


FAMC &
FOUNDATION
Spring 2023



A NEWSLETTER FOR RURAL HEALTH CARE

Community Connection



Dr. Anderson Recertified in Palliative Care

Faulkton Area Medical Center is proud of its employees who go above and beyond what they are required to do. Many of our staff and providers choose to acquire additional certifications outside of what is required to work in our facility. A lot of these extra certifications help our staff with providing you, our patients, with better care.

Sylvia Anderson, MD and Chief of Staff at Faulkton Area Medical Center is a board-certified physician in family medicine through the American Board of Family Medicine. This is a continuous, voluntary process that emphasizes the importance of ongoing participation in activities that assess important physician characteristics: Professionalism, Self-Assessment, Performance Improvement, and Cognitive Expertise. Towards the end of the 10-year period the physician must sit for either a one-day examination or participate in the alternative Family Medicine Certification Longitudinal Assessment (FMCLA) method for demonstrating cognitive expertise.



Additionally, Dr. Anderson possesses a certificate of added qualifications (CAQ) in Hospice and Palliative Medicine. Dr. Anderson received her initial certification in October of 2012; each successful certification is good for 10 years. She recently completed her recertification at the end of 2022. To maintain certification, requirements include continuous maintenance of Family Medicine certification, completion of application, and achieving a passing score on the examination. This CAQ is designed to recognize excellence among those Diplomates whose practices emphasize the care of seriously ill and dying patients with life-limiting illnesses.

When asked why she wanted to pursue an added qualification of Hospice and Palliative Medicine, she replied, *“I love being a doctor and working at FAMC, taking care of patients in and around the Faulkton community. Family medical doctors provide medical care for babies, children, families, and adults at any age and stage of their lives. Being board certified in Family Medicine and Hospice and Palliative Medicine means that I have kept “up to date” with the majority of medical literature and new recommendations for patient care. I have expert level knowledge in caring for patients at the end of their life. While Faulk County is one of the only counties in South Dakota without home health or hospice programs, it is due to lack of funding and staff only. We have doctors, nurses, and aids that work together in the hospital and nursing home, who are experts at end-of-life care. Teamwork and advanced knowledge help make better care for patients at any age and stage of life.”*

Holding and maintaining the above certifications is no easy task and is a continual process of extensive learning. Faulkton Area Medical Center has the ability to not only meet but exceed the expectations of patient care because of staff members like Dr. Anderson.

Do You Know How to Perform CPR?

In a cardiac arrest, every second counts. A cardiac arrest can happen anywhere, often while at home, at work or at play. And the victim is likely to be someone you know and love. **Every minute CPR is delayed, a victim’s chance of survival decreases by 10%.** Immediate CPR from someone nearby can double – even triple – their chance of survival.

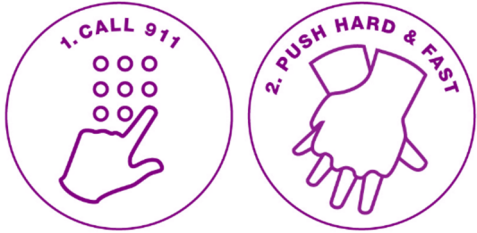
Remember these two steps if you see a teen or adult suddenly collapse:

1) **Call your local emergency response number**
Faulk County - (605) 598-6229

2) **Push hard and fast in the center of the chest**

Push to the beat of a song that is at least 100 beats per minute. Continue pushing hard and fast in the center of the chest until help arrives.

2 STEPS TO SAVE A LIFE



Our hands can do so many things, the most important of which may be saving someone’s life.

The power is in YOUR hands.

Birth to Three Tier One Providers

The Faulkton Area Medical Center is committed to meeting the needs of all our patrons. In an effort to support our youngest cohort, Chelsea Odden PT, DPT and Jean Mitchell MPH, OT/L have successfully completed the South Dakota Birth to Three Bright Beginnings curriculum and are now Tier One Birth to Three Providers. The Bright Beginnings training consisted of a semester-long class followed by a fidelity check of a Birth to Three visit. The fidelity check ensured the therapists were using the Bright Beginning strategies when interacting with the child and family.

