

Health FOCUS

Health Care
Designed for You

Winter 2017

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Find the
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to be entered
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**CHI St. Alexius
Health**

Imagine better health.®

Williston Medical Center

Letter to the COMMUNITY



DAN BJERCKNES

When people ask me about my philosophy of care, my mind always comes back to one word – responsiveness.

CHI St. Alexis Health Williston Medical Center has and will continue to respond to community expectations. I plan to hold CHI St. Alexis Health to the highest standard of care and respond to community concerns with compassion and excellence. We

have set the bar very high for ourselves, but we encourage you to push us even further.

This issue of **Health Focus** highlights new service lines and programs that serve Williston and the surrounding communities. We also want to extend our thanks to the many community members who have contributed to the Foundation, as your donations allow us to further our mission and provide a higher standard of care for our patients.

Thank you for welcoming me as market lead at CHI St. Alexis Health. I look forward to serving you.



Dan Bjercknes
Vice President of Hospital Operations,
Market Lead
CHI St. Alexis Health Williston Medical Center



Connect With Us

KEEP IN TOUCH

Visit CHISTAlexiusHealth.org for essential resources, such as:

- Find a Doctor
- Service Directory
- Plus information for patients and visitors about our foundation, news, events, employment, newborns and much more.



■ Mobridge

CHI St. Alexis Health's locations:

- ★ Bismarck
- ★ Carrington
- ★ Devils Lake
- ★ Dickinson
- ★ Garrison
- ★ Mandan
- ★ Minot
- ★ Turtle Lake
- ★ Washburn
- ★ Williston

Managed Hospitals:

- Ashley
- Elgin
- Linton
- Mobridge
- Wishek

Q & A with Dan Bjercknes

Q. WHAT ARE YOUR RESPONSIBILITIES AS MARKET LEAD?

A. The market lead's responsibilities reflect those of previous presidents: to ensure that our leaders, providers and other employees are providing the highest level of care.

Q. HOW LONG HAVE YOU WORKED WITH CHI ST. ALEXIUS HEALTH WILLISTON MEDICAL CENTER?

A. I have lived in Williston for almost seven years and have worked in multiple positions at CHI St. Alexis Health Williston Medical Center, including human resources director, support services director and, most recently, vice president of operations.

Q. WHAT SETS CHI ST. ALEXIUS HEALTH WILLISTON MEDICAL CENTER APART?

A. We have an exceptional team of providers and employees. They don't always get the credit they deserve. Our employees have been providing care to the people of this community for many years, and to me, that is the best legacy we can create.

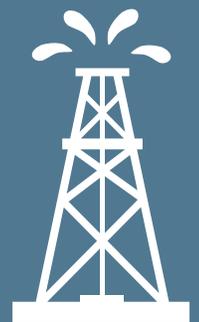
Find Us on Facebook!



Hi-Pad and Seek

Find this hidden object in this issue of *Health Focus* for a chance to win an iPad! To be entered into the drawing:

- put the page where you found the object into the body of an email with the subject line "IPAD" and
- email it by Nov. 1, 2017 to mercyevents@catholichealth.net.



PUTTING PAIN ON THE SIDELINES

When retired history teacher Tom Christen needed a place to recover from knee surgery, he chose the rehabilitation services at CHI St. Alexius Health Williston Medical Center.



Christen, 66, may have retired from his career as a full-time history teacher and wrestling coach, but the Williston resident still lives an active lifestyle. He fills his days by teaching a history course at Williston State College, working out at his local gym, playing golf now and then, and keeping up with all the local sports scores.

Unfortunately for Christen, his knees have had trouble keeping up with his busy way of life.

"I had a total knee replacement surgery on my right leg on July 10, 2017," Christen said. "Although both of my knees are deteriorating, my surgeon and I decided to operate on them one at a time."

Christen knew that after the surgery he would need to undergo rehabilitation to recover fully from the operation and get back to the things he enjoys. That's when he began researching his options.

FINDING THE RIGHT FIT

By choosing to have his knee replacement surgery at CHI St. Alexius Health Williston Medical Center, he enjoyed the availability of rehabilitation services located just down the hall from Roxanne Keene, MD, his orthopedic surgeon.

"I had heard about the rehabilitation program at the hospital because I had

worked with one of the physical therapists there during my time as a coach," Christen said. "You can't beat the location."

Christen committed himself to working hard to get his right knee back into shape, scheduling three physical therapy sessions a week.

"No matter which therapist I saw, I had complete confidence that they knew what they were doing," Christen said. "Everyone knew about my situation, where I've been and what I had to do to get better."

"We take pride in being able to provide patients of all ages with convenient physical, occupational and speech therapies," said Kelsey Geltel, MS, CCC-SLP, Director of Rehab Services. "Our patients expect, and receive, high quality care from us."

