

BUFFALO HOSPITAL

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Kristin Nord, RN; Scott Gunderson, DO; Dave Berryman, radiology tech; and Bess DeMarais, RN

Big-time emergency room, reassuring small-town care

THOUSANDS OF PATIENTS treated yearly in Buffalo Hospital's Emergency Department (ED) are learning the hospital's new reputation for delivering high-quality, timely care is well-earned.

"Patients coming to Buffalo Hospital receive the same level of expert emergency care as they would in large metro hospitals," says Charles Lick, MD, ED medical director.

Buffalo Hospital's emergency doctors are members of the Emergency Physicians Professional Association (EPPA), which also staffs emergency departments at five metro hospitals. All EPPA physicians are board-

certified in emergency care with specialty training in trauma and critical care. Buffalo Hospital also has doctors from a wide range of hospital specialties—including orthopedics—on call for emergency treatment.

FULL SPECTRUM OF CARE

On average, 63 patients are seen in the ED and Urgent Care every day. That adds up to about 23,000 patients a year. The ED treats people of all ages and can handle any type of medical emergency—including sudden illness, broken bones, abdominal pain, breathing problems and heart attacks.

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SPECIAL INSERT

Imprint: Your gifts in action



BUFFALO HOSPITAL

Allina Hospitals & Clinics

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Big-time care

—Continued from front page

“Sometimes people think they need to get to a big hospital, especially in the case of chest pain. But it’s critical to get medical help fast, so going to the closest hospital is best,” Lick says. “At Buffalo Hospital, we follow a rapid response protocol that’s proven to save lives for patients arriving with symptoms of a cardiac event.”

“A rapid response team stabilizes the patient and immediately begins tests and treatments,” explains ED Manager Shelley Simkins, RN. “Patients who need angioplasty are transferred by Allina Medical Transportation or a flight service to a hospital with a cath lab within 30 minutes or less.”

ELEVEN LIFESAVING MINUTES

In one recent case, it took just 11 minutes to stabilize a patient and transfer him to Mercy Hospital in Coon Rapids. Mercy is one of the top 100 cardiovascular hospitals in the nation according to Thomson Reuters, a respected provider of health care information.

“Eleven minutes amazes me. A lot happened in those 11 minutes. And not just with me,” recalls Tom Burling, a heart attack survivor from Buffalo. “I was concerned about who was taking care of my wife, but the nurses were great. Several people knew us and even offered to call family to come support my wife. That someone was taking care of her was very important to me.”

While Burling was in transit, the cardiac team at Mercy prepped for his arrival, aided by test results, information and care initiated at Buffalo Hospital.



William Goodall, MD; Sheri Dehmer, Health Unit Coordinator; and Kathy Windom, RN

“It’s an extremely coordinated system,” says Jeffrey Chambers, MD, Mercy Hospital cardiologist. “We are the same team and follow the same protocols at Buffalo and Mercy hospitals. Buffalo is actually one of the best at identifying a heart attack, starting the correct medications and getting the patient transported quickly.”

“If I had ignored my symptoms or waited any longer to seek help, I wouldn’t be here today,” Burling says. “My doctor said a couple of more hours and I’d likely have died.”

TIMELY CARE

When you or a loved one is in pain or ill, the last thing you want to do is wait to be treated. Buffalo Hospital has doubled the size of its emergency staff and ED in the past five years to help reduce wait times. On average, patients are on their way home two hours after arriving in the ED—which is 40 minutes sooner than most hospitals.

And to save patients a trip on the way home, prescriptions can be filled right in the ED lobby using the InstyMeds machine, an ATM-like medicine dispenser.

For more information or directions to Buffalo Hospital ED, visit www.buffalohospital.org. ♦

Is it an emergency?

It’s not always easy to know whether a medical situation calls for a trip to the Emergency Department.

Symptoms that need emergency care include:

- problems breathing
- chest pain that lasts two minutes or longer
- uncontrolled bleeding
- coughing or vomiting blood
- sudden dizziness, weakness or changes in vision
- confusion or other changes in mental status

Warning signs for children may also include fever; neck stiffness; rash; excessive sleepiness; and skin or lips that look blue, purple or gray.

It’s always best to err on the side of caution—assume it is an emergency and get help.

URGENT CARE

When your condition isn’t life-threatening, but still requires immediate treatment, Buffalo Hospital has Urgent Care.

Urgent-care patients are actually seen by our emergency doctors. So if your condition is more severe than you originally thought, you are in the right place. Buffalo Clinic, attached to the hospital, also offers urgent care.

