

Local people. True stories. Real advice.

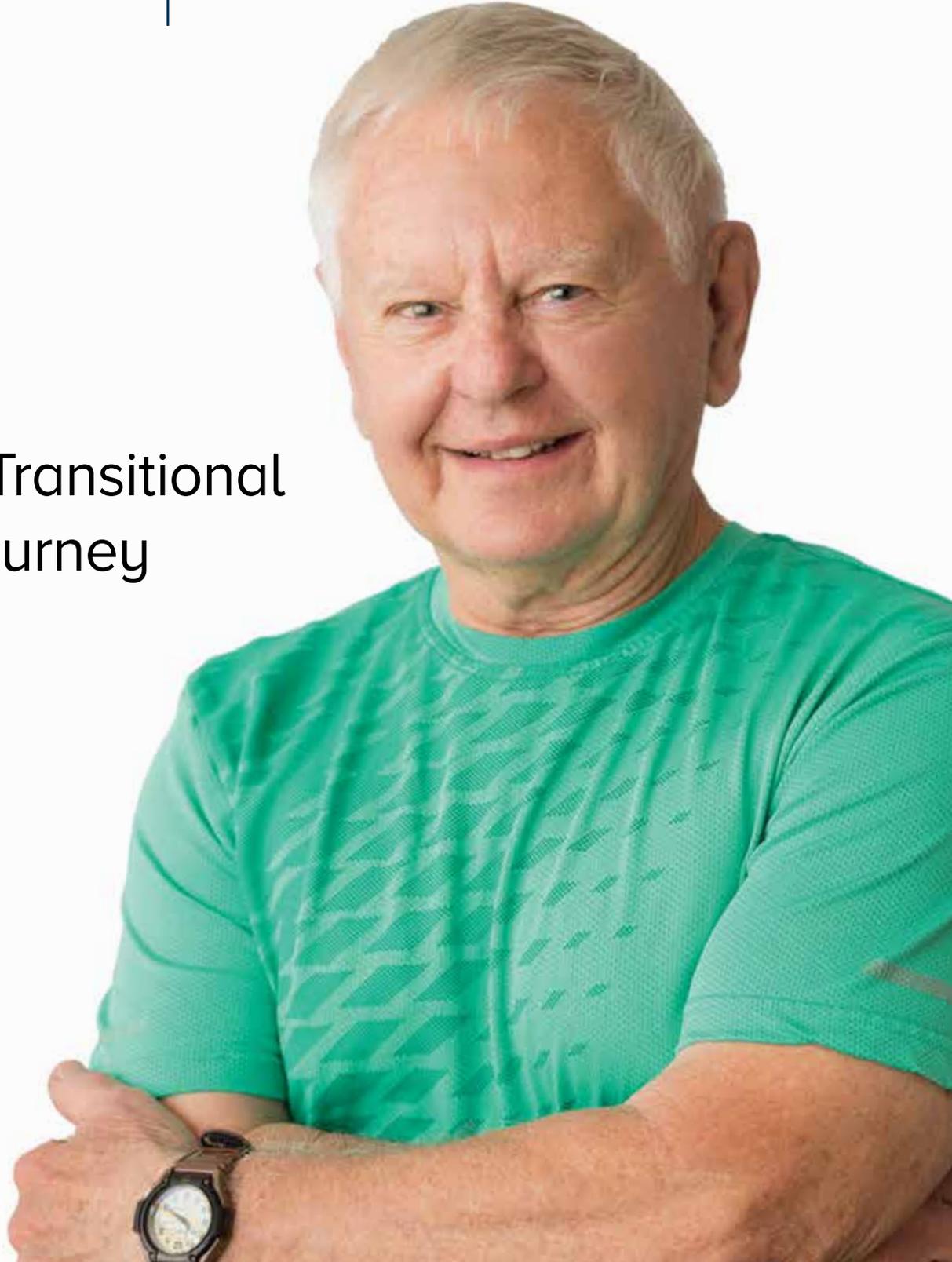
Momentum



Excellence. *Always.*

Summer 2019

Jerry's Transitional Care Journey





Jerry and the BRMH Transitional Care Team

Transitional Care *Established at BRMH*

Black River Memorial Hospital is pleased to announce our enhanced Transitional Care program. Formerly called “swing bed,” the new program picks up where “swing bed” leaves off and offers even better, high quality, evidence-based services.

