



LEADING THE WAY

Healthline

Fall/Winter 2017

The Physical
Effects of **Stress**

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Respiratory
Infections

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**PARTNERING
WITH MIDWEST GI**
FOR LOCAL
GASTROENTEROLOGY
CARE

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Send a postcard or email with your name, address, phone number, and the page number and location of the apple to:

Marketing
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450 East 23rd Street
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All entries are due by **December 20, 2017**. Correct entries will be entered into a drawing. Must be 18 or older to enter.

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Fremont Health

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Patrick Booth, *President and Chief Executive Officer*

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MISSION: To Improve the Health and Wellness of People in the Communities We Serve

VISION: To Passionately Pursue Excellence in Healthcare in Collaboration with Physicians and Staff

VALUES: Compassion, Respect, Integrity, Teamwork, and Innovation

GUIDING PRINCIPLE: To Preserve and Strengthen Fremont Health as a Locally Governed Organization

JUST THE

FACTS, MA'AM

As 2017 comes to a close, don't forget to get your annual health screenings—including your mammogram! Fremont Health offers 3D mammography, which is the most effective way to detect breast cancer in its earliest, most treatable stages.

WHY SHOULD I GET A 3D MAMMOGRAM?

3D mammography is more sensitive and detects invasive cancers that could be missed on a 2D mammogram.

3D mammography can detect breast cancer more than a year earlier

15 months

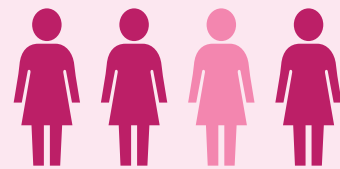
40%: Reduction in false-positive callbacks

41%: Improvement in detection of more invasive breast cancer

ALL WOMEN AGE 40 AND OLDER NEED MAMMOGRAMS

1 IN 8 WOMEN

1 in 8 U.S. women will be diagnosed with breast cancer



3 in 4 women with breast cancer have no known risk factors

25%

25 percent of women who die from breast cancer were diagnosed in their 40s

100%

Almost 100 percent of breast cancer that is detected before it has spread is cured.

To make an appointment for a mammogram, call (402) 727-3882.

DIABETES:

Consistency Counts

How much sugar is too much? While everyone enjoys a sweet treat, some people are not able to properly process the glucose, or sugar, that comes with it.

“DIABETES IS A DISEASE that affects the way blood glucose is processed within the body,” says Sara Bishop, RN, Diabetes Educator at Fremont Health. “Glucose is an integral energy source for the body and provides fuel for our cells to work properly. When there is too much glucose, however, serious health complications can occur.”



THERE ARE TWO TYPES OF DIABETES. TEN PERCENT OF THOSE WITH DIABETES HAVE TYPE 1, WHILE THE REMAINING 90 PERCENT HAVE TYPE 2.



Type 1

Previously known as juvenile-onset diabetes, **Type 1 diabetes** is characterized by the pancreas' inability to produce enough insulin to control glucose levels. Type 1 diabetes has no cure, but careful monitoring and a healthy lifestyle can allow the person to live a fulfilling life.



Type 2

A developed condition in which the body is unable to properly metabolize glucose, **Type 2 diabetes** is more common in adults. However, as the rate of childhood obesity continues to rise, Type 2 diabetes is becoming more common in children. There is no medicine that can cure Type 2 diabetes, but maintaining a healthy weight, exercising, and eating a healthy diet are all ways to live a healthy life.



HOW CAN YOU RECOGNIZE THE POSSIBLE SIGNS OF DIABETES?

Symptoms of diabetes include increased thirst, frequent urination, extreme hunger, fatigue, blurred vision, slow-healing sores, and presence of ketones (body fuel made when not enough insulin is made) in the urine. Symptom severity depends on the amount of glucose within the bloodstream—the higher the glucose, the more severe the symptoms.

If you've been diagnosed with diabetes or prediabetes (a glucose level that is elevated but not high enough to be considered diabetes), remember that being consistent with medications, exercise, and diet will help you manage the condition.

