Thank you for choosing RC Hospital & Clinics as your health care provider of choice!
The Year In Review

NATHAN G. BLAD, CEO
RC Hospital & Clinics

As one year ends with another set to begin, it’s customary to reflect upon the prior year’s accomplishments and focus on tomorrow’s future endeavors. By all accounts 2016 has been a remarkable year for RC Hospital & Clinics and the patients we serve. The first full year of operations at the new RC Hospital & Clinics Medical Center was a great success by all measures. We added valuable new services such as orthopedic surgery and our walk-in clinic while outperforming our financial plans. Of course, none of this could have happened without the dedication of our physicians and our staff. We’ve been blessed to hire several high-quality providers over the past several years. In 2016, both Dr. Evans Magambo and Dr. Benjamin Linder joined our care team providing obstetrical, family medicine, and emergency care. Likewise, our clinical care teams were recognized for excellence in infection control, vaccination rates, trauma re-certification, and patient safety goals. Also, RC Hospital & Clinics collaborated with CentraCare Health Systems to introduce dialysis services to our local communities. As the CEO of RC Hospital & Clinics I’m proud of our collective efforts to improve both the quality and safety of care we provide for you - our patients, family, and friends. 2017 holds promise to be equally exciting as we invite additional providers to the RC Hospital & Clinics care team. New service offerings and affordable care options are also planned for the coming year. Expanded access to care and doing our part to address the high cost of health care. We’re certain that you, our patients, will find our commitment to be your healthcare provider of choice in 2017 stronger than ever.

ON THE COVER
WOMENS HEALTH
OB Lead Naomi Freyholtz, RN, IBCLC and Mom Summer Ahrenholz with baby Bristol. More on page 8.

RCH&C FOUNTAIN READY FOR “DECK THE HALLS”
The RC Hospital Foundation event was held on November 29th.

GENERAL SURGEON DR. JARED SLATER, FACS INITIATED IN WASHINGTON, D.C. See page 4.

RC HOSPITAL BOARD OF DIRECTORS
John Stahl, Chair, Dr. Paul Buhr, Sherri Broderius, Jeremy Frank, Dr. Dean Lindquist, LaMont Jacobson and Bob Mehlhouse

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Sara Maher, Editor ASB Design Inc., Graphic Design

Caring To Share A Great Patient Experience

“That was the first time in my life I needed the ER. It was a very good experience even feeling totally lousy!”

Gladie Hagen

Community Events

Deck The Halls Christmas Event
Carolers performing for our patients and the lighting of the fountain tree.

Halloween Charity Walk/Run
Top: Dr. Ben Linder and son Oliver, Kayla Negen, LPN and Dr. Mark Ahlquist.

Top right: The Woman with the Yellow Hat Ally Johnson, Curious George Creed and Caped Crusader Andrew Johnson, APRN, CRNA.

Right: One Fish Danelle Loomis, DPT, Two Fish Wendy Jurgensen, Red Fish Michelle Jacobs, PTA, Blue Fish Lacey Schipnewski, PTA, Halle and Emma Jacobs.

2017 RC Hospital Foundation Board

Libby Revier, Chair
Jill Bruns, Vice Chair
Duane Remer, Treasurer
Krista Schneider, Secretary
Sara Maher, Executive Director
Nathan Blad
Bob Mehlhouse
Mike Jacoby
Rebecca Thiesse
Toni Baumgartner
Barb Melberg
Amy Rennke
Renee Slagter
Opportunities & Ways to Give

Cash or Check
By far, the most common method for the majority of donors is a gift in the form of cash or check. The amount given is eligible for a deduction on your tax return. The amount of actual after-tax cost of the donation depends on the donor's tax rate.

Appreciated Investments
This is an option for donors where the tax cost of converting the investment to cash is substantial. No capital gains tax is due on the appreciation of the underlying investments. Appreciated investments include stocks, mutual funds, bonds, precious metals, real estate, and many other types of investments. We recommend that you consult your tax or financial advisor before making any transfer.

Life Insurance
Life insurance can be an attractive way of providing for a future benefit for RC Hospital Foundation. If an existing paid-up policy is gifted, the donor would be eligible for a tax deduction equal to the cash surrender value of the policy on the date of the gift. Upon death, the policy proceeds would be payable to RC Hospital Foundation. Another popular alternative is the purchase of a new life insurance policy in the name of RC Hospital Foundation. As the donor pays the premium, he or she is eligible for a deduction equal to the premiums paid during the tax year.