The Birth to Three program provides in-home services for children from birth to 36 months of age. Services can be accessed through the child’s primary care provider or directly by calling 1-800-305-3064 to locate a Birth to Three Service Coordinator. More information is available on the Birth to Three website, <https://doe.sd.gov/Birthto3>.

The Birth to Three services consist of special instruction, occupational therapy, physical therapy, speech therapy and service coordination. Michele Latt, SLP and Shae Stephenson, MS Ed, from the Faulkton School complete the Birth to Three team for the Faulkton area. They have previously completed the Bright Beginnings training. The Birth to Three professionals assess development and provide early intervention services to children from birth to three years of age. Interventions use every day routines to provide opportunities for the child to learn and grow to achieve developmental milestones.



Chelsea Odden, DPT



Jean Mitchell, MPH, OTR/L



Harrison Spanier standing with assistance after one of his Birth to Three Sessions

Harrison Spanier, along with his mom, Melissa, participated in the fidelity checks with Chelsea and Jean. Harrison has received services through Birth to Three since shortly after birth when he was diagnosed with Downs Syndrome. Melissa states that the Birth to Three services have been wonderful for their family. She reports it helped her understand how the play-based activities they were already doing were helping Harrison reach developmental milestones. The therapists also provided suggestions on how to encourage continued development during everyday activities. As a busy mom, Melissa appreciates that these activities fit right into their daily routine. She stated that in addition to the services that Harrison received they, as a family, also received encouragement, support, tools, and resources.

SD Medicaid “Unwinding” Process

In March 2020, Congress provided increased Medicaid funding to states that prohibited local agencies from terminating most Medicaid enrollees’ coverage until after the public health emergency ended. As we prepare for the end of that public health emergency, FAMC would like to encourage Medicaid recipients to check their mail looking for a Medicaid review form; once you receive this form you should complete it immediately.



If you moved or changed any of your contact information please call or email your local case management worker immediately. Find contact information for your local office at <https://dss.sd.gov/findyourlocaloffice>.

Effective April 1, 2023, federal law will again require your Medicaid case to close if you are no longer eligible. Individuals denied Medicaid may still be able to get health insurance and help to pay for it through the Health Insurance Market Place. Plans are affordable and provide comprehensive coverage.

The Faulkton Area Medical Center has mailed out reminder letters to all recipients on our primary care list reminding them of this process and encouraging them to act on the review form sent by SD Medicaid.



HealtheLife is the FAMC Patient Portal. HealtheLife helps individuals and families to stay informed, stay educated, and take a more active role in their health. Through the HealtheLife mobile app, you have real-time and easy access to your health care organization's online portal. This portal shows your latest health care information and provides services needed to plan, understand, and engage in your care.

Sign up for access with the FAMC Patient Registration team or call 605-598-6262!

OmniFlow[®] Breathing Therapy Biofeedback System

The FAMC Therapy Department recently received training on OmniFlow. It's a biofeedback system and exercise program designed to assess and improve different aspects of breathing including forced inhalation, forced exhalation, rhythmic breathing, controlled expiration, and active cycle breathing technique (ACBT)/ huff technique.

This is how OmniFlow may be used to teach and improve ACBT. The ACBT is used with patients with a variety of respiratory diseases. The cycle consists of breathing control, thoracic expansion, and forced expiration. Breathing control helps relax the airways. The patient is instructed to breathe gently with the lower chest while relaxing the upper chest and shoulders. Next, during chest expansion exercises, the patient is instructed to breathe in deeply, hold breath for 2-3 seconds, and exhale slowly and steadily. The final component is huff coughing which is a forced expiration technique used to move mucus up to the larger airways and out of the lungs. It may be difficult to both teach and provide feedback to improve each component; however, with the OmniFlow system, the patient is provided with immediate visual and auditory feedback allowing for modification of each breathing component.



