Daily housekeeping includes cleaning, sanitizing all rooms

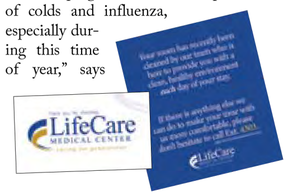
A clean facility helps provide a healing environment. Therefore, one of LifeCare's main priorities is to prevent and control infection by promoting good hygiene throughout the medical center.

"To keep up with the latest guidelines for protecting patients, we continually address effective ways of preventing infection, including how to keep all areas as clean as possible," says Allyson Eidsmoe, LifeCare's Director of Hospitality. "Our team works diligently to maintain a clean and quiet environment for staff and patients."

As part of their daily routine, LifeCare's housekeeping staff clean and sanitize every patient room, finishing the job with a personalized leave behind notecard.

These cards indicate the room has been cleaned and provide the name and contact info of the person who did the cleaning.

"Cleanliness is at the forefront of quality when helping to decrease the spread of colds and influenza, especially during this time of year," says Norma VandeHey, Environmental Services Supervisor.





Rooms are cleaned and sanitized daily, and topped off with a friendly notecard.

LifeCare's practice includes a thorough cleaning of all surfaces, especially high-touch surfaces, in patient room.

"It's important for patient safety that cleaning and disinfection be done well," says VandeHey.

Eidsmoe adds, "We are all patient safety stewards and have the responsibility to ensure our care environments are clean."

In addition to these important housekeeping practices, there is one more good habit to consider for maintaining a clean environment — always remember to wash your hands.

To learn more, please call LifeCare at (218) 463-2500.

LifeCare CLINICS & CLASSES

FEBRUARY

Blood Pressure, Blood Sugar, and Foot Care Clinics

Thur.	Feb 6	Badger Creek Apts.	8:30 am
Tues.	Feb 11	North Star Apts.	8:30 am
Thur.	Feb 18	Sunburst Apts.	8:30 am
Tues.	Feb 25	Elderbush Apts.	9:00 am
Fri.	Feb 28	Warroad Com. Ctr.*	11:00 am

** Indicates no foot care clinic*

Breast Cancer Support Group
Tues. Feb 11 Roseau 6:00 – 7:30 pm
Info: Call Traci: (218) 242-2880

MARCH

Blood Pressure, Blood Sugar, and Foot Care Clinics

Thur.	Mar 5	Young Manor Apts.	8:30 am
Tues.	Mar 10	North Star Apts.	8:30 am
Thur.	Mar 17	Sunburst Apts.	8:30 am
Tues.	Mar 24	Elderbush Apts.	9:00 am
Fri.	Mar 27	Warroad Com. Ctr.*	11:00 am

** Indicates no foot care clinic*

Breast Cancer Support Group
Tues. Mar 10 Roseau 6:00 – 7:30 pm
Info: Call Traci: (218) 242-2880

APRIL

Blood Pressure, Blood Sugar, and Foot Care Clinics

Thur.	Apr 2	Badger Creek Apts.	8:30 am
Tues.	Apr 14	North Star Apts.	8:30 am
Thur.	Apr 14	Sunburst Apts.	8:30 am
Fri.	Apr 24	Warroad Com. Ctr.*	11:00 am
Tues.	Apr 28	Elderbush Apts.	9:00 am

** Indicates no foot care clinic*

Breast Cancer Support Group
Tues. Apr 14 Roseau 6:00 – 7:30 pm
Info: Call Traci: (218) 242-2880

UPCOMING CLASSES

Register for any of these at www.lifecaremc.org/classes

PRENATAL CLASSES
Winter Dates: lifecaremc.org/classes

- PREPARING FOR CHILDBIRTH: April 6 & 13, 6:00 - 9:00 PM
- CARING FOR YOUR NEWBORN: April 20, 6:00 - 9:00 PM
- BREASTFEEDING BASICS: April 27, 6:00 - 8:30 PM
- DADDY BOOT CAMP: April 27 from 6:00 - 9:00 PM
- BRINGING HOME BABY: May 4 from 6:00 - 7:30 PM

NURSE ASSISTANT CLASSES
TO ENROLL or ask for more info, call Heidi: 218-463-4728

A career may be waiting for you!

