

Elgin rancher Blaine Ottmar experienced a health care system at its best when he had a heart attack, as a rural and urban hospital partnered to save his life.

Saving lives, one heart at a time

It was one of those frigid North Dakota January mornings, when the wind’s icy fingers wrench a person’s breath away. Blaine Ottmar was busting ice on the water fountains at his cattle feedlot west of Elgin, a chore familiar to many cattlemen when temperatures plummet.

“I started getting this chest pain,” Ottmar said. “Then, I noticed my lungs started to hurt a little bit.” Still recov-

ering from a bout of COVID-19 from the past November, the cold weather often hurt his lungs.

“All winter long, when I breathed that cold air, my lungs were kind of hurting, and that’s what I thought it was,” he said.

So, the burly rancher shrugged, finished chores and went to town to complete some errands.

“Then on my way home, between

my shoulder blades, it really started to hurt and my arm started to go numb,” he said, describing classic symptoms of a heart attack.

His wife took him to Jacobson Memorial Hospital Care Center (JMHC) in Elgin, where Dr. Paul Swisher met him in the emergency room.

“I’m glad he was there, because that guy knows his stuff,” Ottmar said.

continued on next page

JMHC Lifelines • Spring 2022

Jacobson Memorial Hospital Care Center
 601 East St. North
 PO Box 367
 Elgin, ND 58533
 701-584-2792
www.jacobsonhospital.org
www.facebook.com/JMHC

INSIDE:

- National Hospital Week activities..... 4
- Meet JMHC’s new provider..... 6
- MyChart: your health connection 7
- Cardiac Ready Community 11
- And more



HEART CARE: from page 1

“When they hooked up the EKG on me, he looked over at the nurse and he said, ‘Ground or air,’ and I thought, ‘Oh, boy.’”

Ottmar was having an ST-elevation myocardial infarction (STEMI), a type of heart attack that is more serious and has a greater risk of serious complications and death. With this type of heart attack, the artery that carries blood from the heart to the rest of the body is completely blocked.

At JMHCC, Dr. Swisher, a locum provider who fills in when needed, and the staff, including RN Sheyenne Gerhardt, immediately connected with the hospital’s eEmergency service.

JMHCC utilizes eEmergency offered by Avera McKennan Hospital in Sioux Falls, S.D. The technology links Avera’s emergency-trained staff of nurses and doctors located at a central hub in Sioux Falls to subscribing rural hospitals through two-way video technology.

With a push of a button, local staff has immediate access to physician-led emergency care, additional support for local providers or simply answers to questions.



Dr. Carmen Ilie, interventional cardiologist, was awaiting Blaine Ottmar’s arrival at Sanford Health, where he was immediately treated.

In these situations, smaller hospitals can then rely on the eEmergency staff to assist with documentation, timing for medications and other information, while the in-house staff tends to the patient.

In the JMHCC emergency room, Ottmar was treated with immediate intervention, including chewing baby aspirin, and was prepped for transportation to Sanford Health in Bismarck

via the Elgin-New Leipzig ambulance, another emergency services aspect for which Ottmar is grateful.

From the immediate interventions at the local critical access hospital, to surgery at Sanford Health in Bismarck, Ottmar’s life was saved that cold winter day.

“Time is muscle, so the quicker that you can get things going, the more likely you are to save heart muscle,” Dr. Swisher said. STEMI is a serious heart attack, so early interventions matter, Swisher said, including involving a cardiologist immediately.

“The system has gotten such that the acute cardiac care has gotten standardized. You go into overdrive to do the steps you would take to handle that, which is first of all notify the closest place that can do cardiology intervention and get into contact with a cardiologist, and that worked well. Here, the eEmergency helped facilitate that as well,” Swisher said.

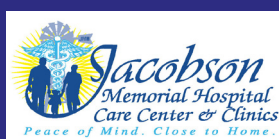
Standardized care means patients get top-tier care, even at a smaller rural hospital, Dr. Swisher said.

“As an ER physician, we get used to following the book,” he said.

Ottmar was taken by ambulance

JMHCC Lifelines • Spring 2022

JMHCC
601 East St. North
PO Box 367
Elgin, ND 58533
701-584-2792
www.jacobsonhospital.org
www.facebook.com/JMHCC



Welcome!

