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### How to contact us:

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Medical Center  
510 8th Ave NE  
Hazen, ND 58545

Phone: 701.748.2225  
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[smcnd.org](http://smcnd.org)

Winter 2019 - 2020

Sakakawea Medical Center

# Sakakawea Dispatch



## *Sakakawea Medical Center to Offer Urgent Care*

Effective January 1st, Sakakawea Medical Center will rename the weekend Convenience Clinic to Urgent Care. Urgent Care services will be available on Saturday's from 9:00 a.m. to 1:00 p.m. and can be accessed by reporting to the reception desk located in the SMC emergency entrance during scheduled hours.

### *What is Urgent Care and When Should You Use It?*

Life-threatening emergencies, such as a heart attack or serious head injury, require a visit to the emergency department, also called the emergency room (ER). An illness or injury that does not appear to be life threatening but can't wait for an appointment with your doctor can be treated at Urgent Care. When you report to the Emergency Department reception area, *a nurse will triage you for the appropriate service to determine if you need to be seen in Urgent Care or the Emergency Room.*

### *What is Considered an Emergency?*

In general, an emergency condition is one that can permanently impair or endanger your life. Dial 911 immediately for any medical problem that appears life-threatening.

### *What is Considered an Urgent Care Condition?*

Urgent medical conditions are ones that are not considered emergencies but still require care as soon as possible.

*Services you cannot obtain at Urgent Care include prescription refills; sport, surgical or annual physicals; well child check-ups; consultations with a specialist (i.e. OB/GYN, cardiology, orthopedics, etc.); emergency medical care.*

### *Dial 911 immediately for any Medical Problem that Appears to be Life-Threatening*

Proper care will be provided at the closest emergency room (ER). Remember, ER visits are necessary for true emergencies, such as chest pain and severe injuries. On Saturday from 9:00 a.m. to 1:00 p.m., minor injuries and illnesses will be examined by our urgent care providers. If greater care is needed, our staff will direct or transfer patients to the proper healthcare provider or tertiary facility for further treatment.



# EMERGENCY ROOM or URGENT CARE



## Which one should you report to?

Please note that the lists below are not all inclusive, the triage nurse will ultimately determine where you are seen.



### EMERGENCY ROOM

Always head to the ER when life or limb are at risk.

- Broken bones and dislocated joints
- Chest pain or difficulty breathing
- Concussion/confusion
- Convulsions, seizures, or loss of consciousness
- Fainting/change in mental state
- Fever in a newborn less than 3 months old
- Heavy, uncontrollable bleeding
- Moderate to severe abdominal pain
- Poisoning
- Pregnancy-related problems
- Serious burns
- Severe cuts that may require stitches
- Severe cold or flu symptoms
- Serious head, neck, eye or back injury
- Slurred speech
- Suicidal or homicidal feelings
- Weakness/numbness on one side



### Saturday 9 AM - 1 PM

### URGENT CARE

Urgent care is for when you can't wait for an appointment with your doctor, but you don't quite need an emergency room.

- Accidents and falls
- Dehydration
- Mild abdominal pain
- Moderate flu-like symptoms
- Skin rashes and infections
- Small cuts that require stitches
- Sprains and strains
- Urinary tract infections
- Vomiting or persistent diarrhea
- Wheezing or shortness of breath

### URGENT CARE IS NOT FOR:

- Prescription refills
- Sport, surgical or annual physicals
- Well child check-ups
- Consultations with a specialist
- Emergency Medical Care

## WHEN SHOULD YOU CALL 9-1-1?



- Signs of a stroke such as slurred speech, severe headache, weakness or numbness on one side
- For chest pain or any symptom of a heart attack, sudden weakness or dizziness
- Shortness of breath or difficulty breathing
- Life-or limb-threatening injury



## ***SMC Receives \$35,955 Wound Care Training Grant***



Sakakawea Medical Center is pleased to announce that they have been awarded a \$35,955 grant from Coverys Community Healthcare Foundation. The grant will cover the cost of training 15 area clinicians in Skin and Wound Care Management; training will be provided by the Wound Care Education Institute.

Upon completion of the training, clinicians will be eligible to take the Wound Care (WCC) board certification through NAWCO.