CPR LifeCare offers: CPR, AED, BLS Renewal, Heartsaver® First Aid, and Heartsaver® Pediatric First Aid/CPR/AED community classes. More info and sign up: www.lifecaremc.org/classes

"BLAST" BABYSITTING CLASS
Greenbush: 3/16 12:30–4:30pm @ School Cafeteria
Warroad: 4/22, 4/29, 5/6 2:15–4:15pm @ WHS Conf Rm 170
Roseau: 5/16 12:30–4:30pm @ LifeCare Medical Center
Registration required. Cost $20. Scholarships available.

MATTER OF BALANCE
Roseau: Tuesdays (4/7–5/26)
9–11am @ Moe Church
Warroad: Tuesdays (4/7–5/26)
1–3pm @ Community Center

SIGN UP NOW! Contact: Paula Hedlund, RN, LifeCare Wellness Coordinator (218) 463-4301

Flu shot: It's not too late!



LifeCare reminds you it is not too late to get the flu shot. Everyone over 6 months should get a shot, and LifeCare Public Health has influenza vaccine. Call 463-3211.

According to the CDC, one major difference between this flu season and most in recent history is this: There has been an increase in the number of cases involving Influenza B—so much so that it is dominating flu season for the first time in nearly 30 years.

In most years, Influenza B typically comes after Influenza A, hitting later in the season around springtime.

That is not the case this year.

As far as symptoms go, Influenza A and B are quite alike. Fatigue, cough, fever (or chills), a sore throat, runny nose, muscle aches, and headache.

School outbreaks are increasing since Influenza B tends to affect children and young adults more, and can be more severe in children.

According to the CDC, the best way to prevent the flu (both influenza A and B) is by getting the flu vaccine.

Remember, it is not too late to get your shot.

If you are sick, stay home. Wash your hands often.

GET THE FLU SHOT BEFORE THE FLU GETS YOU

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WINTER 2020

healthmatters

Your regional healthcare publication courtesy of LifeCare Medical Center

the inside scoop
HealthMatters milestone!
25 years! healthmatters



INSIDE THIS ISSUE

CPR training is vital for local daycare providers

LifeCare honors Sue Lisell on retirement, 40+ years of service

SociAl PULSE



WINTER 2020
VOLUME 25, ISSUE 1

healthmatters

25 years! healthmatters

Your regional healthcare publication courtesy of LifeCare Medical Center

LifeCare legend Sue Lisell retires



LifeCare gratefully thanks Sue Lisell for her nearly 42 years of service to local healthcare. Sue officially retired last March as LifeCare's Vice President of Clinical Services.

Photo: Megan Sugden Photography

Growing up on a grain and livestock farm south of Badger, Sue learned the value of hard work and caring for others.

Little did she know how much those two traits later would determine her professional career and impact the health of her community.

As a child, Sue was interested in biology and chemistry sciences, and she kept that in mind during her formative years.

"The analytical aspect of the laboratory profession intrigued me, and my high school principal also encouraged me to go that direction," she says. "Also, my mother had complications with diabetes. Therefore, as children, we often visited clinics and hospitals where I would observe what the caregivers did. This influenced my desire to care for others."

With a passion for laboratory and an interest in healthcare, Sue graduated from Badger High School and set off for Augsburg College where she would earn a Bachelor of Arts in Medical Technology and later a Master of Clinical Laboratory Science at UND.

Sue joined the Metropolitan Medical Center in Minneapolis and, over a five year stretch, worked as a medical and transfusion technologist and, eventually, supervisor.

Fully committed to helping others, Sue focused her attention on the microscopic world.



BLAST FROM THE PAST: Sue Lisell in 1985, hard at work in the hospital lab.

Then one day, as luck would have it, a medical technologist position became available in Roseau and, with little deliberation about returning home, Sue nabbed it.

Sue understood how vital lab results were in shaping a healthcare provider's diagnosis, and as a result she remained highly motivated.

"Working in the lab has always fueled my passion for healthcare," she says.

Administrative Role

Sue remained a steady fixture in the Roseau hospital lab, advancing from technologist to lab director in 1981.

"I enjoyed collaborating with the physicians and lab staff, always looking at a goal to offer as many tests in the local communities as possible."

Then, after years of analyzing, Sue pointed her view to a different type of analysis.

"My interests expanded and I became focused on an organization-wide approach to medical care."

