

11-2008

## Prescribed Reading: November 2008

CentraCare Clinic

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November 2008

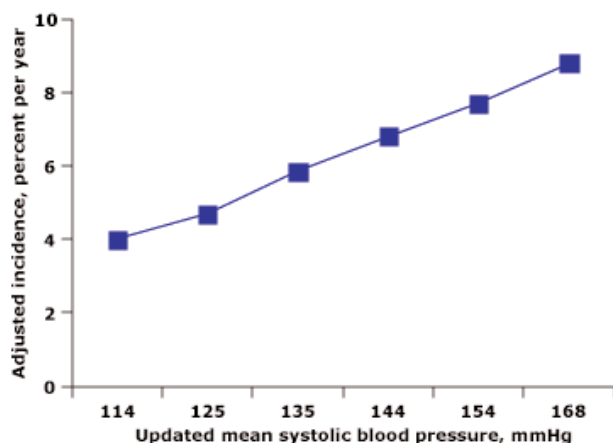
## Improving care for patients with diabetes

For the past several years, CentraCare Clinic has focused on improving care for diabetic patients. Our tracking measurements include Hemoglobin A1c, LDL levels, blood pressure, aspirin use and smoking status. We measure these items not only because they are established ICSI guidelines, but, more importantly, these measures appear to have a significant effect on the long-term morbidity and mortality of patients with diabetes.

For example, blood pressure control in many studies directly correlates with the rate of heart attack, stroke, cardiovascular death, retinal and renal complications in diabetics. According to UpToDate, the blood pressure goal for most diabetics should be 130/80, but they go on to say that the lowest risk occurs at a systolic pressure below 120 mmHg (see graph below). In fact, blood pressure control for diabetics may be more important than glucose control in preventing long-term complications. In addition, early treatment appears to have the most effect on complications over the lifetime of diabetic patients.

The reason we measure blood pressure in diabetics is to help them avoid strokes, heart attacks, dialysis and blindness. What a great goal!

### Lower systolic pressure reduces complications in type 2 diabetes



## Welcome to our new provider



**Jennifer Bauerly, R.N., M.S., ACNS-BC**, is an adult clinical nurse specialist who joined CentraCare Clinic and will work in the Central Minnesota Heart Center. Jennifer received her bachelor's degree in nursing from the College of St. Benedict and her master's in nursing from the University of Minnesota. Jennifer worked in various roles at St. Cloud Hospital for more than 20 years before working as an assistant professor of nursing at St. Cloud State University for the past few years.

## Employees asked to complete culture survey

CentraCare Health System and several other health care organizations are working with the Institute of Clinical Systems Improvement (ICSI) to address organizational culture, which is the most critical barrier to sustained quality improvement.

To support this effort, all employees are asked to **participate in a confidential 30-question survey** on CentraNet (Click on "Culture of Quality Survey" link on the CentraNet home page) **before Nov. 21**.

Your honest and valuable input will help our leaders assess our organization's culture and determine how we can make needed changes. Thank you for your ongoing role in improving patient care. While we realize there are other surveys going on at this time, we believe your input is very valuable in this effort as well.

## Neurosurgery Department now has two homes

**Anthony Bottini, M.D., Warren Ishida, M.D., Susan Piehl, N.P., and Lorinda Zigan, P.A.-C**, have moved their neurosurgery practice to the CentraCare Health Plaza and are sharing clinic space with the Internal Medicine Department on second floor. **Thomas Falloon, M.D., Albert Meric, M.D., Mark Christianson, P.A.-C, and Diane Spaniol, C.N.S.**, will remain at River Campus. Both sites can be contacted by calling (320) 229-5009.

## **Kudos to . .**

- **CentraCare Clinic – St. Joseph** staff who had a booth at the College of St. Benedict Wellness Fair Oct. 23.  
- **CentraCare Clinic -Long Prairie and Long Prairie Memorial Hospital** hosted their annual health fair Oct. 10. Nearly 300 people attended.

- **Julia Draxten** and **Susie Ripplinger**, Melrose, who will be interviewed on KASM radio at 9:15 a.m. Nov. 10. They will talk about the new DIAMOND Depression Management program that is available in Melrose.

- CentraCare Clinic President **Allen Horn, M.D.** His Sept. 25 presentation at the American Medical Group Association's 2008 Institute for Quality Leadership on the topic of "Universal Coverage: Why and How" provided a foundation for the conference's discussions on health care reform.

