

# wellOne Connection

a publication from your friends at Huron Regional Medical Center

## Treating the Person, Not an Illness

AFTER SPENDING MORE THAN A MONTH IN THE HOSPITAL, JANE SALATHE WANTS COMMUNITY MEMBERS TO KNOW THAT "PERSONALIZED CARE" GOES ABOVE AND BEYOND AT HURON REGIONAL MEDICAL CENTER.

**FOR HURON RESIDENT** Jane Salathe, the outdoors has always been calming. Her busy days include working full-time and being happily surrounded by her husband, five adult children, 14 grandchildren and two cats. Still, Salathe cherishes her moments of peace spent in the great outdoors.

When Salathe first noticed symptoms of weakness and fatigue, she wasn't alarmed. Yet, over several days she became so exhausted she couldn't finish a workday, let alone spend time outside. By the time Salathe's husband noticed dark bruising on her abdomen, she could barely stand. An ambulance took her to Huron Regional Medical Center for emergency care.

### AN UNEXPECTED ILLNESS

During an emergency operation, surgeons discovered Salathe's severely infected gallbladder had broken through her abdominal wall. As a result, Salathe developed a necrotizing soft tissue infection (NSTI), a



Jane Salathe credits her husband Jake's observation and the care she received at HRMC for the reasons she is here today.

serious and fast developing bacterial infection that feeds on the body's tissue.

The NSTI also caused septicemia, an infection of the blood stream that causes low blood pressure and a rapid heart rate. To have a chance of survival, Salathe needed treatment from HRMC's multidisciplinary team of clinicians.

### EMERGENCY TREATMENT FOR A RARE CONDITION

It was clear to the medical team that Salathe's condition was serious.

"While I have seen numerous NSTIs on all areas of the body, I have never seen it originate from the gallbladder and perforate the abdominal wall," says Anthony Loewen, MD, vice chief of staff and department chair of surgery at HRMC and general surgeon at New Life Clinic. "Surgery is extremely risky for septic patients, but in this case, it was necessary to stop the infection."

*Story continues on page 4.*

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# Renewing Our Commitment to the Community



Erick Larson

**SPRING IS A** season of renewal. At Huron Regional Medical Center, we have several exciting projects underway that demonstrate our dedication to growing with the community we are proud to serve.

While the past two years have been challenging for everyone, we have remained determined to move forward proactively with a patient-centered mindset. We are thrilled to announce that construction on the emergency room and medical imaging department at the hospital is nearing completion. These newly updated spaces are outfitted with the latest technology to allow our caregivers to perform at their best while giving you the peace of mind of knowing that you are receiving the best possible care.

In this same spirit of renewal, construction on our newly minted Physicians Clinic is set to be complete in early summer. By consolidating our care teams into one space, we can provide a better patient experience, emphasizing patient access, same-day visits and expanded diagnostic services. We're excited for the many opportunities our clinicians will have to collaborate in this new space.

When the Physicians Clinic is complete, we will welcome providers from the Tschetter & Hohm Clinic, which recently became part of the HRMC family. We are continuing to learn from the dedicated Tschetter & Hohm team and are committed to upholding their legacy as we move forward. Our teams will combine to form a group practice that will give patients added flexibility while providing the personalized care they expect and deserve.

As May is also the month we celebrate Hospital Week and National Nurse's Day, I'd like to express my deep appreciation to our team of dedicated staff and physicians who make such an incredible impact on the community. I'm proud to be a part of this hugely meaningful endeavor.

Erick Larson  
President and CEO  
Huron Regional Medical Center



## Tread Carefully

**GOING BAREFOOT CAN** feel good, and not just when strolling on sand or bounding across the grass in your yard. Some people like running with no footwear. They believe it helps protect against shoe-related injuries or is better for balance. However, more research is needed to support those claims. Plus, going barefoot increases your risk of cuts, puncture wounds and sunburn.

You don't have to give up going barefoot, but you should follow best practices to protect your feet. The American College of Foot and Ankle Surgeons recommends:

- Avoiding going barefoot in dangerous environments or situations, such as when mowing the lawn, or when you can't see what hazards may lie underfoot, including at the beach
- Not going barefoot if you have diabetes
- Staying up to date with tetanus vaccination in case of a puncture wound
- Wearing sunscreen on the tops and bottoms of your feet – and between your toes

SUMMER'S HERE – AND SO IS THE TEMPTATION TO SHED YOUR SHOES OUTDOORS. TAKE STEPS TO STAY SAFE WHEN YOU GO BAREFOOT.

