

BURNETT MEDICAL CENTER WELCOMES NEW ORTHOPEDIC SURGEON, DR. NICOLE KELSEN

Burnett Medical Center (BMC) is pleased to have Nicole Kelsen, DO, serve the community in the area of Orthopedics.

Dr. Kelsen was born and raised in Minnesota and completed her undergraduate training at the College of St. Benedict in St. Joseph, Minnesota. Medical school took her to Des Moines, Iowa, and she then went on to complete residency training in Detroit, Michigan. After residency, Nicole traveled to Seattle, Washington for an additional year of fellowship training.

Following her medical training, she practiced in Green Bay, Wisconsin for four years, and then returned to Minnesota to practice orthopedics in her home state. She has been board certified as an Orthopedic Surgeon since 2017.

Beyond the realm of medicine, Dr. Kelsen is married with three sons and has a deep appreciation for life's simple pleasures. She finds comfort in the pages of a good book, embarks on adventures through hiking, nurtures the earth with her gardening skills, and finds joy in the beauty of birdwatching. She's excited to be back working and practicing orthopedics in Wisconsin.

The CEO of BMC, Gordy Lewis, says "Burnett Medical Center is very excited and fortunate to have Dr. Kelsen. She brings a wide array of knowledge to better serve our patients close to home."

To schedule an appointment with Dr. Kelsen, please call 715-463-5353.



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Your Burnett Medical Center Guide to Common Orthopedic Injuries

As we age, our bones, joints, and tendons become more prone to injury. These issues can be painful and unbearable, preventing us from doing our favorite activities. We've shared a few examples of common orthopedic injuries to keep you informed.

1. Fractures

Fractured bones are often caused by physical impact and trauma. If you have a broken bone, the area will feel painful, tender, and bruised. Treating broken bones will involve casts, splints, and therapy. Surgery may be needed for severe cases.

2. Sprains

A sprain is when your ligaments are either torn or stretched too far. You will experience pain, some swelling, and difficulty moving the affected joint. To treat a sprain, you will need rest and ice. In some complex cases, surgery and physical therapy are needed.

3. Carpal Tunnel Syndrome

Another common orthopedic issue is carpal tunnel syndrome, characterized by numbness and tingling sensation in your wrist and fingers. This syndrome is caused by repetitive and improper hand motions, and it's usually treated with ergonomic adjustments and splinting.

4. Osteoarthritis

Aging is the most common cause of osteoarthritis, resulting in deteriorated joints that become painful and stiff. While this issue is not curable, you can take pain-relief medication and try physical therapy sessions to minimize the pain.

5. Rotator Cuff Injury

The rotator cuff is a group of tendons and muscles in the tendon joint, and it could get damaged because of repetitive motion or sudden movements. You may feel intense shoulder pain and be unable to move your affected arm. Surgery is often needed in severe cases, but minor injuries need only rest and therapy.



There are many other types of orthopedic injuries not listed here with varying symptoms and ways of treatment. If you are suffering from one on the list, and need orthopedic services, consult with Burnett Medical Center's new orthopedic surgeon, Dr. Kelsen.

Contact us today. Call 715-463-5353 to schedule an appointment.

BMC's Go for the Gust Race

The 2023 Go for the Gust race event was a great success! Every year, Burnett Medical Center (BMC) organizes the race and donates all the race's profits to a different local charitable organization each year. This year's race recipient is the Grantsburg Swimming Pool. With the tremendous support of this year's participants and sponsorships, BMC was able to present the Grantsburg Swimming Pool with a \$2,737.66 check. BMC is thrilled to support the local pool and to help ensure its success in the future.



National Night Out

Every year we love being a part of National Night Out to show our support for the community's first responders. Building a safer community starts with building friendships – and what better way to do both than a night filled with family-friendly FUN! BMC had an interactive educational booth at the Grantsburg Fire Hall and Crooked Lake Park in Siren where kids played a true or false game about healthy bodies. Adults also got to play a game as a triage nurse to help patients visit either the walk-in clinic or emergency department for proper care.



