

A PUBLICATION FROM YOUR HEALTHCARE PROFESSIONALS AT BURNETT MEDICAL CENTER

What Level of Care do I Need?

When an illness or injury occurs, there may be times you're not certain where to go for care. Knowing the difference between the walk-in clinic and emergency room can save valuable time during a true emergency. Keep in mind that an emergency room treats the sickest patients first, not on a first-come first-serve basis. It is also important to note there are times patients request to be seen in walk-in clinic and their illness or injury would be better managed in the emergency room, where additional resources are available for monitoring and treating patients with complex medical issues. Please see the quick guide below to assist in your initial decision making:

When should I use the Walk-in Clinic?

When you need assessment for minor illnesses and injuries such as:

- Ear, nose, and throat infections
- Flu-like symptoms
- Pink eye
- Rashes
- Cuts and scrapes
- Sprains and strains
- Painful urination
- Cough and congestion

How does the Walk-in Clinic Work?

The walk-in clinic is staffed by Burnett Medical Center's primary care providers – Physicians, Nurse Practitioners, and Physician Assistant. Patients are seen on a first-come first-served basis. Laboratory and radiology services are available if tests are ordered.

When should I go to the Emergency Department?

When you need immediate treatment for serious illnesses and injuries including:

- Chest pain
- Shortness of breath/difficulty breathing
- Weakness/numbness on one side
- Slurred speech
- Fainting/change in mental status
- Serious burns
- Head or eye injuries
- Seizures
- Facial lacerations
- Severe cuts that may require stitches
- Broken bones and dislocated joints
- Concussion

- Intense abdominal pain
- New onset confusion
- Poisoning or drug overdose

The emergency department is available 24 hours a day, seven days a week.

When should I call 911?

Call 911 if you are experiencing life-threatening symptoms such as:

- Severe chest pain
- Sudden weakness or dizziness
- Shortness of breath/difficulty breathing
- Severe bleeding
- Fainting/loss of consciousness

Note that the before-mentioned lists are not all-inclusive. Use them as a guide to determine the appropriate level of care.



NEW EXPANDED CLINIC HOURS!

FAMILY PRACTICE CLINIC:

8 A.M.-8 P.M. Mon., Wed.
 7:30 A.M.-5 P.M. Tue., Thu., Fri.
 8:30 A.M.-12:30 P.M. Sat.

WALK-IN CLINIC:

8:30 AM-8 P.M. Mon., Wed.
 8:30 A.M.-4 P.M. Tue., Thu., Fri.
 8:30 A.M.-12:30 P.M. Sat.

Community Health Forum Next Steps



With the 2019 survey and data research complete, the next step was to hold a community forum in order to engage, educate and communicate with the public about Burnett County's 2019 top health needs. The forum took place on Thursday, May 16th and Friday, May 17th, 2019, hosted by Burnett Medical Center and the Burnett County Department of Health and Human Services. The forum consisted of a presentation of the data and group discussions to determine the next steps to be taken in order to improve alcohol and drug use, behavioral health, and tobacco use in Burnett County.

The ideas that were brought up at the forum were presented to the Healthy Burnett Coalition, a coalition formed in 2013 to engage community partners and members to work collaboratively and promote the health of Burnett County. A select group of Healthy Burnett members will create a new strategic action plan focusing on activities that will improve these three health needs and present it to Healthy Burnett members.

If you'd like to be a part of the discussion, volunteer, and/or learn about the latest information on what is happening in Burnett County, please visit www.healthyburnett.org, and "like" Healthy Burnett on Facebook.

The Safe Use of Over-the-Counter Medications

Americans have an abundance of choices when they go to the pharmacy or retail store for over-the-counter medications (OTC). There are 300,000 OTC products in the United States. I will endeavor to give you sane advice on using these wonderful medications for your differing minor health issues. Remember this is general advice; your health care provider may recommend that you do something different and, with their knowledge and experience, they will always be your best source of information.

Dosing. Americans are practical people but some of the things we have learned in the past don't transfer to medications. "If one is good, then two must be better." This is not always the case, so always think before you double a medication and know that Dr. Google is not the best place for medication answers. Follow the directions on the bottle or packaging. If it is advised by a healthcare professional, then you may increase the dose.