Transitional Care patients include those who require frequent IV medications, wound care, breathing treatments, nursing assessment, care of multiple medical needs, or intensive physical, occupational, or speech therapy.

Black River Memorial Hospital has partnered with Allevant Solutions, a joint venture of Mayo Clinic and Select Medical, to develop their Transitional Care program. Modeled on Mayo Clinic’s successful efforts in Wisconsin and Minnesota and created by Mayo Clinic pulmonologist and Allevant Medical Director, Mark Lindsay, M.D., the program is designed to provide access to high quality post-acute services to rural America, the most persistently underserved region in modern healthcare.

Hospital-based Transitional Care programs offer a number of important advantages:

- Two to three times more nurse hours per patient than most skilled nursing facilities
- Strong team culture
- The ability to address sudden changes in condition with on-site physicians, radiology, and laboratory
- A patient-centered approach that includes bedside rounds with the care team on a regular schedule

By offering these services here at Black River Memorial Hospital, patients and families can get high quality post-acute care close to home.

Jerry’s Journey

The road to a new hip wasn’t entirely predictable for Jerry Eggen. When doctors discovered an infection in the artificial hip that he’s had since 1998, Jerry had to get an antibiotic insert in his hip. Then, once the infection cleared, he received a new hip altogether. This resulted in a stay in BRMH’s Transitional Care program.

“The Transitional Care program was great, I don’t know what I would have done if I had to go anyplace else.”

Jerry still has recovery ahead of him—his doctor said it may be a year before things are back to normal—but he is grateful his recovery started in the best possible place, the Transitional Care program at Black River Memorial Hospital.

To learn more about the Transitional Care program, please call **715-284-5361** or visit **brmh.net/services/transitional-care-program**.

Right to the Source: Physical Therapy

When it comes to mobility issues, the word “barrier” is the last thing a person wants to hear. That’s why Black River Memorial Hospital is doing everything possible to remove barriers. It’s called direct access.

“Direct access is the ability of a patient to be seen by a physical therapist by setting up an appointment directly with the physical therapy team,” explains Bill Larkin, Physical Therapist at BRMH.

Direct access provides benefits to patients in a number of ways, most important of which is that people can start treatment faster.

Bill says, “The purpose is to provide another point of access to care. It helps you get the care you need more quickly and speed the recovery process.”

As with all injuries, the sooner treated, the better. Direct access helps prevent patients from further injuring themselves. Early intervention can keep things from getting worse. And at every point, the physical therapy team keeps your primary care provider in the loop.

Bill says more people are taking advantage of direct access and more insurance companies are starting to cover it.

It’s also important to note that physical therapy can help with more conditions than you might realize: “Whether you are looking to start an exercise program, recover from a surgery, are dealing with an illness such as Parkinson’s, struggling with dizziness, or have a shoulder that just does not seem to get better, we can help with all of that,” says Bill. “We are skilled at treating a wide range of illnesses, injuries and impairments, and movement issues.” Bill says that not every condition will be covered for direct access, but help is nevertheless possible with a referral.

“I am hoping to get the word out that direct access is a possibility for people,” says Bill. “We can help you get the care you need at the right time with the goal of getting you back to your life.”



Marianne’s Story

Marianne Torkelson knew something was wrong, “My knee was hurting and I had trouble walking.” Having heard about direct access, Marianne called Black River Memorial Hospital to see what could be done. In minutes, she had an appointment set up.

“They were wonderful,” says Marianne. “Right away we established the goals I wanted to achieve and what I wanted to be able to do.”

Marianne was especially pleased with the customized care she received. “I really appreciated that they were flexible with timing. I could go in early, before work, so I didn’t have to take any time off,” she says.

In just three appointments, Marianne got what she needed to regain her mobility. “The therapy was incredibly helpful, and they also taught me things I could do at home that would strengthen my knee and keep me from injuring it again. They were focused on getting me back to normal, and so far so good!”



