mothers. On our Facebook group, mothers

can ask questions, vent about any struggles you're experiencing and learn more about the benefits of breastfeeding your infant. In-person support is also available.



Shawn Martin,
Executive Director

Thank You



We at HRMC Foundation are incredibly thankful for our generous donors, including those we acknowledge here from the last few months and everyone who has given throughout the year.

We appreciate your support!

HRMC FOUNDATION DONORS, April 1 through June 30, 2020

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In Memory of Conrad Wutsch

Toby and Donna Koziolk

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Toby and Donna Koziolk

♦ Denotes HRMC Employee

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♦♦♦ Denotes HRMC Board Member



Teresa Haatvedt, RN, BSN

Helping Students Pursue a Dream

WORKFORCE RECRUITER TERESA HAATVEDT, RN, BSN, HAS A PASSION FOR ENCOURAGING FUTURE HEALTH CARE WORKERS.

HAATVEDT RETURNED TO Huron Regional Medical Center earlier this year to help fill the pipeline of future caregivers.

“My goal is to support students as they obtain their education in a health care field and then help connect them to a job to achieve their career dream,” says Haatvedt, who worked as a nurse for more than 26 years. “I’m excited to work together with the students, schools, universities and regional health care facilities to find the quality health care staff that we need to continue to provide care into the future. Across the region, and particularly at HRMC, there are many high-need areas

within health care – not just nursing. Students, young and nontraditional, can obtain their education to work in other rewarding careers such as radiology, respiratory therapy, surgical technician, health informatics and more.”

Haatvedt will be visiting area schools and career fairs to share information about available scholarships, health care apprenticeships, and additional hands-on opportunities to explore the vast variety of fields within health care.

If you would like more information, Haatvedt is available for one-on-one meetings with students, schools and organizations.

Health Careers Exploration Academy

This November, HRMC plans to host the Health Careers Exploration Academy, though it may look a little different due to the pandemic. This full-day experience provides an opportunity for high school juniors and seniors to explore careers in health care, meet hospital professionals and tour the facility to see hands-on demonstrations.

■ For more information, call (605) 353-6326.

■ For more information about joining the HRMC team, visit www.huronregional.org/careers or call (605) 353-6589.

THIS YEAR'S Scholarship Recipients

THESE STUDENTS RECEIVED A HEALTHY HURON COMMITMENT SCHOLARSHIP TO PURSUE A CAREER IN A HIGH-NEED FIELD AND, IN RETURN, HAVE COMMITTED TO RETURN TO HURON TO WORK FOR A DETERMINED AMOUNT OF TIME FOLLOWING GRADUATION.



Chelsi Babi
Practical Nursing Program, Southeast Technical College, Huron Nursing Program



Raegan Burke
LPN to RN Program, Lake Area Technical College



Abigail Buskohl
Surgical Tech, Southeast Technical College



Riley Christoffer
Surgical Tech, Southeast Technical College



Lexi Dykstra
Practical Nursing Program, Mitchell Technical College



Allyson Fullerton
Medical Lab Technician, Lake Area Technical College



McKenzie Hochhalter
Practical Nursing Program, Lake Area Technical College



Htee Khu
Practical Nursing Program, Southeast Technical College, Huron Nursing Program



Emily Lord
Bachelor of Science in Nursing, Dakota Wesleyan University



Justice McDermott
LPN to RN Program, Southeast Technical College, Huron Nursing Program



Peyton McWethy
LPN to RN Program, Southeast Technical College, Huron Nursing Program



Grace Schoenhard
Practical Nursing Program, Mitchell Technical College



Karla Schultz
Practical Nursing Program, Southeast Technical College, Huron Nursing Program

The Gift of Knowledge

THANKS TO THE GENEROSITY OF HRMC FOUNDATION DONORS, PEYTON MCWETHY IS ABLE TO PURSUE HIS CAREER PATH AND GET A HEAD START ON LIFE.



MCWETHY FIGURED HE would follow in the footsteps of his parents one day, joining law enforcement or becoming a lawyer. However, after participating in a few nursing school clinicals through Mitchell Technical College, it confirmed his desire to work in the medical field instead.

While nursing is a rewarding career path, it can be difficult to juggle the workload while funding schooling. McWethy took the initiative and applied for two different scholarships: the Build Dakota scholarship and an HRMC Foundation Healthy Huron Commitment Scholarship. He received both.

“It was a burden lifted off my shoulders,” McWethy says. “Because of the scholarships, I’ve been able to focus on school. I watched many students graduate with \$60,000 or more in student loan debt, but instead of making payments, I’ve been able to start a job and purchase a house.”

Staying Local

The Commitment Scholarship will help fund McWethy’s way through the LPN to RN program – a nursing education opportunity for local students. Through the partnership of Southeast Technical College and Huron Community Campus, this degree plan allows students to continue their education and receive work hours close to home. For McWethy, it was the perfect opportunity.

“I was born and raised in Huron, and my family and life are here,” he says. “Working in my hometown has been great because I can always find a connection, whether with a patient or staff. It’s been a good way to give back to my community.”

Exciting things are still to come for McWethy. After completing the LPN to RN program, he plans to go for his Bachelor of Science in nursing and possibly pursue becoming a nurse practitioner or certified nurse anesthetist.

“This scholarship has been more than just the money,” McWethy says. “It’s helped me focus on my career and allowed me to continue my education. Not having to worry about extra stress of paying for school is a huge gift. There’s no reason any nursing student shouldn’t go for it.”

■ To learn more about HRMC Foundation scholarships, visit www.hrmcfoundation.org/apply-for-a-scholarship or call (605) 353-6315.

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Connecting With Our Community



HRMC FOUNDATION’S NEW website reflects its three pillars: people, wellness and technology. Through a thoughtful creation process that took into account usability and usefulness, the new website is easier to navigate and includes features the community can engage with.

“We wanted to recognize the folks we partner with, and that includes the donors who make what we do possible and the people who benefit from our programs and initiatives,” says Shawn Martin, executive director of HRMC Foundation. “Their stories make the strongest case for supporting HRMC Foundation. I encourage you to visit the page frequently to learn more about how HRMC Foundation works to cultivate a Healthy Huron.”

■ Visit www.hrmcfoundation.org to learn more.