We have a bright future

Rehabilitation services

GOING THE EXTRA MILE FOR high-quality care

Spooner Health System

Full-service rehabilitation

When you or a loved one needs therapy, you’ll be glad that there’s a full-service rehabilitation department staffed with compassionate, experienced professionals as near as Spooner Health System.

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A word from our CEO

The excitement is building at Spooner Health System (SHS) – from the construction of our brand new hospital to securing new systems that support our community and patients, we are well on our way to make healthcare in our community stronger than ever this year.

If you’ve driven by the new hospital site (on Hwy H between Highways 63 and 53), you’ll notice the building is coming along quite nicely. See pictures of recent progress at right. It is fully enclosed and most of the interior walls are up. We are tracking well on our original timeline and hope to be occupying the new building in May!

Another concrete example of growth is that Essentia Health is building a new clinic on the site adjacent to the new hospital. We are very excited about this — having the hospital and clinic on the same campus will be of great value, and will benefit our patients and community for many years to come. The clinic construction is underway and the anticipated move-in is this August.

No building would be complete without the people who make a difference each and every day. SHS is very pleased to implement our new advance practice nurse practitioner (APNP) hospitalist program. Hospitalists exclusively care for hospital patients, and an APNP is available 24/7 to care for patients and work directly with hospital staff. Read more on page 3.

Our health professionals also focus on helping to rebuild patients’ lives. On pages 6-7, you’ll notice a few of the many people who have a bright future, thanks to the individualized care and service they received from our excellent staff.

If you or a loved one needs surgery, we offer high-quality surgery services right here in Spooner. Many people assume they need to travel far to receive surgery. Not so! In fact, SHS cares for patients who travel here from far away — read more on page 4, and see the different types of surgery available at SHS on page 5.

As the excitement continues to build at SHS, we are committed to continually offer the tools and talent that strengthen healthcare for you, your friends and your family.

Wishing you a year of good health in 2016!

Mike Schafer
CEO, Spooner Health System
At Spooner Health System (SHS), we have begun the transition to a new advanced practice nurse practitioner (APNP) hospitalist program to enhance care for patients. In the future, if you or a loved one is hospitalized at SHS, an APNP hospitalist will oversee your care from admission through diagnosis, treatment and discharge, updating and involving your physician as needed. A hospitalist is a provider who specializes in the complete coordination of care for hospital patients. When patients are discharged from the hospital, they return to their primary care physician for follow-up and ongoing care, including any necessary specialty services.

An APNP hospitalist is available 24/7 and can spend more time at the bedside and work directly with hospital staff to care for patients. Hospitalists provide the highest continuity of care, as they know a patient’s health status on a day-to-day basis, and therefore are able to effectively manage each patient’s treatment plan. Each hospitalist works with a collaborating physician.

Special expertise
“Nurse practitioner hospitalists have had sufficient training to deliver comprehensive medical care to hospitalized patients,” says Theresa Hutzler, director of the APNP hospitalist program at Spooner Health System. “They provide clinical care and patient teaching, and are recognized as leaders in the general hospital setting.

“I am excited about being part of the development and implementation of the new hospitalist program at Spooner Health System,” says Theresa. “I look forward to doing what I have been trained to do — assessing and treating medical illnesses, coordinating care and communicating with physicians, specialists, nursing staff and other members of the interdisciplinary healthcare team.”

Adapting to change
The model of healthcare in America is changing. A hospitalist model has been standard in large facilities for many years. In recent years, an APNP hospitalist model has become more common in rural communities. Due to the complexity of outpatient and inpatient care, fewer physicians are seeking practices requiring both. The hospitalist program will allow successful recruitment and retention of providers in Spooner.

“Our physician group has been very involved and supportive of moving to an APNP hospitalist model in Spooner,” says Dr. Brian Gaskill, physician of Essentia Health — Spooner Clinic. Dr. Gaskill is one of the collaborating physicians for the program. “I see this as an advancement of hospital care that will be of great benefit to our community.”