To see if direct access is right for you, call the Physical Medicine and Rehabilitation Department at **715-284-1330** anytime between 6:30 a.m. and 5:00 p.m., Monday through Friday.



BRMH Opens New Clinic

Black River Memorial Hospital (BRMH) is pleased to announce the opening of a new clinic space within the hospital.

The decision to create this new space comes from a long-term evaluation of health resources on the part of the Board of Directors and Senior Leader Team at Black River Memorial Hospital. The parties examined responsibilities to the community, current healthcare offerings, sustainability, and health outcomes for Jackson County. BRMH determined a need to add a primary care clinic combined with mental health and substance misuse counseling.

“We found some gaps in care, especially for behavioral health, alcohol and other drug abuse (AODA), and users of Emergency and Urgent Care whose needs would be better met in a clinic setting,” says Mary Beth White-Jacobs, President and CEO of BRMH. “Additionally, it’s been found that integrating mental health and AODA with primary care has greater positive impact on the patient’s overall health and well-being.”

The new space will offer primary care, behavioral health, specialists, and urgent care.

“Being progressive is a core value for BRMH and we want to be proactive in meeting the needs of the community



now and in the future,” says Mary Beth. “We are excited to offer an integrated and holistic system for patients and expand local care for Jackson County residents.”

The new clinic area will include a family medicine physician, nurse practitioner, behavioral and AODA counselors as well as outreach specialists. BRMH will continue to collaborate with local and regional healthcare providers to meet the needs of the community.

The clinic will be in an existing space with a new entrance on the first floor with remodeling beginning in August and opening in summer of 2020. BRMH has finished its first phase of construction in the Surgical Services Department and Physical Medicine and Rehabilitation Department in April. The next phases will begin in the Nutrition Services Department and on the west side of the hospital, including some changes in the Emergency Department.

Everything You Need to Know about GERD

Heartburn or GERD: What's the difference?

Heartburn

is felt in the esophagus and is caused by acid coming up from the stomach. It can be treated with antacids and other over-the-counter medicine. If you are taking these nearly every day, you could have GERD.

Gastroesophageal reflux disease (GERD)

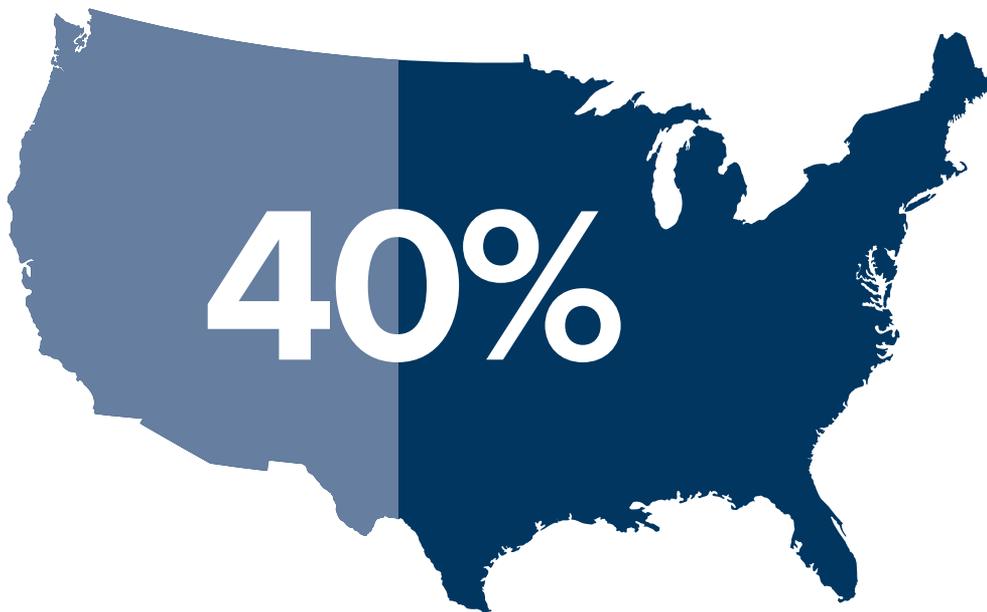
is severe and causes frequent heartburn. If left untreated it can cause internal bleeding or even cancer.