Try some of these extra tips:

- ✦ Some treatments for diabetes may include oral medications, blood-sugar monitoring, or insulin therapy. Be consistent; Decide on a schedule that works for you and stick to it.
- ✦ Regularly monitor your food intake and check your blood sugar frequently.
- ✦ Exercise regularly. The American Heart Association recommends a weekly schedule that includes 150 minutes of moderate exercise, 75 minutes of vigorous exercise, or a combination of both.

- ✦ Getting adequate amounts of sleep is important to the health and upkeep of your body. When you are sleep deprived, counting calories and eating healthy are probably the last things on your mind. The Centers for Disease Control and Prevention says the average adult needs at least seven to nine hours of sleep each night to function properly.
- ✦ To avoid major ups and downs in blood sugar levels, eat meals on a schedule. By doing so, you will avoid the “crash” often associated with low blood sugar. Stick to a diet rich in whole grains, fruits, and vegetables to help regulate glucose levels.

Remember, you have the power to manage your diabetes and live a healthier lifestyle! Work with your physician to develop a plan that is right for you.



To learn more about diabetes care available at Fremont Health, visit www.fremonthealth.com/managingyourdiabetes.



GO WITH YOUR GUT

If you suffer from gastrointestinal (GI) symptoms, you're not alone. Staying silent about what you're going through can be worse than living with it.

WE HAVE ALL EXPERIENCED that awkward belly rumble during a job interview or the need to dash out of the movie theater to find the nearest bathroom. More than 60 million people in the United States experience one or more digestive issues. If a GI problem is taking over your life, your physician needs to know, as certain symptoms can be warning signs of serious conditions that require treatment. These signs include:

- ✦ Blood in the stool
- ✦ Change in bowel habits
- ✦ Difficulty swallowing
- ✦ Incontinence
- ✦ Nausea or vomiting
- ✦ Persistent heartburn
- ✦ Unexpected weight gain or loss

THE UNCOMFORTABLE TRUTH

Even though GI disorders are common, many people are embarrassed to talk about their symptoms, even with their physician. GI problems can be uncomfortable and disruptive.

Although you might be embarrassed to talk about diarrhea or bloody stool, your physician isn't. Those signs may be important clues as to what's going on in your body. By not sharing them, you risk having your physician miss a potentially serious problem. In fact, GI disorders are not the only causes of abdominal symptoms—conditions affecting the uterus and ovaries can produce similar warning signs. If you're uncomfortable talking about the details, try writing them out and giving the list to your physician. Seeking medical attention can relieve your discomfort, improve your quality of life, and address the underlying cause of the problem.

MIDWEST GI NOW SEEING PATIENTS IN FREMONT

Physicians from Midwest Gastrointestinal Associates (Midwest GI) now see patients at Fremont Health Medical Center two half-days per week. They diagnose and treat disorders and diseases of the digestive tract, including the esophagus, stomach, small intestine, liver, pancreas, and colon. Common gastrointestinal conditions include heartburn, gastroesophageal reflux disease (GERD), inflammatory bowel disease, irritable bowel syndrome, and celiac disease. Midwest GI gastroenterologists perform a variety of procedures at Fremont Health Medical Center, including upper endoscopy, sigmoidoscopy, and colonoscopy.

Midwest GI is the largest and most established gastroenterology practice in the midwest. Its goal is to provide excellent customer service and to treat patients respectfully and courteously, all while providing individualized attention to each.

"Forging close relationships with elite specialty groups like Midwest GI is part of our commitment to our region to ensure accessibility to the very best healthcare," says Brett Richmond, Senior Vice President and Chief Operating Officer at Fremont Health.

Patients should discuss any questions or concerns with their physician.

Your Destination for Outpatient Services

The Fremont Health Outpatient Services Department is home to nine clinics, offering patients a range of healthcare services, follow-up care, and chronic disease management.

GI CLINIC

Disorders of the digestive tract, including the esophagus, stomach, intestines, gallbladder, liver, and pancreas, are diagnosed and treated by the physicians of Midwest Gastrointestinal Associates in the GI Clinic.

INFECTIOUS DISEASE CLINIC

Angela Sukstorf, MD, is a doctor of internal medicine with additional training that focuses on various types of infections caused by bacteria, viruses, fungi, or parasites. She prescribes oral or IV medications to treat these different infections.

