

# Healthy Living

SUMMER 2017

Riverwood Healthcare Center's Newsletter  
Encouraging Healthy Lifestyles

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## Riverwood receives national recognition: Top 20 Critical Access Hospital

## Growing Together Campaign supports clinic expansion, renovation



Architectural rendering of new Riverwood Rehabilitation entrance.

Pictured (from left) are Chad Cooper, Riverwood CEO; Cindi Baker, chief operating officer; Dr. Mark Heggem, chief medical officer; Dr. Joselito Burgos, chief of medical staff; Kristine Layne, chief nursing officer; and Jayne Anderson, director of quality.

As healthcare across the country changes, Riverwood continues to advance, remaining committed to providing exceptional healthcare for you and your family.

Riverwood Healthcare Center was recently named one of the Top 20 Critical Access Hospitals (CAHs) nationally.

These 20 rural hospitals, including Riverwood, scored highest among critical access hospitals nationwide on iVantage Health Analytics' Hospital Strength Index™, the first nationwide hospital rating system to evaluate rural and critical access hospitals based upon various market, value-based and financial measures. The rankings were recently announced by the National Rural Health Association (NRHA).

"I am extremely proud of our physicians, advanced practice providers and every single member of our staff, all of whom contribute to an exceptional culture at Riverwood and help to ensure we

consistently provide the highest quality care possible," said Chad Cooper, Riverwood's chief executive officer. "Most importantly, this national recognition is another indication that our community can count on us to deliver the services they need, now and into the future."

The Top 20 Critical Access Hospital "winners" are those hospitals that have achieved success in overall performance based on a composite rating from eight indices of strength: quality, outcomes, patient perspectives, inpatient market share, outpatient market share, costs, charges and financial stability. This elite group represents the top 20 Critical Access Hospitals from iVantage's larger list of the Top 100 CAHs, released earlier this year.

In July 2017, Riverwood will launch an expansion project in Aitkin to address the growing needs for specialty and primary care services, with projected completion in early 2019. The project will proceed in phases with an estimated investment of about \$14 million.

The project will include:

- Renovation of space to offer comprehensive kidney care and a new kidney dialysis facility to be operated in partnership with CentraCare Health.
- Redesign of the specialty clinic, allowing for expansion of current service lines, including a new GI lab for the Minnesota Reflux & Heartburn Center.
- Renovation of the Aitkin primary care clinic will support a team-based approach, continuing to advance well-coordinated and patient-centered care.
- Relocation and expansion of our rehabilitation department, providing easier access for patients.
- Expansion of space to allow for growth in the orthopaedic department with easier access and additional imaging capabilities.

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200 Bunker Hill Drive  
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## Orthopaedic Care

### Comprehensive care for muscles, bones and joints

Through Minnesota Center for Orthopaedics (MCO) in Aitkin and Crosby, Riverwood Healthcare Center offers a full range of orthopaedic care for people of all ages and fitness levels. Our team of providers treats all types of orthopaedic conditions, with special expertise in several areas such as joint replacements; sports-related injuries; and hand, wrist and elbow care.

They work with patients to manage chronic conditions related to muscles, bones and joints as well as offering innovative, high quality surgical care when needed. See more at [www.riverwoodhealthcare.org/specialties/orthopaedic](http://www.riverwoodhealthcare.org/specialties/orthopaedic)



**Dr. Jon Herseth**, orthopaedic surgeon who brings fellowship training in sports medicine, as well as providing general orthopaedic care, comments here on common bone, muscle and joint issues.

#### What kinds of muscle and joint injuries are caused by overuse?

Joint and other musculoskeletal overuse injuries can happen at any age if you engage in regular exercise and physical activity. For example, you can overuse your muscles, bones, joints, ligaments, and tendons when you participate in athletics; but you also can get overuse injuries from repeated activities such as gardening and certain household chores.

Some common injuries include runner's knee, rotator cuff tendonitis of the shoulder, shin splints, tennis elbow, and carpal tunnel syndrome of the wrist. Many overuse injuries result from doing too much exercise too soon. But overuse injuries also occur in experienced exercisers who don't give themselves time to rest and recover.

#### What are common sports related injuries and how are they treated?

The surge in sports participation has led to an increase in sports related injuries. Commonly seen injuries include ankle sprains and fractures, ACL ruptures, patellar (knee cap) dislocations, meniscus tears or other ligamentous injuries. Various hip problems have been noted in athletes such as hockey goalies. Baseball pitchers frequently develop issues with tightness in the capsule around the shoulder or elbow issues. High impact sports are also associated with problems such as shoulder dislocations or fractures of long bones.

Treatments for these issues can vary and are dependent on the patient's needs and the injury. These treatments can range anywhere from time off from the activity, casts, braces, physical therapy or arthroscopic and reconstructive surgeries.