What am I treating? Make sure you know what you are treating, if you need an antihistamine and you treat yourself with a decongestant, the effect is not the same. Learn about the medication and its effects, what it treats, as well as its side effects. My motto has always been when in doubt check it out! Ask the pharmacist or your provider, after all that is what they are there for. When you treat yourself don't forget to consider your other conditions, you may make one symptom better and another one worse.

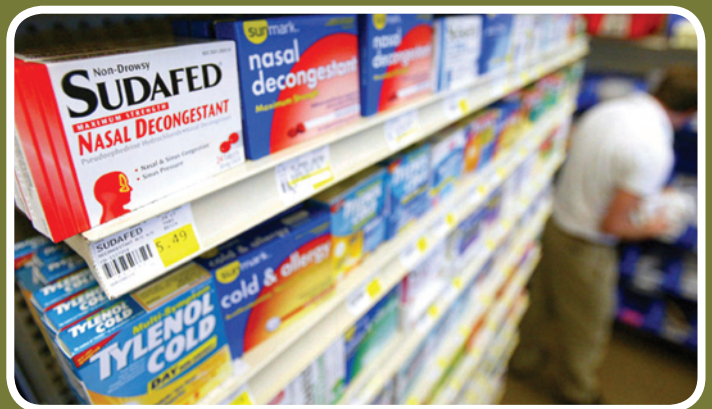
Generic or brand name? According to the Food and Drug Administration, there should be very little difference in the action, strength or dose when comparing generic to brand name medications. There is no limit to the number of people who will only use brand name medications and the same is true for those that use generic. It is up to you and your budget.

Read the label and check the expiration date every time! To give you a good example, if you went to the pharmacy and bought a sleep aid and an antihistamine, it would be beneficial to read the label. The sleep aid contains a drug called diphenhydramine 25 mg, the antihistamine contains the exact same drug, diphenhydramine 25 mg. Taking these two together may not harm you, but you may have a bigger after effect. In some cases, these may interfere with prescription medications ultimately making them stronger or weaker.

Checking the date is important too, I have found drugs in my medicine cabinet that were ten years old, I'm happy I practice what I preach!

Lastly... use good judgement; treat only those things that need to be treated. Treat them with the right drug, at the right time for the right reason and remember, when in doubt check it out!

*Submitted by: Richard Burris, Burnett Medical Center Physician Assistant, PhD
Healthy Minute" is brought to you by healthyburnett.org*



DR. STILLWELL'S MEMORIAL



It is with great sorrow that we share with you, our visiting urologist, Dr. Thomas Stillwell, passed away unexpectedly this past May in a plane crash.

Dr. Stillwell faithfully served Burnett Medical Center's patients since 2004. He loved his family and was passionate about helping people. We have been so blessed over the years because of his giving of time and expertise. He was a wonderful man. Our prayers are being lifted for his family in this difficult time.

Burnett Medical Center, along with the Burnett Medical Center Foundation, will be creating a community memorial garden in Dr. Stillwell's honor. The memorial garden will be in the roundabout at the North Continuing Care Center and Visitor entrance. The garden will have a brick pathway leading to benches, a flagpole, and an engraved stone in memory of Dr. Stillwell. The brick pathway will be customized engraved bricks that can be purchased by the community. The Burnett Medical Center Foundation will be selling these engraved bricks to any community member who wants to honor or remember a loved one. All proceeds will be going to the Burnett Medical Center Foundation to advance healthcare for Burnett Medical Center patients. All other donations welcome.

If you have any questions or would like to place a brick order, please contact Halle Pardun at 715-463-7285.

*The future site of the community memorial garden is already underway.
The first step is complete.*



BEFORE



AFTER

CARLYLE SHERSTAD RACE DONATES TO THE HUMANE SOCIETY OF BURNETT COUNTY

June 1, 2019, marked the 14th Annual Carlyle Sherstad 5K/10K Run/Walk as part of Grantsburg's Big Gust Days. Thanks to 104 registered participants and 38 local business contributors,

the event was a great success! Halle Pardun, Race Director, proudly presents this year's recipients, the Humane Society of Burnett County, with a check in the amount of \$1,580. The Humane Society will use these proceeds toward the spay/neuter program. Don't forget to mark your calendars for the 15th annual Carlyle Sherstad next year on June 6, 2020, when another great local organization will be chosen!