When to talk to a doctor

Beyond heartburn, other common GERD symptoms include:

- Vomiting
- Excessive saliva
- Chronic sore throat
- Frequent belching
- Laryngitis

If you are experiencing these and over-the-counter medications are not effective, it's time to talk to your doctor.



About 40% of adults in the United States experience heartburn at least once per month.*

*According to the American Gastroenterological Association

DO THIS, DON'T DO THAT



- ✓ **DO** eat a healthy diet and smaller meals.
- ✗ **DO NOT** overdo it on fried foods, citrus fruits, chocolate, coffee, carbonated drinks.



- ✓ **DO** drink a lot of water.
- ✗ **DO NOT** drink a lot of alcohol.



- ✓ **DO** maintain a healthy weight and exercise at least 3 times a week for at least 30 minutes.
- ✗ **DO NOT** be inactive for long periods of time.



- ✓ **DO** talk to your doctor.
- ✗ **DO NOT** think that GERD is a fact of life that you have to live with.



For more information about chronic heartburn, acid reflux, GERD, and minimally-invasive solutions, visit www.brmh.net/heartburn or call 715-284-3678 today.



Michelle Goetting, MSW, APSW was born to be a social worker: “I have always been a compassionate person who has a strong desire to help others,” she says. “I am fascinated with understanding why people do the things they do, so social work has always been a natural fit for me.”

At Black River Memorial Hospital (BRMH), Michelle works as an Advanced Practice Social Worker in the Patient and Family Services Department. She is also a Qualified Mindfulness-Based Stress Reduction (MBSR) Teacher and Co-Project Manager for BRMH’s growing Transitional Care program (see page 2 for more information on this program).

A day in the life

“Working in a critical access hospital the social work team wears many hats and juggles many roles,” says Michelle. Michelle and her colleagues are responsible for discharge planning, which means connecting people to resources such as home health, hospice, Meals on Wheels, personal emergency response systems, mental health and substance abuse counseling, or clergy. Michelle will also assist with coordinating services such as transitional care, rehabilitation at a skilled nursing facility, or helping people transition to long-term placements in assisted living facilities or nursing homes. “In addition to discharge planning, we also provide 24/7 coverage to the hospital for crisis situations and are available to assist with advance care planning, such as the completion of Power of Attorney for Health Care documents.”

Being mindful

Michelle considers herself blessed to have been trained in Mindfulness-Based Stress Reduction. As a result of the training she completed, Michelle integrates mindfulness into the work she does with patients and their support people. She has also offered community educational events at the hospital, other locations in town, and the high school.

Taking care

Social work is a challenging career, with a high risk of burnout, so Michelle is vigilant about self-care and a healthy work environment.

“I couldn’t do what I do without the support of my department. I have never worked in such a healthy work environment, which makes it easier to balance all of our various roles.”

However, Michelle says that time away from work for self-care is encouraged: “My favorite types of self-care include the occasional massage, golfing with my husband, outings with our toddler, playing with our boxer, and exercising each morning.”

Michelle says she is grateful and blessed for the opportunities she’s had at BRMH. But if you ask her coworkers, family, or patients, they will say that they are the ones grateful for Michelle and blessed because of her.

COMMUNITY SPOTLIGHT

You would think someone who works full-time as an agricultural loan officer and farms on the side wouldn't have time for giving back to the community. But then, you wouldn't know **Max Hart**.

"It's a little nuts," Max laughs. "But I wouldn't have it any other way." Max serves on the BRMH Advisory Council, Jackson County Board, and Jackson County Dairy Promotion Committee. In his spare time, Max volunteers with the Melrose First Responders and is a Black River Falls FFA Alumni.

"Volunteering, giving back, it's just the way I was raised," he says. Max was born and raised in Black River Falls. He moved away for school—to UW-River Falls—and worked at the UW Extension for some time before returning to Black River Falls in 2014.

Max says when you live in a good community it's the community members' responsibility to help keep the community thriving. "Sometimes you have to step into the void others have left open," he says. Max does just that as one of the youngest members of many of his committees.

"It's important for me to be there, representing a different generation," he says. "People my age complain about

issues impacting our community, but complaining doesn't do anything. If you want change, you have to step up."