Certified training in wound management will allow area medical staff to follow national guidelines for wound care practice compared to traditional practices. Evidence-based practice yields higher-quality healthcare, better patient outcomes, and lower costs.

What can this mean for the patient?

- Less probability of wound recurrence
- Quality of treatment for wound care and receiving proper skilled care for wound healing
- Independent living
- Personal interactions with doctors and healthcare professionals
- Likelihood of less pain
- Increased possibility of living a more normal life

## ***Getting You Back to the Life You Love***



Whether you have sustained an injury, have chronic pain, are coping with a chronic condition, experienced stroke, or need to recover from surgery, SMC Rehabilitation services can help patients get back to the life they love. Our team of Occupational and Physical Therapists have the expertise and experience to care for numerous conditions and patients of all ages.

***SMC Rehabilitation Services also specializes in the following:***

- Functional Dry Needling
- Pelvic Floor Physical
- Athletic performance enhancement
- Specialized care for arm and hand injuries
- Comprehensive Lymphedema Program

***Get back to the life you love.***

**To make an appointment call:**

**Beulah Rehab (701) 873-3271**

**Hazen Rehab (701) 748-7276**

**Center Rehab (701) 748-7276**

## ***Let Life Bloom!***

Sign up today to become an organ, eye, and tissue donor.

[www.DonateLifeND](http://www.DonateLifeND)



*Let life bloom.*

**2019/2020**

**Hazen Memorial  
Hospital Association  
Board of Directors**



***Christie Obenauer,  
Hazen***

***Fred Stern, Beulah***

***Myria Perry, Beulah***

***Beverly Huber, Stanton***

***Mark Gerde, Beulah***

***Sienna Sailer, Hazen***

***Dr. D.J. Erickson,  
Beulah***

***Todd Lindquist, Hazen***

***Robin Richter, Beulah***

***Keith Johnson, Hazen***

## Cardiac Ready Community Program Automated External Defibrillator (AED) Locations (as of 08/2019)

As you read in the Summer issue of the SMC newsletter, SMC is participating in the Cardiac Ready Community Program. As a part of that program, we have compiled a comprehensive list of AED's located within our communities. If there are other locations that are not listed here, please let us know by contacting Marie at 748-7218 or email [mmettler@smcnd.org](mailto:mmettler@smcnd.org).



### Beulah

Beulah Bay	610 Beulah Bay Road	Beulah, ND 58523	1 AED
Beulah City Hall	120 Central Ave N	Beulah, ND 58523	1 AED
Beulah Civic Center	250 7 <sup>th</sup> St NE	Beulah, ND 58523	1 AED
Beulah Drug	147 West Main St	Beulah, ND 58523	1 AED
Beulah Rural Fire Department	100 7 <sup>th</sup> St NE	Beulah, ND 58523	4 AEDs (facility & vehicles)
Beulah Police Department	120 Central Ave N	Beulah, ND 58523	4 AEDs (facility & Vehicles)
Beulah School District	204 5 <sup>th</sup> St NW	Beulah, ND 58523	5 AEDs (in each facility)
Beulah Senior Citizens Club	100 1 <sup>st</sup> St NE	Beulah, ND 58523	1 AED
Beulah Vision	204 West Main St	Beulah, ND 58523	1 AED
Challenger Industries (DNow)	1717 Arikara Dr	Beulah, ND 58523	2 AEDs
Coal Country Community Health Center – Beulah Clinic	1312 Highway 49 N	Beulah, ND 58523	1 AED
Congregational Church of Beulah	116 3 <sup>rd</sup> Ave NW	Beulah, ND 58523	1 AED
Coteau Properties Company	204 County Rd 15	Beulah, ND 58523	12 AEDs (located throughout facilities)
Dakota Gasification Company	420 County Rd 15	Beulah, ND 58523	38 AEDs (located throughout facilities)
Dakota Westmoreland	6204 13 <sup>th</sup> St SW	Beulah, ND 58523	4 AEDs
Energy Wellness Center	1900 Central Ave N	Beulah, ND 58523	1 AED
Knife River Care Center	118 22 <sup>nd</sup> St NE	Beulah, ND 58523	1 AED (by coffee shop)
Lake View Services	Hwy 200	Beulah, ND 58523	1 AED
Mercer County Highway Department Shop	5835 County Rd 20	Beulah, ND 58523	1 AED
Otter Tail Power – Coyote Station	6240 13 <sup>th</sup> St SW	Beulah, ND 58523	5 AEDs (located throughout facilities)
Prince of Peace Lutheran Church	200 19 <sup>th</sup> St NW	Beulah, ND 58523	1 AED
Suites on Main ( <i>Coming Soon</i> )	104 Main St W	Beulah, ND 58523	1 AED
Union State Bank	512 W Main	Beulah, ND 58523	1 AED
Wolf Softball Complex	Co Rd 20 – 11 <sup>th</sup> St SW	Beulah, ND 58523	1 AED