Theresa adds, “I am committed to doing the very best for my patients in order to ensure a consistent, high level of healthcare is delivered locally. I chose to practice at Spooner Health System because of the great teamwork and providers established in this area.”

Meet our team
Theresa Hutzler, RN, MSN, AGACNP-BC, APNP CCRN
Director of the APNP hospitalist program
- Master of Science in nursing as an Adult-Gerontology Acute Care Nurse Practitioner from Saint Louis University
- Experience in intensive care, medical/surgical and critical care units at regional healthcare facilities

Kimberly Hand, RN, MSN, AGNP-BC, APNP
APNP hospitalist
- Master of Science in Primary Care Adult-Gerontology Nurse Practitioner from The College of St. Scholastica
- RN experience in medical/surgical and cancer center; Nurse Practitioner in internal medicine

We are in the process of recruiting a third nurse practitioner for our team. During the search and hiring process, the physicians will continue in the rotation to provide coverage for our hospital patients.
Sometimes you’re willing to travel that extra mile, or in this case, approximately 120 miles, to receive quality healthcare you can trust. That was how it happened for Tom Pelant Jr., when, after months of painful attacks that left him unable to keep up with his three young children, he learned that he needed surgery to remove his gallbladder.

“The drive didn’t matter to me,” Tom says. “As soon as I arrived at Spooner Health System, I knew I was in good hands.”

Always having been in good health, Tom, who is 47 and a small business owner, was told by his primary care doctor that he was too young to have gallbladder issues. Yet when the pain persisted, Tom took his father’s advice and travelled from Rogers, Minnesota, to visit surgeon James Fogarty, MD, FACS, at Spooner Health System (SHS). Tom’s father, Tom Pelant Sr., a radiologist at SHS, has worked with Dr. Fogarty for more than 30 years.

“I think there’s a misperception that bigger hospitals are better,” Tom says, “when in fact, with the larger hospitals, you can sometimes get lost in the numbers. I’m happy I had my surgery at SHS.”

“Spooner Health System is a great place to receive care,” says Dr. Fogarty. “I think it has a lot to do with the fact that it is a community hospital and you really sense that as soon as you walk through the door. It’s a great fit for me. The service and the staff are top-notch, and we have the best equipment.”

Surgery Nurse Manager Katrina Haskins says people are often surprised to hear about the variety of surgeries and surgeons at SHS.

“A lot of routine medical procedures can be done here instead of having to travel...
Surgery

An array of services, at your doorstep

Our general surgeons are equipped to handle many different types of surgical procedures in our two surgical suites, including:

- Appendectomy
- Breast biopsy
- Carpal tunnel release
- Colonoscopy
- Endoscopy
- Hysterectomy
- Lesion removals (benign and cancerous)
- Open and laparoscopic hernia repair
- Vasectomy

We also have visiting specialists who provide the following surgical services at Spooner Health System:

**Ear, Nose and Throat**
- Tonsillectomy
- Adenoidectomy
- Ear tube placement and removal
- Myringotomy — relief of ear drum pressure
- Myringoplasty — repair of a perforated ear drum

**Gastroenterology**
- Colonoscopy
- Endoscopy
- Flexible sigmoidoscopy

**Ophthalmology**
- Cataract removal
- Surgical repair of malpositioned eyelids
- Eyelid lift for functional or cosmetic purposes

**Orthopedics**
- Carpal tunnel
- Trigger finger release

For more information about surgery services available at Spooner Health System, please call 715-635-1297.
Debbie’s not just living life now. She’s loving life.

In September 2014, Debbie Thompson went to Spooner Health System (SHS) for her routine mammogram. Unfortunately, she left with an abnormality, along with an appointment for a second mammogram and a breast ultrasound. The result of these and other diagnostic tests was a breast cancer diagnosis.