When the opportunity arose in 1997, Sue moved into an administrative role, where she thrived on learning how each department relates to another.

"As physicians, department directors, staff, and even community members requested additional services, I worked with other leaders to make recommendations that were in the best interest of LifeCare and our Community."

Sue obtained her Nursing Home Administrator License in 2000, which provided her even more new opportunities.

The oversight of home health care, hospice, public health, and long-term care services was added to her leadership role, and she would continually strive to provide top tier medical service to area patients, residents, and clients.

40 Years of Growth

Throughout her career, Sue witnessed countless changes in the medical field.

Major advancements in technology continued to revolutionize the world of medicine, and as a member of LifeCare's administrative team, Sue enjoyed a front row seat as each improvement made its way into local healthcare.

"The expansion and addition of services provided at LifeCare over the years has been amazing," she says. "The Rehabilitation Services expansion is a great example of LifeCare expanding to help more patients and promote long lasting health in our community."

Over her nearly 42 years at LifeCare, Sue worked with staff of many generations. Those encounters, she says, did not go unnoticed.

"Each generation brings new ideas and knowledge to the table," she says. "I have been able to grow and learn from those around me."

In March of 2019, Sue officially retired from her role as LifeCare's Vice President of Clinical Services. She did so, she says, with gratitude and thankfulness.

"I am proud to have helped develop a culture where all employees realize their importance in serving the community."

Sue is now able to focus on other interests, like managing her beef cattle operation, enjoying the natural wonders of the outdoors, and visiting daughters, grandchildren, and others here and abroad.

> "Sue has been central to this organization's continued success."
>
> — Keith Okeson, President / CEO
> *LifeCare Medical Center*

For LifeCare, and the colleagues she leaves behind, it is fortunate Sue always shared her knowledge and insight.

"Sue has been central to this organization's continued success," says LifeCare President/CEO Keith Okeson. "We congratulate and thank Sue Lisell for decades of dedication to our community. She will be greatly missed."

Helping the Farmer

Mental health is a real concern in rural areas as farmers cope with stress and uncertainty due to economic and environmental conditions.

If your work involves the ag community, please attend *Helping The Farmer*, a mental health first aid training session for the ag community.

Presented by Tim Denney of Level 5 Services, this one-day event will be held Tuesday, Feb. 25 from 8am to 5pm at Gene's Bar & Grill in Roseau.

LifeCare Medical Center is proud to sponsor this community health event. Class is free, but registration is required. Lunch will be provided and space is limited.

To register, please contact Paula Hedlund at (218) 463-4301 or email phedlund@lifecaremc.com.

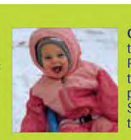


LifeCare MEDICAL CENTER caring for generations
www.lifecaremedicalcenter.org

OUR MISSION: To provide care for a healthy life.

OUR VISION:
LifeCare is the region's healthcare center:
- Where physicians choose to practice.
- Where employees choose to provide care.
- Where communities choose to be served.

OUR VALUES:
- **C**ompassion
- **A**ccountability
- **R**espect
- **E**xcellence



ON THE COVER: This little tyke won the hearts of LifeCare's Facebook Photo Contest judges and claimed the honor of HealthMatters cover photo. Image was submitted by Shelby Holter of Roseau. A special thank you to all our contestants!



YHM *your health matters*

PAULA HEDLUND, RN
WELLNESS COORDINATOR

The Vaping Epidemic

How much do you know about the vaping epidemic? Read on and find out.

Use of an e-cigarette (also known as an electronic cigarette) is commonly called vaping. The U.S. Surgeon General has declared the use of vaping products by today's youth an epidemic. In fact, e-cigarettes have been the most commonly used tobacco product among U.S. youth since 2014. In 2018, CDC and FDA data showed that more than 3.6 million U.S. youth, including 1-in-5 high school students and 1-in-20 middle school students, were past-month e-cigarette users. Although most Roseau County youth are not using, it is startling that the vaping use rate for Roseau County has doubled in the last 3 years according to the Minnesota Student Survey completed in 2019.

Key Points

Here are a few key points about vaping:

• E-cigs are also called vapes, e-hookahs, vape pens, tank systems, mods, JUULs, and electronic nicotine delivery systems (ENDS). They are available in a variety of shapes and sizes and some look like everyday items such as candy, USB flash drives, and school supplies.

