

## FAMC Improves Pediatric Readiness by 25 Points



**Lindsey Poeppel, RN, DON** was recently asked to speak at the SD Healthcare Coalition Conference in Chamberlain on how FAMC was able to improve the facility's Pediatric Readiness score by 25 points.

The Pediatric Readiness score represents the essential components needed to establish a foundation in pediatric care. This means that FAMC is prepared to react to pediatric emergencies efficiently and competently. In previous years, the hospital scored a 62 (2013-14) and 65 (2015-2019) out of 100 points.

Poeppel started preparing for the survey in October 2020 and submitted the application in May 2021. FAMC received a score of 90/100. The National Average Score of EDs with Similar Pediatric Volume is 61. And the National Average Score of participating hospitals is 65.

Overall the improvements came from identifying Sarah Lepke, FNP as FAMC's Physician Coordinator for Pediatrics. Her past work history as a NICU RN made her the perfect candidate. While FAMC providers are not Board Certified in Pediatrics, they do take Pediatric Advanced Life Support (PALS) certification which tests their competence in Pediatric Emergencies.

The Quality Assurance, Performance Improvement (QAPI) program at FAMC now collects and identifies performance improvement opportunities for pediatrics. Pediatric education experiences such as rehydration therapy, mock codes, burn resuscitation, etc. are recent additions to the nursing staff meetings to help better prepare the nursing staff. FAMC also encourages the nurses to take an Emergency Nursing Pediatric Course (ENPC) on top of the facility required certifications.

With these minor, but positive changes, FAMC was able to achieve a high score ensuring that the facility is prepared to take not only adult emergencies, but also serve the youth in our community.

## COVID Causes Changes at FAMC

**Heather Bode, FAMC CEO/Administrator**



COVID has changed the way that we do many things at FAMC.

**Currently we are seeing patients in separate locations with a sick clinic and a healthy clinic.** For our clinic to get back to (a new) normal we are using COVID funding to install negative air flow rooms in two clinic rooms and in two rooms within the outreach center. These negative air flow rooms will allow patients who are sick with respiratory illnesses to be seen within the walls of the clinic.

**In the outreach center we installed a wall in the large procedure room.** This will give the outreach providers four treatment rooms.

In the outreach center we also installed two negative air handlers. These additional rooms will give us more space to use during seasonal outbreaks.

**We completed construction on an enclosed drive-thru testing area.** This drive-thru will give us the capability of safely testing sick patients in a controlled and private environment away from other areas of the facility. It will also serve as our ER/ Ambulance entrance. We are pleased to announce that this area is now in service (see page two for details).

We are excited for these updates and the ability to use COVID funding to mitigate the transmission of air-borne illnesses.

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## FAMC Foundation 2022 Raffle Calendars for Sale!

- A purchase gets your name in for the entire year
  - 1 prize a month
  - Drawing held first Monday of each month  
\* unless otherwise noted
  - 8 small prizes valued between \$150-\$300
  - 4 larger prizes valued between \$500-\$1,000
- { Multiple prizes donated by local businesses }

Contact Kelli Rhodes, Chelsea Odden, Jami Huss, MaKenzie Sindelar, Grady Jolley, Melissa Spanier, Blythe Smith, Heather Bode, or Kelly Ortmeier to purchase your calendar raffle ticket today!

**\$50 per calendar**



## Enclosed Drive-Thru Available

FAMC is happy to announce that our enclosed drive-thru testing area/Ambulance/ER Entrance is now in service!

**Entering the Drive-thru on Foot or Walking via the Sliding Doors from the West:** these doors do not automatically open – the flight crew, patient drop offs, etc. will need to push the door opener on the south side of the doors. The doors will open and will stay open if there is an obstruction in the pathway of closing. Exiting the Drive-thru on Foot or Walking via the Sliding Doors from the West: You must push the exit buttons to the right of the door, this will open the sliding doors to the west. If a person is passing through the doors the doors will not close.

**Ambulances & Private Vehicles:** As the ambulance or a car approaches the garage, there is a sensor in the drive-thru that, as the vehicle approaches, will automatically open the door. The door has a timer on the opening and will stay open for a while. Driving/Exiting thru the Drive-Thru: the driver

must push the open button on the left side of the garage door (on the north wall); the door will open and will stay open until the vehicle has exited the doorway. The door will automatically close.

**If you can call ahead to let us know you are coming - that would be appreciated.**

Parking spaces are no longer located on the west side of the building. All patients with the exception of ER patients, will need to come into the main entrance and check in with registration. Registration will need to confirm with the patient if they are able to walk down to outpatient or if they need a wheel chair ride.