BUFFALO HOSPITAL URGENT CARE

- Monday-Friday, 5 to 10 p.m.
- Saturday and Sunday, 10 a.m. to 6 p.m.

BUFFALO CLINIC URGENT CARE

- Monday-Thursday, 1 to 8 p.m.
- Saturday, 8 a.m. to noon
- Sunday, 9 a.m. to 2 p.m.

Health care in hard times

4 WAYS TO HELP KEEP MEDICAL COSTS DOWN

WHEN SPENDING less becomes a necessity, there are some things you shouldn't cut from the budget. Health care is one of them. Cutting corners on your medical care might actually cost you more in the long run, and it may put your health in jeopardy.

These steps can help you stay healthy and lower your medical costs.

1. Practice good health habits.

- Wash your hands often.
- Eat well—more fruits, vegetables and whole grains, and fewer foods and drinks that are high in calories, sugar, salt or fat.
- Get rest and regular exercise.
- Manage stress.
- Don't smoke.

2. Have a primary care doctor.

Regular doctor visits help catch problems early and are a way to keep your immunizations up-to-date.

3. Know when to seek help. Many minor medical problems, such as a cold, correct themselves or improve in a matter of days, but if you don't get better or if you're not sure whether you need help, seek professional advice. And always get immediate help for a medical emergency.



4. Ask about generic medicines.

Generic medicines cost less, but have the same purity, strength and quality as their brand-name counterparts.

Whatever you do, don't decide on your own to stop taking your medicine. If you're worried about the cost, talk to your doctor.

FINANCIAL HELP IS AVAILABLE

Providing access to medical care regardless of your ability to pay is important to Allina. Several financial programs and services are available for our patients.

To learn about Allina Financial Services, visit www.buffalohospital.org. ❖



Quality counts at Allina.com

To find out how Buffalo Hospital and Allina Hospitals & Clinics measure up on patient care, safety and satisfaction, go to allina.com/quality.

"Today, 64 percent of consumers use the Internet to find information about the quality of care," says Penny Wheeler, MD, Allina's Chief Clinical Officer. "We are committed to openness in showing our quality performance."

The quality page shows how well Allina is doing in these categories:

Patient satisfaction tracks how patients answered survey questions about their hospital stays or clinic visits.

Getting better rates hospitals' success in meeting surgical care goals

and treating heart attack, heart failure and pneumonia.

Keeping you safe explains efforts to ensure safe surgeries, prevent falls and promote hourly rounding at Allina's hospitals.

Staying healthy shows how well Allina Medical Clinic is doing with well-child visits, treating colds and sore throats, and screening women for chlamydia.

Living with illness and disability presents data about Allina Medical Clinic patients receiving the best possible care for depression, diabetes and vascular disease.

For more information, go to allina.com/quality.





Seeing the light: Cheryl Wuollet, occupational therapist, uses the Dynavision to test a patient's reaction time.

Sister Kenny® Rehabilitation Institute provides the driving assessment and partners with Adaptive Experts for on-the-road assessments.

RECOMMENDATIONS

Along with the on-the-road assessment, the therapist can provide information about the person's strengths, limitations and driving potential. Recommendations may include physical therapy, occupational therapy to enhance specific skills, the use of adaptive equipment, driving restrictions or to stop driving.

"This is a difficult topic for people to discuss," said Wuollet. "Sometimes just building a person's awareness of a limitation can help him or her make the decision to stop driving."

After discussing the results with the driver and his or her family, the occupational therapist provides a detailed report to the patient's doctor, who ultimately decides whether the patient is able to drive.

FOR MORE INFORMATION

If you have concerns about your driving or a loved one's driving ability, talk to your doctor to see if the Driving Fitness Program may be appropriate.

For more information, call 763-684-3888 or visit www.buffalohospital.org. ❖



DYNAVISION

Safety on the road

REHABILITATION CAN HELP YOU GET BACK BEHIND THE WHEEL

GETTING A DRIVER'S license is a rite of passage that gives us a sense of independence. But for older drivers, or those affected by stroke or brain injuries, the road presents special challenges.

That's where the Sister Kenny Driving Fitness Program comes in. Occupational therapists provide evaluation, guidance and training to help people keep driving as long as it's safely possible.

"Many patients tell me they don't want to stop driving, but they don't want to hurt anyone else on the road," says Cheryl Wuollet, occupational therapist. "In some cases, people do need to stop driving, but others can benefit from therapy or adaptive accessories to make driving safer."