The OmniFlow system provides the Dandelion exercise to work on the ACBT. During the breathing control component, the patient is instructed to breath gently in and out and watches on the screen as the dandelion sways back and forth with each breath. During the chest expansion portion, the patient is instructed to fill the lungs, hold for 2-3 seconds and exhale slowly and steadily. Again, the patient watches the dandelion move back and forth in response to inhalation and exhalation. As the exercise progresses to the huffing component, the patient is



Pictured above are FAMC Therapists, Jamie Akin and Chelsea Odden leaning how to use the OmniFlow.

instructed to breathe deeply to fill lungs and then exhale forcefully. During this process the patient can watch on the screen as the dandelion seeds blow across the screen. At the end of the exercise, the therapist is provided with data that includes the highest expiratory flow, average expiratory flow, and duration of each exhale. This data can then be used to measure progress as well as change the parameters for the next treatment session to ensure the “just right” challenge for each component. Combining ACBT with OmniFlow promotes airway clearance, resulting in increased aerobic capacity/muscle endurance required to perform proper function self-care and respiratory swallow coordination.

This is just one example of the uses of Omniflow. It has been shown to be an effective intervention for people with cardiopulmonary disorders, dysphagia, post-surgical debility, inflammatory or degenerative disorders, neurological conditions, stress/urge/mixed incontinence, acute or chronic pain, and anxiety. If your feel like you would benefit from OmniFlow Therapy, please discuss this with your medical provider.

FAMC Hires a New Director of Nursing

FAMC would like to welcome Bailey Zweber as the new Director of Nursing. Zweber is not a new face at FAMC, she has been working as a PRN hospital nurse since December of 2021 and has had her BSN in nursing for 5.5 years. A little fun fact is that she spent her first year working at a jail clinic in MN. She moved back to her hometown, Hoven, SD, to be close to family once she completed her degree. Zweber has worked at Bowdle Healthcare Center for the last 4.5 years. Zweber’s family farms outside of Hoven and she has 2 younger siblings. She recently got engaged to Gregg Wilcox and will be getting married in October. Bailey is excited for the opportunity to lead the Hospital Nursing Department at FAMC.



Gregg Wilcox & Bailey Zweber , BSN

Your Body, Implants, & MRI Safety Stephanie Mastel, RT(R)(CT)(MR)(ARRT)

Magnetic Resonance Imaging (MRI) is the youngest addition to the imaging world, first appearing in hospitals in the early 1980s. The images of the soft tissues produced by MRI are unrivaled by any other medical modality in the hospital environment.

Magnetic Resonance Imaging obtains multiplanar images of the body through the utilization of a strong magnetic field. The magnetic field is so powerful that it aligns the nuclei of hydrogen (H) atoms found in the human body to match the directional pull of the magnetic field itself.

Fun Fact: Water (H₂O) makes up approximately 60% of the human body.

Safety Note: THE MAGNET IS ALWAYS ON. Meaning the potential for hazards is always a concern and all guidelines and protocols need to be strictly adhered to at all times.

The earth's magnetic field is approximately .5 gauss. The magnetic field created by the MRI magnet is 20,000 times stronger than the earth's natural magnetic field. Special shielding that is integrated into walls of the MRI suite contains the MRI's magnetic field within that specific room. This threshold is known as the 5 gauss line. The magnetic field increases in strength the closer you get to the magnet, thus the missile effect. A ferromagnetic object that has crossed the 5 gauss line has the potential to be forcefully pulled toward the magnetic at an alarming speed.

Fun Fact: A paper clip has the potential to reach a velocity of 30 mph in a 1.5 T MRI. In respect, the larger the object the greater the speed and force it exhibits.