Welcome to Lifelines, a newsletter which is published quarterly by the Jacobson Memorial Hospital Care Center and the Jacobson Memorial Hospital Foundation, serving the region.

The mission of Jacobson Memorial Hospital Care Center:

Advance the health of the communities with respect and accountability, providing peace of mind close to home.

The vision of Jacobson Memorial Hospital Care Center:

Strive to be the community choice by providing excellent health care through continuous improvement.

The mission of the Jacobson Memorial Hospital Foundation:

Jacobson Memorial Hospital Foundation, in support of Jacobson Memorial Hospital Care Center, is to engage and foster health care philanthropy, and provide funds, support and programs to enhance continuous health care excellence for our region.

to Sanford Health, where the heart team, including Dr. Carmen Ilie, interventional cardiologist, was awaiting his arrival. He was immediately taken directly into the catheterization laboratory, where a stent was inserted to open an artery, which was 100% blocked. The lab includes diagnostic imaging equipment used to visualize the arteries and chambers of the heart and treat any stenosis or abnormality found.

“In no time flat, the doctor was working on me,” he said. “I was awake and she was talking to me. After about 20 minutes, she said, ‘Well, Blaine, you should be starting to feel better about now,’ and that’s when she had placed the stent.”

During the procedure, doctors identified another heart artery with 70% to 80% blockage, and Ottmar returned in February to have another stent inserted.

Ottmar is now taking medication and continuing followup care.

“I feel great,” he said. Before, he would breathe heavily while sleeping. “Now I’m as quiet as a mouse,” he said.

Ottmar’s father and two uncles died of heart attacks, and a younger brother also has a stent, so he knows the risk factors. And he encourages others with risk factors to see their provider.

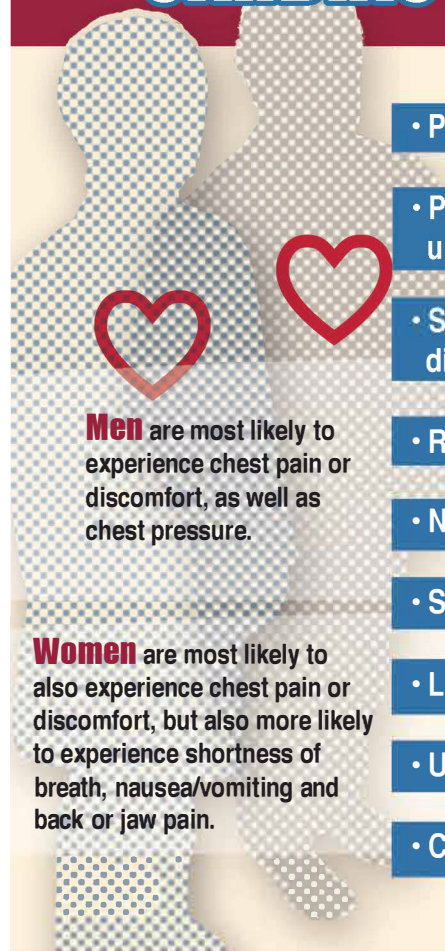
“It doesn’t take much to test your heart to check for blockage,” he said.

Meanwhile, the health care system has Ottmar back on his tractor, feeding cattle.

“It worked like it’s supposed to,” Dr. Swisher said. “It’s nice to see the system works.”

“We need that local hospital here. It’s unbelievable what they can do for you,” Ottmar said. “That’s amazing that a small hospital like this can help a guy out that much.” ■

Common signs of CARDIAC EMERGENCY



Men are most likely to experience chest pain or discomfort, as well as chest pressure.

Women are most likely to also experience chest pain or discomfort, but also more likely to experience shortness of breath, nausea/vomiting and back or jaw pain.

- Pain, tightness or pressure in the chest

- Pain in the neck, jaw, shoulder, upper back or abdominal discomfort

- Shortness of breath or difficulty breathing

- Right arm pain

- Nausea or vomiting

- Sweating

- Lightheadedness or dizziness

- Unusual fatigue

- Cough



What to do

1. Hands-only CPR
2. Call 911

3. Find an AED

4. Quick access to care

Serving with commitment, compassion, excellence, accountability

Jacobson Memorial Hospital Care Center
601 East Street North, Elgin
701-584-2792

JMHCC is an equal opportunity provider and employer.