■ **Dealing with a foot problem? There's no need to leave town to find care. Visiting podiatrists Dr. Stapp and Dr. Schmidt are available monthly in Huron. To find one of these specialists, visit [www.huronregional.org/find-a-doc](http://www.huronregional.org/find-a-doc).**



Jeffery Schmidt, DPM



Chad Stapp, DPM

# Meet Your Women's Health Team

WELCOME OB/GYN JULIO GUERRA, MD, AND NURSE PRACTITIONER REBEKAH STORM, DNP.

**HURON REGIONAL MEDICAL CENTER** is delighted to add two new providers to the HRMC Physicians Clinic to care for the women's health needs of our community. Julio Guerra, MD, a board-certified OB/Gyn, is joining us from Sevierville, Tennessee. And some of you may already know Rebekah Storm, DNP, who was a labor delivery nurse at HRMC for many years and has worked at Quick Care since 2020.

## COMMITTED TO QUALITY ON EVERY LEVEL

Dr. Guerra has more than 30 years of OB/Gyn experience and specializes in providing personalized care to women of all ages.

"We take a holistic approach to care and often address needs that may not be gynecologic in nature, which is invaluable to patients," Dr. Guerra says. "Our obstetrics team provides excellent prenatal and delivery care. There is no need to travel far away."

Storm has been a nurse for almost two decades and a family nurse practitioner since 2018. In addition to providing women's health services, Storm provides primary care for the whole family.

"I was tickled when I was offered the opportunity at this clinic," Storm says. "This is exactly where I always wanted to be. Our staff is knowledgeable, passionate and will care for you like family."



■ **Need a women's wellness or prenatal care visit? Make an appointment with our new providers at [www.hrmcphysiciansclinic.org](http://www.hrmcphysiciansclinic.org) or by calling (605) 353-7660.**

## Taking Local Breast Biopsy to the Next Level

A LESS INVASIVE FORM OF BREAST BIOPSY IS NOW AVAILABLE AT HURON REGIONAL MEDICAL CENTER.



Dr. Anthony Loewen (second from right) poses for a photo with the stereotactic biopsy platform and mammography technologists Ann Van Winkle, Lanah Reimer and Kori Tschetter.

**LAST FALL, HRMC** began offering 3D mammograms, which take pictures of the breasts from many angles. Software combines these pictures to form more detailed images than 2D mammograms, allowing radiologists to find more suspicious abnormalities earlier.

A biopsy is a sample of a breast mass identified with a screening mammogram. This procedure can reveal whether the breast mass is cancerous. Previously, a biopsy of microcalcifications – tiny calcium deposits only visible with X-rays, which is what mammograms use – required patients to undergo a surgical procedure with sedation. Now, an attachment to our 3D mammography unit allows us to offer a less invasive option called stereotactic breast biopsy. This procedure only requires a small incision and numbing of the breast, and it can happen less than a week after a screening mammogram.

"We use mammograms to map the breast, locate the area of concern and insert a needle to take a sample," says Anthony Loewen, MD, general surgeon at New Life Clinic in Huron and vice chief of staff and department chair of surgery at HRMC. "The procedure usually takes 15 to 20 minutes, and patients can drive themselves home."

The pathology results are typically available in three to five business days.

■ **Schedule your 3D screening mammogram today by calling (605) 353-6334. To hear Dr. Loewen discuss stereotactic breast biopsy, visit [www.huronregional.org/mammo](http://www.huronregional.org/mammo).**



“Patients can expect a level of comfort, compassion and excellence with the improved level of access from a surgery department close to home.”

—Anthony Loewen, MD, vice chief of staff and department chair of surgery at HRMC

Salathe required two follow-up surgeries to remove the infected tissue and IV antibiotics. She was then admitted to the ICU, where she received follow-up care.

## LONG-TERM HEALING BEGINS

After surgery, Salathe was left with one of the largest abdominal wounds the HRMC wound care team had ever treated, says Jenny Reimer, BSN, RN, WOCN.

“We knew we were in for a lengthy healing time, so our immediate priority was getting her a negative pressure wound therapy system, or a wound vac, to make sure it could heal properly,” she says.

Salathe’s wound presented an added challenge since she was unable to walk after her extensive surgery. The HRMC wound care team worked alongside physical therapists to address this problem.

“Every day we assessed her progress and recovery to modify her exercise program accordingly,” says physical therapist Karmen Weinzirl, MSPT. “Through the combined effort of wound care and physical therapy, Jane

began to regain much of her mobility.”