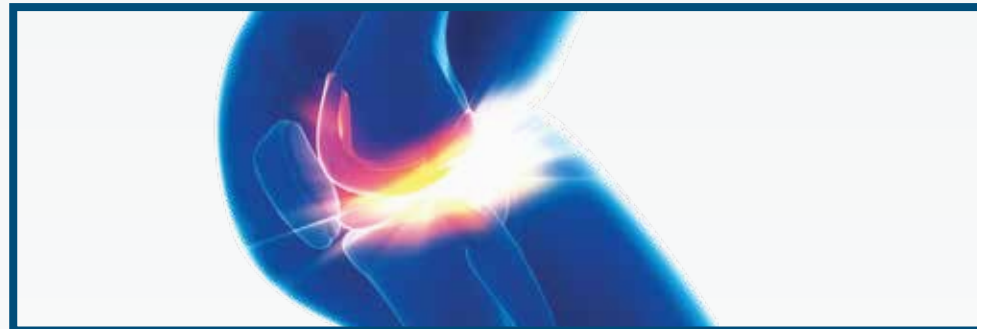
Preventative measures are the key to avoiding most sports injuries. Proper technique, optimized biomechanics and pre-participation warm up and stretching can prevent many injuries and have become a focus in sports medicine.

#### How can sports-related injuries be prevented?

All sports have a risk of injury. In general, the more contact in a sport, the greater the risk of a traumatic injury.

#### To reduce the risk of injury:

1. Take time off.
2. Wear the right gear (pads, helmets, mouthpieces, face guards, protective cups, and/or eyewear).
3. Strengthen muscles with conditioning exercises.
4. Increase flexibility with stretching exercises.
5. Take breaks during practice and games.
6. Stop the activity if there is pain.



#### How can physical therapy help with hip or knee pain caused by osteoarthritis?

Once a joint is showing arthritic changes or degeneration, it's true that degeneration will not reverse. However, physical therapy can often help relieve the pain you experience from a joint that is diagnosed with osteoarthritis.

Physical therapists can teach you exercises designed to preserve the mobility, strength, and use of your joints; proper body mechanics to move from one position to another and during your daily activities such as climbing stairs; and how to use walking aids such as crutches, a walker, or cane when needed.

Therapy should be started early in order to reduce painful symptoms of inflammation, prevent deformity and permanent joint stiffness, and maintain strength in the surrounding muscles. When pain and swelling are better controlled, treatment plans may include exercises to increase range of motion, and to improve muscle strength and endurance.

#### When joint replacement surgery is needed, how is pain managed for patients?

To manage pain for total joint replacement patients, we use an innovative Rapid Recovery medical protocol that was developed by Dr. Erik Severson, MCO orthopaedic surgeon, a few years ago. This approach uses joint injections of newly released non-addictive medications that provide 24 to 36 hours of phenomenal pain relief. Hip and knee replacement patients are able to walk on the day of surgery.



For an appointment for orthopaedic care at Riverwood's specialty clinic in Aitkin, CALL (218) 927-5566.

## Foundation News

### Growing Together donors will help transform clinic

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"I would encourage all community residents to consider a donation to Riverwood's Growing Together Capital Campaign," said Chad Gross, Rutgers manager and Riverwood Foundation donor. "Rural healthcare is very challenging these days and it is imperative to have a financially strong medical center to maintain services and add new ones such as kidney care and dialysis."

Katie Nelson added: "Your support is vital as we expand and upgrade the medical campus in Aitkin. You can help us transform the clinic facilities, enabling patients to get specialty care close to home and enhancing the Riverwood patient experience overall."

Your gift of any size will help us reach our goal to raise \$1.3 million with the Growing Together Campaign.



To discuss giving options, contact **Katie Nelson**, Riverwood Foundation Director, at **(218) 927-5158** or [knelson2@riverwoodhealthcare.org](mailto:knelson2@riverwoodhealthcare.org)



### Honoring and Remembering Loved Ones

Riverwood Foundation donors have made gifts to honor and remember those listed here.

Donations from January 1 - May 31, 2017

#### In Memory of:

Steve Bare  
Horace Bridgwater  
Irene Bright  
Cecil "Sid" Brotherton  
Elizabeth "Liz" Catlin  
Chester, Liz & Wes Catlin

Bill Cox  
Dorothy Cox  
Jeffery Heggem  
Erma & Raymond Honnold  
Vernie & Ted Landgren  
Betty Lidfors

Ed Liljenquist  
Robert McCleary  
Charmeigne Orr  
Betty Soderquist  
Jerry Wickstrom

#### In Honor of:

Gerda Johnson  
Dennis VonDeLinde  
Aitkin County DFL Club

*We will be recognizing all those who have contributed memorial gifts in the past year at our July 17 Clinic Expansion Project Groundbreaking ceremony.*



To make a donation in memory or honor of a loved one, visit [www.riverwoodhealthcare.org/foundation/donationform](http://www.riverwoodhealthcare.org/foundation/donationform)  
All gifts recognized in newsletter.