INFUSION CLINIC

Patients who need intravenous antibiotics, blood transfusions, and specialty infusions and injections are treated in the Infusion Clinic. Also, procedures such as phlebotomy, bone marrow biopsies, and PICC (peripherally inserted central catheter) and VAD (vascular access device) maintenance care are completed by registered nurses in this clinic.

NEURO-SPINE CLINIC

Neurosurgeon John Hain, MD, with Nebraska Spine, holds the Neuro-Spine Clinic for patients experiencing neck and back pain. An examination will be done, and any necessary diagnostic imaging will be ordered. Following diagnosis, treatment options—ranging from conservative pain interventions to progressive surgical procedures—will be recommended.

PAIN CLINIC

Anesthesiologists Matthew Magnino, MD, and Andrea Flamme, DO, help patients find relief from chronic discomfort with pain-relieving injections and physical and electroanalgesic therapy recommendations. Epidural, sacro iliac joint, occipital, and trigger point injections are a few of the different types of injections performed in the Pain Clinic.

FREMONT HEALTH OPENED ITS FIRST ON-SITE URGENT CARE EARLIER THIS YEAR TO GIVE BUSY FAMILIES A CONVENIENT, AFTER-HOURS CARE OPTION FOR A VARIETY OF ILLNESSES AND INJURIES. URGENT CARE IS LOCATED NEAR THE EMERGENCY DEPARTMENT AND CAN BE ACCESSED BY USING PATIENT ENTRANCE EAST AT FREMONT HEALTH MEDICAL CENTER. URGENT CARE IS **OPEN MONDAY-FRIDAY, 5 P.M. TO 10 P.M., AND WEEKENDS AND HOLIDAYS FROM NOON-10 P.M.**

LOCATED SOUTH of the Fremont Health Medical Center lobby through Patient Entrance East, Outpatient Services occupies a 10-room space where it offers medical clinics. Here's a look at the services these clinics provide.

PALLIATIVE CARE CLINIC

Palliative Care Physicians Todd Sauer, MD, and Erin Dahlke, DO, and Advanced Practice Registered Nurse Cassie Cowles are available to meet with patients and families affected by long-term serious illnesses like end-stage heart, kidney, and lung conditions, and cancer. Palliative Care assists in managing symptoms such as pain, nausea, and shortness of breath, and helps with decisions about care options.

PLASTICS CLINIC

Plastic and Reconstructive Surgeon Nagi Ayoub, MD, holds a Plastic Surgery Clinic every other Friday. He sees patients for noncosmetic conditions, including moles and skin lesions, and for breast reconstruction follow-up care.

PULMONARY CLINIC

Pulmonologist Lon Keim, MD, helps patients with chronic lung and respiratory conditions, such as asthma and chronic obstructive pulmonary disease (COPD), manage their conditions. Diagnostic imaging is ordered and follow-up recommendations are made by Dr. Keim.

VASCULAR CLINIC

Vascular Surgeon David Vogel, MD, sees patients with peripheral vascular disease and aortic aneurysms. He evaluates vascular conditions and schedules surgery, if necessary.

PATIENT ENTRANCE EAST



OVERWHELMED

The stress you feel when you're overwhelmed by your ever-growing to-do list affects more than your mental well-being.

TAKE A LOOK at how stress affects your physical health, including your:

Brain and nerves—Too much stress can cause headaches, panic attacks, and a variety of symptoms related to your mental and cognitive health, including difficulty remembering things and trouble sleeping.

Heart—You may experience chest pain and a faster-than-normal heartbeat. Stress also raises your risk for high blood pressure, heart attacks, and stroke.

Immune system—A lowered ability to fight or recover from illness may mean greater susceptibility to colds, the flu, and other illnesses.

Intestines—Stress is linked to digestive problems, such as diarrhea and constipation.

Muscles and joints—Muscle aches and tension in your shoulders, neck, and back are common symptoms of stress overload.

Pancreas—Chronic stress increases your risk for diabetes.

Reproductive system—In women, stress overload can lead to irregular periods. Men who are stressed may experience a lower libido and even a decrease in sperm count.

Stomach—You may feel nauseous or notice stomach pain and heartburn.