Special Bequest
A specific bequest can be in the form of either a specific dollar amount or a percentage of their estate. To make this bequest, the donor will need to consult their attorney and direct them to revise their Will to include RC Hospital Foundation as a recipient of the special bequest.

Charitable Remainder Trusts (CRT)
A CRT not only allows the donor to retain an income stream from the property, it also permits the CRT to sell the underlying property, avoid the capital gains tax on appreciated property and take a tax deduction for the current value of the future gift to the charity. CRTs are a great opportunity for charitable giving, however there is significant complexity in establishing this arrangement. Please consult your tax advisor regarding the steps to establishing a CRT.

For More Information Contact
Nathan G. Blad, CEO, RC Hospital & Clinics 800.916.1836
Sara Maher, Executive Director, RC Hospital Foundation 320.523.3526

Growing Healthy Communities Together

Yes, I want to invest in my community and make a tax-deductible contribution to RC Hospital Foundation of Renville County!

Name ________________________________________________
Address ______________________________________________
City ___________________ State _______ Zip Code _________
Telephone ___________________ Email ____________________

My gift of $___________ is enclosed (Please make checks payable to RC Hospital Foundation.)

My gift is: In Memory of ___________________________________

In Honor of _____________________________________________

Please send a notice of gift to:
Name ________________________________________________
Address ______________________________________________
City ___________________ State _______ Zip Code _________

What The RC Hospital Foundation Does

Grow Our Own
Offering on-going scholarships, job shadowing and volunteer opportunities to our area youth interested in pursuing a career in the medical field.

UFFDA-Urgent Flex Funds Designated Account
Helping county residents in need.

Dr. Paul & Lois Thompson Memorial Golf Classic
Annual June golfing event to raise funds for scholarships, recruitment and the lastest medical equipment.

Fall Education Dinner
A fun, relaxed evening exploring financial and charitable tips for spreading joy and changing lives throughout our communities.

Deck the Halls Christmas Event
Holiday kick-off night featuring lighting of the fountain tree, decorating cookies, and Christmas caroling to our patients. Also, an opportunity to make the Hospital more festive with decorations in honor of and in memory of our loved ones.

Community Christmas Tree
Giving back to local families by picking a star off the tree, then buying a gift to make their Christmas brighter.
Dr. Jared Slater, FACS
Initiated In Washington, DC

Andrew Johnson, APRN, CRNA At RCH&C Pain Clinic

Education
Post Master Advanced Pain Management Certificate from Hamline University, St. Paul, MN.

Medical Services
- Epidural Steroid Injection
- Lumbar Facet Joint Injections
- Lumbar Radiofrequency Ablation
- Sacroiliac Joint Injections
- Hip Injections
- Trigger Point Injections

Symptom Control Of
- Lower back pain
- Leg pain
- Hip pain
- Muscle pain

Provider Referral
Weekly appointments are available with a referral from your primary care provider.

Referral Appointment
After receiving a referral, you can make an appointment by calling 320.523.3445.

RCH&C Surgical Services Performed By Dr. Jared Slater, FACS

- Ablation of Skin Lesion
- Appendectomy
- Aspiration
- Breast Biopsy
- Central Line Placement
- Closed Tube Thoracostomy
- Colonoscopy
- Debridement/Skin Graft
- Evacuation of Thrombosed Hemorrhoid
- Excision Cyst
- Excision Pilonidal Cyst
- Excision Soft Tissue Mass
- Excision Varicose Veins
- Exploratory Laparoscopy
- Fistulectomy/Fistulotomy
- Foreign Body Removal
- Gastroscopy
- Hemorrhoidectomy
- Hernia Repair, Femoral
- Hernia Repair, Inguinal
- Laparoscopy
- Hernia Repair, Inguinal Open
- Laparoscopic Appendectomy
- Laparoscopic Excision of Gall Bladder
- Laparoscopic Lysis of Adhesions
- Laparoscopic Excision of Ovary
- Laparoscopic Tubal Ligation
- Laparoscopic Umbilical Hernia
- Laparoscopic Ventral Hernia
- Laparoscopic Colon Resection
- Lipoma Removal
- Lumpectomy
- Breast Lumpectomy with Lymph Node Biopsy
- Lymph Node Biopsy
- Mastectomy
- Open Bowel Resection
- Open Gallbladder Removal
- Open Exploratory Laparoscopy
- Open Lysis of Adhesion
- Open Umbilical Hernia Repair
- Open Ventral Hernia Repair
- Paracentesis
- Feeding Tube Placement
- Lung Pleurodesis
- Port-A-Cath Insertion and Removal
- Pulmonary Resection
- Rib Resection
- Anal Sphincterotomy
- Splenectomy
- Temporal Artery Biopsy
- Thoracentesis
- Thyroidectomy
- Tonsillectomy
- Adenoidectomy
- VNUS Closure Varicose Veins
- Varicose Vein Removal
- Wound Debridement

Caring To Share A Great Patient Experience

“What is important to me as a Pain Clinic patient:
- Thorough examination, explanation, a follow-up of my care & treatment.
- Not feeling rushed
- Kindness

*all of these were present @ RC Hospital & Clinics.”