However, because Debbie has been diligent about getting her routine mammograms, her cancer was caught early. Therefore, she was a good candidate for a lumpectomy — a surgical procedure that only removes cancerous breast tissue as opposed to the entire breast. This also meant Debbie would need chemotherapy and radiation therapy.

Due to the frequency of these treatments, Debbie knew she wanted to stay as close to home as possible. So, she was pleased to discover that SHS offered chemotherapy treatments, just 10 miles from her home.

Two days after her lumpectomy surgery, Debbie started chemotherapy at SHS, and she continued every Friday for 16 weeks.

“I didn’t want my life to stop because of my cancer, which is why I was grateful that SHS had Wi-Fi available so I could check work emails,” Debbie says. “And because SHS is so close to our home, I was able to drive myself to most of my appointments.”

In addition to the amenities of the infusion room and the short drive, Debbie appreciated how professional and personable the infusion room staff were. In fact, the nurses became like family to Debbie during her 16 weeks of treatment.

“We had a big party to celebrate my last day of chemo, and I wore a bright pink wig and brought in a pink ribbon cake,” Debbie says. “The SHS infusion staff even helped me celebrate my last day of radiation therapy when I brought in pink ribbon sugar cookies on my way to my last appointment.”

Now that her battle with breast cancer is behind her, Debbie says she and her husband feel so much more relaxed. “Now, we are really just focused on enjoying life and spending time with friends and family,” Debbie says. “Whether it’s our annual fishing trip to Canada or planning sleepovers with our three grandkids.”

Magnar’s not just getting back on his feet. He’s getting back to life.

Living only 13 miles outside of town, Spooner Health System (SHS) was the first place Magnar Haram went when he fell in May. Unfortunately, he had broken his hip, so SHS stabilized his health and transferred Magnar to a larger facility.

A broken hip is a big deal. Returning to everyday activities and even walking again not only requires surgery, but also an aggressive rehabilitation plan to rebuild strength, function and mobility. That’s why, after his surgery was performed, Magnar made his way back to Spooner to start his recovery in the swing bed program at SHS.

The swing bed program provides a level of care between hospital acute care and home, so patients can focus on their recovery and make a smooth transition back home. Magnar had access to daily nursing and therapy services, which is exactly what he needed to jump-start his journey of getting back on his feet.

“The physical therapists had me up, out of bed and moving right away,” Magnar says. “And the nurses were so attentive and made sure I was as comfortable as possible. One nurse even replaced my mattress to help decrease my pain.”

Transitioning Home

Magnar was so pleased with the care he received during his two-week stay in the SHS swing bed unit that he decided to continue receiving care through SHS home care as he transitioned back to living at home. The home care nurses and physical therapists monitored Magnar’s recovery progress and ensured he could safely move around his house.

And while Magnar isn’t 100 percent back to his pre-injury lifestyle, he no longer needs home care services and is up and moving on his own with the help of a walker.

“My doctors said a full recovery might take up to a year,” Magnar says. “So I’m concentrating on doing the exercises I learned at SHS every day to continue building strength and increasing my mobility.”
Rehabilitation Services

If you have been injured — whether on the job, playing a sport or otherwise — healing takes time and you may benefit from therapy. Or, perhaps, you are recovering from surgery or suffering from chronic pain. The therapy services team at Spooner Health System (SHS) understands the recovery process and can create an individualized rehab plan to get you back to your active lifestyle.

In order to obtain the fullest recovery possible, it is common for a person to need and benefit from more than one type of therapy. That’s why SHS is a great place to receive therapy — we offer physical, occupational, speech and massage therapies.