**FAMC,  
Rooted in the  
Community,  
Growing to Meet  
Your Needs!**



## Pfizer Vaccine now available for ages 12 and up

FAMC now has access to the Pfizer and Moderna Vaccinations. Both vaccinations require a two dose series.

Moderna is for ages 18 and up and Pfizer can be given to ages 12 and up.

When you schedule an appointment for the initial vaccination you will automatically be scheduled for the second dose.

It is important that you keep this second appointment. Due to the timing and the stability of this vaccination we cannot reschedule your appointment.

If you would like to schedule a vaccination for time, please call 605-598-6262 and ask for Karla Hall or Kelly Ortmeier.

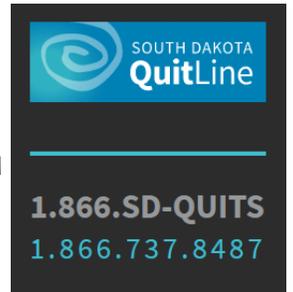
Did you know that the SD QuitLine has text messaging services to assist people with JUUL/e-cigarette cessation and smoking/chew tobacco cessation?

**This is Quitting:** This is Quitting gives youth and young adults the motivation and support they need to ditch JUUL and other e-cigarettes.

Find out more at: [truthinitiative.org](http://truthinitiative.org)

To enroll, text DITCHJUUL to 88709. You'll receive one message per day. You can also text COPE, STRESS, SLIP or MORE to receive instant support.

**SmokefreeTXT:** SmokefreeTXT is a mobile text messaging service. The program provides 24/7 encouragement, advice, and tips to help smokers quit smoking and stay quit. Find out more at: [smokefree.gov](http://smokefree.gov) Or, to enroll by phone: text the word START to 47848 from your mobile phone, answer a few questions, and you'll start receiving messages.



## FAMC Receives Two Cancer-Prevention Grants

### COMMUNITY/SCHOOL PARTNERSHIP GRANT

In early June, the South Dakota Tobacco Program announced that FAMC, in partnership with the Faulkton Area School District and City of Faulkton, was awarded the Community/School Partnership Grant. This grant links school and community tobacco prevention and control efforts in order to achieve maximum impact.

Partnership efforts will be led by both community and school representatives and implement activities that impact both local school districts and the community-at-large. Lea Niederbaumer, RN, CNP, and FAMC School Nurse Coordinator, has secured \$5,500 for this project and is looking forward to the impact it will have on the students and community. Watch FAMC's Social Media page and *Faulk County Record* for details on upcoming activities/events.

### CANCER PREVENTION AND CONTROL GRANT

In late June, the South Dakota Department of Health Cancer Programs announced that FAMC has been awarded funding for up to \$20,000 to implement efforts to support the 2021-2025 South Dakota Cancer Plan. This grant focuses on evidenced-based intervention implementation, and promotes equitable and accessible cancer prevention, early detection, and cancer survivorship efforts in South Dakota.

Kelci Schulz, RN, and FAMC Community Nurse Coordinator, is leading the efforts for this project. According to Schulz, "Many common cancers can be prevented or effectively treated before spreading with screenings and early detection. For this reason, Faulkton Area Medical Center plans to use the funding to create a patient reminder system, adopt cancer-related policies, and train staff on cancer screenings and prevention."

# FAMC Employees Receive 2021 Community Service Award

It was a unanimous vote by the Faulkton Area Lions Club to present their annual community service award to the entire staff of Faulkton Area Medical Center this year. The plaque reads "In recognition of the dedication and long hours of work of the Health Care Providers, Administration and entire Staff to ensure the safety and welfare of the Faulkton area during the pandemic crisis of 2020."

The FAMC Department Managers recently joined the members of the Lion's Club for a luncheon to receive the award. At the program, the following statement was read before Heather Bode, CEO/Administrator, accepted the award on behalf of the FAMC Staff:

*Faulkton has had availability to local healthcare facilities since 1914 when the forward-thinking community decided a hospital was needed. The Providence Hospital, which was a three-story privately-owned home of the Morse family, was used and then purchased in 1915 for the sum of \$10,000.00. It served the community well until 1951 when the new Faulk County Memorial Hospital was opened and then added on to in 1968. It was "a completely modern 36 bed hospital" according to the Faulkton Record. The present facility, built in 2007 and added on to three times, provides a broad range of medical services and programs, both primary and secondary, to a population of more than 2,600 in Faulkton and the surrounding counties.*