• E-cigarettes work by heating a liquid to produce an aerosol that users inhale into their lungs. This liquid may contain nicotine, tetrahydrocannabinol (THC) and cannabinoid (CBD) oils, and other substances, flavorings, and additives. THC is the psychoactive mind-altering compound of marijuana that produces the "high."

Myths vs Facts

Dangerous misperceptions lead many people to believe vaping is harmless. Consider these vaping myths and facts.

MYTH: "My vape says it's nicotine free. There's no way I'll become addicted."

FACT: Some vapes that claim they are nicotine-free are not. Most all vapes have nicotine. One type of vape, the JUUL pod, has as much nicotine in one pod as an entire pack of 20 cigarettes!

MYTH: "It's just flavoring."

FACT: Vapes get their flavors from chemicals, that when heated and inhaled, can harm your lungs.

MYTH: "It's just water vapor."

FACT: Vaping can expose your lungs to harmful chemicals like formaldehyde, diacetyl and acrolein, as well as toxic metal particles like nickel, tin, and lead.

MYTH: "I don't have an addictive personality. I won't get hooked on vapes."

FACT: Vaping delivers nicotine to the brain in as little as 10 seconds. The human brain is the last organ to fully develop, at around age 25. Nicotine in e-cigarettes can harm brain development and lead to addiction, especially in youth and young adults.

MYTH: "Vaping doesn't hurt the people around me."

FACT: When you vape, you inhale aerosol into your lungs. Bystanders breathe this is when you exhale into the air.

In December 2019, the U.S. Congress passed and President Donald Trump signed legislation raising the national tobacco age to 21. *Tobacco 21* is an important part of a comprehensive approach to reverse the youth nicotine epidemic, helping to keep tobacco products out of schools, prevent youth tobacco use and save lives. The new law took effect immediately.

The following resources are available to help those who would like to quit vaping or using other tobacco products: Smokefree.gov; Teen.smokefree.gov; Truthinitiative.org; American Lung Association; QUITPLAN 1-800-354-PLAN (7526); Certified Tobacco Treatment Specialist–Altru Telemed 701-780-5347; LifeCare's Freedom From Smoking Classes (218) 463-4301.

Source: FDA, MSS, CDC

LifeCare's local news publication celebrates 25 years!

HealthMatters begins its 25th year as the official news publication of LifeCare Medical Center with the printing of this Winter 2020 issue.

From its start in 1995, this regional publication has chronicled the ever changing world of healthcare in northern Minnesota.

New technologies, expansion of services, health information and education, community activities, and fundraiser events are just some of the high points covered during the past quarter century.

"Looking through past issues reminds us just how much growth this region has seen in healthcare," says Deb Haugen, LifeCare's Director of Community Relations.

Stories of construction and remodelling projects, community health events, and even the rebranding from Roseau Area Hospital & Homes to LifeCare Medical Center are all preserved in the *HealthMatters* archives.

Haugen, who has overseen the production of every issue, points to other feature stories including groundbreaking ceremonies, flood recovery in 2002, and the opening of a new Greenbush campus.

"This publication has been a way for us to connect with 10,000 of our closest friends and share with them our mission and all that LifeCare has to offer."

As the photo spread shown here indicates, *HealthMatters* has adapted with the times.

"The healthcare industry is constantly changing, and we will continue to bring you news with each issue of *HealthMatters*," says Haugen. "You'll find it in your mailbox."



Daycares & community benefit from LifeCare CPR classes

Every second counts when it comes to an emergency and, by learning Cardiopulmonary Resuscitation (CPR), one person can be the difference in saving a life.

As part of its mission, LifeCare Medical Center offers a full list of CPR courses to train community members so they know what to do should an emergency arise.

In any emergency situation, chances for a positive outcome are strengthened when quick and confident care is provided until Emergency Medical Services (EMS) arrives.

"As a leader in rural healthcare, LifeCare takes pride in setting a high bar when making a positive impact on others," says LifeCare's Heidi Lien, RN.

This is especially true with CPR courses.

"Anyone who cares for children — be it a daycare provider, grandparent, or babysitter — knows just how important their job is," says Lien. "Parents entrust them with the lives of their little ones, so it is imperative these providers take every precaution when providing for the safety, health, and welfare of the children in their care."

LifeCare leadership understands the importance of helping people be prepared, says Lien, "and this is why we provide free certification to Roseau County daycare providers."