The Humane Society of Burnett County cares for over 300 animals every year. They provide them with shelter and the care each animal needs. Their mission is to provide a safe haven for the unwanted pets that come through their doors, to give them the life skills they need to succeed in a new home, to place them into loving homes and to provide ongoing support to ensure their success with their new families.

NATIONAL NIGHT OUT

National Night Out was held on Tuesday, August 6th at the Grantsburg Fire Hall and in Siren at Crooked Lake Park. This event is designed to:

- Heighten crime and drug prevention awareness;
- Generate support for, and participation in, local anticrime programs;
- Strengthen neighborhood spirit and police-community partnerships; and
- Send a message to criminals letting them know that neighborhoods are organized and fighting back.

This is a great event to attend to not only get a free meal but to also meet other community members, learn about local resources, and play games for fun prizes!



AWARDS CEREMONY

On the evening of August 22nd, we honored some of our employees at Burnett Medical Center's Annual Years of Service Awards Banquet. This year we honored employees who represented a total of 280 years of service! We are grateful for the loyalty and dedication they show to our patients, residents, and community!



VICTREX VISITS BMC

Burnett Medical Center was chosen as a recipient of Victrex's give back to the community' initiative. They brought mulch to improve the looks of our gardens. About 30 Victrex employees and their families donated their time and talent to complete this generous task. Afterwards, they conversed with the residents in the Continuing Care Center and enjoyed some root beer floats. Burnett Medical Center is thankful to be in a compassionate community and to receive such great support from another local business.

We thank you from the bottom of our hearts for your generous donation. A big thank you to those who were involved! The gardens look beautiful!



Halle Pardun, Marketing Director, tending to the Siren booth.



SENATOR PATTY SCHACHTNER VISITS BMC

On August 20th, 2019, Senator Patty Schachtner visited Burnett Medical Center. During her visit, she sat with some Burnett Medical Center staff members and discussed the challenging but great work we do every day in healthcare. She then toured the facility, meeting and talking to other staff members. Thank you, Patty, for visiting!



From L to R: Ned Moore, Tamra White, Sen. Patty Schachtner, and Gordy Lewis

PURPLE RATING FOR REACH OUT AND READ

Burnett Medical Center's Clinic has been part of the Reach Out and Read program since 2012 and was recently designated as a Purple Clinic for 2019. This is the highest level that clinics in Wisconsin can achieve and is something only about 15% do. Achieving a Purple rating denotes the clinic is meeting all the National Center's quality metrics and four additional metrics from the Reach Out & Read Children's Health Alliance of Wisconsin. The Reach Out and Read program is a partnership with public and private, state and local organizations to strengthen support for children and families from before birth through age five. The program emphasizes the critical years of brain development at early age levels by reading aloud with children to aid in brain, language, and literacy development, parent-child relationships, and social-emotional health.

How does the program work? When children come to Burnett Medical Center's Clinic for a well-baby/well child examination for ages six months through five years, the child will be given a new book during the visit. The book is used as a clinical tool to encourage parents to read aloud and to offer guidance on how to best support their child's language and literacy development.



Amy Wachter, NP-C, reading with 6-month-old patient, Colton Pardun.

EXPANDING PRENATAL SERVICES

Burnett Medical Center is partnering with obstetric services at Fairview Health Services. We are pleased to further serve expecting mothers with labor and delivery services close to home.

Burnett Medical Center's highly qualified providers for prenatal services include Deb Hammer, Certified Nurse Midwife, and Dr. Timothy Novick, MD, who will provide your prenatal care in partnership with Fairview's OB/GYN physicians. This partnership allows you to continue your prenatal care close to home and deliver your baby at Fairview Lakes Medical Center in Wyoming, MN. Once your baby is delivered, you can return to any one of Burnett Medical Center's primary care providers for all your follow-up care. Burnett Medical Center's providers have access to view Fairview's electronic medical records and share information with Fairview OB/GYN's, providing continuity of care for you and your family.