*As with so many last year, Faulkton's medical facilities were also called upon to go "above and beyond" to adapt to a different way of operating and caring for those of the community. They were constantly communicating with medical and government officials, staying on top of the CDC's latest news and guidelines, being called upon to share in extra responsibilities and spent endless hours "just doing their job." Taking extra precautions in a medical facility is much more complicated and involved and it took the entire team to manage the ever-changing landscape they were confronted with last year. The mission statement of the Faulkton Area Medical Center is "to provide the appropriate level of healthcare on the continuum that is efficient and effective in order to achieve the best health for those we serve." In other words, they care for their patients as if they were a family member and that is one of the many reasons, they are receiving the Faulkton Area Lions Community Service Award for 2021.*



## FAMC Reaches 90% Vaccination Rate for Employees

FAMC announced in early June that 90 percent of all staff members have received the COVID-19 vaccine.

"We are proud to report that our facility has vaccinated 90 percent of our staff," said Heather Bode, CEO/Administrator. "Our caregivers recognize that getting vaccinated is one of the most effective ways to protect themselves and our patients against this deadly virus. Since day one of the pandemic, they have worked day and night to keep our most vulnerable citizens safe and now we have hope that the end is near. We are seeing a drastic decline of positive COVID cases and deaths, which indicates that the vaccines are working."

Healthcare providers were placed first in line to receive the COVID-19 vaccine because of their essential role in fighting this pandemic. Vaccinating all healthcare providers will help protect them from getting sick and protect residents who are at risk for severe illness. Early protection of staff is critical to preserve an organization's capacity to care for patients. In addition, staff can serve as role models in their communities. By getting vaccinated first, they can positively influence the vaccination decisions of coworkers, residents, friends, and family.

Great Plains Quality Innovation Network has recognized Faulkton Area Medical Center as a COVID-19 Vaccination Ambassador. The Great Plains QIN was enlisted by CMS to help increase COVID-19 vaccination rates in North Dakota and South Dakota.

"Kudos to the team at Faulkton Area Medical Center for your efforts to ensure patients are protected by encouraging and promoting vaccination among your staff. It is critical for healthcare professionals to be confident in dispelling myths and addressing questions from patients and staff who may be hesitant to receive the vaccine," stated Dee Kaser; RN, CDCES; Great Plains QIN Quality Improvement Advisor.

"Each of us have been impacted by the pandemic; and through vaccination, we can prevent the spread to our friends, family and community. We applaud your efforts and are pleased to recognize Faulkton Area Medical Center for this accomplishment," added Tammy Wagner, RN, LSSGB; Great Plains QIN Quality Improvement Advisor.

"We will continue to encourage vaccinations, as well as follow all safety guidelines such as wearing personal protective equipment (PPE) and conducting regular testing. With the help of our communities and the public health sector, we are confident we will come out on the other side of the pandemic" said Heather Bode, CEO/Administrator.





# Dehydration in Children is More Common than You Think

April Sorensen, Registered Dietitian, Nutritionist

Kids need to drink plenty of water all year long -- and especially in the summer -- to stay healthy, hydrated, and active. But a recent study from the Health and Nutrition Laboratory at Pennsylvania State University, finds that on any given day, a staggering 20% of the children in the U.S. don't drink a drop of water from tap or bottled sources.

### Our bodies are made up of approximately 70 percent water.

Water has many important functions in the body, including; regulating your body's temperature, digesting food, and excreting waste. Your body loses water throughout the day when you sweat, breathe, and urinate. It is important to replace the water you have lost to prevent yourself from becoming dehydrated.

### Children are at a greater risk of dehydration than adults.

This is because in relation to their size, children have a larger proportion of their skin available to lose sweat and be exposed to heat. Additionally, children don't always recognize that they're thirsty, and if they're not encouraged and reminded, they may forget to drink. Luckily, there are a few ways to tell if your child is hydrated.

### How do I know if my child is hydrated?

Frequent bathroom breaks or wet diapers is the easiest way

You can also look out for these common symptoms of dehydration:

- Headaches
- Thirst
- Dry mouth
- Lethargy
- Poor concentration
- Cracked lips
- Constipation
- Dark urine



### How much water does my child need?

The amount your child needs will vary depending on their age, size, and level of activity. For children under 8 years of age, at least 4-6 glasses of water is recommended. For children older than 8 years of age, a minimum of 6-8 glasses is recommended. A good rule of thumb is one glass of water for each year of their age. This calculation is not exact, but it is pretty close. It also makes it easy for kids to remember how much they should be drinking.

If your child is playing sports or is very active they will need extra fluid, for young kids, one gulp for every 20 minutes of play and 2 gulps for older kids. Kids will also need more fluid on hot days or when unwell.