Spring into Health Fair

The main highlight this year was the Health Fair that we brought back after an 8 year hiatus. It was a great opportunity for the community to discover the services BMC offers. There was fun giveaways, door prizes, delicious snacks, and several engaging kids' activities, such as, tours of North Memorial's ambulance and helicopter, a Grantsburg Fire Department fire truck, and a Burnett County police car; face painting; and a bouncy house (donated by Get-It-Done Services & Rental). Free classes were also offered. Michelle Arneson, BMC's Tobacco Cessation Specialist, hosted a class discussing tobacco cessation. Attendees also enjoyed a cooking demonstration and tasting by a Cura Chef.



CARDIAC SERVICES DEPARTMENT

BMC's Cardiac Services Department had a great celebration gathering patients who have successfully graduated from the Cardiac Rehab Program within the last two years. The patients were so thankful for the support they received while in the program and each was given a t-shirt to recognize the amazing accomplishment they achieved.

MY CARDIAC REHAB EXPERIENCE AT BMC

My association with BMC Cardiac Rehab began in October 2021. While on my occasional walk for exercise, I felt a "different" feeling in my mid-chest. There was no pain, shortness of breath, or dizziness and the feeling resolved with rest, but as a retired family physician, I knew I needed to be checked. My wife and I drove to BMC's ER where an evaluation showed a Non-ST-elevation myocardial infarction (NSTEMI)— a mild heart attack with no serious heart damage.



I was transferred to Abbot Hospital in Minneapolis where further work ups showed the need for 2 stents which were placed with no complications. I was given post operative instruction over the next couple of days and discharged with strong encouragement to follow up with cardiac rehabilitation at BMC.

Lisa, Michelle, and Bryana greeted me cordially that first rehab day. They checked vital signs, asked how I was feeling, and outlined the typical course of cardiac rehab at BMC. They went over recommended lifestyle changes and started me on exercise machines that gradually increased in intensity.

The whole course lasted 3 months, 3 times a week and about 1 hour per session. It took commitment on my part to complete the course, but the encouragement of the staff helped immensely. I highly recommend it to anyone who is experiencing cardiac problems.

Written by: Peter Johnson, MD

MEET OUR REHAB TEAM!

It's not just about getting through the day; it's about savoring every moment. Our Physical Therapy and Occupational Therapy team at BMC is dedicated to helping you enjoy life to the fullest by helping you overcome pain, improve your quality of life, and getting back to doing the things that matter most.

Learn more at burnettmedicalcenter.com/services/rehabilitation-services

I grew up right here in Grantsburg and attended Grantsburg Schools from kindergarten through 12th grade. During my younger years I played softball and in Junior High and High school I played volleyball. I attended the College of St. Catherine (now known as University of St. Catherine) and received my Bachelor of Arts degrees in Occupational Therapy.

I have been working as an Occupational Therapist for almost 25 years. I enjoy working with patients of all ages and have a special interest in upper extremity injuries involving the elbow, wrist and hand.

Outside of work I enjoy flower gardening, watching my kids participate in sporting events, biking, hiking, boating and spending time with family.

Interesting Fact: I was born on Christmas Day in the same hospital that I currently work at.



Janelle Smestad, OT
Occupational Therapist



Abby Anderson, PT, DPT
Rehab Services Manager

I grew up in the small town of Brillion, WI. Throughout high school I enjoyed long distance running competitively and still enjoying running, mostly for fun and exercise, today. I earned my undergraduate degree in Exercise and Sport Science from UW-River Falls and then went on to earn my Doctorate in Physical Therapy from UW-La Crosse.

I have been a PT for 5 years and thoroughly enjoy working with individuals with neurological conditions, vestibular/dizziness/ balance disorders, and those in need of PT within the hospital and skilled nursing facility settings.