Join us for National Hospital Week celebration

Jacobson Memorial Hospital Care Center (JMHCC) in Elgin will celebrate National Hospital Week with activities May 9-13, including discounted prices on certain lab tests and a 5-K color walk/run in Elgin. The theme for the week is “We Are Health Care.”

“We invite the public to celebrate the week with us, and encourage everyone to take advantage of the screenings we have scheduled,” says JMHCC CEO Theo Stoller. “With the pandemic putting even more pressure on our health care facilities over the past two years, we also want to recognize our staff, who have given an extraordinary effort into continuing to care for all our patients.”

COLORING CONTEST, SPEAKER

As part of the activities, students in kindergarten through fourth grade have been invited to participate in a coloring contest at Elgin/New Leipzig Public School, Glen Ullin Public School and Richardton-Taylor Public School, with the winners announced during the week.

The public is invited to hear a speaker share about joy and positivity at 2:30 p.m. Tuesday, May 10, in the activity room at JMHCC, with Kristi Pfliger-Keller, Hazen.

The staff at JMHCC will also be holding an in-house food drive for the

local food pantry.

“JMHCC is always looking for ways to give back to the community and this is just one way our staff would like to continue that tradition,” Stoller said.

DISCOUNTED LAB TESTS

Discounted prices on 10 different lab tests will be available during clinic hours during the week at the Elgin Community Clinic, Glen Ullin Family Medical Clinic and Richardton Clinic. Specific tests are shared on the next page.

“Knowing what your numbers are is an important aspect of taking charge of your health, so we offer these discounts during National Hospital Week,” Stoller said.

Those wishing to complete one or more of the tests should first make an appointment at their local clinic during National Hospital Week.

For appointments, call the Elgin Community Clinic at 584-3338, the Glen Ullin Family Medical Clinic at 348-9175 or the Richardton Clinic at 974-3372. All tests must be prepaid.

COLOR WALK/RUN

While JMHCC has sponsored walk/runs in the past, we’re kicking it up a notch this year, with a color walk/run on Thursday, May 12.

The public is invited to participate in the color walk/run on Thursday at

1 p.m., beginning at the Elgin Community Clinic parking lot. Each participant will be given a free T-shirt upon registration that day before the 1 p.m. walk/run.

The course will take participants to the golf course clubhouse and back to the clinic.

A separate color walk/run is being held with students at the Elgin/New Leipzig Public School that morning.

OTHER OBSERVANCES

JMHCC will be celebrating National Skilled Nursing Care Week May 8-14, too!

Celebrating with the theme, “Creating and Nurturing Connections,” events are planned throughout the week to recognize long-term patients at JMHCC. For details, see the activities calendar on the “Patients/Visitors” page at www.jacobsonhospital.org.

National Nurses Week is also observed that week, and in-house recognition will be shared with JMHCC nurses, with fun activities planned during the week. If you see staff wearing sunglasses or munching on a donut, it’s because “our future is so bright” and “we donut know what we would do without you!”

If you see one of JMHCC’s nurses, thank them for their dedication! ■



NATIONAL HOSPITAL WEEK • MAY 9-13

Jacobson Memorial Hospital Care Center, Elgin

May 9-13

Discounted prices
on 10 different lab tests
 Must be prepaid. Appointment necessary.

Chem 14: \$27
 (Must fast beforehand)
 Used to check organ function and monitor certain health conditions.

Complete blood count: \$20
 (Must fast beforehand)
 A complete blood count checks hemoglobin, and white and red blood cells. Used to detect anemia or infections.

FIT test: \$36
 This take-home kit, recommended for those ages 50-75, assists in screening for colorectal cancer.

Glycated hemoglobin (A1C): \$24
 Used to detect diabetes.

Lipid panel: \$34
 (Must fast beforehand)
 Measures the amount of cholesterol and triglycerides in your blood to monitor heart health.

PSA: \$39
 Tests for prostate cancer.

Vitamin B12: \$35
 Tests for B12 levels.