Salathe appreciated that extra support from the wound care team.

“They explained all treatments to me beforehand,” Salathe says. “They held my hands and gave me a lot of moral support.”

With additional encouragement from her husband and family, Salathe returned home from the hospital around Thanksgiving, over a month after she was first admitted.

## SUPPORT FOR A FULL RECOVERY

Salathe received home care services for physical therapy and wound care. She was also given a modified diet and exercise regimen to speed healing and improve her strength.

She credits her supportive care team for helping her make a full recovery. Salathe remembers many small kindnesses from fresh pillows on her hospital bed to constant words of encouragement.

“Sometimes I got sad or frustrated to the point of tears,” Salathe says. “The entire staff would step forward to encourage me and give me the time I needed to feel better.”

Salathe received a brief referral to another hospital during her stay at HRMC and immediately noticed the difference in care.

“They weren’t communicating with me about my treatment,” Salathe says. “There I was a number, but at HRMC, I was a person.”

## RECLAIMING HER PEACE

Salathe was discharged from wound care on March 2 and is now fully recovered with no more infection. She has also returned to hobbies she loves, including time with family, reading and being back outside. Salathe is filled with appreciation and compassion for the health care team that helped save her life.

“I don’t know if I would be alive today if it weren’t for the care I received at HRMC,” Salathe says. “I firmly believe that’s why I’m still here.”

■ **To hear more of Salathe’s story in her own words, visit [www.huronregional.org/about-us/video-gallery](http://www.huronregional.org/about-us/video-gallery).**

# Wound Care at Huron Regional Medical Center



The HRMC wound care services team provides compassionate and individualized care for every patient. The wound care team is comprised of nurses, physical therapists and a nurse practitioner.

We treat a variety of conditions, including:

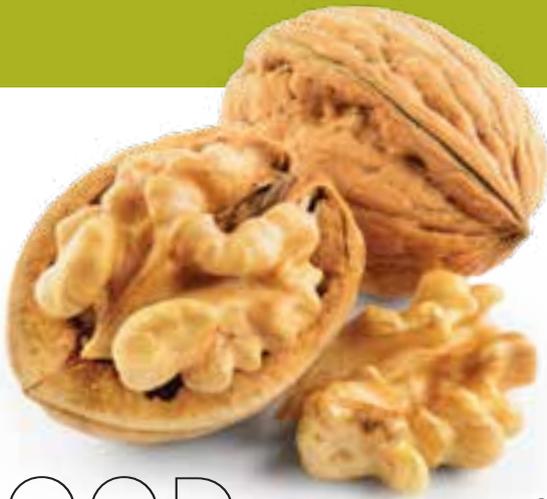
- burns
- chronic wounds lasting longer than three months
- diabetic ulcers
- surgical wounds

“When I began nursing 39 years ago, wound care was very limited,” says Jenny Reimer, BSN, RN, WOCN. “Today, the field is wide open with a vast variety of dressings and supplies to help wounds heal.”

Our team uses leading-edge technology such as special dressings, skin substitutes, ultrasounds and electrical stimulation to speed healing.

Wound care is available at HRMC or through our home health care program, and costs are often covered by insurance and Medicare.

■ **For more information on wound care services at HRMC, call (605) 353-6334.**



# FOOD FIGHT



Greg Danielson, MD  
Otolaryngologist

THINK YOU HAVE  
A FOOD ALLERGY?  
DON'T MAKE MAJOR  
CHANGES TO YOUR  
DIET WITHOUT  
GETTING AN  
ALLERGY TEST FIRST.

Diagnosing food allergies can involve a variety of tests, including:

- **Blood tests**, which involve studying blood samples for an antibody called IgE that your body produces when you're exposed to an allergen
- **Skin prick tests**, in which your doctor exposes you to a food by injecting it just below the skin or scratching the skin to see if it causes a reaction

"We can do some foods with skin testing, but we can test for more foods with a blood test, especially unusual foods," says Greg Danielson, MD, a visiting ear, nose and throat specialist at Midwest ENT & Allergy. Blood tests are also preferable for children, who don't tolerate a lot of pokes."

If you have a food allergy, the most common treatment is simply avoiding that food, but Dr. Danielson says allergists can try certain techniques that may help prevent food allergies in children. For example, children with eczema and egg allergies are at high risk for peanut allergies.

Regularly exposing them to small amounts of peanut butter has been shown to reduce their risk. This should only be done with a physician's guidance and care.