Stress can sometimes lead to serious mental health problems, like depression (see “Is It Stress or Depression?”). Screenings are often the first step in getting help for depression and should be a routine part of your healthcare. Relying on the support of your friends and family, exercising, eating a healthy diet, and practicing relaxation techniques can lessen feelings of stress and depression. If your symptoms persist, talk with your physician about medication, psychological counseling, or other treatment options.



Learn more about our Behavioral Health Services at Fremont Health by visiting www.fremonthhealth.com/behavioralhealth.

IS IT STRESS OR DEPRESSION?

Also known as major depression, clinical depression, and major depressive disorder, depression is a serious illness that can impact every facet of your life. Key symptoms of depression include:

- A persistent sad, anxious, or “empty” mood
- Changes in sleep habits
- Difficulty concentrating, remembering, or making decisions
- Fatigue
- Loss of interest in activities you once enjoyed
- Thoughts of death or suicide
- Weight fluctuations due to changes in your appetite and eating habits

Helping Little Ones

WEATHER SEASONAL SICKNESS

When the winter arrives, so do common illnesses such as cold, croup, and flu. Help your family stay healthier by taking the proper precautions.

MAYBE YOU'VE SPENT a long night listening to your child cough. Or perhaps your teen has a sore throat and a bit of a sniffle. You're wondering if the best plan of action is to have your kids hunker down with chicken soup and hope for the best.

Now, one of them is complaining of sore muscles and has a forehead that feels hot to the touch. So, should you call your pediatrician?



Erin Schmitz, MD

"Parents know their kids better than anybody," says Erin Schmitz, MD, Pediatrician with Pediatric Partners, LLC. "If your child is not acting like

herself or himself, is lethargic, having trouble breathing, or not drinking enough fluids to stay hydrated, call your healthcare provider. It never hurts to ask questions."

A FEW KEY CLUES

To take some of the guesswork out of determining which respiratory bug is impacting your child's health, familiarize yourself with the telltale symptoms of a cold, croup, or influenza.

IF IT'S A COLD, YOUR CHILD MAY EXPERIENCE SIGNS SUCH AS:

- ✦ Congestion
- ✦ Cough
- ✦ Mild fever, if any
- ✦ Runny or stuffy nose
- ✦ Sneezing
- ✦ Sore throat

IF YOUR CHILD HAS INFLUENZA, WARNING SIGNS INCLUDE:

- ✦ Achy muscles
- ✦ Chills
- ✦ Diarrhea
- ✦ Earache
- ✦ Fatigue
- ✦ High fever

IF YOUR CHILD HAS CROUP, HE OR SHE MAY SHOW SYMPTOMS SUCH AS:

- ✦ Anxiety or agitation
- ✦ Barking cough
- ✦ Blue or gray tinted skin around the mouth, nose, or fingernails
- ✦ Drooling
- ✦ Trouble breathing
- ✦ Wheezing

"In all cases of respiratory illness, staying hydrated is important," Dr. Schmitz says. "Your healthcare provider may recommend acetaminophen or ibuprofen to bring down fever if your child is older

than six months. But sometimes a fever is the body's way of fighting an infection, so you may not need to do anything to treat it unless the fever is causing major problems."



Feeling sick after hours? Visit Urgent Care at Fremont Health Monday–Friday from 5 p.m. to 10 p.m. or weekends and holidays from noon to 10 p.m.

SMART VACCINATIONS

While there is no way to guarantee that the members of your family will not get influenza this winter, you can help reduce everyone's risk by getting your annual flu shots.

Your kids may be intimidated by the quick prick, but let them know that the shots will help them stay stronger and feel healthier throughout the season of sledding and snowman-building sessions.

Plus, by being brave, your children are also protecting others around them.

"Little newborn babies who are too young to get the shot can benefit from all the other kids getting vaccinated," says Erin Schmitz, MD, Pediatrician on the medical staff at Fremont Health. "And having more flu vaccinations in the community can also help safeguard kids who have serious chronic illnesses, such as asthma or diabetes."



AVOID THESE

Foods to Feel Better

Every day, you make decisions about what to eat. But how much do you really think about WHAT you're putting in your mouth? If you're like most people, not very much.

"Nutritional decisions matter when it comes to keeping us healthy and preventing illnesses," says Andrea Svoboda, RD, Dietician at Fremont Health. "Poor food choices significantly raise our risks for developing preventable chronic diseases.