Iron: \$20
 Tests iron levels for anemia.

Vitamin D: \$50
 Tests for Vitamin D deficiency.

TSH (\$42) and Free T4 (\$17)
 Evaluates thyroid function.

Join us!

Color walk/run
1 p.m. May 12
starting at JMHCC
 Free T-shirts available that day for event!

Speaker on joy and positivity
2:30 p.m Tuesday, May 10
JMHCC activities room



Serving with commitment, compassion, excellence and accountability

www.jacobsonhospital.org



Jacobson Memorial Hospital Care Center is an equal opportunity provider and employer.

Elgin Community Clinic • 584-3338
Glen Ullin Family Medical Clinic • 348-9175
Richardton Clinic • 974-3372



Megan Thiel joins JMHCC provider team

Megan Thiel, DNP/FNP-C, has joined the Jacobson Memorial Hospital Care Center team as a certified family nurse practitioner (FNP). She will start seeing patients mainly at the Elgin Community Clinic on May 9.

Megan has more than 12 years of progressive nursing experience, including 10 years in rural health and close to three years as a clinical instructor for nursing students. She earned a Bachelor of Science degree in nursing from Minnesota State University-Mankato and a Doctor of Nursing Practice/Family Nurse Practitioner degree from North Dakota State University. She is board certified through the American Association of Nurse Practitioners and is a professional member of the American Academy of Nurse Practitioners.

Her clinical interests include rural health, geriatrics, addiction medicine and adolescent health.

“With Megan’s background, experience, drive and dedication, she is a great asset to JMHCC’s care team,” said JMHCC CEO Theo Stoller.

She chose to become a family nurse practitioner so she could positively impact people’s lives, she said.

“I couldn’t imagine myself really being anything else and I like to take care of people,” she said.

She currently works for a company called House Calls, which offers primary care for patients having difficulty getting out of their home. She mainly visits assisted living patients and homebound patients, providing primary care to the chronically ill.

She worked at a critical access hospital for about 10 years, so she looks forward to working in rural health

care again.

“I feel like rural health is my passion. I like rural health and working in a community like that. I like the variety of rural health,” she said.

Megan grew up in the Beulah area and now lives on a ranch between Beulah and Glen Ullin with her husband, Cody, and their 9-year-old son. They also have a golden retriever, Thor, who is part of the family.

Outside of work, Megan likes to spend time with family and friends, read and go boating at the lake.

She joins Dr. Elizabeth Sundberg, MD; April Berger, FNP-C; Carey Rivinius, DNP, FNP-C; Carrie Gerving, FNP-C; Rhonda Schmidt, FNP-C; and Jolene Engelhart, FNP-C; at JMHCC and its clinics in Elgin, Glen Ullin and Richardton.

“I’m excited to join the team,” she said. ■



April Berger, FNP-C

Dr. Elizabeth Sundberg, MD

Jolene Engelhart, FNP-C

Carrie Gerving, FNP-C

Rhonda Schmidt, FNP-C

Carey Rivinius, DNP, FNP-C



EHR

Electronic Health Record

Get Started

MyChart

JMHCC transitions to Epic for electronic health record

Jacobson Memorial Hospital Care Center (JMHCC) has launched a new electronic health record (EHR) site, switching to Epic software, which is a more standardized portal. There, patients can access MyChart, their own personal secure health connection.

The EHR assists providers in documenting patient visits and to communicate with patients more easily, said JMHCC CEO Theo Stoller.

“Epic is the most utilized by our larger facilities, so it standardizes everything when we have patients from another facility. Since we’re on the same system, the software can communicate a lot better,” he said.

Epic also allows facilities to share records more easily. A provider at a local clinic will be able to view records from a Bismarck hospital and vice versa.

Now, hospital and clinic patients may request prescription renewals or check lab results through the secure online patient portal, called MyChart.

MyChart is your connection to your personal medical information when you want it, where you want it, when it’s convenient for you. Enjoy safe and secure access to your health information, prescription information and test results during the time of day – or night – that works for you.

During your first patient visit at one of JMHCC’s clinics, you will be guided in setting up MyChart by creating your own username and password.

You will be asked if you want to receive email notifications as you sign in, and you can watch a video showing the features of MyChart.