- **Keith Leavell, M.D.**, who presented on circadian rhythms at a recent A.W.A.K.E. support group meeting.

- **Keith Leavell, M.D.**, **Troy Payne, M.D.**, **Doug Liepert, M.D.**, and **Jennifer Herberg, RPSGT**, Sleep Center coordinator, who participated in a KNSI radio program highlighting the Sleep Center.

- **Keith Lurie, M.D.**, Central Minnesota Heart Center, who spoke at an Oct. 27 Life Science Alley event called Frontiers in Heart Failure.

## **Congratulations to . .**

- **Colleen Pommier** and **Cindy Ager**, Long Prairie, on the birth of their new grandsons, and **Audrey Kelly**, River Campus, on celebrating 40 years as a nurse!

## **Construction begins on Melrose campus**

Construction on the new CentraCare Clinic – Melrose and Melrose pharmacy has begun. Once this building is completed, the current clinic space will be converted to hospital outpatient and specialty services. Construction also will provide a new and expanded area for physical and occupational therapy and cardiac rehabilitation in the hospital. Minimal remodeling of the existing hospital space will change the current clinic entrance to become the new hospital entrance. Remodeling of the hospital emergency room will improve patient privacy and function. The final phase of construction should be completed in one year.

## **Telling our story**

CentraCare Health System hosted its annual Report to the Community Oct. 30 at the CentraCare Health Plaza. This event shares a summary of information and updates on CentraCare Health System with Central Minnesota business people. Health System representatives also will present report updates in Long Prairie Nov. 18 and in Melrose Nov. 26.

**Correction:** The Report to Community in Long Prairie is scheduled for Nov. 18, not Nov. 19 as was listed in the October Beat publication.

## **Welcome to these new employees**

**Steven Christman**, Nursing, Heartland; **Dionne Gunderson & Melissa Smith**, Nursing, Plaza – Endocrine; **Brian Koltjes**, Nursing, Long Prairie; **Deanna Sheldon**, Nursing, Becker; **Amy Sykes**, Business Center; **Amy Waller**, Nursing, Women & Children

## **Recognition for years of service**

20 Years: **Anell Cieslak**, Becker

10 Years: **Amy Amelsberg**, Women & Children; **Debra Fearing**, Long Prairie; **Trinita Feldhege**, NICU; **Patricia Hart**, NICU; **Kristine Hennix**, River Campus; **Laura Scherping**, River Campus; **Laura Smith**, Women & Children; **Kelly Stone**, Plaza – Dermatology; **Cheryl Tschakofsky**, River Campus

5 Years: **Noel Binczik-Wolak**, Becker

## **Condolences to . .**

**Patrick Heller, M.D.**, Melrose, on the loss of his father-in-law; **Keith Leavell, M.D.**, Pulmonology, on the loss of his father-in-law; **Lisa Pfannenstien**, Business Center, on the loss of her mother and her brother-in-law; **Renee Buerman**, Business Center, on the loss of her sister; **Kathy Darling**, Business Center, on the loss of her uncle; **Molly Bellefeuille**, Business Center, on the loss of her husband's grandfather; **Renee Kemper**, Melrose, on the loss of her stepfather.

## **Diabetes Center offers healthy cooking classes**

Learn more about how good nutrition fits into your overall health and how to incorporate it into your everyday life at a Forever Healthy Cooking Series from 6:30-7:30 p.m. in the Diabetes Center Classroom. The Nov. 12 session covers holiday meals. Register by Nov. 5 by calling the Diabetes Center at (320) 202-7759. Cost is \$15.

## **CentraCare's Weight Management Programs**

The **L.I.F.E. (Lifestyle, Food and Exercise) program**, directed by David Kroska, M.D., works to improve participants' health, prevent disease and extend lifespan. The next session begins Jan. 6. The \$350 program fee includes several books, seven weekly seminars and a follow-up appointment. The program cost includes the option to bring your spouse or significant other without additional charge (materials will be shared). For more information or to register, call (320) 654-3630, ext. 70291.

**Rev It Up** is a weight loss program for adults. The next session meets weekly from Jan. 14-April 29. Taught by a registered dietitian, this interactive instruction class is designed to help you achieve a more efficient metabolism and a healthy, balanced life. The \$325 program fee includes tools and educational materials. Call 202-7759 for more information or to register.