Christen's close proximity to the orthopedic office meant his recovery could move forward without delay or travel time.

"Several times, my knee would become very red or tender and my therapists would just walk over and grab my provider from the office and have her take a look," he said.

With the combined efforts of physical therapists and an orthopedic surgeon, Christen was able to move around without a walker or cane within a month's time. Five weeks after starting physical therapy, he was doing well enough to continue on his own on the path to recovery.

20/20 Professional Building
1500 14th St W, Ste 350
Williston, ND 58801
701-572-1848

Full Service

The rehabilitation services department at CHI St. Alexius Health Williston Medical Center has offered therapy to the community for more than 40 years.

Therapists trained in the areas of physical, occupational and speech therapy to treat a wide range of conditions including, but not limited to, difficulty in the areas of:

Physical Therapy

- Orthopedics
- Neurology
- Pain
- Pre/post-surgical care
- Wound care
- Amputee/prosthesis care
- Women's health
- Sports injuries
- Developmental delays/disabilities

Occupational Therapy

- Hand injury
- Splinting
- Orthopedics
- Neurology
- Pain
- Pre/post-surgical care
- Activities of daily living/self-care
- Developmental delays/disabilities

Speech Therapy

- Language
- Speech cognition
- Swallowing
- Developmental delays/disabilities





Best Care in the Area for Your Bones

Whether you suffered a sports injury or feel the effects of a lifetime of joint wear and tear, the orthopedic specialists at CHI St. Alexius Health Williston Medical Center can get you back in motion.

Expert solutions for a range of bone and joint conditions are available at the Orthopedics Clinic. Surgeon Roxanne Keene, MD, and physician assistants Leah Weidrich, PA-C, and Kylinn Brenden, PA-C, offer services from diagnosis to rehabilitation, including emergent and elective procedures for people of all ages.

David Brevik, a retired UPS driver, found the orthopedics department at CHI St. Alexius Health Williston Medical Center had the answer to the bone-on-bone knee pain that plagued him after 30 years of jumping out of parcel delivery trucks.

"I had been getting cortisone shots, which helped for a while," he said. "Then, when the pain got worse, I went to see Dr. Keene and ended up with two new knees."

The procedures took place in November 2015 and January 2016, though Brevik recommends spacing them a little further apart. Attending joint replacement camp helped him understand what to expect from the surgery and rehabilitation period that followed.

"They give you exercises to perform before surgery to build your muscles and ligaments," he said. "The regimen was easy and I followed it religiously. I attribute my quick recovery time to the exercise program; I

If you have been putting off an elective orthopedic surgery such as joint replacement and have already met your health insurance deductible, talk with your doctor about scheduling your procedure before the first of the year.

**CALL 701-774-7080
TO START THE
CONVERSATION.**



DR. ROXANNE KEENE AND DAVID BREVIK

was walking the same day, and the second and third days afterward, I just got better!"

He quickly recovered from each procedure. Following the second joint replacement, he managed the pain mostly by taking over-the-counter acetaminophen.

A PERSONAL TOUCH

It makes a difference if you have a personal rapport with your doctor, and Brevik certainly found that with Dr. Keene and her team.



ROXANNE KEENE, MD

"I grew up in Ray, North Dakota, 30 miles from Williston," Dr. Keene said. "When I was deciding where to go after my residency, I looked here. My parents lived here, and I had ties to my neighbors. It's a very close-knit community; everybody knows everybody, or if you don't, you know somebody who knows them."

That neighborliness makes its way into clinical practice.

"At one point after my operation, I had a question for the surgeon," Brevik recalled. "I called on a Friday afternoon, and Dr. Keene got right back to me. That says a lot about a doctor. She was leaving town, but when she learned I had called, she wanted to talk to me before she left."

The orthopedic practice at CHI St. Alexis Health Williston Medical Center is all-female, a rarity in the field of orthopedics. It doesn't usually make a difference with adult patients, said Dawn Birkeland, Director of Clinic Operations, Specialty Clinics, for CHI St. Alexis Health Williston Medical Center, but some pediatric patients seem to find a female provider a calming influence.

SEE WHAT WE OFFER

Patients may not realize the extent of services available at CHI St. Alexis Health Williston Medical Center. Elective services include:

- Arthroscopic surgery
- Joint replacement
- Fracture care
- Treatment for arthritis

"We are growing rapidly," Birkeland said. "We're focusing on expanding the elective surgeries we offer. The Orthopedic Department is located across the hall from the rehabilitation department with the goal of allowing patients in rehab easy access to their surgeon if they need to ask a question. With the addition of a second PA-C, we are now also able to have a provider in the clinic every day of the week."