Once you have established MyChart, the patient portal can be accessed by logging onto JMHCC’s website at www.jacobsonhospital.org and clicking on the “MyChart” button on the homepage. There is a MyChart app available for both Apple and Android devices as well.

There, patients can view their medical information and list of medications, request a prescription renewal or message their provider.

Providers can quickly communicate test results or lab results, and patients can message providers with questions or concerns. You will receive notification that a result or message is waiting for you in MyChart.

Request a prescription refill through MyChart and view your medical history. You can also make bill payments through MyChart.

You can also gain proxy access for your children or elderly parents. ■



Your secure online health connection.



All your health information in one place

See your medications, test results, upcoming appointments, medical bills, price estimates, and more all in one place, even if you've been seen at multiple healthcare organizations.



Log in and **get your test results sooner.** Also, conveniently review historical results whenever you need them.

Save yourself a phone call and **request prescription renewals right from the app.**



Share your medical record safely and securely

Share your medical record with anyone who needs it. Most of your healthcare providers can already get the information they need, but if they can't, you have the power to share your record on the spot.



Ask about MyChart and sign up today.



MyChart® is a registered trademark of Epic Systems Corporation.

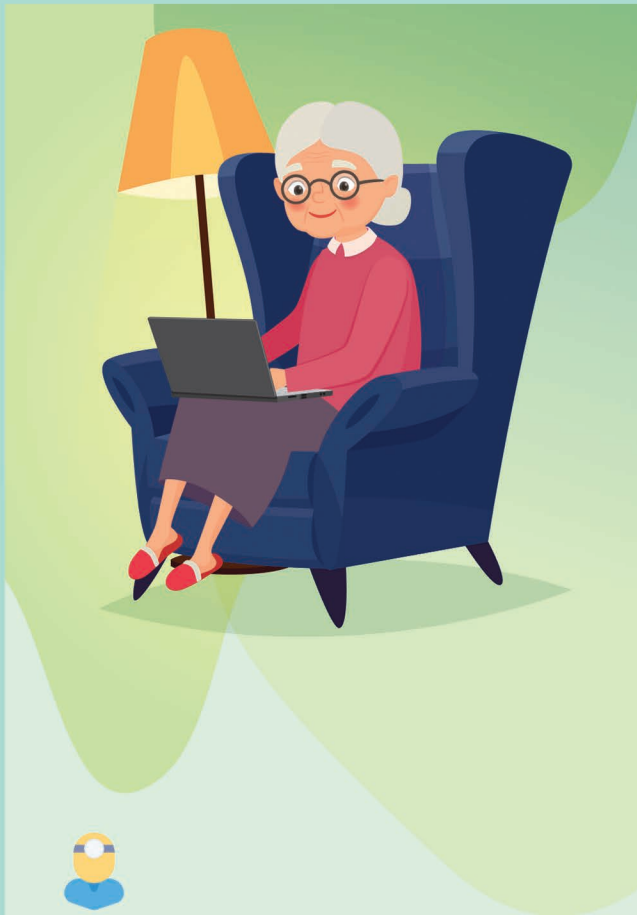
Jacobson Memorial Hospital Care Center
601 East Street North, Elgin
701-584-2792

JMHCC is an equal opportunity provider and employer.





Your secure online health connection.



Connect with a doctor no matter where you are

Send a message to your provider and receive a reply through MyChart, no matter where you are!



Take care of your children and other family members

Stay on top of everyone's appointments and check in on family members who need extra help, all from your account.

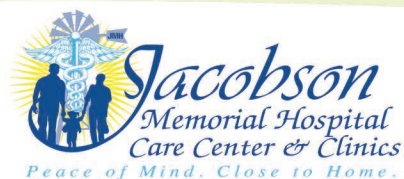


Ask about MyChart and sign up today.

MyChart® is a registered trademark of Epic Systems Corporation.

Jacobson Memorial Hospital Care Center
601 East Street North, Elgin
701-584-2792

JMHCC is an equal opportunity provider and employer.