INDIVIDUAL ASSESSMENT

Patients who sign up for the Sister Kenny Driving Fitness

Program spend about an hour with an occupational therapist. Buffalo Hospital's new Dynavision device plays a key role.

Dynavision is a large, computerized board with 64 small, red, square buttons. The buttons light up in different patterns to test peripheral vision, hand-eye coordination, visual reaction time and scanning skills. Patients receive a score based on their reactions.

"We are excited to have this equipment. It provides great information but also is fun for patients to use, as it feels more like a game than a test or treatment," Wuollet says.

Besides the visual tests, therapists also evaluate physical and cognitive abilities, including range of motion, visual acuity and sign recognition.

The Sister Kenny Driving Fitness Program helps people learn—or relearn—to drive safely.

A more comfortable colonoscopy

DEEP SEDATION MAKES SCREENING AT BUFFALO HOSPITAL ESPECIALLY FORGETTABLE

IF YOU'VE BEEN putting off scheduling a colonoscopy because you just can't bring yourself to undergo the test, you're not alone. Even though colonoscopies save lives, less than half of all people who should be

Equally common in men and women, colorectal cancer is responsible for nearly 50,000 deaths a year. It is also one of the most easily prevented cancers.

screened for colon cancer actually get tested. Hoping to improve these numbers, Buffalo Hospital now offers a new option— anesthesiologist-monitored sedation.

"I've had patients who've avoided a colonoscopy for years because they are afraid or embarrassed," says Corey Martin, MD, Buffalo Clinic.

"While the bowel preparation can be uncomfortable, sedation makes the rest of the test very easy."

SEDATION EASES FEAR, DISCOMFORT

During a colonoscopy, a camera on a flexible tube is passed through the colon. If the doctor finds any polyps, they can be removed at the same time, often preventing the onset of cancer.

Conscious sedation has been used for years to lessen discomfort. Patients are awake and can talk throughout the procedure, but often don't remember it. Many doctors now offer deeper sedation so patients are less aware or completely

unaware of the procedure. An anesthesiologist, in conjunction with a certified registered nurse anesthetist, gives the sedation and monitors the patient.

Patients recover more quickly and go home faster after deep sedation because the amount of medicine they receive is more precise and wears off quickly.



Colonoscopy team: Corey Martin, MD; Betty Glunz, sterile processing technician; and Steve Busch, certified registered nurse anesthetist

Patients who receive conscious sedation are sometimes groggy for several hours.

"Patients often tell me after a colonoscopy, 'I don't know what I was so scared about. It really wasn't as bad as I thought,'" says Robert Mullaney, MD, Allina Medical Clinic—Buffalo.

WHEN TO GET A COLONOSCOPY

Symptoms of colon cancer are often silent, making regular screening important. Everyone should have a colonoscopy every 10 years, beginning at age 50, or earlier if you have a family history of colon cancer.



For more information, talk to your doctor or visit www.buffalohospital.org. ❖

Six steps to a healthier colon

Healthy choices you make today could help you avoid colorectal cancer tomorrow—and it's never too soon to start.

To lower your risk for this highly preventable disease, you can put these six recommendations on your choose-to-do list now.

1. Participate in moderate (swimming, brisk walking) or vigorous (aerobics, jogging) activity for at least 30 minutes each day. As your fitness improves, aim

for 60 minutes a day. If you haven't exercised for a while, talk to your doctor before you start an exercise program.

2. Eat no more than 18 ounces of red meat a week. Three ounces is the size of a deck of playing cards. Avoid processed meats, such as bacon, sausage and hot dogs.

3. Don't drink alcohol.

4. Control your weight by limiting high-fat, high-calorie foods and by

eating smaller portions.

5. Increase fiber in your diet with whole grains, beans, vegetables and fruits.

6. Talk to your doctor about a screening test for colorectal cancer when you celebrate your 50th birthday, or earlier if you have a family history of the disease. Some tests can detect polyps that can be removed to prevent cancer from developing.

Source: American Institute for Cancer Research



DAAN™ brings health coaching home

A NEW INITIATIVE is springing up at Allina Medical Clinic – Buffalo, Buffalo Clinic and Buffalo Hospital. Patients identified with high blood pressure will be invited to take part in Buffalo Hospital’s new DAAN@Home program. It’s a free health-coaching program to help individuals in the community lower their blood pressure.