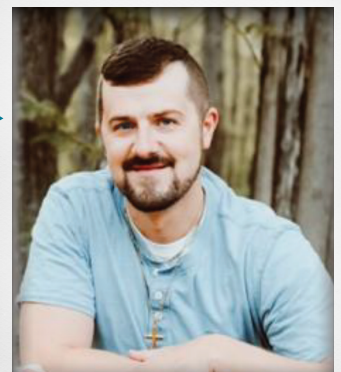
While not working as a PT, I enjoy spending time outdoors with my husband, working on outside projects, photography, and baking.

Interesting fact: I spent 3 ½ months in Europe while in college and I am looking forward to traveling back there someday.

I grew up in Sandstone, MN and attended East Central High School, graduating in 2008. I was very active playing sports including football, basketball and baseball. I then went on to attend Lake Superior College in Duluth. I earned two separate A.A degrees, most importantly an A.A.S, physical therapist assistant. Once I graduated, I immediately began my career here at BMC in 2012. I have since gained experience in various settings such as outpatient clinics, long-term care, acute care and home-care which have helped me become a well-rounded PTA.

Outside of work, I spend most of my time with my wife and daughters who keep me busy. I enjoy reading, writing and almost any kind of game you can think of (card games, board games, yard games, golf and softball).

Interesting fact: My wife's great-grandparents used to own a grocery store in Falun.



Phil Petrowitz, PTA
Physical Therapist Assistant

BMC IS HIRING A PHYSICAL THERAPIST!

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Therapists work closely with in-house providers, no strict productivity standards

Great benefit package including 401k match

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Have you put off healthcare appointments until you've used more of your deductible? Schedule with us before the end of the year!

BMC's Diagnostic Imaging Department offers same-week, fully digital, state-of-the-art imaging services to help meet your healthcare needs. The imaging services that are offered include: 3D Mammography • CT • DEXA (Bone Densitometry) • Digital X-ray • Fluoroscopy • Lung Cancer Screening • MRI • Nuclear Medicine • Ultrasound. For more information or to schedule an imaging appointment at BMC visit our website or contact the Diagnostic Imaging Department at 715-463-7292.



Lung Cancer Screening

We take around 23,040 breaths a day, constantly exposing our lungs to the surrounding environment. If you have lungs, you can get lung cancer. BMC offers lung cancer screening that can detect lung cancer in its earliest stages when it is most treatable. Don't wait to get screened!

Eligibility Requirements:

- Age 55 to 74 years old
- Currently, a smoker or have quit within the past 15 years
- No history of lung cancer themselves

3D Mammograms

Early detection is the best solution for breast cancer. Mammograms play a central part in the early detection of breast cancer because they can detect changes in the breast that may be early signs of cancer but are too small or subtle to be felt.



DEXA (Bone Densitometry)

DEXA is an imaging test utilized at BMC to measure a patient's bone density. A BMC healthcare professional may recommend you have a DEXA scan in order to properly diagnose osteoporosis or assess your risk for developing osteoporotic fractures. DEXA scans are most commonly done on the spine and hips. Contact us to see if a DEXA scan is recommended for you, 715-463-7292.



BMC Converts to a New Electronic Health Record System

On November 12, 2023, BMC converted its current electronic health record software system to Epic, the number one electronic health record software company in the country. Epic allows BMC to communicate better with other facilities who also have Epic. This decision was made because of the many great patient benefits leading to better patient care, improved workflows, and increased employee satisfaction.

An electronic health record is a digital version of a patient's medical history. It includes basic identifying information, past medical history, immunizations, lab data, radiology reports, progress notes and more. An electronic health record allows healthcare facilities to share medical information easily and securely for better patient care.