Beverly Estby

Caring To Share A Great Patient Experience

“We are so fortunate to have this wonderful facility, as well as the skill and expertise of Andy Johnson, APRN, CRNA. He has just been great!”

Chris Adams, Bird Island
Shoulder, Knee & Carpal Tunnel Surgeries At RCH&C

Ortho Surgeries Provided By Dr. Peter Sanders And Matthew Bennett, PA-C At RCH&C

- Removal Skin Lesion
- Amputation Below The Knee
- Amputation of Toe
- Ankle Stabilization with Graft Implant
- Total Knee Replacement
- Arthroscopy Knee Ligament Repair
- Arthroscopy Shoulder Aspiration
- Bone Biopsy
- Bone Removal
- Bunionectomy
- Carpal Tunnel Release
- Closed Reduction
- Closed Reduction Percutaneous Pinning
- Cubital Tunnel Release
- Dequervains Release
- Excision Bursa
- Excision Cyst
- Excision Soft Tissue Mass
- Bone Removal
- Foreign Body Removal
- Fusion of Joint, Ankle
- Fusion of Joint, Toe
- Hammer Toe Removal
- Injection Joint or Bursa
- Joint Manipulation
- Excision Cyst
- Excision Soft Tissue Mass
- Open Reduction Internal Fixation Ankle Fracture
- Open Rotator Cuff Repair
- Tarsal Tunnel Release
- Trigger Finger Release
- Wound Debridement

Caring To Share A Great Patient Experience

“I had my left knee put in last Wednesday by Dr. Sanders. Second knee in less than 6 months! I would rate my experience at a 10. Dr. Sanders, his assistant Matt, the surgical nurses, floor nurses, cleaning staff are exceptional. The food once again, was wonderful and it was nice that my husband, Dennis, could order and eat with me while be kept me company. The TV worked the way it should and I have no complaints. I am so glad we have RC Hospital so close and physical therapy also. They are great. Keep up the good work. Only suggestion is for your women patients, it would be nice to have a travel size hairspray. Keeping your hair decent is a challenge!”

Marlys Hagstrom, Hector
RC Hospital & Clinics Recognized For Excellence In Patient Safety

RC Hospital & Clinics (RCH&C) has been recognized by the Minnesota Hospital Association (MHA) for superior performance in patient safety as part of its Hospital Engagement Network 2.0. The MHA Hospital Engagement Network 2.0 is working to reduce hospital-acquired conditions by 40 percent and readmissions by 20 percent.

RCH&C has committed resources to improve on all of the 10 focus areas, including adverse drug events; catheter-associated urinary tract infections; central-line-associated blood stream infections; injuries from falls and immobility; obstetrical adverse events, including early elective deliveries; pressure ulcers; preventable readmissions; surgical site infections; venous thromboembolism; and ventilator-associated pneumonia. RCH&C was among 16 hospitals recognized by MHA for demonstrating high performance on six or more hospital acquired conditions.

“RC Hospital & Clinics is helping to further strengthen patient safety in Minnesota and contributing to the state’s well-deserved reputation for high-quality health care,” said Lawrence Massa, MHA President and CEO.

“At RC Hospital & Clinics we look at Patient Safety as a team activity. Everyone is responsible, from executive leadership in our facility, to our frontline leaders, to the providers of care.” “Rather than simply having safety as a goal, the nursing team relies on evidence-based actions, tools, and strategies that deliver safety. Structured communication between team members and departments ensures that everyone reviews the risk for each patient and plans accordingly with patient safety our number one priority” said Jennifer Macik, RN, DON.

For more information about Minnesota hospitals’ patient safety initiatives, go to www.mnhospitals.org/patient-safety.

Excellence in Infection Prevention

The RC Hospital & Clinics (RCH&C) Medical Surgical, Obstetric and ER Nursing team were nominated for a CHAIN Award for Excellence in Infection Prevention. There were 50 nominees and of that group 15 were selected to move on to another panel of judges. RCH&C as one of the 15 finalists and RC Hospital & Clinics’ Infection Prevention Manager Darlene Nere, RN and Jennifer Macik, DON were asked to present RCH&C’s improvement process with CAUTI (Catheter Acquired Urinary Tract Infections) and C-diff at the CHAIN Conference to an audience of approximately 125 conference members.