High blood pressure, or hypertension, strains the heart and damages blood vessels. Over time, uncontrolled high blood pressure can lead to stroke, heart disease, kidney damage and eye problems.

Physical activity is one of the best ways to lower blood pressure.

REMOVING BARRIERS

Countywide data shows that nearly 60 percent of people in Wright County are overweight and nearly 16 percent of the population get no physical

activity at all on a typical day. “Exercise can be intimidating to people, and something that is intimidating can be a barrier,” says Melissa Mulder, exercise physiologist and DAAN manager. “Our goal is to remove the barrier of intimidation and help people become active.”

PERSONAL HEALTH COACHING

Participants agree to meet with a health coach in a combination of in-person visits and phone appointments. The health coach will work with individuals to create a personal plan and encourage them to increase their daily activity and ultimately reduce their blood pressure.

This isn’t about joining a gym or training for a marathon. The

goal of DAAN@Home is simple: increase thoughtful activity. For example, if you live near a grocery store, try walking instead of driving to the store. Or at work, choose to use a rest room farther away from your desk so you walk more.

“You don’t become someone who regularly exercises overnight—as toddlers we learn to crawl before we walk,” Mulder says.

Buffalo Hospital Foundation is funding this Allina Community Benefit initiative.

“It’s a perfect fit for the Foundation’s mission of being a catalyst for innovative services to improve our community’s health,” says Buffalo Hospital Foundation Director Karla Heeter. “It’s why the Foundation exists—to do things the hospital couldn’t otherwise do.”

DAAN WHERE YOU WORK AND WHERE CHILDREN GROW

DAAN@Home is a new branch of Buffalo Hospital’s DAAN program, which is dedicated to fostering a healthy, balanced lifestyle in children and adults by inspiring wise nutrition and activity choices. DAAN (dâ-on) is a Native American term that means to live a healthy,

balanced life.

DAAN@Work harnesses the hospital’s preventive health screening and fitness assessment tools to promote wellness in the workplace. Since we develop our food and activity habits when we’re young, the hospital also has taken DAAN@School to more than 12 elementary schools in Wright County for free. ❖

 To learn about how you can bring DAAN to your school, community or workplace, visit www.buffalohospital.org or call 763-684-7568.



BUFFALO HOSPITAL



Buffalo Hospital invites you to register for a health-promoting class or seminar by visiting www.allina.com/classes or calling 866-904-9962. All sessions are held at the Buffalo Hospital Conference Room.

GENERAL WELLNESS

Healthy Hearts

For cardiac patients and their loved ones. Meets monthly on the third Monday, 7 to 8:30 p.m. FREE

Stroke Support Group

Meets monthly on the second Wednesday, 1 to 2 p.m. FREE

Before Surgery Party for Children

View a video and tour the Surgery Center. Call to schedule. FREE

CPR AND FIRST AID COURSES

Classes can be customized for businesses to meet their individual needs.

Pediatric Heartsaver CPR, AED and First Aid

Meets child day care training requirements. May 16, June 20, July 11 or Aug. 1, 8 a.m. to 3:30 p.m. \$65

BOUNDARY WATER BOYS

Saturday, May 16
7:30 p.m.

Performing Arts Center
Buffalo High School

Memory Connection is hosting a fun family event featuring Pat Surface and the Boundary Water Boys. Celtic, folk, swing, gospel, bluegrass, blues—they play it all. The music will be interpreted in performance sign language.

Tickets are just \$12.50. Proceeds from the concert will go towards caregiver coaching for families dealing with Alzheimer's disease and for research.

Tickets are available by calling 763-682-1434, ext. 27, or may be purchased at the door.



memory connection.

Heartsaver CPR, AED and First Aid

Learn how to recognize and treat medical emergencies until help arrives. May 9 or July 18, 8 a.m. to 3:30 p.m. \$65

Health Care Providers Basic Life Support

Covers adult, infant and child CPR, and use of ventilation devices. May 30 or Aug. 8, 8 a.m. to 12:30 p.m. \$60

Health Care Providers Basic Life Support—Refresher

May 30 or Aug. 8, 1 to 3:30 p.m. \$50

Youth Babysitting Course

For youth ages 11 and older to learn the skills necessary for safe child care, including problem solving, accident prevention, first aid, safe play and much more. June 6, 8:30 a.m. to 3 p.m. \$45

CHILDBIRTH AND PARENTING

Healthy Pregnancy

Important information about your developing baby and how to make pregnancy easier and more fulfilling. June 2 or Aug. 4, 6:30 to 9:30 p.m. \$40

Birth and Parenting Preparation Series

Information about labor, birth and early parenthood. A five-week series starts every other month, beginning May 7 or July 2, 6:30 to 9 p.m. \$105

Birth and Parenting Preparation—Weekend Session

Fridays, 6:30 to 9 p.m., and Saturdays, 9 a.m. to 3:30 p.m. June 12, 13 or Aug. 14, 15. \$105

Refresher for Birth and Parenting Preparation

A review of labor, delivery, and post-delivery care of mom and baby. June 9 or Aug. 11, 6:30 to 9:30 p.m. \$65. "New Brother, New Sister" included in registration.