It is incredibly important that **NO METAL** enters the MRI suite. It not only can distort and compromise the integrity of the images being obtained, but also imposes a major safety risk. Ferromagnetic implants or metallic fragments in the body may rotate or move causing internal injury when exposed to the strong magnetic field produced by the MRI unit.

Ferromagnetic: metal containing iron, magnetic; ex. engineering steel, carbon steel, cast iron

Non-Ferromagnetic: does not contain iron, are not magnetic; ex. gold, aluminum, copper

Rotational Force: also known as torque, is when a ferrous object or implant is brought in proximity to the MR magnet, the ferrous object or implant turns and aligns with the direction of the main magnetic field

Translational Force: is when a ferrous object or implant is pulled toward/to the middle of the magnetic field

****At the bottom of this article you will find links to YouTube giving some examples of the different effects the magnetic field has on metal objects, inside or outside of the body.**

Safety Note: ALL personnel must be carefully screened prior to entering the MRI suite. EVERY TIME.

The importance of thoroughly screening a patient prior to his or her MRI exam cannot be stressed enough. Surgery is a very common occurrence for much of the public population. This fact leads to an increase in the amount of patients that have surgically implanted items, fixators, and devices that may be MR Safe, MR Conditional, or MR Unsafe. Like each person, each implant is different and must be researched by an MR tech prior to an exam. Most implants come with cards stating whether or not the implant/patient can be safely scanned. All patients should be encouraged to hang on to their implant card. It is vital that patients do his or her best to disclose all surgical history to the screening employee.

Safety is a very important, if not the most important aspect of an MRI visit. We are here to serve patients while prioritizing their safety.

Videos of Metal Introduced to an MRI Machine

<https://www.youtube.com/watch?v=6BBx8BwLhqg>
<https://www.youtube.com/watch?v=plvIEf7JsKo>
<https://www.youtube.com/watch?v=GvabjJVQHWU>
<https://www.youtube.com/watch?v=IF6CMrjGNN4>

Image Source

<https://www.apsf.org/article/airway-emergencies-and-safety-in-magnetic-resonance-imaging-mri-suite/>

Medical Device ID

Boston Scientific

Patient: Patient Name

Physician: Following Physician/Clinic Name

Physician Telephone: Following Phone

MFG	Product	Model/Serial	Implant Dt
Boston Sci	CRT-D	1234 968765	12-OCT-2015
Boston Sci	Lead	7654 123456	12-OCT-2015
Boston Sci	Lead	6789 234567	12-OCT-2015
Boston Sci	Lead	4321 345678	12-OCT-2015

Implanted Cardiac Rhythm Management Patient

Contact physician for medical questions or emergency

www.bostonscientific.com

For Patients

866.484.3268 (USA)

001.651.582.4000 (Outside USA)

www.lifebeatonline.com

For Security Personnel

Magnetic security wands may adversely affect device's function. Do not place wand over device.

For Medical Personnel

1.800.227.3422 or 651.582.4000

MRI – For questions regarding MRI device compatibility, see the Boston Scientific website at www.bostonscientific.com/mageready

CRM-84301-68...OCT2015

Understanding MRI Safety Labeling

The MR environment has unique safety hazards for patients with implants, external devices and accessory medical devices. Implants, medical devices and other equipment used in or near the MR environment should be labeled as **MR Unsafe**, **MR Conditional**, or **MR Safe**.



MR Unsafe items should not enter the MRI scanner room. Patients with MR Unsafe devices should not be scanned.

MR Conditional items may safely enter the MRI scanner room only under the very specific conditions provided in the labeling. Patients should not be scanned unless the device can be positively identified as MR Conditional AND the conditions for safe use are met.

The conditions for safe use will be different based on the intended use of the device.