**Cardiac Ready Community Program**  
**Automated External Defibrillator (AED) Locations (continued)**

**Center**

Cross Ranch State Park	1403 River Road	Center, ND 58530	1 AED
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**Hazen**

All Seasons Arena	3 <sup>rd</sup> Ave NW	Hazen, ND 58545	1 AED
Coal Country Community Health Center – Hazen Clinic	510 8 <sup>th</sup> Ave NE	Hazen, ND 58545	1 AED
Energy Capital Cooperative Child Care Center	18 13 <sup>th</sup> Ave SW	Hazen, ND 58545	1 AED
English Lutheran Church	146 Main St W	Hazen, ND 58545	1 AED
Hazen Bay	674 Hazen Bay Road	Hazen, ND 58545	1 AED
Hazen City Hall	146 Main St East	Hazen, ND 58545	1 AED
Hazen Drug Store	30 Main St W	Hazen, ND 58545	1 AED
Hazen Family Eyecare	104 12 <sup>th</sup> Ave NW	Hazen, ND 58545	1 AED
Hazen Fire and Rescue	502 7 <sup>th</sup> St NE	Hazen, ND 58545	2 AEDs
Hazen Golf Course	Highway 200 East	Hazen, ND 58545	1 AED
Hazen Police Department	604 4 <sup>th</sup> Ave NE	Hazen, ND 58545	2 AEDs (vehicles)
Hazen Public Library	203 E Main St	Hazen, ND 58545	1 AED
Hazen School District	520 1 <sup>st</sup> Ave NE	Hazen, ND 58545	6 AEDs
Mercer County Regional Landfill	5251 Co Rad 26	Hazen, ND 58545	1 AED
RDO Equipment Company	5625 Highway 200	Hazen, ND 58545	1 AED
Roughrider Electric	800 Highway Drive	Hazen, ND 58545	5 AEDs (facility & line trucks)
Senior Suites at Sakakawea	813 7 <sup>th</sup> St NE	Hazen, ND 58545	1 AED
West River Telecommunications	101 Main St W	Hazen, ND 58545	2 AEDs - main office & plant bldg.
Union State Bank	209 Central Ave	Hazen, ND 58545	1 AED

**Stanton**

Leland Olds Station	3901 Highway 200 A	Stanton, ND 58571	AEDs (throughout the facilities)
Mercer County Sheriff	419 N Ave	Stanton, ND 58571	12 (facility/vehicles)
Our Savior's Lutheran Church	608 Arthur St	Stanton, ND 58571	1 AED

**Zap**

Coyote Creek Mine	6502 17 <sup>th</sup> St SW	Zap, ND 58580	5 AEDs
Zap Community Hall	200 Main Street	Zap, ND 58580	1 AED
Zap Rural Fire Department		Zap, ND 58580	1 AED

# Viruses or Bacteria

## What's got you sick?

Antibiotics are only needed for treating certain infections caused by bacteria. Viral illnesses cannot be treated with antibiotics. When an antibiotic is not prescribed, ask your healthcare professional for tips on how to relieve symptoms and feel better.

Common Condition	Common Cause			Are Antibiotics Needed?
	Bacteria	Bacteria or Virus	Virus	
Strep throat	✓			Yes
Whooping cough	✓			Yes
Urinary tract infection	✓			Yes
Sinus infection		✓		Maybe
Middle ear infection		✓		Maybe
Bronchitis/chest cold (in otherwise healthy children and adults)*		✓		No*
Common cold/runny nose			✓	No
Sore throat (except strep)			✓	No
Flu			✓	No

\*Studies show that in otherwise healthy children and adults, antibiotics for bronchitis won't help you feel better.