### Tips to help your kids stay hydrated!

- Pack a water bottle when you go out.
- Try a frozen water bottle in summer.
- Encourage your child to drink water before, after, and during physical activity.
- Always offer water with meals and snacks.
- Encourage your child to drink water, even if they don't like it!

### Tips for kids who don't like water

- Try adding slices of fruits such as lemon or orange to water, for variety and flavor.
- Let your kids choose their own drink bottle or serve water in colorful glasses or jugs.
- Be a role model! Make a point of drinking water with your kids.



# Adverse Childhood Experiences and Chronic Disease

Jean Mitchell, Occupational Therapist

In 1998, Dr. Vincent Felitti and Dr. Robert Anda examined the results of 10 specific types of childhood trauma and future health outcomes. They coined the term ACEs (Adverse Childhood Experiences) to refer to traumatic events that happen prior to 18 years of age. They include physical, sexual, and emotional abuse; physical or emotional neglect; loss of parent through divorce; exposure to domestic violence; having a parent with mental illness; alcohol or drug abuse in the home; and incarceration of a household member. Risk is assessed by adding each ACE for a total potential score of 10.

The study found that ACEs are a critical factor that has a significant effect on long-term health, especially chronic diseases. Risk of chronic disease is especially high if a person has experienced four or more ACEs. At that level, risk for diabetes goes up 1.6X, doubles for cancer and heart disease, and quadruples for chronic lung disease. It is important to note that the symptoms are not psychological, but rather an indication of how our body's stress response can lead to disease.

Further research has shown that all kinds of childhood adversity can increase risk for disease, including things like being bullied, not being accepted by peers, serious physical illness, or being born prematurely. With all that, it seems improbable to go

through childhood without exposure to some trauma. The good news is that protective factors have also been identified.

We can work together to create communities that protect our youth from the effects of ACEs. This includes ensuring families have access to economic and financial help; medical and mental health services; and safe, stable housing.

Providing nurturing and safe childcare, high quality pre-school and safe and engaging after school programs helps provide a protective layer to stressors created by ACEs. A child having just one adult to serve as a caring and consistent caregiver or role model provides significant protection against ACEs.

Communities that have employers with family-friendly policies; strong partnerships between business, government, health care and schools; and residents that feel connected to one another, are providing protection against ACEs to their most vulnerable members.

***“Be kind. Everyone is fighting a battle you know nothing about.”***



There are on average between 3 to 6 million animal bites in the US leading to an estimated 800,000 people needing medical attention annually.

**Both domestic and wild animals are responsible for these bites.** Dog bites are generally most common and most severe. Cat bites are most likely to become infected. Wild and stray animals are most concerning for rabies. Small rodents like squirrels, hamsters, guinea pigs, chipmunks, rats, mice

and rabbits aren't usually concerning for rabies; however, bites and scratches from these animals may become infected.

**Prevention is key.** Everyone should be aware of animals around them. Animals that are acting strangely, are more shy or more aggressive than normal, are excessively drooling, are partially paralyzed, wild animals acting "tame" and nocturnal animals that are out in daylight should be considered dangerous. These animals need to be avoided and reported to authorities.

**Always keep a close eye on children around any animals, even pets.** Teach children to never tease an animal, always handle animals gently, and to stay away from wild or stray animals. Children should be taught to ask animal owners before attempting to pet an unfamiliar animal.

**If you are bitten or scratched by an animal,** first apply pressure to stop active bleeding, cleanse the wound as quickly as you can with warm water and soap, apply antibiotic ointment if available and apply a bandage. Check the wound frequently for signs of infection including increased pain, wound drainage, swelling, increasing redness or streaking, increased temperature, or tingling/numbness of the affected area. Most bites on the face, head, neck, hands, feet, or near a joint should be evaluated by a medical provider.

**If you do seek medical attention** for bites or scratches, providers would like to know the time/date of the bite, whether the attack was provoked or unprovoked, the location of the bite(s), what was done for first aid, the type of animal (domestic/stray/wild), the animal's health and behavior, and if the animal's vaccinations are up to date. The medical history of the victim is also an important thing to consider. Knowing the current location of the animal and if it could (**safely**) be captured and confined and observed for 10 days is great information to have.

**Below are some helpful numbers.** The CDC website has a lot of helpful information too. We are always available at FAMC to evaluate and treat animal bites. While you are out and about enjoying summer, be aware, be smart, and be safe around animals.