Specifically, these individuals receive free HeartSaver Pediatric First Aid CPR/AED courses through LifeCare's community benefit program.



Michelle O'Loughlin
Licensed Daycare Provider

"It is such a great perk for LifeCare to provide the course to daycare providers free of charge. It shows how much they care," says Michelle O'Loughlin, a licensed daycare provider from Warroad. "After the class, I felt more confident and prepared if an emergency should arise."

Successful completion of a certified CPR class is mandatory for any licensed daycare worker in the U.S.

Lien says it is comforting for parents to know that their child's daycare provider knows how to apply a bandage, administer first aid, and perform pediatric CPR.

"People often think choking is the most common reason a child's heartbeat or breathing may stop," says Lien, "but there are many others, too."

CPR on a child may also be necessary if a situation involves electrical shock, blood infection, poisoning, serious injury or head trauma, drowning, lung disease, or suffocation.

CPR Facts & Classes

According to the American Heart Association (AHA), almost 70% of cardiac arrests occur at home and only 45% of cardiac arrest victims receive CPR from bystanders. To help raise these numbers, LifeCare offers a variety of AHA CPR courses including:

• **HeartSaver First Aid CPR/AED** – This includes adult and pediatric classes. As mentioned, the pediatric course is provided to daycare providers free of charge and to others who are interested for a nominal fee. The 6-hour course teaches students critical skills so they can respond and manage an emergency until EMS arrives. This course covers first aid, medical emergencies, injury emergencies, environmental emergencies, preventing illness and injury, and what to do for sudden cardiac arrest including CPR and the use of an AED. Also available are online versions of pediatric and adult HeartSaver courses, in which students complete an online course and then meet with an AHA instructor for the skills practice and test.

• **Basic Life Support (BLS)** – This course is required for healthcare professionals. In addition to their own staff, LifeCare instructors certify dentists, nurses, pharmacists, first responders, and others. This is a more intense training which focuses on the importance of high-quality CPR and team dynamics and its impact on survival. Its foundation is saving lives from cardiac arrest.

• **Friends and Family CPR** – This course includes Adult Hands-Only CPR and AED, and how to help a choking victim. This 30 to 45 minute course is ideal for community groups, parents, grandparents, schools, and students.



LifeCare offers free HeartSaver Pediatric First Aid CPR/AED training to Roseau County daycare providers. Online classes followed by skills testing at LifeCare Medical Center create a safer environment for children like these at Michelle O'Loughlin's Warroad daycare.

These and other CPR courses are listed in the LifeCare calendar and on the hospital's website. Alternate class times or locations may be arranged if those listed don't fit a group's schedule. Simply contact Heidi Lien at the address below.

Other community CPR instructors include: Beth Ulvin, RN; Joleah Hasson, EMT; Cheryl Grafstrom; Brooke Homstad, RN; Barb Holum, EMT; Don Dunn, Paramedic and Director of LifeCare EMS; Rhonda Curran, Paramedic; and Trina Gust, EMT.

LifeCare is grateful for these instructors and their commitment to such an important cause.

For more information about LifeCare's CPR courses, contact Heidi Lien at (218) 463-4728 or at hlien@lifecaremc.com.

Medical services available right here at LifeCare

LifeCare Medical Center believes in providing exceptional local medical care. Top notch medical professionals and support staff, excellent equipment, and new technology make LifeCare the provider of choice for our area. Thanks to an impressive number of services, most patients find no need to take long road trips for medical care. Here are just some of the services available right here on the LifeCare campus.

Emergency Medical Services
- Level IV trauma center
- 24-hour Emergency Department
- Advanced life support ambulance service
- Emergency helicopter and fixed wing air transport, provided by outside agencies

Convenience Care
After hours care for non-emergency patients:
- Monday – Friday 5:00 p.m. to 8:00 p.m.
- Saturday – Sunday 9:00 a.m. to 5:00 p.m.