■ **Allergy testing is available for patients of all ages. To learn more about ENT specialists who visit Huron in Huron Regional Medical Center's Specialty Clinic, visit [www.huronregional.org/find-a-doc](http://www.huronregional.org/find-a-doc).**

Turn Off the Screens,

# TURN ON THE SUN



Shawn Bartel, MD,  
board-certified internal  
medicine physician  
and pediatrician

PUT DOWN THE  
DEVICES AND  
GET OUTSIDE  
FOR SUMMER  
FUN – AND  
BETTER HEALTH.

**AFTER MONTHS OF** winter frost and chilly spring, we all want to head outside for the summer. But sometimes even the heat and the sunshine aren't enough to disconnect some kids from their devices.

"It's normal for kids to gravitate toward the games or social media on their phones or tablets after a long winter indoors and over two years of a pandemic," says Shawn Bartel, MD, pediatrician at Huron Regional Medical Center. "But it's a good thing for the entire family to go outside and leave the screens at home."

## VITAMIN D BUILDS HEALTHY BONES

One important reason to get kids outside is that sunshine helps

their bodies produce vitamin D. Although vitamin D is found in some foods like salmon, eggs and milk, spending time in sunlight is the best way to help ensure it is absorbed by the body.

"Vitamin D is necessary for the body to absorb calcium," Dr. Bartel says. "Going outside for even just 30 minutes can help your children build stronger bones. But don't forget the sunscreen!"

■ **Dr. Bartel and the rest of the family medicine team at the HRMC Physicians Clinic can help you keep your kids healthy. Make an appointment by calling (605)353-7660 or online at [www.hrmcphysiciansclinic.org](http://www.hrmcphysiciansclinic.org).**



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!*



Scan this code to **Donate Now**

## HRMC Foundation Donors, Jan. 1st through Mar. 31, 2022

### We've Got You Covered

Huron Regional Medical Center-Andy's Road Race proceeds

### Dr. Paul & Carol Hohm Healthcare Scholarship

Joseph H. Gray

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Michael & Judy Stahly

## Going Greek to Benefit the Health of Our Community

More than 300 guests attended the 23rd annual "A Night with Papa Luigi" event on March 19, raising over \$47,000 for the HRMC Foundation, according to executive director Shawn Martin.

Guests dressed in ancient Greek attire in keeping with this year's theme, "Papa Luigi Goes to Greece."

"It was amazing to see so many people join us for our first 'in-person' Papa Luigi since 2020," Martin says. "We want to thank our sponsors and everyone who attended. A special thanks goes out to our volunteers, HRMC Foundation board members and

committee members who helped make the night memorable."

Funds raised through sponsorships, live and silent auctions, games and other donations help to further HRMC Foundation's mission to raise gift income to support and enhance health care in our area.

Next year's Papa Luigi event is scheduled for Saturday, March 18, 2023.

■ Pictures from this year's Papa Luigi event are posted online on the Huron Regional Medical Center's Facebook page.



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Emma Jean's Pet Grooming

Escape Salon & Spa  
Fair City Lanes  
Farmers & Merchants Bank  
Fire Pit Pizzeria  
Grand Falls Casino  
Heartland Pork  
High Plains Rental  
Huron Country Club  
Huron Clinic  
Independent Health Solutions LLC  
Iverson Auto

Kraus-Anderson Construction Company  
Kuhler Funeral Home  
La Hacienda  
La Patrona  
Lee's Rapid Lube  
Manolis Grocery  
Marsh & McLennan Agency  
Minnesota Vikings  
Minnesota Wild  
NorthWestern Energy  
New Life Family Medicine  
POP Huron

Potter's Shoes  
Prime Time  
Prairie Lakes Healthcare System  
Quick Care  
Rainbow Flower Shop  
Red Wilk Construction  
Ryan's Hangar  
Schade Vineyard & Winery  
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Sioux Falls Canaries  
Sioux Falls Skyforce  
South Dakota State Fair

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# HIT THE GREENS for a Good Cause

HELP THE HRMC FOUNDATION SUPPORT  
WOMEN'S BREAST HEALTH.



Signing up for both the  
Golfing for a Cause event  
and the HRMC Foundation  
tournament, which will  
be held on September 10,  
saves avid golfers \$100.

**LOOKING FOR A** fun way to make a difference in the community? Break out your clubs and sign up for the HRMC Foundation's Golfing for a Cause tournament, taking place on Wednesday, June 15 at the Broadland Creek National Golf Course.