## Shanda Spilde, RN earns CEN

**Shanda Spilde, RN** has joined an elite group of nurses by passing the Certified Emergency Nurse (CEN) exam. Achieving certification is a measure of Shanda's knowledge, skills, and clinical judgment. The CEN is a mark of excellence that distinguishes Shanda as being at the top of her profession.



Shanda is a dedicated individual who goes above and beyond at FAMC and as a RN and Nurse Educator. FAMC is extremely proud of Shanda and her amazing accomplishment.

TARGET: **BP**™

Target: BP is a blood pressure monitoring program with loaner blood pressure cuffs available at FAMC  
**Call Kelci Schulz, RN 598-6262**

### Helpful numbers for Animal Bites

- CDC Rabies Line.....404-639-1050**
- South Dakota Department of Health.....800-592-1861**
- Faulk County Sheriff's Office.....605-598-6229**
- Faulk County Ambulance.....605-598-6229**
- Faulkton Area Medical Center.....605-598-6262**



# Maintaining Your Medication List Erin Stark, RN, EMR Coord.

Every time you go to a medical facility it is likely that you will be asked to review your current medication list. Having an accurate and complete medication list is crucial to your care at FAMC.

It will take both you and the healthcare professionals involved in your care to maintain your list. That is why it is so important to listen closely as the nurse or provider goes through your medications. Items that should be included in your list are prescriptions, over-the-counter medications, inhalers, nebulizers, vitamins, herbs, and supplements.

### An accurate medication list requires all the following:

- Medication name
- Dose and strength
- Frequency of medication
- Route of administration (example: oral or inhalation)

Maintaining a comprehensive and accurate list can be difficult for healthcare providers for many reasons. Patients may not know their medications due to mental impairments, memory loss, or simply because of the number of medications they are taking. They also may have multiple healthcare providers located in different organizations. For example, if you come to FAMC today, but a week ago you went to Avera Cardiology and they changed your Warfarin (Coumadin) order, it is ex-

remely important that you update us with that information or have that other facility contact us with your changes.

There is no single data repository where medications are found, and most organizations have their own electronic medical record. Patients also sometimes fill prescriptions at different pharmacies, so making a quick call to the local pharmacy is not always an option for the nurse or provider when trying to update your medication list.

The main objective of accurate and complete medication lists is patient safety! We care about your safety, health, and well-being. It is important to know what you are taking and when you are taking it. Some items on a medication list can have interactions with another medication or food. If medications are not taken appropriately, they can cause harm. The more medications you take, the more likely an interaction can happen.

We strongly encourage each time you come to the facility, you either bring your complete medication list or the bottles of medications. Bringing in your weekly pill dispenser is not sufficient because we are unable to determine what the medications are and their prescribed doses by looking at them.

*A precise and comprehensive list will make maintaining future visits much simpler.*

## FAMC is Hiring!

Faulkton Area Medical Center is seeking applicants to fill several positions:

- 1) **A full-time Hospital Registered Nurse with \*\$5,000 Sign-on Bonus.** Schedule includes twelve-hour shifts and occasional weekends, alternating days and nights, rotating holidays. Current SD Nursing license and degree from accredited nursing program is required. Preferred certifications in ACLS, TNCC, PALS, and ENPC-training and certifications available on-site if needed. Must have experience in acute-care/ER environment. Excellent benefit package and competitive wage. *\*Sign-on bonus will be awarded after the first six months of successful employment.*
- 2) **PT Registered Nurse.** This position requires working at least 48 hours every two weeks. Schedule includes twelve hour shifts, rotating nights, weekends, and holidays. Competitive wages, PTO, and SD Retirement available.

**All positions will remain open until filled.**

For more information, please contact Blythe Smith, Human Resources at **605-598-6262** or via email at [blythe.smith@faulktonmedical.org](mailto:blythe.smith@faulktonmedical.org).

Applications:

[faulktonmedical.talentplushire.com/jobs/](http://faulktonmedical.talentplushire.com/jobs/)

*FAMC is an Equal Opportunity Provider and Employer.*

- **We know your name.** At FAMC, you're not a number, and the work you do here matters. Your colleagues aren't just down the hallway they are your neighbors and your friends.
- **We offer rich experiences.** Being a rural medical center, you will wear many hats! This means that you will continue to be fully engaged in your work, maximizing your potential and impact in the community.
- **We boast cutting-edge facilities.** World-class care is a reality at FAMC as a result of our commitment to staying ahead of the curve with our technology and resources.
- **We invest in our people.** Our people ensure our success, so at FAMC we support the needs of our team with training opportunities, certification options and excellent benefits that include competitive wages, health insurance, PTO and retirement.
- **We are located in the great state of South Dakota.** Beautiful scenery, personal freedoms, no state income tax, affordable housing, great faces and great places.