ALTHOUGH MAKING HEALTHY food choices can seem overwhelming, it doesn't have to be. Focus on eating primarily plant-based foods (fruits, vegetables, beans, and nuts) and lean protein sources, such as poultry, fish, and low-fat dairy. These foods fuel your body and your brain and help you maintain a healthy weight.

To be as healthy as possible, try eliminating foods with these unhealthy elements:

- ✦ **Saturated fat.** Limit your consumption of saturated fats from red meat, butter, and solid fats to less than 10 percent of your daily calories.
- ✦ **Trans fats.** Trans fats found in manufactured products, such as baked cookies, cakes, crackers, and fried foods, have absolutely no health benefits and actually raise levels of "bad" cholesterol (LDL) while lowering levels of "good" cholesterol (HDL). Try to eat as little as possible.
- ✦ **Processed meats.** Meat products, such as hot dogs and luncheon meats, are preserved by smoking, curing, salting, or adding chemical preservatives. They are often high in

saturated fat and are associated with an increased risk of health problems, such as colon cancer.

- ✦ **Added sodium.** Too much sodium can lead to high blood pressure and other health problems. Limit your daily sodium consumption to less than 2,300 mg/day, which is equal to one teaspoon of salt. Most of your daily sodium intake comes from high-sodium preservatives in processed foods, such as canned soup, dressings, luncheon meats, breads, and pizza.



Maple Sweet Potatoes: Goodness and Lite for the Holidays

While mashed potatoes might be a staple of your holiday dinners, this recipe for Maple Sweet Potatoes offers a lighter option that incorporates the flavors of the season.

Ingredients

- 2 sweet potatoes (large)
- 2 tablespoons nonfat yogurt
- 1 tablespoon maple syrup
- 1 tablespoon orange juice

Directions

Prick potato skins with a fork. Microwave on high for 3 to 4 minutes, until potatoes are soft and easily pierced with a knife.

Scoop the sweet potato pulp into a medium bowl. Mash the pulp and stir in the yogurt, maple syrup, and orange juice. Transfer to a microwave safe serving bowl and microwave for 1 to 2 minutes to heat through.

Makes two servings.

Nutrition Information

- Calories: 150
- Total fat: 0g
- Saturated fat: 0g
- Cholesterol: 0g
- Sodium: 80mg
- Total carbohydrates: 35g
- Dietary fiber: 4g
- Total sugars: 13g
- Protein: 3g

Recipe courtesy of What's Cooking? USDA Mixing Bowl.



Watch for These Upcoming Events

CHILDBIRTH AND INFANT CARE CLASSES

TO REGISTER FOR A CLASS, OR FOR MORE INFORMATION ABOUT CHILDBIRTH EDUCATION CLASSES, CALL (402) 727-3759.

Childbirth Education: One-Day Class

(Saturday)

Feb. 3

8 a.m. to 1:30 p.m.

Understanding Birth

(Monday & Tuesday)

Jan. 8 & 9; March 12 & 13

6–8:30 p.m.

Understanding Birth, Baby Basics, & Better Breastfeeding

Feb. 3 (one-day class)

8 a.m.–1:30 p.m.

Maternity Center Tours

Available on request or take a virtual tour at www.fremonthealth.com/virtualtour.

Baby Basics & Better Breastfeeding

Jan. 2 (Tuesday); March 5 (Monday)

6–9 p.m.

HEALTH EDUCATION CLASSES

Diabetes Self-Management “Taking Charge”

Dec. 6

11 a.m.–3 p.m.

Health Park Plaza, 3rd Floor

Diabetes Self-Management

(2 sessions per class)

Dec. 6 & 13; Jan. 3 & 10; Feb. 7 & 14

First session: 11 a.m.–2 p.m.

Second session: 11 a.m.–3 p.m.

Call Sara Bishop at (402) 727-3355 to register.

Program fees covered by Medicare, Medicaid, and most private insurance companies.

SUPPORT GROUPS/CLASSES

Breast Cancer Support Group

(402) 727-3439

Dec. 11; Jan. 8; Feb. 12; March 12

Noon–1 p.m.

Dunklau Conference Room at Fremont Health Medical Center

Compassionate Friends Support Group

(402) 727-3439

Dec. 14; Jan. 11; Feb. 8; March 8

7–9 p.m.

