

well one CONNECTION

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

Solving Pain **TAKES A TEAM**

FOR JAKE LINDGREN, COLLABORATION AMONG LOCAL HEALTH PROVIDERS TO DELIVER PAIN RELIEF HELPED TO KEEP HIM ACTIVE AND ABLE TO ENJOY THE HUNT OF A LIFETIME.

IF YOU'RE ONE of the many residents of Beadle County and the surrounding area living with pain, you might not know about the local resources that can provide relief without surgery or opioid medications. A new pain task force is working to connect the community to complete pain resources right here in Huron.

Story continues on page 4



Jake Lindgren,
Edward Jones financial
advisor and HRMC pain
management patient

IN THIS ISSUE

A Letter From Our CEO	2	Addressing a Personal Condition	5
Now Accepting Scholarship Applications	2	HRMC Expands Wound Care Services	5
More Space for a Crucial Service	3	HRMC Foundation Donors	6 – 7
The Heart of the Matter	3	Serving Our Community for 75 Years	8

A Letter From Our CEO



Erick Larson,
President and CEO

OVER THE LAST few months, we've been asking health providers in our community for their perspectives on what "Health and Wellness" means to them. It has been a gratifying exercise to help us determine the most effective ways to serve our community.

The collaborative wellness approach we're working toward is intended to optimize the strengths of partners in our community so we can shift from treating a patient's acute illness to focusing on proactive wellness. When we allow the experts to do what they do best, it's more efficient in terms of both time and money while also removing unnecessary or redundant roadblocks that patients must navigate.

While we can't predict every patient's needs, we can reasonably impact the Huron

community by providing key wellness services. I consider this initiative to be one more example of how health care in rural America needs to transform. In Huron, South Dakota, there isn't one – or even two – organizations who can be all things to all people. Success requires all of us coming together to elevate the care to a level that our community deserves.

Erick Larson
President and CEO
Huron Regional Medical Center

NOW ACCEPTING SCHOLARSHIP APPLICATIONS

THE HRMC FOUNDATION WILL BE TAKING APPLICATIONS FOR HEALTH CARE SCHOLARSHIPS UNTIL MARCH 31.

THANKS TO OUR generous donors, HRMC Foundation is proud to provide full and partial scholarships to area students pursuing health care careers.

"Maintaining a pool of local medical professionals is crucial for our health care system," says Nicola Larson, HRMC Foundation chairperson. "The more students we can bring back to our community, the better able we are to meet the current and future needs of our residents."

The HRMC Foundation depends on local support to make these scholarships possible.

"Making a one-time donation or planned gift will have a big impact on local health care for generations to come," Larson says.

- **Healthy Huron Commitment Scholarship.** Available to students pursuing high-need medical professions as identified by the HRMC Foundation. Students commit to returning to work at Huron Regional Medical Center or a participating medical program after receiving their degrees.
- **Healthy Huron Interest Scholarship.** Available to students interested in medical careers without a commitment to practice locally.
- **Helping Hands Scholarship.** Available to current HRMC employees and their families to pursue continuing education.

■ For more information or to submit an application, visit www.hrmcfoundation.org/apply-for-a-scholarship or call (605) 353-6315.



More Space for a **CRUCIAL SERVICE**

THE DIALYSIS UNIT AT HURON REGIONAL MEDICAL CENTER IS RELOCATING AND EXPANDING.



A LIFE-SUSTAINING TREATMENT for patients with end-stage kidney failure and those awaiting a kidney transplant, dialysis is an in-demand service at HRMC.

Later this year, HRMC dialysis services will move into a larger space, at 142 Third St. SE in Huron.

The one-level, easy-to-access unit will increase from seven to 12 treatment chairs – and boast a sophisticated water system with automatic backup. This technology will ensure that dialysis can continue if part of the system fails.

The new unit is welcome news to patient Joel Fischer, who has received dialysis for longer than eight years.

