

well one CONNECTION

A publication from your friends at Huron Regional Medical Center | **SUMMER 2023**

Welcome Home, **Dr. Hofer!**

ORTHOPEDIC SURGEON, KEVIN HOFER, MD,
BRINGS HIS EXPERTISE TO HURON
REGIONAL MEDICAL CENTER.

RESIDENTS OF HURON and the surrounding area now have expanded access to the orthopedic surgeries they need, including trauma, sports medicine, and total knee and hip replacements. Dr. Hofer, a Huron native, has returned home to become part of the HRMC staff as a full-time orthopedic surgeon.

Story continues on page 4

**Kevin Hofer, MD,
Stephanie Hofer, RN,
and sons Maverick
and Wesson.**



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A Letter From Our CEO



Erick Larson,
President and CEO

AT HURON REGIONAL MEDICAL CENTER, we're continually looking at innovative ways to add value to the community we live in and serve.

Just recently, we welcomed orthopedic surgeon Dr. Kevin Hofer home to Huron and to our staff. We've added new robotic technology, removing a barrier for patients to have advanced orthopedic procedures done in their hometown.

The spirit of desiring to improve and embrace community is at the center of our investments in technology and our workforce at HRMC.

Our new health care information technology (IT) apprenticeship provides training paired with exposure to the many aspects of health care. As a product myself of an IT apprenticeship, I know the impact such a program can have on developing careers. In addition, our on-site respiratory therapy training through the BREATHE-SD program and

many nursing school initiatives are also helping to grow careers right here in Huron

Speaking of our town, our certified community liaisons are finding new ways to help patients better navigate care and access the abundant resources our community provides every day.

When we lose ourselves in the service of others, we derive a better-connected sense of self and community. At the end of the day, that is what our work is all about. Thank you for being part of our story.

Erick Larson,
President and CEO
Huron Regional Medical Center

Partnering for an Even Better **PATIENT EXPERIENCE**

EARLIER THIS YEAR, HRMC partnered with national companies Unidine and Coreworks to enhance a pair of important departments: dietary and environmental services (EVS). These new relationships allow us to maintain autonomy in key ways while benefiting from the expertise of two proven organizations. We've introduced some exciting changes we think patients and visitors will appreciate.

MENU MAKEOVER

Appealing, nutritious food plays an important role in healing. Thanks to our partnership with Unidine, we've added more delicious and healthy dining options, easier-to-read menus, personalized assistance to help patients make daily food choices and an executive chef to enhance food preparation.

Patients and visitors will notice several changes in the cafeteria, including a new name, Central Café, which the HRMC staff selected. Other exciting changes include:

- **daily hot breakfast in Central Café**
- **made-to-order menu favorites and special meals**
- **restaurant-like serving area**

DIETARY AND ENVIRONMENTAL SERVICES SHAPE THE PATIENT EXPERIENCE AT HURON REGIONAL MEDICAL CENTER. WE'RE TAKING THEM TO THE NEXT LEVEL.



A Dose of Hope in the Midst of Crisis

NALOXONE CAN BE A LIFESAVING SOLUTION FOR EMERGENCIES CAUSED BY FENTANYL.



OVERDOSES DUE TO fentanyl are increasing in every segment of the population, but the prompt application of a medication called naloxone can prevent a fatal situation. Naloxone is an opioid antagonist, meaning it reverses the effects of opioids such as fentanyl. If someone is experiencing an opioid overdose, naloxone can effectively restore breathing.

“Ideally, parents should talk to their kids about the importance of abstaining from drug use,” says Vincent Oyler, MD, family medicine physician at Huron Regional Medical Center. “If there is drug use in the home or you use prescription opioids and have small children, consider getting naloxone.”



Vincent Oyler, MD

SAFE AND EASY TO USE

Many pharmacies now carry naloxone, and you don't need a prescription to get it.

“Naloxone is effective, in case of overdose, and affordable,” Dr. Oyler says. “Knowing how to use naloxone in an emergency situation can save a life.”

Talk with your pharmacist about how to use naloxone, and always seek emergency care after an overdose, even if naloxone is used.

■ Visit www.avoidopioidsd.com to find a pharmacy near you that carries naloxone.