To learn more about antibiotic prescribing and use, visit [www.cdc.gov/antibiotic-use](http://www.cdc.gov/antibiotic-use).

## DID YOU KNOW?



COAL COUNTRY COMMUNITY HEALTH CENTER

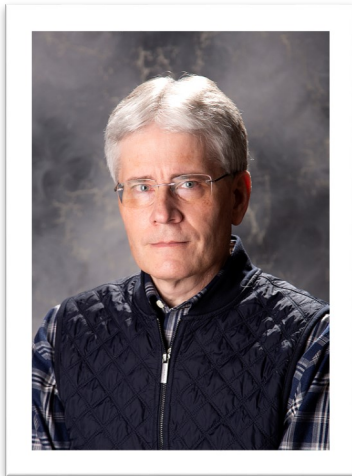
- **Extended Hours Available**

CCCHC Beulah Clinic sees patients beginning at 7:30 a.m. on Mondays and Wednesdays. Phone lines are open at 7:00 a.m. for patients to call.

- **Transportation Services Available**

CCCHC offers transportation services to and from your appointments at the Hazen and Beulah Clinics. Schedule transportation services when you schedule your next medical appointment!

## Coal Country Community Health Center Welcomes New Provider



Thomas Eick, DO

Join us in welcoming Dr. Thomas Eick to the CCCHC Beulah Clinic! Dr. Eick has been practicing Psychiatry at Coal Country Community Health in Beulah since September 2019.

Dr. Eick completed his Psychiatry training through the University of South Dakota in Sioux Falls, SD where he served as Chief Resident during his final year. He has been working in Central and Western North Dakota as a Psychiatrist for the past 25 years. Dr. Eick has also been the Medical Director of the Human Service Centers in Minot, Williston and Bismarck over the past 21 years. He worked part time at the Hazen Clinic in the mid 1990's.

Dr. Eick is currently seeing patients ages 16 and up at CCCHC in Beulah. Call 701-873-4445 to schedule an appointment.

## It's Not Too Late to Get Your Flu Vaccine

Coal Country Community Health Center

873-4445 - Beulah Clinic

748-2256 - Hazen Clinic

794-8798 - Center Clinic

764-5822 - Killdeer Clinic



Don't let the flu catch YOU by surprise this season. Be prepared; get vaccinated today!

It is the best way to protect you and your family!

## CONGRATULATIONS

**Dr. Jacinta Klindworth**2019 NORTH DAKOTA  
FAMILY PHYSICIAN OF THE YEAR
 COAL COUNTRY COMMUNITY HEALTH CENTER

Dr. Jacinta Klindworth has been selected as the 2019 NDAFP Family Physician of the Year. She is very active in the academy and recently started her 2<sup>nd</sup> term as NDAFP President. Her first term was from 2010 – 2011. She works hard every day and has a passion for family medicine and for teaching. She can regularly be found with a medical student in tow or spending her days off teaching at the residency program in Bismarck.

Dr. Klindworth completed her undergraduate degree at Jamestown College. She attended medical school at the University of Alberta Faculty of Medicine and Dentistry in Edmonton, Alberta, Canada. The Bismarck Center for Family Medicine Residency Program brought her back to ND. She has a kind heart, quick wit, and is the perfect example of what a Family Physician should be.

## Quality Health Care Close to Home

*Sakakawea Medical Center is pleased to welcome  
Interventional Radiologist  
**Dr. Edward “Ted” Fogarty**  
to our team of visiting specialists.*

Interventional Radiology creates new treatment options; and for some patients, can offer a less invasive choice over many surgeries reducing pain, risk and recovery time.