Fairview offers:

- Physicians who are recognized as some of the nation's best for treating routine and high-risk pregnancies.
- A variety of amenities and services at The Birthplace, including:
 - o Therapeutic labor techniques and support tools
 - o Latest options for pain relief, including nitrous oxide
 - o Lactation support – They are a designated Baby-Friendly® Hospital. Certified, caring lactation consultants are on hand to assist and support you for successful breastfeeding. All registered nurses in The Birthplace have had at least 20 hours of education about lactation.
 - o Private rooms with refrigerators, web-enabled televisions and free Wifi so you can immediately announce your baby news.
 - o Access to specialists at [University of Minnesota Health Maternal-Fetal Medicine Centers](#) who provide care for pregnant women who are — or who have a high risk of — experiencing a medically complicated pregnancy.

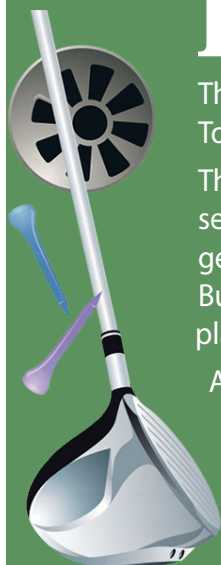
Should your baby arrive early, Fairview providers are able to consult with neonatologists at University of Minnesota Masonic Children's Hospital. If your baby should need more advanced care, he or she can be transported to the Level IV Neonatal Intensive Care Unit at University of Minnesota Masonic Children's Hospital in Minneapolis.

BMC Golf Outing

This year was the 10th annual Burnett Medical Center Foundation Golf Tournament held on June 21st, 2019.

The Foundation raised over \$4,000! This will help Burnett Medical Center fund several projects to advance patient care in order to benefit our community. The generous support from individuals and businesses makes it possible for the Burnett Medical Center Foundation to exist and to make the community a great place to live.

About thirty golfers enjoyed the day, a great meal, and lots of fun. The Foundation hopes you will consider joining us in 2020. Thank you to those involved for your support in helping further assure the access of quality healthcare close to home.



Clorox Total 360 System



Burnett Medical Center's housekeeping department was a recipient of a new disinfecting machine, the Clorox Total 360 System. This machine helps reduce pathogens that cause infectious diseases such as, MRSA, cold and flu viruses, norovirus, E. coli, and salmonella. Its electrostatic sprayer lets the cleaning solution reach spots that normal

trigger sprayers, misters, and foggers miss. Burnett Medical Center is very happy to have this machine in order to keep our patients and staff healthy.

EZ Stands

The Burnett Medical Center Foundation recently purchased two new EZ stand lifts for the Continuing Care Center. These lifts are designed to be used for transferring residents from chairs, wheelchairs, toilets or beds, and can also be used for ambulation. The Continuing Care Center would not be able to operate efficiently or provide high-quality patient care without this equipment.



EKG Analyzer

The Lab also received funding for a new EKG (electrocardiogram) Analyzer from the Burnett Medical Center Foundation. This vital instrument measures the electrical signals in your heart. It aids the provider in detecting heart problems such as cardiac arrhythmia's (irregular heartbeat), ST elevations and tachycardia (fast heart rate).

The Burnett Medical Center Foundation is vital to the continuing growth of Burnett Medical Center. We are truly appreciative of the Burnett Medical Center Foundation's generosity and hardworking members for their donations to various departments. Thank you!

NOW OFFERING 3D MAMMOGRAPHY

Breast cancer will affect an average of one in eight women sometime in their lifetime. It is the second most common cause of cancer-related deaths in women. Numerous studies prove that early detection is a vital component in the successful treatment of breast cancer.

Mammograms play a central part in the early detection of breast cancer. They can detect changes in the breast that may be early signs of cancer, but are too small or subtle to be felt. The use of mammography has greatly enhanced the ability to detect breast cancers at earlier stages.

Because our primary goal has always been to deliver the highest quality care to our patients, we are excited to add 3D mammography to our women's health diagnostic services.

WHAT IS 3D MAMMOGRAPHY?