Stop in for a Bite

LOOKING FOR A healthy and tasty meal made from scratch with fresh ingredients for a reasonable price? Try the Central Café at Huron Regional Medical Center. We invite the public to enjoy breakfast or lunch in our cafeteria seven days a week.

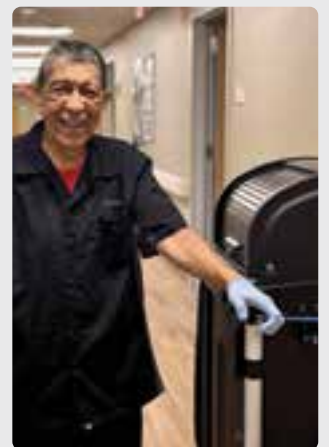
In addition, planning is underway to add a micro market with fresh, grab-and-go items, such as salads, sandwiches, wraps and parfaits, available outside of café hours.

SPICK, SPAN & SAFE

EVS encompasses much more than housekeeping and laundry. This department is also responsible for cleaning patient care areas and clinics, removing trash, maintaining infection control, and much more.

“Partnering with Coreworks ensures we have the latest resources and methods to keep HRMC clean and infection-free and make the patient experience as pleasant as possible,” says Lori Gross, EVS director at HRMC. “EVS is the foundation of the patient experience.”

With Coreworks' help, we've introduced standard uniforms for EVS personnel and adopted new customer service practices to better inform patients about who is cleaning their room and how to reach an EVS staff member when needed. We've also invested in new equipment to help team members do their jobs as efficiently as possible.



■ For current menus and hours of operation at Central Café, visit www.huronregional.org/cafeteria.

Continued from cover

“I always knew I wanted to come back here,” Dr. Hofer says. “I’m thrilled to be able to fill a need for full-time orthopedic surgery and help people in the community get care close to home.”

Dr. Hofer specializes in robotic-assisted hip and knee replacements as well as sports medicine and trauma surgeries, such as broken bone repair. However, he and other HRMC experts recommend conservative treatment methods when possible.

“The goal is always to solve the problem without having to make an incision,” Dr. Hofer says. “We’ll try other approaches, such as injections, as a first step when we can. But my job is to fix issues that require surgery.”



Kevin Hofer, MD,
board-certified
orthopedic surgeon

EXPANDING THE TEAM

Dr. Hofer joins orthopedic surgeon Todd Anderson, MD, who sees patients in Huron two weeks a month.

“We’re excited to welcome Dr. Hofer to the team and have a bigger orthopedic presence,” Dr. Anderson says.

“Dr. Hofer brings expertise related to the newest technologies, allowing us to offer more services.”

The team at HRMC also includes physical therapists, who collaborate with orthopedists and physicians to provide high-quality, personalized care.

“Physical therapists, occupational therapists and orthopedic specialists work closely together to develop treatment and recovery plans,” says Colton Ketelhut, DPT, physical therapist at HRMC. “This close working relationship helps to streamline communication and leads to improved patient outcomes and satisfaction.”



Todd Anderson, MD,
board-certified
orthopedic surgeon

RETURNING TO HIS ROOTS

Dr. Hofer now lives down the street from his parents with his wife, Stephanie, who is also from the area and is a nurse at HRMC Physicians Clinic. Their two young sons are happy to be near their grandparents, as well as aunts, uncles and cousins.

“This has been a really good change for all of us,” Dr. Hofer says. “I’m very excited to be back home and seeing patients.”

■ To make an appointment with the HRMC orthopedic team, call (605) 353-7660.

“ I’m thrilled to be able to fill a need for full-time orthopedic surgery and help people in the community get care close to home.”

– Dr. Hofer, full-time orthopedic surgeon at HRMC

MEET MAKO

Huron Regional Medical Center now offers Mako Robotic-Arm Assisted Surgery for hip and knee replacements, providing patients with an effective and sophisticated option that allows for faster recoveries.

“The robot helps us get the implants in a more precise location and assists in making the bony cuts,” say Kevin Hofer, MD, orthopedic surgeon at HRMC.

“It’s a very good aid to make us better at a procedure we’re already pretty good at. Using the robot, we can make the surgery more precise, and that’s the biggest advantage – to be more precise and hopefully decrease some of the pain involved with the recovery and get people going a little bit quicker, too.”