Our full-service rehabilitation team consists of physical, occupational, speech and massage therapists who offer a range of therapeutic, neurological and specialized inpatient and outpatient services for:

Women’s Health
- Pelvic pain
- Urinary incontinence
- Prenatal and post-partum care

Orthopedics
- Athletic injuries
- Total hip and knee replacements
- Shoulders
- Neck and back

Chronic Pain
- Fibromyalgia
- Headaches
- Chronic back and neck pain
- Arthritis

Geriatrics
- Fall prevention
- Home safety assessments
- Memory and cognition

Neurology
- Spinal cord injury
- Stroke
- Parkinson’s disease
- Brain injury

Hand Therapy
- Carpal tunnel
- Tendon lacerations
- Tennis/golfer’s elbow
- Repetitive stress injuries
- Upper extremity fractures and post-surgical

Specialized Care
- LSVT Big® and Loud® Program (for Parkinson’s and neurological symptoms)
- Lymphedema
- Myofascial release
- Vestibular rehabilitation
- Wound care
- Swallowing management
- Voice function
- Pediatric speech and feeding
- And more

For more information about our therapy services, visit www.SpoonerHealthSystem.com, or call 715-635-1272.

Jo Ann’s not just gardening. She’s up to her shoulders in plants.

Jo Ann Schmidt’s love of gardening, hiking — and even shoveling snow — seemed to be in jeopardy this past spring when increasing shoulder pain limited her strength and mobility.

Having done physical therapy at Spooner Health System (SHS) several times in the past for lower back, foot, knee and arm pain, it was an easy choice for Jo Ann to turn to SHS again. However, a few weeks into her sessions for her shoulder, Jo Ann was not seeing the results she or her therapists were hoping for.

So Jo Ann went back to her orthopedic specialist and discovered she had not one, but two rotator cuff tears. That meant surgery and another round of physical therapy.

“I keep coming back to Spooner Health System because they are always sensitive to my needs,” Jo Ann says. “They focused on reducing my pain and getting me back to the activities I love.”

Healing through therapy

When Jo Ann came back to SHS for therapy after her rotator cuff surgery, she worked with Chris Lapray because of his background and experience in sports medicine.

“Chris and the other therapists I worked with are great at not just showing me an exercise, but also explaining why and how it’s helping,” Jo Ann says. “I’m continually impressed with their knowledge.”

Jo Ann also appreciated the other resources available to her through SHS. She attended a free class to learn at-home stretches that help manage pain and that would help her maintain strength and mobility in her shoulder now that she’s completed her therapy sessions.

And Jo Ann has had phenomenal results.

“A lot of people told me it could be up to a year before I felt 100 percent, but in just four to five months, I felt like the injury never happened,” Jo Ann says. “I’m back to doing everything I could before the pain started.”

This includes turning her entire garden over by hand, hiking with her walking sticks and yes, even looking forward to shoveling snow this winter.
This past fall, Spooner Health System decided to become a little more social. Check out Facebook.com/spoonerhealth and like our new Facebook page! We'll be sharing health and wellness resources — from healthy recipes to exercise plans and safety tips — as well as details on our services, providers and upcoming events. We encourage you to visit often and see what's new at Spooner Health System!

Like us at:
Facebook.com/spoonerhealth

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**Free SCREENINGS**

**Free Chronic Pain Screening**

Are you experiencing chronic pain that no one has been able to successfully treat? Do you have scar tissue adhesions from surgery or radiation that are painful? A fascial restriction may be the cause, and fascial release treatment may decrease pain and improve your quality of life. Spooner Health System’s rehabilitation services department will be offering a free screening to identify any restrictions that could be the source of your pain.

- **Tuesday, February 9 | 9 to 11 a.m.**
- **Wednesday, February 10 | 3 to 6 p.m.**

Call **715-635-1272** to schedule an appointment.

Shalla Acker, physical therapist, will be providing these screenings. For the past 15 years, Shalla has had comprehensive training and vast experience with treating patients for pain related to tissue adhesions.

**Free Hand Pain Screening**

Are you experiencing hand aches, pain or clicking? Our occupational therapists will be providing free hand pain screenings.

- **Tuesday, April 5 | 9 a.m. to 12 p.m.**

Call **715-635-1272** to schedule an appointment.

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