For **items intended to enter the bore of the MRI system**, the MRI Safety labeling should be matched with the MRI system for:

- Static field strength
- Maximum spatial field gradient
- dB/dt limitations (usually only applicable to active implants)
- SAR limits
- Any other conditions needed for safe use of the device, for example restrictions on the types of coils that may be used

When present, information about expected temperature rise and artifact extent may inform the risk/benefit decision of whether or not a patient should undergo an MRI examination. Expected temperature rise and artifact extent information are not conditions that must be met.

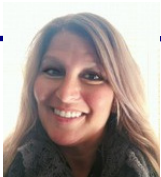
Items NOT intended to enter the bore of the MRI system usually have gauss line positioning restrictions or requirements to tether or affix the device to an unmovable part of the room.

MR Safe items pose no safety hazards in the MR environment. They may be placed anywhere in the MR environment. Patients with MR Safe devices have no scanning restrictions.



What is an Advance Directive? Michelle Pudwill, CRCP

Advance directives explain how you want medical decisions to be made when you're too ill to speak for yourself. These legal documents tell your family, friends, and health care professionals what kind of health care you want and who you want to make decisions for you.



Types of advance directives

A **health care proxy** is a document that names someone you trust to make health decisions if you can't. This is also called a durable power of attorney.

A **Durable Power of Attorney for Health Care** appoints someone to speak for you when you are no longer able to direct your care. This could include an illness, accident, or terminal condition. If you improve and are able to speak for yourself, then you resume the ability to direct your care.

A **Living Will** directs what treatment to provide or withhold when you are terminally ill. It specifies a person's choices of life-sustaining treatment to be received should the need arise. Unlike a Durable Power of Attorney for health care, a Living Will normally does not allow for the appointment of an individual to make healthcare decisions. It tells which treatment you want if your life is threatened, including:

- Dialysis and breathing machine
- Resuscitation if you stop breathing or if your heart stops
- Tube feeding
- Organ or tissue donation after you die

A **Living Will** only becomes effective when you are no longer able to speak for yourself.

How to get advance directives

Get an advance directive from any of these:

- Your health care provider
- Your attorney
- Aging with Dignity: www.agingwithdignity.org
- POLST (Physician Orders for Life Sustaining Treatment): www.polst.org
- Comfort One: www.sdemta.org
- South Dakota Department of Health: www.doh.sd.gov

ADVANCE DIRECTIVES

DO NOT RESUSCITATE

DURABLE POWER OF ATTORNEY FOR HEALTHCARE

LIVING WILL

HEALTHCARE PROXY

Fit & Strong An SDSU Extension Program offered through FAMC

SDSU Extension offers Fit & Strong, an evidence-based physical activity program developed by researchers at the University of Illinois. This 8 or 12 week program targets older adults with osteoarthritis and has demonstrated significant functional and physical activity improvements in this population. However, anyone looking to become more active can experience success with this program.

Benefits:

- Manage arthritis
- Exercise safely
- Decrease joint pain and stiffness
- Improve daily function
- Reduce anxiety and depression
- Develop and maintain an active lifestyle



Spring Session: Starts May 18th

Tuesdays/Thursdays 2:30—4:00pm

Classes are held online through Zoom

Contact FAMC Therapists Jean Mitchell or Jennifer Bauer to Register. 605-598-6262

Classes are held at no cost to the participant



Ring in the New Year with Us! Kelly Ortmeier, Foundation Coordinator

SAVE THE DATE!!

The FAMC Foundation is bringing you an exciting event December 31, 2023! Please help us welcome Frank Roche, Comedian, and The Rude Band from Freeman, SD!