Image guided procedures will be offered for:

- Pain Management
- Biopsies (breast, liver, lung, lymph node, thyroid)
- Breast Needle Localization
- Image Guided Abscess to include wound care
- Joint Injections (shoulder, hip, knee, etc.)
- SI (Sacroiliac) Joint Injections


**SAKAKAWEA  
MEDICAL CENTER**



**Coal Country Community Health Center - Hazen Clinic located in Sakakawea Medical Center  
510 8th Ave NE  
Hazen, ND 58545**

**Specialists that see patients at Coal Country Community Health Center - Hazen Clinic:**

- Amanda Plank, BC-H.I.S. (Hearing Consultant) from Miracle Ear, call 701-222-2484
- Dr. Joseph Carlson (Orthopedist) from The Bone & Joint Center, call 800-424-2663
- Dr. Brian Gale (Podiatry) from Dakota Foot & Ankle, call 800-358-3338
- Dr. Ian Fyfe (Orthopedic Surgeon) from Sanford Orthopedics & Sports Medicine, call 701-323-8920
- Dr. Megan Miller (OB/GYN) from Sanford Health, call 701-323-5870
- Kendra Roloff, (Urologic Nurse Practitioner) call 701-751-2272
- Dr. Rhonda Schafer-McLean (Gynecology) from UND Family Medicine, call 701-873-4445
- Dr. Heather Sandness-Nelson, (OB/GYN) from Mid Dakota Clinic, call 701-712-4501

**Sakakawea Medical Center  
510 8th Ave NE  
Hazen, ND 58545**

**Surgeons and specialists that see patients at Sakakawea Medical Center:**

- Dr. Edward "Ted" Fogarty (Interventional Radiology) call 701-748-2225
- Dr. Michael Schmit (General Surgery) Sakakawea Medical Center, call 701-748-2225

**Sakakawea Clinic  
706 8th Ave NE  
Hazen, ND 58545**

**Specialists that see patients at Sakakawea Clinic:**

- Dr. Duane Pfliger (Chiropractor) from Pfliger Chiropractic Clinic, call 701-748-3303
- Kari Schoenhard (Employee Assistance) from CHI St. Alexius EAP, call 800-327-7195

**Coal Country Community Health Center - Beulah Clinic  
1312 Hwy 49 N  
Beulah, ND 58523**

**Specialists that see patients at Coal Country Community Health Center - Beulah Clinic:**

- Dr. Joseph Carlson (Orthopedist) from The Bone & Joint Center, call 800-424-2663
- Dr. Andrew Carter (Cardiology) from Sanford Heart Clinic, call 800-932-8758
- Dr. Rhonda Schafer-McLean (Gynecology) from UND Family Medicine, call 701-873-4445
- Dr. Brady Ness (Audiology) from Sanford Hearing Center, call 800-932-8758
- Dr. Matthew Doppler (Psychologist) from Sanford Behavioral Health, call 701-873-4445
- Dr. Thomas Eick (Psychiatry), call 701-873-4445

## SMC “Charity Care” Program

This unique program is designed for providing free or discounted care to those who have no means or limited means to pay for their services (uninsured and/or underinsured). In addition to quality healthcare, patients of Sakakawea Medical Center (SMC) are entitled to financial counseling by someone who can understand and offer possible solutions for those who cannot pay in full.

For more information contact the Sakakawea Medical Center Business Office at 748-7264.



## Want to Say Thank You to a Special Nurse?



### *Sakakawea Medical Center Proudly Honors Our Nurses with The DAISY Award*

Help us celebrate the compassion and skill of our extraordinary nurses by thanking your nurse today!

The DAISY Award was established by the DAISY Foundation in memory of J. Patrick Barnes who died at 33 of ITP, an auto-immune disease. The Barnes Family was awestruck by the clinical skills, caring and compassion of the nurses who cared for Patrick, so they created this international award to say thank you to nurses everywhere.

Thank your nurse today! Nomination forms are available online at [www.smcnd.org](http://www.smcnd.org). The DAISY Award will be presented throughout the year.

## We Want to Know!



Sakakawea Medical Center has partnered with **Press Ganey** to conduct Patient Satisfaction surveys regarding the patient's perspective of hospital care.

Following your stay with us you may receive a telephone call from **Press Ganey** this call will only take a few minutes and your feedback will be used by **Sakakawea Medical Center** to continually provide excellent patient care.

Patients are randomly selected and if you are chosen please complete the survey.

### **Questions**

If you have any questions about the survey process or your stay with us, please contact Marcie Schulz, MBA, MSN, RN, Director of Patient Care at 748-7287.