RCH&C goals were achieved through interventions focused on hand hygiene, transmission precautions, injection practices, anti-microbial stewardship and environmental cleaning. Of special note are the outstanding results in the areas of CAUTI and C-diff we have remained CAUTI and C-diff free for two consecutive years. RCH&C is proud to have a physician champion that assists in leading the Infection Prevention Team and supports efforts to reduce infections facility wide. Our Infection Prevention Team consists of direct care staff, nurses, and representatives from lab, radiology and environmental services in the effort to keep patients, families, visitors and staff safe from infection.

Senior Management continues to be supportive and engaged at every level. Our General Surgeon/Chief of Medical staff and our physician champion have dedicated time to educate our providers.

Our Director of Nursing is committed to working closely with the Infection Preventionist on surveillance and education to the nursing staff at monthly meetings including real-time feedback for improvement or successes.

RCH&C has moved to a proactive infection prevention facility that has resulted in a cleaner, safer, and more focused facility. The team approach is embraced for daily rounds, clinical surveillance as well as audits of clinical indications or appropriateness.
RCH&C Doctors Participate In Continued Education

**ER Bedside Education**

Dr. Muhamed Durakovic performs an ER bedside evaluation on volunteer Anthony Maher.

Volunteer Drew Maher receiving an ER bedside Ultra Sound from Kelsey Fischer, FNP-C and Lisa Babler, PA-C.

RCH&C Providers participated in ER Bedside Ultra Sound Training. Left to right: Dr. Muhamed Durakovic, Kelsey Fischer, FNP-C, Dr. Azra Durakovic, Shannon Manning, RDMS, RVT, Lisa Babler, PA-C, Dr. Benjamin Linder, Amanda Kittelson, PA-C, Dr. Mark Ahlquist, and Dr. Evans Magambo.

**Chest Trauma Education**

RCH&C providers & nursing staff attended an educational program on Chest Trauma presented by staff from Hennepin County Medical Center in Olivia. Dr. Ryan Deisler, Trent Heather, RN, CCRN and Karie Pearce, RN trained medical staff on the placement and management according to ATLS guidelines. The providers identified indicators and learned a technique for placing a tube into the chest. Management and complications of chest tubes was discussed. A recent trauma case with chest injuries was reviewed.

Amanda Kittelson, PA-C and Dr. Mark Ahlquist work on insertion and management of chest tubes.

**RCH&C Welcomes New Clinic Director Bridget Anton, RN**

Bridget Anton, RN came to RCH&C from Minneapolis in May as Interim Clinic Director. Her many years of clinic leadership experience were preceded by over two decades of direct patient care both at the bedside and in clinic settings at Hennepin County Medical Center and Abbott Northwestern Hospital. Her greatest satisfaction is meeting patients’ needs through developing the important relationships between them and the care team. She encourages the staff to appreciate the unique differences in patients, and to encourage each patient to be a partner in their care and wellness.

Bridget brings a passion for quality and is now excited to have permanently joined the staff at RCH&C. She tells us her experience at the larger health systems helps her appreciate the opportunity to make a difference in the care we offer our patients in this smaller and vibrant community.

**Olivia Walk-In Clinic Open For Patients**

Monday-Thursday 11 a.m.-7 p.m.

Saturday 8 a.m.-12 p.m.

Be seen in the Olivia Walk-In Clinic for:
- Allergies
- Back pain less than 5 days
- Bladder infection
- Bug bites
- Burn, minor
- Cold sore
- Cold & Cough symptoms
- Diarrhea or vomiting
- Earache
- Fever
- Fractures, possible/simple
- Headache less than 5 days
- Pink eye
- Rash
- Sinus problems
- Sore throat
- Sprain
- Urinary tract infection

Children three months of age and older can be seen in the Olivia Walk-In Clinic.
Ridgewater OB Simulation Training

Ridgewater OB Simulation Training was held in Olivia on December 13th, 14th, and 15th. The doctors and nursing staff went over the following scenarios:

- OB Hemorrhage
- Shoulder Dystocia
- OB Trauma
- Prolapsed Cord
- Baby needing NRP and Resuscitation

If you have any questions, would like to register for a class or want to set up a tour or individual education, call Naomi at 320.523.3469 or email her at freyholtzn@rchospital.com.

Merry Christmas & Happy New Year!