Inpatient Care
- Birthing Center with Certified Lactation Counselors
- Inpatient Medical

Sub-acute Care
- Sub-acute Medical
- Respite

Surgery
- Hernia
- Gallbladder
- Appendix
- Breast Biopsy
- Hemorrhoidectomy
- Cataract
- Urological
- Gynecological
- Obstetric
- Foot and ankle surgery

Outpatient services
- Endoscopy procedures:
  - Gastroscopy
  - Colonoscopy
- Telemedicine with service by Altru
- Infusion therapy including:
  - IV antibiotics
  - Fluid replacement
  - Infusion chemotherapy

Cardiac Rehab
- Cardiac Rehab phase II
- Cardiac Rehab phase III
- Stress testing studies

Respiratory Care
Services include:
- Sleep studies
- Pulmonary function testing
- Pulmonary rehab

Podiatry
Services include:
- Foot and ankle surgery

Laboratory
LifeCare's laboratory provides detailed, real time results to aid providers in making accurate diagnoses. Lab is available for patients and providers in these areas:
- Blood transfusion
- Chemistry and Immunology
- Hematology
- Clinical microbiology and virology
- Urinalysis
- PT/INR and coagulation studies
- Rapid molecular testing
- Drug testing
- Pre-employment and DOT chain of custody collection

Rehabilitation
Services include:
- Sites in Roseau, Warroad, and Greenbush
- Physical Therapy for injury and post-operative rehab, wound care, pelvic floor dysfunction, and neurological conditions
- Occupational Therapy for fine motor coordination, stroke rehab, custom splinting, mobility equipment, and training
- Nutrition Counseling
- Athletic development programs
- 24/7 Community Wellness Centers – Reimbursement through insurance plans, programs and employers

Senior Services
- LifeCare Greenbush Manor
- LifeCare Roseau Manor
- Greenbush Assisted Living

Behavioral Health
Services include:
- Assessment, diagnosis, and treatment plans of psychological and emotional conditions
- Psychological testing
- Evaluations related to gastric bypass procedure
- Evaluations of attention deficit hyperactivity disorder
- Providing assessments for disability
- Working closely with schools, social services, courts, law enforcement, and community agencies

Women's Health
A calming area within the Imaging Department with services that include:
- Pelvic, breast, and 3D obstetrical ultrasound
- Full field digital & 3D Tomosynthesis mammography
- Bone density screening
- Education on breast cancer awareness

Imaging
Includes imaging equipment that rivals or surpasses the region's best:
- 128-slice CT scanner
- MRI
- Nuclear medicine
- General and 3D ultrasound
- Vascular & Echo ultrasound
- Teleradiology
- Digital fluoroscopy
- Interventional pain management including RFA – Radio Frequency Ablation (lumbar, cervical, and knee)
- Aspiration and biopsy procedures

Public Health
LifeCare Public Health provides service to all of Roseau County. Including:
- Assuring an adequate local public health infrastructure
- Promoting healthy behaviors and healthy communities
- Preventing the spread of infectious disease
- Protecting against environmental health hazards
- Responding to disasters

Home Care and Hospice
LifeCare Home Care delivers in-home care to maximize an independent lifestyle through:
- Skilled Nursing
- Home Health Aides
- Social Worker
- Palliative Care
- Rehabilitation Services: Physical and Occupational Therapy

LifeCare Hospice provides end-of-life care to patients and families focusing on a healthcare team approach which includes volunteers and spiritual care.

To learn more about the services available at LifeCare Medical Center, call (218) 463-2500 and ask to speak to the department that interests you.

Shared Ventures

LifeCare Medical Center is proud to partner with Altru Health System to meet the health care needs of the community. The **Roseau Area Diabetes Center** and Altru's **Renal Dialysis** unit located on the LifeCare campus are two shared ventures that demonstrate the success of this teamwork approach.

Cost estimates help patients plan for medical expenses

Does your health insurance plan include a high deductible? Or are you currently without health insurance?

If so, you might benefit by receiving a cost estimate to help you plan for the expenses associated with any significant medical service, such as a surgical procedure or the birth of a child.

LifeCare understands that any medical condition can be stressful.

"For that reason, we want patients to be well informed of the cost of their services so they can concentrate on recovery," says Dawn Magnusson, LifeCare's Financial Advocate. "I'm here to help."

LifeCare is committed to providing its patients with accurate cost estimates and complete price transparency.



"My role is to help our patients better understand their insurance, help them determine if they are eligible for other financial assistance, and work with them on a payment plan," says Magnusson.

To learn more, please contact LifeCare's financial advocate at (218) 463-2500 ext. 4136 or email: dmagnusson@lifecaremc.com.