## Reflux Care Success Story: Tabatha Peters



**Tabatha Peters**, age 36, began suffering from gastro-esophageal disease in her early 20's.

"My symptoms became worse when I was pregnant with my first child at age 27, at which time I was unable to eat and drink any large

amounts of tomato products, orange juice or any foods with acid," Tabatha explains. "I was continually eating Tums to cope with the burning feeling."

She finally talked to her doctor, who put her on a prescription acid blocker, which helped for many years to control the symptoms of burning, pain and acid taste in throat and mouth.

"When I became pregnant with my second child in 2015, my GERD came back again in full force," she said. "This time it was so bad that I could not eat anything acid-based and again took Tums through my entire pregnancy. I was not able to eat or drink anything without feeling the pain and burning in my throat."

Losing weight and feeling she could no longer just "live with it," Tabatha scheduled an appointment with a reflux specialist at the Minnesota Center for Reflux and Heartburn in Aitkin.

Tabatha underwent three tests, including an EGD, ambulatory pH test and esophageal manometry, to evaluate her symptoms. The EGD revealed a small hiatal hernia, and the manometry showed poor functioning of her esophagus. Given these results, the reflux specialist explained that medication would no longer help. The best treatment choice for Tabatha was a laparoscopic Nissen fundoplication procedure, which was performed in October 2016.

Tabatha adds:

"The recovery time was minimal and there was very little pain. At the follow-up exam a week later I was feeling good. Two weeks after my procedure, I was GERD-free and have not had any problems with it since then. I am a much happier person now. I recommend this procedure to anyone who has had GERD."

## RIVERWOOD NEWS

### Excellent trauma care close to home



Pictured from left are Riverwood Emergency Department staff members Casey Mindrum, Tina Hughley, Dr. David Taylor and Jeanine LeBlanc.

Riverwood Healthcare Center, the first rural Minnesota hospital to be designated for Level 3 Trauma Care in 2006, has been recertified. This means that Riverwood continues to meet the rigorous standards of Minnesota's statewide trauma system, including maintaining clinical and equipment resources and staff training for life-saving trauma care. Kudos to our Emergency Department staff for their dedication and commitment to the care of trauma patients!

### Learn how to spot a **STROKE**

A stroke is an emergency. You need to act F.A.S.T.

Facial drooping? Arm weakness? Slurred speech? Time to call 9-1-1.

Strokes are caused by an interruption of blood flow, involving the arteries of the brain. This interruption of blood flow to the brain may result in a neurologic functional deficit or death.

Getting quick medical care is absolutely vital to prevent permanent physical disability. There is a 4½ hour window after a stroke where clot-busting drugs can work to lessen the chance of being permanently disabled after a stroke.

The Minnesota Department of Health has designated Riverwood as an Acute Stroke-Ready hospital. This means our medical and nursing staff has advanced training and is ready to deliver high-quality stroke care.

### One-stop care in Garrison



Whether you need clinic care, medications or physical therapy, it's all here for you at Riverwood's clinic and pharmacy in Garrison.

We provide full-service family medicine, obstetric care, mammograms, x-ray and lab tests—all with state-of-the-art equipment. The clinic and pharmacy are both open Monday through Friday, 8:30 AM to 4:30 PM, and on Saturdays 8:30 AM to 2 PM. The retail pharmacy offers drive-up window convenience and mail order service.

Patients can regain skills for daily living with rehabilitation services offered in a friendly, compassionate environment in a separate facility next to the clinic. Get the convenience you want combined with highly trained and skilled physical therapists.



To make an appointment at our Garrison clinic, call 320-525-3400, or call the pharmacy at 320-525-3401.

**STROKE?  
DON'T WAIT  
ACT F.A.S.T.**

**Stroke is an Emergency**

- F** Facial Drooping
- A** Arm Weakness
- S** Slurred Speech
- T** Time to call 9-1-1



**m** DEPARTMENT OF HEALTH



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Aitkin, MN 56431  
[www.RiverwoodHealthcare.org](http://www.RiverwoodHealthcare.org)

Contact any Riverwood Healthcare Center facility toll-free at (888) 270-1882

This institution is an equal opportunity provider and employer.

- Hospital - ER** 218-927-2121
- Aitkin Clinic - Urgent Care** 218-927-2157
- McGregor Clinic** 218-768-4011
- Garrison Clinic** 320-525-3400
- Specialty Clinic** 218-927-5566