"We're general orthopedists here," Dr. Keene said. "We care for newborns through elderly patients. We treat issues of the hips, ankles, shoulders, elbows, wrists and knees. Whether you're an oil field worker with a job-related fracture or an athlete who needs an arthroscopy, we can help."

"We never want to see people sitting out activities they love because their shoulder, knee or hip hurts them," Dr. Keene continued. "Reach out to us – we will do our best to help our patients get back to doing the things they want in a pain-free manner."

To schedule an appointment, call 701-774-7080.

Orthopedic Services at CHI St. Alexis Health Williston

- Partial and total joint replacement surgery
- Arthroscopic surgery
- Fracture care
- Orthopedic trauma
- Hand and wrist conditions including carpal tunnel syndrome
- Sports injuries
- Work injuries
- Arthritis
- Occupational therapy and physical therapy

Call 701-774-7080 or visit us online at
CHISTAlexiusHealth.org.

Bounce, But Carefully

Yes, jumping on a trampoline is fun, but if your child is younger than age 6, do not allow him or her to play on one, according to the American Academy of Orthopaedic Surgeons (AAOS). The AAOS also advises that only one person jump on a trampoline at a time, and that somersaults and tricks be limited to times when a trained instructor is present.

"We see a lot of injuries from trampolines," said Roxanne Keene, MD, orthopedic surgeon at CHI St. Alexis Health Williston Medical Center. "We also see injuries from rollerblading, especially wrist fractures that occur when people fail to use wrist guards."

Other ways to avoid a splint or cast?

- **Be careful when using all-terrain vehicles (ATVs).** Limit use to adults or children ages 12 to 16 under adult supervision. Younger children should never operate ATVs.
- **Mow with caution.** Wear close-toed shoes. Limit use of push mowers to children 12 and older and riding mowers to teens 16 and older.
- **Use protective gear when skateboarding.** Wrist guards and non-slippery shoes are also a must.



The Difference **Donations** Make

With your aid, the CHI St. Alexius Health Williston Foundation has implemented many changes you've seen recently at CHI St. Alexius Health Williston Medical Center. Without you, our donors, and the contributions received from the community, vital equipment and technologies would become old and out-of-date.

Your donations to the CHI Foundation are extremely important to the health and well-being of the community, with all improvements resulting in better care for you and your family.

"Donations really do make a difference," said Jen Bingeman, director at CHI St. Alexius Health Williston Foundation. "Even updating the smaller pieces of equipment at the hospital can cost millions of dollars."

GIVING CAN BE A BALL

Thanks to the funds you raised at the golf tournament on June 16 – around \$45,000 – we were able to purchase additional accessories for a new C-arm to better serve patients. Your generous contributions also helped us install a new defibrillator in the emergency room and acquire a new bladder scanner.

Thanks to donors like you, this year's charity ball promises to be another event to

remember. The community favorite Deuces Wild Dueling Pianos will be back on Nov. 10 at the Grand Williston, with a DJ to follow. Your amazing support of last year's event allowed us to update the lights in an Operating Room (OR) suite. A new washer was also purchased with Charity Ball proceeds combined with Gift Shop and Auxiliary donations.

If you can't attend one of our events this year, please consider donating to the CHI St. Alexius Health Williston Foundation or shopping in our gift shop. Funds from the gift shop, the Williston Auxiliary and gracious donors like you help keep our technologies and services up-to-date.

As medical care advances, your hospital is committed to staying at the cutting edge – for you, for your loved ones, for every person in this community. Please help to make this possible with your contribution.

Visit the Williston Foundation's website to designate the area of your contribution or learn how to receive a 40 percent state tax credit when you make a donation. Click on "Williston" at CHIStAlexiusHealth.org.

Your Impact at a Glance

ER VISITS 15,177	CLINIC VISITS 44,360	TOTAL ADMISSIONS 1,864
CHARITY CARE PROVIDED \$1,824,000	TOTAL FREE CARE \$8,955,000	ONCOLOGY VISITS 191
TOTAL SURGERIES 3,185	PATIENTS WHO BENEFITED FROM CHARITY CARE 909	DELIVERIES 817

4 WAYS to Get Involved



1. Mail donations to CHI St. Alexius Health Williston Foundation, 1301 15th Ave. West, Williston, ND 58801 using the envelope included in this issue of Health Focus magazine.



2. Call 701-774-7466 to discuss giving options or to arrange a tour so you can see the impact of your gifts first-hand.



3. Make a donation at BuildingMercy.org.



4. Mark your calendar to attend a Williston Foundation fundraising event!

- Charity Ball – Nov. 10 – Returning Deuces Wild Dueling Pianos
- Golf Classic – Summer 2018

The Doctor Is 'IN'



Investing in local health care starts with providing educational opportunities on our own turf for medical residents to gain rural experience.

