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

**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

**Saturday 9 AM - 1 PM**
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
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- 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
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

Let life bloom.

2019/2020
Hazen Memorial Hospital Association
Board of Directors

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Fred Stern, Beulah
Myria Perry, Beulah
Beverly Huber, Stanton
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Sienna Sailer, Hazen
Dr. D.J. Erickson, Beulah
Todd Lindquist, Hazen
Robin Richter, Beulah
Keith Johnson, Hazen
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.

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

Beulah

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

#### Center

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>City, ND</th>
<th>AEDs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cross Ranch State Park</td>
<td>1403 River Road</td>
<td>Center</td>
<td>1</td>
</tr>
</tbody>
</table>

#### Hazen

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

#### Stanton

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>City, ND</th>
<th>AEDs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leland Olds Station</td>
<td>3901 Highway 200 A</td>
<td>Stanton</td>
<td>AEDs (throughout the facilities)</td>
</tr>
<tr>
<td>Mercer County Sheriff</td>
<td>419 N Ave</td>
<td>Stanton</td>
<td>12 (facility/vehicles)</td>
</tr>
<tr>
<td>Our Savior’s Lutheran Church</td>
<td>608 Arthur St</td>
<td>Stanton</td>
<td>1 AED</td>
</tr>
</tbody>
</table>

#### Zap

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>City, ND</th>
<th>AEDs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coyote Creek Mine</td>
<td>6502 17th St SW</td>
<td>Zap</td>
<td>5 AEDs</td>
</tr>
<tr>
<td>Zap Community Hall</td>
<td>200 Main Street</td>
<td>Zap</td>
<td>1 AED</td>
</tr>
<tr>
<td>Zap Rural Fire Department</td>
<td></td>
<td>Zap</td>
<td>1 AED</td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>Common Condition</th>
<th>Common Cause</th>
<th>Are Antibiotics Needed?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Bacteria</td>
<td>Bacteria or Virus</td>
</tr>
<tr>
<td>Strep throat</td>
<td>√</td>
<td></td>
</tr>
<tr>
<td>Whooping cough</td>
<td>√</td>
<td></td>
</tr>
<tr>
<td>Urinary tract infection</td>
<td>√</td>
<td></td>
</tr>
<tr>
<td>Sinus infection</td>
<td>√</td>
<td></td>
</tr>
<tr>
<td>Middle ear infection</td>
<td>√</td>
<td></td>
</tr>
<tr>
<td>Bronchitis/chest cold (in otherwise healthy children and adults)*</td>
<td>√</td>
<td>No*</td>
</tr>
<tr>
<td>Common cold/runny nose</td>
<td>√</td>
<td></td>
</tr>
<tr>
<td>Sore throat (except strep)</td>
<td>√</td>
<td></td>
</tr>
<tr>
<td>Flu</td>
<td>√</td>
<td></td>
</tr>
</tbody>
</table>

*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?

- **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**

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**

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!
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 2nd 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
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

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

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

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. 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.