What MyChart includes

MyChart offers patients personalized and secure on-line access to portions of their medical records. It helps you securely use the internet to help manage and receive information about your health. With an account, you may be able to:

- Access your health information
- Access test results
- Request prescription renewals
- Communicate electronically and securely with your medical care team

The software for MyChart, called Epic, is available to Jacobson Memorial Hospital Care Center (JMHCC) through Sanford Health. So, email notifications, the website portal and other aspects of MyChart include the Sanford Health logo. Patients should be aware that JMHCC is not affiliated with Sanford Health, however.

My homepage



On the homepage, review alerts for new information that might be of interest in the health feed. By clicking on the item, you are taken directly to that feature or information.

Across the top of the page are shortcuts to your most commonly used features. Each patient can customize those to reflect his or her preference.

A dropdown menu includes a searchable list of all MyChart features and options.

My care team



Along the side, you will see any providers who are currently listed as your care team.

Messaging is one of the most popular features in MyChart. It provides an opportunity for patients and providers to communicate at convenient times.

In the Message Center, view messages you have received and any past messages you have sent to your care team.

By selecting "Ask a Question," you can send your provider a message. It is much like sending an email.

When you have a nonemergency question or health concern, you can email your provider directly and securely with MyChart. Your care team can email you as well. It's a great way to exchange information without having to coordinate schedules.

My billing



You can see basic information about your account at a glance, including the date and amount of your last payment, current balance due and statements.

You can also pay your bill online.

My medical information



Your medical information is easily accessible with MyChart. Review your immunizations, allergies, summaries of recent visits to the doctor and current health concerns, whether it's on your desktop, your laptop or your phone.

With MyChart, your doctor will send normal test results as soon as they're available. You can also see any provider notes and comments so you can better understand those results.

My prescriptions



If you need a prescription refilled by your provider, MyChart lets you conveniently request prescription renewals for you and your family.

If you have not yet signed up for MyChart, JMHCC encourages you to contact any one of its local clinics in Elgin, Glen Ullin or Richardton with questions or assistance to begin using the convenient service. During your first patient visit, you should be asked either at registration or while you are in the exam room if you would like to begin accessing MyChart. Simply say "Yes!" and we'll get you started! ■

Glen Ullin named Cardiac Ready Community

The community of Glen Ullin has been designated as a Cardiac Ready Community after meeting certain criteria and applying for the designation.

Jacobson Memorial Hospital Care Center (JMHCC) spearheaded the effort to work with community representatives to designate Glen Ullin as a Cardiac Ready Community through the N.D. Department of Health. Signs will be placed at entrances to the community, so responders, residents and people passing through know the community is a Cardiac Ready Community.

To become certified, each community must satisfy specific criteria. These standards prepare residents with the skills to respond to a cardiac event. Standards must be reached in CPR instruction, public access to AEDs, blood pressure screenings, resuscitation protocols and transport plans for EMS and the hospital.

Once a community meets the established criteria, it can apply to be designated as a North Dakota Cardiac Ready Community. A Cardiac Ready Community designation promotes survival of a cardiac event which occurs outside of the hospital setting. Cardiac Ready Communities are empowered to actively lower cardiac mortality rates.

“During a cardiac arrest, the first five minutes are critical. With the placement of AEDs, people trained in CPR and emergency responders in place, we have a community which is prepared to increase survival rates,” said JMHCC CEO Theo Stoller.

The goal is to have a community prepared to respond

and assist if an individual has a cardiac arrest. To do this, it is important for individuals to be able to recognize a cardiac emergency, know how to dial 9-1-1 to access first responders immediately, begin CPR and have public access to AEDs. An AED is an automated external defibrillator, a portable electronic device which uses audio and visual commands to direct a layperson to treat a cardiac arrest through the application of the device.

In Glen Ullin, JMHCC acquired grant funds to place AEDs in additional locations.

To receive the designation, JMHCC organized community stakeholders and served as the lead coordinator for the designation. Stakeholders included the emergency manager, ambulance, fire department, city, sheriff’s department and Custer Health representatives, as well as hospital staff. The N.D. Department of Health evaluated the community’s current readiness and its plan to meet program criteria. This included access to AEDs, awareness campaigns – which will be ongoing – and CPR training.