**Why you should work**



**at FAMC:**

# FAMC Installs GE's Newest CT Scanner

The FAMC Radiology Department recently installed GE's newest CT scanner, the Revolution Maxima. This scanner is powered by artificial intelligence which is a function that helps optimize the radiation dose and image quality and may avoid positioning errors.

The Revolution Maxima utilizes three separate features to reduce patient dose, all which FAMC offers: Organ Dose Modulation (ODM), ASiR-V, and Smart mA. ODM provides reduction of radiation dose via x-ray tube current modulation for superficial organs and tissues, such as breasts, eyes, thyroid, and gonads, all while maintaining the diagnostic quality without decreasing productivity. ASiR-V allows healthcare providers to lower dose by 50-82% as compared to standard filtered back-projection reconstruction at the same image quality. Smart mA helps deliver consistent image quality because it automatically accounts for the changing dimensions of the patient's anatomy. These allow for a reduced dose compared with a fixed mA acquisition.

It also contains a liquid bearing tube that has a capability of less-wear of tube bearing and enables a faster rotation speed with a routine scan. This allows technologists to enable faster scan times which may allow for shorter breath holds and reducing motion artifacts from patient and organ movement. Using this higher pitch, a full-body trauma scan

of 1000mm can be acquired in as little as 6 seconds.

The Revolution Maxima also has a smart metal artifact reduction (MAR) tool—Smart MAR. Smart MAR helps reduce photon starvation, beam hardening, and streak artifacts caused by metal in the body, such as hip implants. With this feature, FAMC Radiology staff can scan areas within the body that contain metal without the usual artifacts that obscure vital anatomy.

With the GE Revolution Maxima, FAMC can offer better clarity on images and faster speed, all while obtaining a lower dose of radiation to the patient. Our facility is happy to provide you with these capabilities in your time of need.



## What Can I Do To Improve My High Blood Pressure?

TARGET:BP™



Modification	Recommendation	Approximate SBP Reduction Range
 Weight reduction	Maintain normal body weight (BMI=18.5-24.9 kg/m <sup>2</sup> )	5 mm Hg
 DASH eating plan	Diet rich in fruits, vegetables, low fat dairy and reduced in fat	11 mm Hg
 Restrict sodium intake	<1500 mg of sodium per day	5-6 mm Hg
 Physical activity	Be more physically active. Aim for at least 90 to 150 minutes of moderate-intensity activity per week.*	5-8 mm Hg
 Moderation of alcohol consumption	No more than 2 drinks/day for men and 1 drink/day for women	4 mm Hg

\*Adults should also do muscle-strengthening activities 2 or more days per week.

BP = Blood pressure, BMI = Body mass index, SBP = Systolic blood pressure, DASH = Dietary Approaches to Stop Hypertension

**Best Proven Nonpharmacologic Interventions for Prevention and Treatment of Hypertension**  
According to 2017 Hypertension Clinical Practice Guideline

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# Drowning is Silent! Water Safety Tips April Sorensen, Pool Manager



I have been a lifeguard for close to 30 years and have had my fair share of water rescues. There have been several times I have jumped into a hotel pool to rescue kids I didn't even know.

When we lived in Minnesota, I had a lady have a heart attack during water aerobics and was able to successfully extract her from the pool and get medical attention. On multiple occasions, I have

even rescued children that are within arm's length away from their parent, but the parent has no idea that their child is struggling. The saying, "once a lifeguard, always a lifeguard" rings true for me. Rarely do you see me not "guarding" when people are near a water source. Why? Water is dangerous, and drowning is silent. The victims simply do not have the time to call out or make splashing noises when they are struggling for air. Drowning also happens quickly, in as little as 20-60 seconds. Drowning is the 2nd leading cause of death for children ages 1-14 years.

I have been managing the Faulkton Pool off and on since 2006 and stress the importance of safety to my staff and the children that swim there. We perform safety trainings monthly and I often record the staff to see how quickly they recognize an emergency and perform a rescue. The goal is to be under 60 seconds and I am proud to say all of my staff can complete an intense rescue in about 45 seconds. Even the desk staff are certified in First-aid and CPR and are expected to help the lifeguards if there is an emergency. On average, the Faulkton pool performs four rescues each summer. We have seen everything from leg cramps, slips/trips, exhaustion, and poor judgment get swimmers into trouble. Believe it or not, we perform more rescues for people who are known to be "good swimmers" than we do for "non-swimmers."