Health Park Plaza, 3rd Floor at Fremont Health

Fresh Hope Support Group

(402) 727-3439

Meets Thursday evenings

7–8:30 p.m.

Dunklau Conference Room at Fremont Health Medical Center

Grief Support Group

Call (402) 727-3663 for information.

Dec. 7 & 14 (Adult group only)

1–3 p.m.

Health Park Plaza, 3rd Floor at Fremont Health

Leukemia & Lymphoma Patient/Family Support Group

Call (402) 941-7363 for information.

Dec. 14; Jan. 11; Feb. 8; March 8

11:30 a.m.–12:30 p.m.

(Lunch provided)

Health Park Plaza, 3rd Floor at Fremont Health

Look Good Feel Better

Individual sessions available by calling

(402) 727-3580. Provides women with a

free bag of makeup and a makeover, tips

and guides about wig care, and information

about appearance-related side effects to

cancer treatment.

Fremont Family Support Group National Alliance for Mental Illness

(402) 727-3439

Dec. 12; Jan. 9; Feb. 13

6:30–8:30 p.m.

Health Park Plaza, 3rd Floor at Fremont Health

Understanding Hearts: Suicide Survivor Support Group

(402) 727-3439

Dec. 21; Jan. 18; Feb. 15; March 15

5:30–7:30 p.m.

Dunklau Conference Room at Fremont Health

Medical Center

Preventing Diabetes

(402) 727-3355

Meets quarterly from 5:30–8:30 p.m.

Health Park Plaza, 3rd Floor at Fremont Health

SCREENING PROGRAMS

No registration necessary.

Blood Pressure Screening

Fremont Mall

Dec. 19; Jan. 16; Feb. 20; March 20

8:30–10:30 a.m.

Community Wellness Blood Draws

Feb. 6

7–9 a.m.

Fremont Health

Health Park Plaza, 3rd Floor Screenings available

at Community Wellness Blood Draws include:

- Wellness blood profiles—\$40

- Thyroid-stimulating hormone (TSH) test—\$20

- Prostate-specific antigen (PSA) test—\$20

- Glycated hemoglobin (HgbA1C) for diabetes management—\$20

- Lipid Panel + Glucose—\$20

A 10–12 hour fast is recommended for ideal

results. Take medications as scheduled unless

directed differently by your physician. You can

drink water or black coffee. Tests are offered at a

reduced fee and cannot be filed through health

insurance. Cash or personal checks accepted at

time of service.

Screenings are not intended as a substitute for

regular medical exams.

UPCOMING EVENTS

AgeLess Prevention Connection

(402) 727-3844

Jan. 17; Feb. 21; March 21

8:30–10 a.m.

Watch our website at www.fremonthealth.com

for monthly program topics or information about

joining our AgeLess program. Call for location.

Tobacco Cessation Classes

Call (402) 727-3439 for more information.

Free of charge.

Joint Pain Seminars

(402) 727-3439

Jan. 17, Upper Extremity/Shoulder

Feb. 21, Hip/Knee

March 21, Upper Extremity/Shoulder

5 p.m.

Join us to learn more about joint replacement

with orthopaedic surgeons from OrthoNebraska.