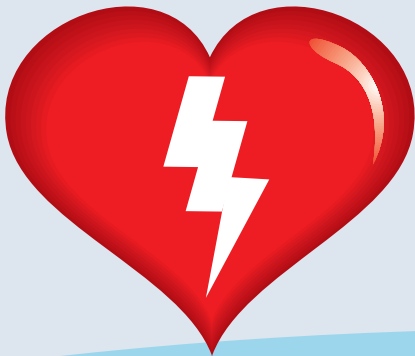
JMHCC has also assisted Elgin and New Leipzig to achieve the same designation.

The Cardiac Ready Communities project is a partnership of the N.D. Department of Health’s Division of Emergency Medical Systems and the American Heart Association through the North Dakota Cardiac System of Care. The designation is valid for three years, at which time the community will need to renew the designation. ■

Where are AEDs in Glen Ullin?

AED

Automated External Defibrillator



- Glen Ullin Family Medical Clinic, 602 Ash Ave. East
- Marian Manor HealthCare Center, 604 Ash Ave. East
- Sacred Heart Catholic Church, 203 Ash Ave. East
- Sacred Heart Parish Center, 205 Ash Ave. East
- Super Valu, 112 Main St. S.
- Glen Ullin Pharmacy, 113 Main St. S.
- Bank of Glen Ullin, 106 W. South Ave.
- Glen Ullin Auto Parts, 104 East S. South
- Cenex, 6490 Hwy. 49
- Glen Ullin Public School, 6508 Hwy. 49

HIRING

Are you loyal, driven
and compassionate?

Jacobson Memorial Hospital Care Center, Elgin THE RIGHT PLACE FOR YOU!

Welcoming • Professional • Family-oriented • Supportive • Teamwork • Friendly • Fulfillment • Compassionate
Wouldn't you like to work at a place where you can be enriched, supported and make a difference?

Join our team of like-minded people!

EMT OR A-EMT - Elgin

Full-time or part-time, rotating shifts, weekend and holiday call.
\$2,000 sign-on bonus.

Ambulance driver - Elgin

PRN, rotating shifts, weekend and holiday call.
\$2,000 sign-on bonus.

Radiology tech - Elgin

Full-time, rotating nights, weekends and holidays call. Must have a radiology degree, willing to train in CT.

Starting wage \$21.12 an hour.
\$10,000 sign-on bonus, \$25,000 student loan repayment.

RN clinic nurse

Part-time RN floating between three clinics.

Starting wage \$21.15 an hour.
\$7,500 sign-on bonus, \$25,000 student loan repayment.

LPN clinic nurse

Part-time LPN floating between three clinics.

Starting wage \$19.57 an hour.
\$7,500 sign-on bonus, \$25,000 student loan repayment.

Family practice doctor

Full-time or part-time. Salary negotiable

\$7,500 sign-on bonus, \$25,000 student loan repayment.

Nurse practitioner

Full-time or part-time. Salary negotiable

\$7,500 sign-on bonus, \$25,000 student loan repayment.

Licensed Practical Nurse (LPN) - Elgin

Enrich the lives of patients while choosing your own schedule in full-time or part-time LPN position.

Starting wage \$22.66 an hour.
\$7,500 sign-on bonus, \$25,000 student loan repayment.

Registered Nurse (RN) - Elgin

Make a difference and gain valuable experience as a full-time or part-time charge nurse at Jacobson Memorial Hospital Care Center!

Starting wage \$29.36 an hour.
\$7,500 sign-on bonus, \$25,000 student loan repayment.

Certified Nurse Assistant (CNA) - Elgin

CNA certification required, but we can assist you in obtaining certification if necessary. Full-time or part-time positions are available.

Starting wage \$17 an hour. \$4,000 sign-on bonus.

Paramedic - Elgin

Full-time or part-time, rotating shifts, weekend and holiday call.

\$2,000 sign-on bonus.

All starting salaries may increase based on experience. Sign-on bonuses and student loan repayment programs based on eligibility.

Serving with commitment, compassion, excellence and accountability

All full-time and part-time positions are eligible for our competitive benefits package.

Contact Kristin at 701-584-7247 or
kheid@jmhcc.org to apply.

Jacobson Memorial Hospital Care Center is an equal opportunity provider and employer.