I stress the importance of swimming lessons because knowing how to swim saves lives! Swimming Lessons consist of in-water instruction and safety briefings. Every day, we review a different topic, explain the dangers of water, and how to keep yourself and others safe. Often you hear of people drowning because they tried to save someone else who was struggling. Your child may be a good swimmer on their own, but what would they do if someone grabs ahold of them. We teach the kids how to safely help a struggling swimmer and put special emphasis on how to get away if someone grabs a hold of them. A common phrase used by swim instructors is "Suck, Tuck and Push Away". "Suck" - try to take a breath (if you have time); "Tuck" - go down into the water (this is the last place a struggling person wants to go); and "Push Away" - swim away from the danger. Safety is so important that lifeguards who teach swim lessons are called Water Safety Instructors (WSI).

One of the safety topics I stress EVERYDAY is NEVER swim by yourself. Supervised swimming is required even for good swimmers. Believe it or not, they have designated lifeguards at the Olympic swim events. Cramps are common when swimming and cramps can take down even the most skilled swimmer. As for children, active drowning looks very similar to play which is why parents don't always recognize when their child is in distress. Lifeguards are

trained to spot the difference. If you can swim in a pool or lake that has certified lifeguards - that is preferred. If you choose to swim in a private pool or hotel pool with no lifeguard, set strict rules for use. EVERY TIME YOU SWIM, have a discussion with your child(ren) about safety. Teach them how to recognize an emergency and call 911. Never let them swim unsupervised. My children were never allowed to go into a pool until they showed me where the emergency equipment and phone was and how to use it. At hotels, you often have to dial 9 and then 911 to get an outside line. Children do not know this unless you teach them. Also, with more people moving away from landlines to cell phones, ensure that your child(ren) know how to call 911 on your cell and what to tell the dispatchers.

Teach the kids about the depth of the water and what is a safe depth for them to swim. At swim lessons, we talk about a safe swim area being a place where you can keep your "breathing parts" (mouth and nose) out of the water when standing flat on the floor. Kids that complete lessons know that they cannot swim in areas that are deeper than this without an adult or lifeguard in the water with them otherwise they must wear a lifejacket until they reach at least level 3 swimming ability or pass the deep-end swim test.

Speaking of lifejackets - use only United States Coast Guard (USCG) approved floatation devices. These are safety tested. Water wings, inner tubes, blow-up rafts, etc., are rarely allowed in public swimming pools because they INCREASE the RISK of drowning. Water wings (the inflatable tubes you put around a child's arms) prohibit proper swimming technique and force the child's arms up over their head. Small children do not have the strength to lift their head up over their arms when in water. These also give the parent a false sense of security. They deflate easily and then the child is in trouble. Inner tubes that are provided at waterparks are usually higher quality and transparent, meaning the lifeguards can always see through the tube. Inner tubes and other floatation devices that you purchase at the general store are not as sturdily built. Children can easily float away from their safe area, flip, slip or lose grip. This applies to kickboards and pool noodles too. USCG approved items are definitely the way to go! I especially like the 'puddle jumper' type life jackets for toddlers and young children. However, a lifejacket is only safe when you use it properly. Teach your child(ren) how to put it on and buckle the straps. We teach children that their lifejacket needs to be "tight like a turtle in his shell". If the jacket is too big, it will slip off over the child's head or bunch up under their jaw line. If the jacket comes with a strap or "tail" - there is a reason - this holds the lifejacket in place and does not allow it to slip off. If the tail doesn't fit - it's time to get a bigger size jacket. Also teach your kids that lifejackets are not toys. They should not float on-top or wear them like pants. Make a rule that lifejackets are required to be worn on boats and docks - at all times - no matter how nice of a day it is or how many good swimmers are around. Accidents happen and water is dangerous.

Don't encourage breath holding contests under water. We teach children that it is okay to hold their breath for about 5-10 seconds but no more than that. Whether you notice or

## Water Safety Cont...

not, lifeguards usually start counting anytime a child goes underwater and if they don't come up by the time the guard gets to 5, the guard will start moving towards the child just in case they need help. Breath-holding contests in the deep end are especially dangerous. The body has a natural instinct to breathe and this is hard for young swimmers to overcome when deep down in the water.

While I'm on the topic of breath holding, let me jump over to another danger that involves breathing - goggles that cover the nose. I have never been a fan of these for young children. You see, these are supposed to create a seal to prevent water from coming in, but most children do not know how wear these properly. When the seal breaks, water rushes in and children drown because they do not have the reflexes to act quickly enough. They are safer to use in shallow water where the child simply has to stand up to get their face out of the water, but I never let my children use these in the deep end or where they cannot touch. There is not enough time for kids to react if the seal breaks. The body naturally reacts by coughing but if underwater, this is a recipe for disaster. Instead, I recommend eye only goggles and separate nose plugs.