GAINING MORE WITH LESS



AN INNOVATIVE PHYSICAL THERAPY TECHNIQUE HELPED ENSURE FORMER HIGH SCHOOL BASKETBALL STAR REILYN ZAVESKY WAS READY TO TAKE THE COURT IN COLLEGE.

GUARD REILYN ZAVESKY had a great senior season for the 2022–23 Huron High School boys' basketball team. He averaged 23.5 points per game and made the all-state team. Near the end of the season, however, he learned he had a torn meniscus in one knee.

After surgery to repair the meniscus and remove cartilage from the other knee, Zavesky started the next phase of his comeback: working with physical therapist Colton Ketelhut, DPT, at Huron Regional Medical Center Pro Rehab.

DRIVING (BACK) TO THE BASKET

As part of his therapy regimen, Zavesky used blood flow restriction (BFR), which involves limiting the blood supply to an arm or leg using a specialized pressure cuff.

"Once we place the cuff and determine how much pressure to apply, the patient goes through a light-intensity exercise protocol to build strength in the targeted muscle," Ketelhut says. "BFR has become a preferred training method to obtain similar strength gains as high-intensity exercise using significantly lower loads."

The work was tough, but Zavesky isn't one to shrink from a challenge. He had an important goal to strive for: playing basketball for Mount Marty University this winter while working toward a degree in physical education.

"BFR is a really good workout," Zavesky says. "I get a better burnout on it than I do with half my lifts in the weight room. It's a great piece of machinery."

Now, Zavesky is ready for the challenge of playing the sport he loves at the next level.

"I came to HRMC Pro Rehab because I knew Colton was a great guy," Zavesky says. "I knew he'd get me back to where I wanted to be. He did, and it's been great."



Colton Ketelhut, DPT



Who's a Candidate for Blood Flow Restriction?

Huron Regional Medical Center Pro Rehab physical therapist Colton Ketelhut, DPT, says blood flow restriction may be a good option for anyone who needs to build strength for a variety of reasons, including:

- acute joint or muscle injuries
- hip, knee or shoulder surgery
- sports or fitness injuries

■ Looking to improve strength and mobility after an injury or surgery? To find out how HRMC Pro Rehab can help, visit www.huronregional.org/rehab.



Levi Kary,
HRMC Foundation
Executive Director

Thank You



WE AT THE 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!



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Papa Luigi's Silver Anniversary

FEATURING

Dancing with the Stars

BELIEVE IT OR NOT, Papa Luigi has been traveling the world for 25 years. To honor Papa Luigi's Silver Anniversary, the HRMC Foundation invites you to join us on March 23, 2024, in your very best silver attire. You'll be treated to a night of incredible entertainment presented by your friends and neighbors from right here in Huron. With the help of professional ballroom dancer and instructor, Tarin Oyler, 10 local celebrity couples will dance the night away for your entertainment. That's right, this year's entertainment is Dancing With the Stars! We'll reveal our couples in the weeks to come, but rest assured, we've got a wide variety of exciting dancers lined up already. Featuring food, drinks, fun and wonderful auction items, this will be a night you don't want to miss!

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Class of 1962

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TECHNOLOGY THROUGH THE YEARS

at Huron Regional Medical Center

FROM EARLY IMAGING TO ROBOTICS, WE'VE COME A LONG WAY.

IT'S EASY TO take for granted the advanced technology that's now available at HRMC, but it wasn't that long ago that none of these advanced solutions existed.

"When I was finishing my medical training in the 1970s, there was one hospital that had an EMI scanner – the very first type of CT scanner," says Robert C. Hohm, MD, internist at HRMC Physicians Clinic. "Now the level of sophistication we have in our equipment is mind-boggling."

Today, CT scan is an essential component in HRMC's latest technological addition: the Mako SmartRobotics system used for total hip and total knee replacement surgeries.

"Prior to their surgery using Mako, each patient gets a CT scan, which gives us a very good look at their anatomy," says Kevin Hofer, MD, orthopedic surgeon at HRMC. "The robot helps us get a detailed preoperative plan of exactly where the implant should sit and how the bone cuts need to be in order to make that implant fit perfectly."

■ **Count on HRMC to deliver care using sophisticated technology to enhance outcomes. Learn more about our scope of services at www.huronregional.org/services.**



Robert C. Hohm, MD,
Internal Medicine



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