3D mammography, also known as tomosynthesis mammography, is a relatively new breast imaging procedure that uses low-dose x-rays to capture multiple images of the breast, at all different angles. The images are then brought together to create a crystal clear 3D reconstruction of the breast. The radiologist is then able to review the reconstruction, one slide at a time, almost like turning pages in a book. This makes it easier for doctors to see if there's anything to be concerned about.

HOW DOES A 3D EXAM COMPARE TO A 2D EXAM?

Both 2D mammograms and 3D mammograms use x-rays to produce images of breast tissue in order to detect lumps, tumors or other abnormalities. Specifically, 2D mammograms provide doctors with a 2D image to evaluate the breast. Only two images, a side-to-side view and a top-to-bottom view, of each breast is taken. This can be limiting due to overlapping layers of tissue which can sometimes produce unclear results, false alarms, or worse – cancer being missed.

On the other hand, 3D mammography is capable of producing more detailed images of breast tissue. 3D mammography produces multiple x-ray images of the breasts from different angles to create a 3D rendering of internal breast tissue. This allows radiologists to view the breast in 1-millimeter 'slices' rather than just the full thickness from the top and from the side. This ultimately allows your doctor to better evaluate your breasts layer by layer.

WHAT ARE THE BENEFITS OF 3D MAMMOGRAPHY?

- Provides greater accuracy for women across a variety of ages and breast densities; it's the only mammogram FDA approved as

superior for women with dense breasts.

- 3D mammography may be particularly effective for women with dense breast tissue or those at high risk for developing breast cancer.
- Detects 20-65% more invasive breast cancer compared to 2D mammography alone.
- Reduces callbacks by up to 40% compared to 2D mammography alone.



Burnett Medical Center Earns ACR Accreditation

Burnett Medical Center has been awarded a three-year term of accreditation in mammography as the result of a recent review by the American College of Radiology (ACR).

Burnett Medical Center is excited to not only be awarded the three-year term of accreditation but,



through this meticulous renewal process, they are happy to announce that they passed with zero citations as well! Congratulations to the radiology department for all your hard, compassionate work you do for the community.



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EDITOR: Halle Pardun

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Hometown HEALTH

Hometown Health is published for the patients and friends of Burnett Medical Center. Information in this publication is not meant to replace the advice of your personal healthcare provider.

Burnett Medical Center Needs Your Input!

Burnett Medical Center has a Patient Family Advisory Council (PFAC) which offers a unique opportunity for us to partner with our patients and families to better meet the needs of our patients. We are reaching out to individuals in the community who are interested in joining our advisory council to provide us with constructive advice and feedback to improve the experiences of our patients.

The criterion for serving on the council is as follows:

- Experience as a Burnett Medical Center patient or family member in the past year.
- Time to attend regular meetings every other month.
- Ability to make decisions as a group and support the decisions of the council.

Burnett Medical Center is committed to partnering with patients and families to assist us with creating a patient-centered approach to the care we deliver every day. We recognize that in order to best serve the patients and families in our community, it is important for us to include patients and families in the decision-making process.

We invite you to contact our Quality Coordinator via phone 715-463-7348 or email ehanson@burnettmedicalcenter.com and request an application to be mailed to you.

Thank you for your interest in assisting us with improving the care we provide to our patients.



Members of BMC's PFAC, Lisa Thomfhorda (left) and Russ Erickson (right). Not pictured: Renee Peek, Halle Pardun and Emily Hanson.

Diabetes Education Night

**Thursday,
November 14th
5 to 7 pm**
Burnett Medical Center
Main Entrance

5:00 pm Registration, Visit Exhibitors,
and Snacks

5:30 pm "Understanding Continuous Glucose
Monitoring"
Presentation by Medtronic

6:15 pm "Panel Discussion: Learn from the
Experts Themselves"
Individuals with diabetes sharing
their stories and lessons learned

RSVP Appreciated
Walk-Ins Welcome
Contact Halle Pardun at
715-463-7285 to RSVP

Join us for a fun night
devoted to the prevention and
management of diabetes!

- Presentations by Diabetes
Management Experts
- Exhibitors
- Healthy Snacks
- Giveaways
- Door Prizes

**FREE
to attend!**

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