In 2014, CHI St. Alexius Health Williston Medical Center partnered with the University of North Dakota School of Medicine & Health Sciences to establish the UND Minot-Williston Rural Track Program. Residents spend their first year in Minot and the last two in Williston. Currently, there are two residents per graduating class.

A DIAMOND IN THE MAKING

Rural track residency programs are few and far between, especially those with the capacity to offer it all: a rural experience with an urban touch.

"We have an interesting cross section of the world's population here, which means our residents see a wide range of health conditions without having to train in a larger city like Chicago or New York," said Dr. Curtis Small, who is board-certified in family medicine. "Plus, our faculty includes a full spectrum of care, from women's health, urology and internal medicine to emergency medicine and radiology."

The program, although new, is already considered a big success. Dr. Kevin Sullivan, the first resident graduate, accepted a hospitalist position at CHI St. Alexius Health Williston Medical Center. He will also fill in for Dr. Small to mentor future residents.

"I wanted a robust learning experience, intentional mentorship and autonomy to see my own patients. This program met all of those requirements," Dr. Sullivan said. "That's why I decided to put down roots in Williston."

*Do you need a same-day appointment or maternity care?
Call 701-572-7651.*



CURTIS SMALL, MD, FFAFP, SITE
DIRECTOR AT CHI ST. ALEXIUS HEALTH
FAMILY MEDICINE RESIDENCY CLINIC



KEVIN SULLIVAN, MD



XAN AND CASEY HAMILTON (IN THE BACK), WITH DR. KADUM AND DANIEL WALLACE HAMILTON (BORN 8/26/17, 10 LBS., 14 OZ., 22 3/4 INCHES)

The Journey Toward Delivery

Pregnancy can be a time of emotional ups and downs for expectant parents. Finding the right obstetrician for the job makes the world of difference.

Xan and Casey's Story: "The day finally came to welcome our baby. There was no other feeling in the world that could match this moment. We were going to be parents and couldn't wait to hold and kiss our sweet boy. Our joy quickly turned into agony and despair. We heard the words, 'I'm so sorry, I cannot find a heartbeat.' Our sleeping angel came into this world on April 2, 2016, at 5:30 a.m.

"After this traumatic experience, I started The Kevin Brendan Organization to help other families who have had similar experiences. Together with Dakota Juma, who lost her sweet baby girl at 23 weeks, we partnered with the hospital and Dr. Kadum [Fareed Kadum, MD, MBA, FACS, FACOG, a board-certified OB-GYN with more than 30 years of experience] and his nurse Lynn [Lynn Ell, LPN] at the Women's Health Clinic to make resources available to grieving parents. Through the loss of our baby, we gained hope through despair.

"On December 27, 2016, my husband and I were excited to learn that we would be parents again. Finding a provider who would be sensitive to my medical history was a big deciding factor in where to go for prenatal care for my second pregnancy. The relationships we established with Dr. Kadum and nurse Lynn renewed our faith and made us feel comfortable while igniting our excitement through our second pregnancy. Our OB team at CHI St. Alexius Health has been a godsend."

CHI St. Alexius Health Williston
1301 15th Ave. W
Williston, ND 58801-3821

CHI St. Alexius Health Williston Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information, see link on our home page at Mercy-Williston.org.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-701-774-7025 (TTY: 1-800-366-6888 Voice: 1-800-366-6889).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-701-774-7025 (TTY: 1-800-366-6888 Voice: 1-800-366-6889).

This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.



Showcasing Stories of **Survival**



LYNN, STEPH, GAIL, PAT, JULIE, MEGAN

On Sept. 23, CHI St. Alexius Health Williston Medical Center hosted the Stylin' Against Breast Cancer Fashion Show at the Williston ARC. Theresa A. Hegge, MD, MPH, plastic, reconstructive and hand surgeon at CHI St. Alexius Health Williston Medical Center, spearheaded the event with the goal of highlighting breast cancer treatment and breast reconstruction options in Williston.

"Three years ago we introduced this service line to Williston," Dr. Hegge said. "Now we are looking to build a women's network to let ladies know what options are available here in the community. By staying as informed as possible, each woman can make the best choice for herself."

Helping to share the good news, six local breast cancer survivors walked the runway, showcasing the newest trends of

the season. All clothing was provided by local businesses.

"Spotlighting the inspired lives of these women before, during and after cancer treatment is a powerful way to share information," Dr. Hegge said. "Seeing our neighbors, friends and family members walk with pride and beauty demonstrates that each woman has made a choice to care for her health on her terms."

CHI St. Alexius Health Williston Medical Center guests enjoyed sparkling beverages, delicious desserts and complimentary services, such as wine and cheese pairing and massages. Funding for the event was awarded by The Plastic Surgery Foundation Breast Reconstruction Awareness Fund grant through the American Society of Plastic Surgery.