“Being able to walk in on one level will make the experience of receiving dialysis at HRMC even better,” Fischer says. “The staff members here are second to none. They treat us like family.”

GENEROSITY MAKING A DIFFERENCE

HRMC Foundation is helping to ensure more life-changing care for patients with a special capital campaign for the \$2.45 million dialysis renovation and relocation project.

“We develop close relationships with our patients, and we want to ensure we can offer dialysis to them far into the future,” says Jennifer Jungemann, RN, BSN, director of dialysis at HRMC. “This renovation will allow us to do that.”

■ **To find out how you can support dialysis and other HRMC services, visit www.hrmcfoundation.org.**



Jennifer Jungemann, RN, BSN

The **HEART** of the **MATTER**

IF YOU ARE RECOVERING FROM HEART SURGERY, CARDIAC REHABILITATION IS CRITICAL TO YOUR LONG-TERM HEALTH.



“**CARDIAC REHABILITATION CAN** significantly improve both short- and long-term outcomes after heart surgery,” says Kevin Vaska, MD, outreach cardiologist at Huron Regional Medical Center. “By participating in a program, you reduce your risk for new cardiac events and readmission to the hospital. Consequences of not following through with cardiac rehabilitation include worsened cardiac symptoms and risk of sudden death or repeat heart attack, plus lessened control of atherosclerosis and decreased psychosocial state.”

OUR REHABILITATION PROGRAM

The cardiac rehabilitation program at HRMC is designed to provide you with a spectrum of support tailored to meet your needs. Our supervised program includes:

- **cardiac risk factor modification**
- **counseling**
- **education about heart healthy habits**
- **medical evaluations**
- **monitored physical activity**

The program begins in the hospital after surgery and continues after discharge for 4 to 12 weeks, depending on your needs.

■ **For more information about cardiac rehabilitation at HRMC, talk to your healthcare provider or call (605) 353-6334.**

In 2022, HRMC established the task force involving members of local care teams and a variety of community partners, including chiropractors, physical therapists, mental health counselors and pharmacists. The task force’s goal is to connect patients with the providers who can help them get back to feeling like themselves without the use of potentially addictive narcotic medications.



Jason Barnhard,
CRNA

“The idea is that, although all of the providers aren’t under one roof, we can come together as a community and provide services that many patients may not realize are close to home,” says Jason Barnhard, certified registered nurse anesthetist at HRMC, who helped spearhead the task force’s establishment.

Jake Lindgren is exactly the type of patient the task force set out to help.

“I like to be active non-stop – I don’t do a very good job of sitting still,” says Lindgren, who was sidelined with back-pain prior to a hunting trip that would require significant physical stamina. “I didn’t know there was a space between chiropractic care, physical therapy and surgery. It gave me the results I needed to be able to perform that hunt.”



Wayne Carr,
CCSP, ACRB,
AFMCP, AC

TURNING DOWN THE DISCOMFORT TOGETHER

If you see your primary care provider, orthopedist or chiropractor about acute or chronic pain, he or she may refer you to a member of the pain task force, such as Barnhard. He can provide pain-reducing interventions, such as steroid injections, and refer you for other forms of care, such as physical therapy and counseling.

Another valuable option is chiropractic services, which may include spinal manipulation and soft-tissue techniques, along with complementary pain education and lifestyle modification recommendations. A 2020 study found that chiropractic care can reduce the risk of needing opioids for spinal pain by 50%.

“We want our community to be happy and healthy, and part of that is keeping them safe from the harmful effects of opioids,” says Wayne Carr, CCSP, ACRB, AFMCP, AC, chiropractic and functional medicine provider in Huron. “We want people to know that if they develop chronic pain, we have a team of experts in our community to help manage that discomfort.”

■ Visit www.huronregional.org/pain to learn more about pain management services at HRMC.



“ I had a once in a lifetime elk hunt this year, and my back was getting progressively worse. I had one injection and then another three weeks later. It gave me the results I needed to be able to perform that hunt.”