An EPIC Upgrade

Coming to BMC in November 2023

Over the years, we have been working hard to provide you with better access to your health record and a faster registration process. We are excited to report that the transition to EPIC allows you and your care team to better coordinate your care during your health care journey, including, but not limited to:

- All your health information is accessible to all other Epic facilities through Epic's Care Everywhere network. If you receive care from another healthcare facility that has an EPIC system, your patient information will be easily accessed in its entirety. This eliminates the need to repeat health history to new medical providers including lab work, medications, x-rays, allergies, and all other health-related information. Whether you are in the hospital or talking to your primary care provider, your entire health record is available to your care team.
- Your healthcare team will have secure access to centrally located information, providing improved patient care and quality by reducing the risk of errors and duplication of services. This provides a better continuity of care for you, the patient.
- Epic allows for faster diagnostics and decisions by your healthcare provider because there is no paperwork to wait for and tests are received quicker and more efficiently.
- Some of your health information, like test results, follow-up instructions and appointments, will be available online through the MyChart patient portal.

CEO of BMC, Gordy Lewis, says "The conversion to Epic will greatly benefit our patients. We will be able to seamlessly

communicate with other Epic facilities, ultimately delivering better patient care no matter where you are. Our staff have been diligently training to prepare for this transition. They already love what they see and they are excited to roll out the benefits to our community."

Another great feature of Epic is the addition of MyChart, an easy and secure way to view your health information online. Whether you're at work, on the road, or at home, you can view test results, messages from your doctor, and your key medical information. You can even access your family's records and schedule your next appointment online. Here are some of the highlighted features of MyChart:

- **Schedule appointments:** Schedule your next appointment or view details of your past and upcoming appointments.
- **Instant test results:** No more waiting for a phone call or letter. View your results and your doctor's comments.
- **Pay bills online:** Access and pay your copays and bills from home.
- **Request prescription refills:** Send a refill request for any of your refillable medications.
- **Telehealth visits:** have an appointment with your provider from the comfort of your home.

Please be aware that there may be delays at first in our registration process as staff adjust to the new system. This should only last for a short time after our go-live date in November. As staff become more familiar with the workflow, the process will ultimately be quicker and should routinely only take a few minutes. We would like to thank you in advance for your patience and understanding as we make this transition in the upcoming months.



The Top Three benefits of Physical Therapy After Orthopedic Surgery

After orthopedic surgery, your joints or bones will take time to recover. Recovery will especially be lengthy if you're over the age of 60. On the road to recovery, you can expect a degree of pain and immobility that can make daily living more difficult.

Fortunately, you can avoid prolonged recovery and even regain your past mobility with post-operative physical therapy.

Read on to learn three benefits of physical therapy after orthopedic surgery.

1.

BETTER BLOOD FLOW & RECOVERY TO AFFECTED JOINTS

Circulation is essential to your recovery. With physical therapy, you'll perform movements under the supervision of your physical therapist that can improve blood flow to your affected joint or limb. The improved circulation reduces pain, minimizes joint stiffness, and hastens your recovery.

2.

PAIN RELIEF

At a glance, it could seem like physical therapy can aggravate post-operative pain. While this may be true for certain exercises, physical therapists will select movements that you're capable of performing. As you perform these movements, you'll preserve muscle tone, improve your circulation, and minimize pain.

3.

REDUCED JOINT & MUSCLE STIFFNESS

Recovery can come with some joint and muscle stiffness. However, stiffness is avoidable with physical therapy. Physical therapy exercises can preserve your range of motion in your muscles and joints, keeping them mobile and pain-free.

THE DANGERS OF NOT FOLLOWING PHYSICAL THERAPY POST-OPERATION

Without physical therapy, you may experience the following:

- Joint swelling, particularly at the operative site
- Reduced mobility, leading to muscle wasting and joint stiffness
- Increased pain
- Prolonged recovery
- Reduced independence

TAKE YOUR FIRST STEPS TO RECOVERY

Besides the benefits of physical therapy after orthopedic surgery mentioned here, more await you when you choose the right therapy provider. Our team of experts caters a post-recovery plan individualized to you and your specific needs - making sure that you get back to doing the things you love.

Contact us now for physical therapy services right here at Burnett Medical Center that restore, improve, and maintain your movement and quality of life.



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