Because he spends his days working at a bank in Melrose, Max decided to volunteer for the first responders there. When asked about balancing that with work, Max says it's not an issue: "My boss is also a firefighter," he says. "He's like, 'Yeah, go ahead; get your first responder certification.' If there's an emergency, he and I both know that you don't just say, 'Sorry, I've got work to do.' No, you go where you're needed. Work is always there when you get back."

Somehow, relaxation and entertainment always manages to be there for Max as well. When not working, farming, or serving the public, he says he's a "typical millennial," and enjoys hanging out with his friends, four-wheeling, and deer hunting. But these activities are not as gratifying as his community involvement.

"When you're born and raised in a community, you want to see it do well," he says. "I don't think we're dying or getting smaller or diminishing in any way, but our community is a secret that needs to be explored. I want to get more people in my generation to get involved and help the community thrive."



“I want to get more people in my generation to get involved and help the community thrive”



Visit our website at www.brmh.net for a full list of hospital events and to view our latest videos.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-715-284-5361.

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-715-284-5361.

For full disclosure, visit www.brmh.net/nondiscrimination/english.

HOSPITAL EVENTS 2019

JULY

Sunrise Yoga

June 25 – July 30, 2019
Tuesdays, 5:30am – 6:30am
Lunda Community Park – Band Shell, BRF
Cost is \$5.00 per class.

Senior Stay Fit Strength

July 9 – Aug. 1, 2019
Tuesdays & Thursdays, 9:30am – 10:30am
Lunda Community Center – Studio AB, BRF
Register at 715-284-1379

Nutman Sale – Partners of BRMH

Thurs., July 18, 2019
10:00am – 2:00pm
BRMH – Oak Room

Blood Drive – Partners of BRMH & Red Cross

Fri., July 26, 2019
10:00am – 3:00pm
BRMH – Oak Room

Stepping On

July 30 – Sept. 10, 2019
Tuesdays, 9:30am – 11:30am
Lunda Community Center – Multipurpose Room, BRF
Register at 715-284-1330

Momentum is published by Black River Memorial Hospital. The information contained in the magazine is to educate consumers about various health subjects and is not intended to replace professional medical advice or service. Personal health concerns should be brought to the attention of your physician or health professional prior to any change in medical treatment, routine exercise or diet.

AUGUST

Senior Stay Fit Strength

Aug. 6 – Aug. 29, 2019
Tuesdays & Thursdays
9:30am – 10:30am
Lunda Community Center – Studio AB, BRF
Register at 715-284-1379

Childbirth Education Class

Fri., Aug. 9, 2019,
6:30pm – 9:00pm
Sat., Aug. 10, 2019
9:00am – 1:00pm
BRMH – Oak Room
Register at 715-284-1329

Diabetes Education & Support Group

(DESG) Meeting
Wed., Aug. 8, 2019
10:30am – 11:30am
BRMH – Oak Room

SEPTEMBER

Senior Stay Fit Yoga

Sept. 3 – 26, 2019
Tuesdays & Thursdays
9:30am – 10:30am
Lunda Community Center – Studio AB, BRF
Register at 715-284-1379

Breastfeeding Class

Tues., Sept. 10, 2019
6:30pm – 8:00pm
BRMH – Oak Room

Diabetes Education & Support Group (DESG) Meeting

Wed., Sept. 11, 2019
10:30am – 11:30am
BRMH – Oak Room

Scrub & Shoe Sale – Partners of BRMH

Tues., Sept. 17, 2019
7:00am – 3:00pm
BRMH – Oak Room

Better Sleepers Support Group

Thurs., Sept. 26, 2019
12:00pm – 1:00pm
B-Home Conference Room

OCTOBER

Senior Stay Fit Strength

Oct. 1 – 24, 2019
Tuesdays & Thursdays
9:30am – 10:30am
Lunda Community Center – Studio AB, BRF
Register at 715-284-1379

Better Breather's Support Group

Mon., Oct. 7, 2019
10:30am – 11:30am
BRMH – Oak Room

Nutman Sale – Partners of BRMH

Tues., Oct. 8, 2019
9:00am – 1:00pm
BRMH – Oak Room