Health Park Plaza, 3rd floor, Fremont Health

Community First Aid

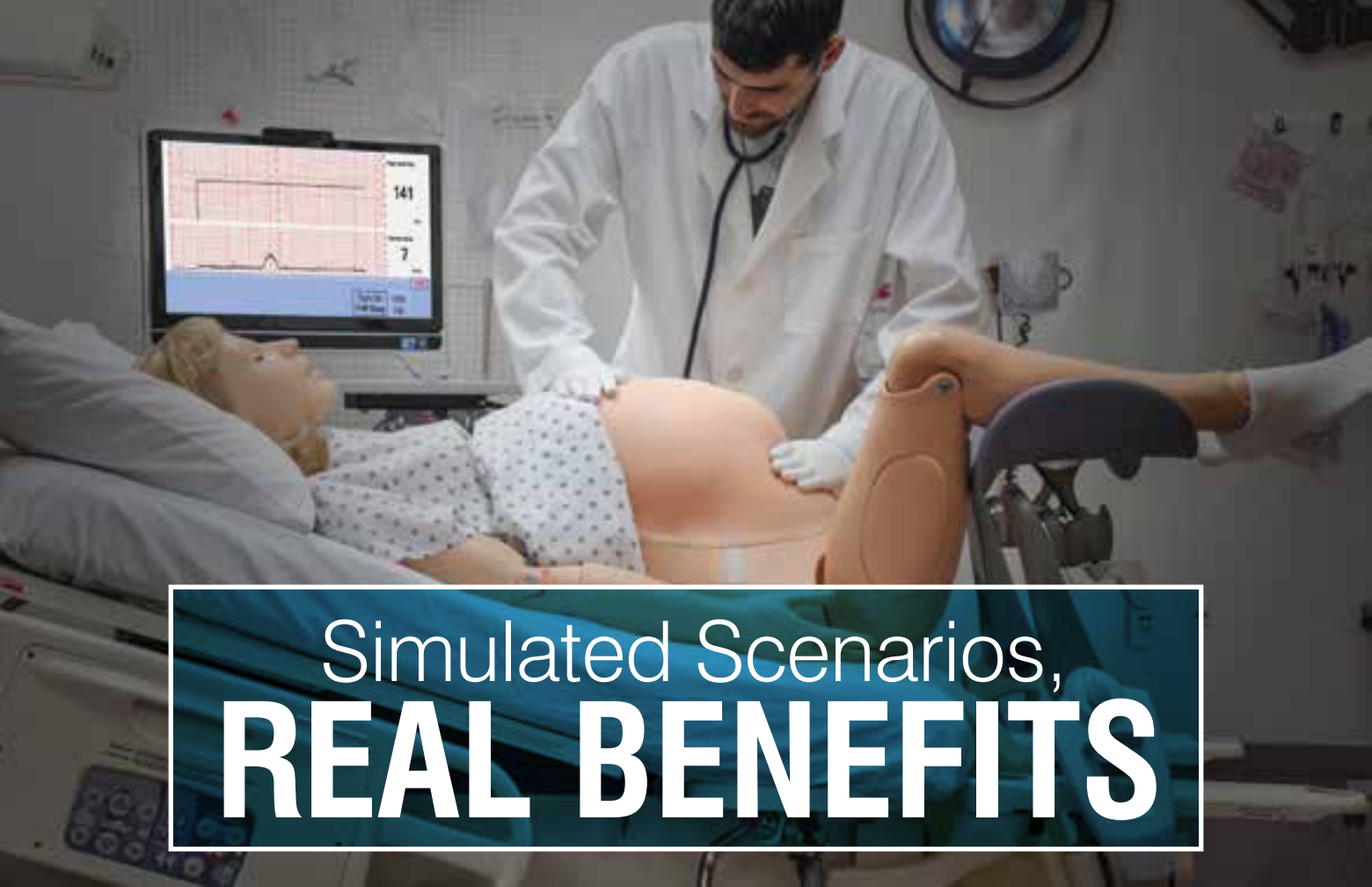
(844) 437-3666

Feb. 15

7:30–9 p.m.

Cost \$50

Most classes are free of charge, unless noted otherwise. Call the number listed or visit our website at www.fremonthealth.com to register. All events take place in Health Park Plaza, third floor, unless otherwise specified.



Simulated Scenarios, **REAL BENEFITS**

Thanks to collaboration between Fremont Health and Midland University, hospital staff and nursing students alike will have a new place to experience hands-on learning.

HANDS-ON TRAINING

With three rooms, each housing a high-fidelity mannequin, the simulation lab will recreate situations involving adult, pediatric, and even obstetric patients.

“A simulation lab offers the opportunity to practice more scenarios than any student could get with real-life patients, simply because there aren’t enough patients or clinical days to go around,” says Peg Kennedy, Vice President and Chief Nurse Executive at Fremont Health. “Through this practice, they develop skills essential to actively and accurately caring for patients. These skills aren’t just limited to clinical and therapeutic techniques—they include communication, problem solving, and critical thinking on their feet.”

Simulators can be put into complex clinical scenarios and require students to work with equipment like ventilators, chest tubes, and central lines. The female

simulator even mimics women’s health issues, including labor and delivery, postpartum hemorrhage, and hysterectomy.