## RAISING AWARENESS AND FUNDS

The annual Golfing for a Cause event raises money to support the HRMC Foundation's We've Got You Covered program, which provides free mammograms for women in need and builds breast cancer awareness in the community.

The free mammograms are available to women who:

- are age 40 to 64 or are under 40 at higher risk of breast cancer
- have not had a mammogram for at least one year
- do not have insurance coverage for mammograms

Past Golfing for a Cause events have also helped Huron Regional Medical Center provide the latest tools for early breast cancer detection. Specifically, the funds raised at last year's tournament contributed to purchasing new 3D mammography equipment for HRMC. Studies have found that 3D mammograms detect more cancers than traditional 2D mammograms, as well as reduce the number of false positives.

## JOIN A TEAM

The Golfing for a Cause tournament is open to teams of four players, and prizes and raffle items from local businesses will be available.

■ **To sign up or make a donation, call (605) 353-6319 or visit [www.hrmcfoundation.org](http://www.hrmcfoundation.org).**

■ **To learn more about the We've Got You Covered program, visit [www.huronregional.org/mammo](http://www.huronregional.org/mammo).**

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Magee**  
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**In Memory of Nels  
& Dorothy Olsen**  
Steve & Karen Marcus

**In Memory of Betty  
Campbell**  
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**In Memory of Jeanette  
Johnson**  
Jeanette Johnson

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**In Memory of Geri  
Peterson**  
Dennis Paulson

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# Gift of Learning

THE FAMILY OF BELOVED NURSE GERRI BOYD MAKES A MEANINGFUL DONATION IN HER NAME.

**A LIFELONG RESIDENT** of Huron, Gerri Boyd was a familiar face in the local health care setting.

"Gerri started at St. John's School of Nursing in 1961," says Rod Boyd, Gerri's husband of 56 years. "After graduating in 1964, she went to work at the Tschetter & Hohm Clinic. Gerri worked there for close to 30 years and then worked as an infection control specialist at Huron Regional Medical Center until she retired in 2002."

## GIVING BACK

After Gerri passed away in April 2021, her family began considering ways to honor her memory. It was natural the conversation would center on nursing.

"Nursing was very close to her heart, and Gerri was just the absolute best nurse," Rod Boyd says. "Of course, I'm prejudiced."

The family recently made a \$5,000 donation to the HRMC Foundation's Healthy Huron scholarship fund in Gerri's name. The Healthy Huron scholarship program helps ensure that Huron and the surrounding



areas have the highly trained medical professionals needed to offer the best possible care for generations to come.

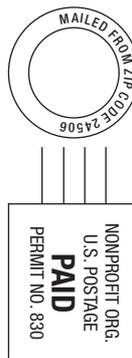
"We're grateful for the impact Gerri made on the health of our community throughout her nursing career," said Shawn Martin, executive director of the HRMC Foundation. "This gift is a perfect way to honor Gerri's memory and help a student who may follow in her footsteps."



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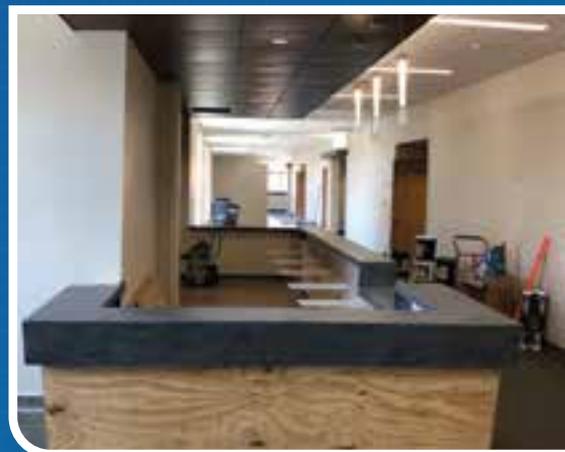
**■ If you or a loved one are passionate about health care, a gift to the Healthy Huron scholarship fund can have a long-lasting impact. Contact Shawn Martin at 605-353-6319 to discuss making a gift or including the scholarship program in your estate plans.**



▲ Large work areas for physicians and nursing staff are located in each of the four pods.

# HRMC PHYSICIANS CLINIC

## CONSTRUCTION UPDATE



▲ Reception desk on the second floor is next to the elevator where staff will greet and direct patients to the correct waiting area.

◀ Exterior is complete with just a few final touches on landscaping and sidewalks left.