When You're on Bed Rest

Whether in the hospital or at home, a childbirth educator will connect with you and your partner to help you prepare for labor, birth, postpartum and parenting. Call 763-684-7121. \$105

All About Babies

Provides expectant and adoptive parents with important information about infant care and development. June 11 or Aug. 6, 6:30 to 9:30 p.m. \$55

Breastfeeding Preparation

Introduction to the basics of breastfeeding. June 18 or Aug. 13, 6:30 to 9 p.m. \$30

New Brother, New Sister

Designed for children ages 2½ to 10, this class helps prepare children for the new baby's arrival. June 16 or Aug. 18, 6:30 to 8 p.m. \$30 a family; free when also registered for "Refresher for Birth and Parenting Preparation" class.

Birth Center Tour

Tour labor and delivery rooms, postpartum rooms, and nursery before the arrival of your baby. May 19, June 16 or Aug. 18, 6:30 to 7:30 p.m.; or July 18, 9 to 10 a.m. FREE

Pregnancy, Birth and Parenting Package Price Discounts

Enroll in four classes—"Birth and Parenting Preparation," "All About Babies," "Breastfeeding Preparation" and "Healthy Pregnancy"—and save \$50.



**BUFFALO
HOSPITAL**

Allina Hospitals & Clinics

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10 ways to add fiber to your diet

Many people know fiber is a key component of healthy eating, but most Americans don't even consume half of the recommended daily intake for fiber. The health benefits of fiber are endless and so are the ways of adding it to your diet. Here are 10 ideas to add fiber to your day.

1. If breakfast includes cereal, find a high-fiber cold cereal and you will be halfway to reaching your daily fiber goals.
2. Eat hot cereal and add ground flaxseed and frozen fruit such as blueberries or raspberries.
3. For lunch or dinner, choose whole-wheat breads, pitas or tortillas, and load

with veggies and hummus.

4. For dinner, prepare a soup or casserole with whole-wheat pasta, add lots of veggies, barley or other beans and legumes.
5. Purée beans and use as a thickener for soup. On the side, choose whole-wheat crackers.
6. Make a homemade pizza with whole-wheat crust and top with a lot of veggies or even beans—get creative!
7. Add dried fruits and nuts to a salad.
8. Bulk up spaghetti sauce with beans.
9. Switch from white rice to brown rice, saltines to whole-grain crackers and white breads to whole-wheat breads.
10. For dessert, pile a bowl of yogurt with granola and fruit. ❖

Source: Melissa Hendrickson, registered dietitian, Buffalo Hospital

Daily fiber recommendations

Women	25 grams a day
Men	38 grams a day
Children ages 2 to 3	19 grams a day
Children ages 4 to 8	25 grams

Project Lifesaver is now in Wright County



Buffalo Hospital Foundation is proud to announce Project Lifesaver is now available in Wright County, thanks to generous donations from our community.

Project Lifesaver uses state-of-the-art technology to track lost children and adults dealing with autism, Alzheimer's disease and related disorders. Project Lifesaver participants wear a bracelet that emits a tracking signal. If that person ever goes missing, trained search-and-rescue teams use a mobile tracking system to locate him or her. The signal from the bracelet can be picked up from as far away as two miles on the ground, or 10 miles by air. The average recovery time is less than 30 minutes.

Read more about Project Lifesaver in the enclosed Buffalo Hospital Foundation Annual Report, or visit www.buffalohospital.org. ❖



Tough Enough to Wear Pink

Are you tough enough to wear pink? Prove it on Thursday, June 18, at the Buffalo Championship Rodeo. Along with proceeds from shirt and raffle sales, \$1 from each ticket sold will benefit breast cancer awareness and services at Buffalo Hospital.

The Tough Enough to Wear Pink event includes a contest to identify three people in the most unique pink attire. For more details, visit www.buffalohospital.org. ❖