“So many of us are visual learners, and many things about nursing are learned through repeatedly performing

IN AN URGENT health situation, there is no room for second guessing. Asking questions, however, is often an essential part of learning, particularly when applying critical thinking in an emergency. The question, then, is how to balance teaching with ensuring patient safety.

The Fremont Health Foundation and Midland University have joined forces to develop a local solution.

“We’re creating a state-of-the-art simulation lab that will be used by nursing students at Midland University, as well as both clinical and non-clinical staff here at Fremont Health,” says Bill Vobejda, Vice President of Administrative Services. “It puts learning into action in a lifelike environment.”



Photos courtesy of Gaumard

an action," Kennedy says. "Developing not just those skills, but also the ability to think critically in a stressful situation, is an important part of improving our quality of care and patient safety."

A DUAL EFFORT

Thanks to a generous \$500,000 lead matching grant from the Rupert Dunklau Foundation, the creation of the simulation lab is off to a running start. Fremont Health Foundation is working with Midland University to facilitate efforts to match that gift.

"We are very grateful for the Rupert Dunklau Foundation's lead support of this effort for both of our organizations," Vobejda says. "For Midland University, this furthers the scope of their nursing program and improves recruiting efforts. For Fremont Health, this technology gives both our clinical and nonclinical staff the kind of hands-on training they need and want. By embarking on this project together, we can create something better than either organization could alone."

The simulation lab is only one of many endeavors backed by the Fremont Health Foundation and made possible through the generosity of community donors.

"Our hospital serves our community every day, and the Fremont Health Foundation's focus is supporting those services," Vobejda says. "Whether that is through patient education programs, bringing in new lifesaving technologies, or simply creating a safe, healing environment, these efforts help thousands of patients every year."



The 16th annual Fremont Health Foundation Golf Classic, presented by First National Bank Fremont, was held October 16, 2017, at the Fremont Golf Club.

"This year's proceeds will support the hospital's three-dimensional (3D) mammography machines," says Bill Vobejda, Vice President of Administrative Services. "Forty percent more accurate in detecting invasive cancers, 3D mammography provides earlier detection and reduces unnecessary callbacks by 40 percent. We want to ensure each woman who comes through our doors has access to this lifesaving technology."

The day was filled with fun, with individuals participating in various betting holes including a chance to win a car with a hole-in-one. This important fall event is an annual opportunity to raise funds for services or technology that benefit not only Fremont Health, but the greater community.



To support the Simulation Lab Campaign, Project Wish, or the overall work of the Fremont Health Foundation, visit www.fremonthhealthfoundation.org to learn how you can contribute.

MAKING WISHES COME TRUE

In March 2016, Fremont Health's hospice team established Project Wish to offer a final wish to every end-of-life patient and his or her family. Whether the wish is a gift of some kind or the opportunity to make a memory, its purpose is to identify a need or desire of the patient, and find a way to meet it.

"Wishes granted through Project Wish can be big or small," says Karin Ricker, RN, Certified Hospice and Palliative Nurse and Hospice Clinical Manager for Fremont Health. "A patient who lived in a nursing home wanted some of her favorite foods—ice cream sandwiches and fresh grapes—to complement her meals from the cafeteria. Another patient wished to stay at home, but needed better air conditioning to make that possible, so we provided a portable air conditioner."

A wish can also be for a family member who acts as caregiver for their loved one and struggles to balance that with finding time for themselves. Ricker wants to ensure patients and families know the hospice team is thinking about them and wants to support them in whatever way is most helpful.

"Anything can make a difference," Ricker says. "It doesn't have to be a giant gift or piece of equipment—it's about meeting our patients' needs, and helping them and their families process this end of life."





'TIS THE SEASON!

|| **As you're making** plans for the holiday season, don't forget to mark one important date on your calendar.

Bring the whole family and join us on **Tuesday, December 19**, from 5 to 7 p.m. in the hospital's main lobby for the annual Fremont Health open house. Between enjoying refreshments, musical entertainment, and a chance for kids to visit with Santa Claus and his reindeer, you can celebrate the season with your friends and neighbors!

Visit www.fremonthealth.com and click "Classes & Events" for more information.