Lastly, EDUCATE! Teach your child(ren) what drowning looks like. It looks nothing like what is shown on TV or in the movies. There are some good videos of drowning on you-tube that I encourage you to watch. Drowning is SILENT and it happens fast.

Water is fun, but it is also dangerous. I hope these tips help keep you and your family safe when near water.

## FAMC to Host Bike Rodeo!



What is a Bike Rodeo? A bike rodeo is a bicycle skills event which provides an opportunity for bicyclists to practice and develop skills that will help them to become better bicyclists and avoid typical crashes.

The goal of any bicycle rodeo is to provide an opportunity for the participants to learn, practice, and demonstrate their bicycle handling skills in a fun, noncompetitive atmosphere.

The Bicycle Rodeo includes a safety inspection and a series of skills stations directly related to everyday bicycling situations. Participants will practice starting and stopping, the safe way to exit a driveway, how to look for traffic, negotiate an intersection, and avoid common road hazards.

**A free-will donation meal** will be hosted by the Faulkton Area Medical Center Foundation and Emergency Vehicles will be available for tours. All this, plus awards, prizes, and fun!

Make sure to wear or bring your swim-suit because after attending the rodeo, you'll get a chance to head over to the Faulkton pool for a special evening swim.



Anyone old enough to ride a bike can participate in the rodeo. All ages are welcome at the event.

**Date: Monday, August 9th**

**Time: 5-7pm Bike Rodeo (bikes and trikes permitted)**

**5-7pm Free Will Donation Meal**

**7-9pm Swim at the Faulkton Pool**

**Location: Garry Cunningham Sports Complex**

**Please Bring: Bicycle (or tricycle) and helmet -if available.**

## In Memory/Honor Of

Jim & Virgene Wagner  
Ronnie Snow Memorial  
Charlotte Giesen Memorial

Marlene Hammond  
Debbie Pomeranke Jetton Memorial

David & Carol Duncan  
Evelyn Cooper Memorial  
Everett Tennant Memorial  
Enid Rogers Memorial  
Vivian Roseland Memorial  
Phillip Geist Memorial  
Duane Rasmussen Memorial

Verne & Mickie Hansen  
Enid Rogers Memorial  
Royal Traver Memorial  
Eugene Hanson Memorial  
LaVerne Spangler Memorial  
JoEllen Wieseler Memorial

Ken & Twyla Bartholomew  
Charlotte Giesen Memorial

Bev Hanson & Family  
Evelyn Cooper Memorial  
Buster McQuown Memorial  
Charlotte Giesen Memorial

## Equipment Purchases to date: 2021

- 3 Vaccine Coolers
  - Whirlpool Tub
  - Cardiac Rehab Equipment
- Approx.  
\$13,000

## Healthcare Workforce Grant

The U.S. Department of Labor (DOL) awarded West River Area Health Education Center a \$2.5 million grant for their **Rural Health Works South Dakota** program to alleviate healthcare workforce shortages by creating sustainable employment and training programs in healthcare occupations serving rural populations. East River Counties involved in this grant include Spink, Hand, and Faulk Counties. Faulk County employer partners include Faulkton Area Medical Center, Faulkton Senior Living, and Faulk County Ambulance. Healthcare professions addressed by this grant are Certified Nursing Assistants (CNA) and Emergency Medical Services (Emergency Medical Technicians and Paramedics).

What does this mean for Faulk County? The grant starts this year in Spink County with plans to expand to Hand and Faulk County in years two and three. The goal of the grant is to provide career ladders to unemployed and underemployed adults while addressing the serious healthcare worker shortages. The project will fund on the job training for CNAs at their local facilities; and expand and fund local EMT training.

Additional support and services, including transportation costs and childcare costs, may be available through the SD DOL.



Stay tuned for more detailed information as the program progresses. Or, contact Dr. Sylvia Anderson or Lindsey Poeppel at FAMC (605-598-6262) or Trintje Bauer at FSL (605-598-6214).

Faulkton Area Medical Center & Foundation



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Have you or a loved one been a patient in our facility?  
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Make a tax free donation or contribution to FAMCF.

OR you may go to [www.faulktonmedical.org/giving](http://www.faulktonmedical.org/giving) and donate online!

In support of Faulkton Area Medical Center Foundation, I/we would like to make a donation:

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*Thank you for your support!*