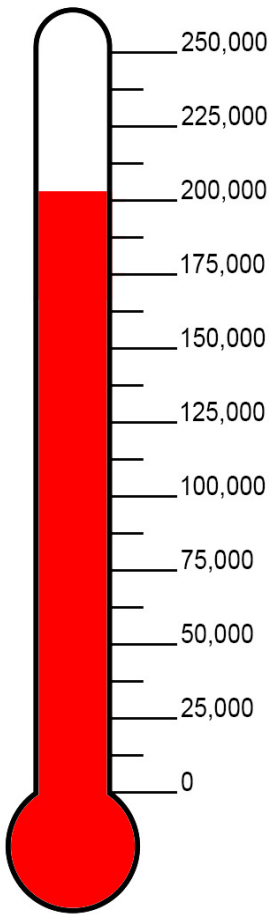


Dress in your 80s best for 80's Prom Night! Festivities will begin with a social hour before the comedian at 7pm followed by The Rude Band at 9pm.

Be on the lookout for more details on how to purchase tickets and don't forget to follow the Faulkton Area Medical Center Foundation page. Just scan the QR code to get you directly to the FAMC Foundation Facebook page and stay up to date on all things happening!



Scholarship Progress



The Faulkton Area Medical Center Foundation has reached \$204,457 for the Dr. Scholarship! We are about \$50,000 away from reaching our 2023 goal of \$250,000.

Our rural community has been fortunate to have a local hospital/clinic to serve everyday medical needs but to continue to serve the community, FAMC is required to hire a Medical Director to oversee the day-to-day clinical operations and services provided to the patients. The Dr. Scholarship will allow FAMC to attract a qualified individual to fill this position.

If you would like to donate or have further questions about the Scholarship, please contact Kelly Ortmeier, Foundation Coordinator, at (605) 598-1144.

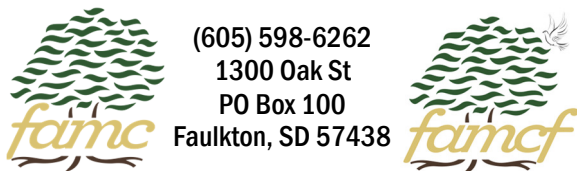
In Memory/Honor Of

- | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|
| - Mary Olen Memorial
Bev Hanson & Family
Susan Dutt
Colleen Simon | - Bevin Roseland Memorial
David & Carol Duncan |
| - Mark Toennies Memorial
Jay & Sallie Traver
Vicki Kegler
Jim & Virgene Wagner
Orin & Phylis Melius
Kurt & Karla Hall
Vi Niederbaumer
Gary & Leann Hardie | - Paul Bormann Memorial
Barbara & Bernard Andera |
| - Art Hardie Memorial
Jim & Virgene Wagner
Glenn & Sheilah Fischer
Steve & Deb Roseland
Alan & Judy Ruhlman | - Beth Sorenson Memorial
Barbara & Bernard Andera |
| | - Sherry Lehman Memorial
Bev Hanson & Family |
| | - John Schaefer's Memorial
Jerry & Vicki Kegler |
| | - Annette Wanner Memorial
Mike & Connie Muldoon |
| | - Agnes Ireland Memorial
Bev Hanson & Family |

Equipment Purchases 2023

- | | |
|-----------------|-----------------|
| - MRI Equipment | Approx. \$9,000 |
|-----------------|-----------------|

Faulkton Area Medical Center & Foundation



PRSRT STD
ECRWSS
U.S.POSTAGE
PAID
EDDM Retail

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

**LOCAL POSTAL
CUSTOMER**



We're on the Web
www.faulktonmedical.org

Have you or a loved one been a patient in our facility?
Would you like to give a gift in honor or memory of someone?
Make a tax free donation or contribution to FAMCF.

OR you may go to www.faulktonmedical.org/giving and donate online!

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

I choose to make a gift of \$ _____ to FAMCF/ Dr. Bartholomew Scholarship

MAKE CHECKS PAYABLE TO:
FAMC Foundation, PO Box 100, Faulkton, SD 57438

- OR -

Please bill my: VISA MasterCard Discover Am Ex

Card # _____ Exp Date _____

CVV Code _____ Name _____

Signature _____

Billing Address _____ Phone _____

City _____ State _____ Zip _____

Thank you for your support!