– Jake Lindgren, Edward Jones financial advisor and HRMC pain management patient



ADDRESSING A **PERSONAL CONDITION**

PHYSICAL THERAPY CAN PROVIDE RELIEF FOR PELVIC FLOOR DYSFUNCTION.

IF YOU STRUGGLE with bowel or bladder control, you may have a weak pelvic floor. These problems are not uncommon, and the right physical therapy can help resolve them effectively.

“When patients commit to a pelvic floor therapy regimen, they almost always get better,” says Tauree Peterson, DPT, physical therapist at Huron Regional Medical Center’s Pro Rehab. “This form of therapy is a conservative treatment option that, when successful, provides patients with improved comfort, confidence and overall quality of life.”



Tauree Peterson,
DPT



■ **Your primary care provider can refer you to a physical therapist. To find a provider, visit www.huronregional.org/find-a-doc.**

TAKING ACTION

Depending on your needs, your pelvic floor therapy plan may include:

- **Physical exercises**, such as Kegels, can help strengthen the pelvic floor. To perform a Kegel, you squeeze and release the pelvic floor muscles like you are trying to stop and start the flow of urine.
- **Behavioral changes**, such as limiting your fluid intake or increasing the amount of fiber in your diet, are simple steps that can have a powerful impact.

— HRMC EXPANDS **WOUND CARE SERVICES** —



ADVANCED TREATMENT OPTIONS ARE NOW AVAILABLE THROUGH THE WOUND CARE TEAM, WHICH WELCOMED THE ADDITION OF A NURSE PRACTITIONER.

COMPASSIONATE, PERSONAL CARE

from the wound care services team at Huron Regional Medical Center is nothing new, however the addition of Rebecca McCaskell, CNP, to the team of physical therapists and nurses takes those services to the next level by offering a nursing-based approach to care.

The clinic offers treatment for a variety of conditions, including burns, diabetic ulcers, post-surgical incisions, wounds due to arterial or vascular disease, chronic wounds and ostomy care.

The care team applies special dressings and skin substitutes to speed healing, and since McCaskell joined the group, wound care services can now offer a wider array of grafts, including placental grafts, which were not available in the past.

“Wound care can cover a wide variety of issues,” McCaskell says. “Our nurses and staff work closely with surgeons and medical providers in other departments to provide continuity of care and promote healing for our patients.”



Rebecca McCaskell,
CNP

■ **If you or a loved one is in need of wound care services at HRMC, call (605) 353-6334 to schedule an appointment.**



Nicola Larson,
HRMC Foundation
chairperson

Thank You



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We appreciate your support!

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Serving Our Community for 75 Years



OVER THE PAST 75 YEARS, HRMC'S COMMITMENT TO CARE HAS NOT WAVERED.

WHEN HURON REGIONAL Medical Center first opened its doors as St. John's Hospital in 1947, medicine looked a bit different. No ultrasound, no electronic medical records, no minimally invasive surgery. But while the technology has changed significantly over the decades, the hospital's approach to providing advanced care for patients has not.

"Even though HRMC has been around for 75 years, we don't stop evolving," says Vincent Oyler, MD, family and emergency physician at HRMC. "We are constantly bringing in new technology, constantly renovating to make sure all of our facilities are up to date. Everybody seems very invested in making their home a better place."

ONTO THE NEXT 75

HRMC staff are continually looking toward the future, whether it's preparing for another pandemic or working to improve community health outcomes.

"What can we do to better serve our community moving forward?" says Erick Larson, HRMC president and CEO. "Thankfully we have a very supportive board, a phenomenal medical staff and wonderful support people who help make that vision and mission a reality."



Vincent Oyler, MD,
Family Medicine



Erick Larson,
President and CEO

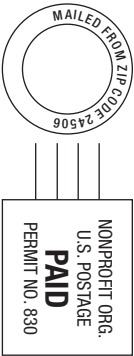


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