

BUFFALO HOSPITAL

VOLUME 11, NUMBER 1

WINTER 2005

VISIT US ON THE WEB: WWW.BUFFALOHOSPITAL.ORG



John Robinson, MD, Emergency Department, is piloting the use of a tablet PC at patients' bedsides, which allows him to review their records and write notes on their care. "This technology allows me to be more mobile and spend more time with patients," says Robinson. The new electronic medical record system at Buffalo Hospital makes this kind of access and efficiency possible.

PHOTO: Meredith Johanson

NEW ELECTRONIC MEDICAL RECORD

Using technology to enhance care

A VISIT TO the hospital can be an unexpected and stressful event, and it can be very difficult to remember, much less recite, your medical history. And in an emergency, there may be no time. What are your allergies? What is your family history? What tests or medical care have you had recently?

Wouldn't it be easier and provide greater peace of mind if your caregiver already had that information? As the first hospital using Allina's shared electronic medical record system, Buffalo Hospital is making that happen.

Buffalo Hospital and the Allina Medical Clinic offices in Buffalo, Annandale and Cokato are all using the same electronic

medical record, which is a computerized version of a paper medical record. While Buffalo Clinic patients will continue to have a paper clinic record, Buffalo Clinic doctors are using the system to care for patients in the hospital. They are also able to access the electronic hospital information from their clinics as well as from computers in their homes.

BETTER INFORMATION MEANS BETTER CARE

"Understanding a patient's current and past health is essential to deliver optimal

—Continued on Page 2



3 Caregiver stress: Get help and take care of yourself, too



4 Prostate health: What men need to know



6 Join us for a sleep disorders and obesity seminar



BUFFALO HOSPITAL

Allina Hospitals & Clinics



What the electronic medical record will do for you

The new electronic medical record system at Buffalo Hospital gives you greater peace of mind because we have all the information we need to provide you and your family with safe, quality care. Your care will be better because of:

Timely access to your medical information. Caregivers can see your complete medical history with a few clicks of the computer mouse.

Immediate safety checks. For your safety, the new system automatically cross-checks your allergies and current medications with any new prescriptions being considered.

Fewer repeated questions. You save valuable time by providing your contact and insurance information, as well as details of your medical history only once—including allergies, medications and prior health conditions. After that, all you need to do is verify that the information is up-to-date.

Quicker access to test results. Your caregiver is notified by e-mail when test results are added to your electronic medical record, eliminating the time for test results to travel from the lab. Having one electronic medical record that is shared among caregivers and locations makes it easier to review a history of test results.

Kim Shonyo registers a patient at the bedside. With the new electronic medical record, critical emergency patients are now registered at the bedside to enhance their comfort and expedite their care.

—Continued from Page 1
medical care,” says Andrew Burgdorf, MD, family physician at Allina Medical Clinic–Buffalo. “With one shared patient record across the system, we’re able to unite as a team of health professionals to provide the highest quality, comprehensive health care possible.”

John Robinson, MD, Buffalo Hospital emergency physician, says, “If an emergency room patient has visited Buffalo Hospital or an area Allina Medical Clinic, I’m able to pull up their information in a matter of seconds, rather than waiting for someone to locate and deliver a paper chart to me. It’s fantastic.”

Christopher Menzies, MD, obstetrician/gynecologist at Buffalo Clinic, says, “It also allows me to easily follow the progress of a patient in labor at the hospital from the desktop in my clinic.”

PREVENTIVE CARE

“When I’m seeing a patient, the system can alert me when preventative care is due, such as breast and colon cancer screening or pediatric vaccinations,” says Burgdorf. “This will have a significant impact on improving the health of our whole community rather than waiting for people to present with illness before intervening.”

ADVANCED SECURITY

Only medical providers and personnel involved in a patient’s care will access his or her medical record. Advanced security measures are in place, including a system that monitors who has accessed a patient’s information.

Watch for more information as Allina’s electronic medical record brings added benefits to area patients. ❖



Visit us at www.buffalohospital.org.

Caregiver stress

GETTING HELP, AND TAKING CARE OF YOURSELF, TOO

NOTHING IN Stephanie Keller's life—including being the working mother of three children or losing her father to an unexpected heart attack—prepared her for the stress of caregiving. For nine months, Keller cared for her dying mother, and routinely she was “on call” around the clock.

“I wanted to do it. After all, my mother cared for me,” she says. Even so, the responsibility left her physically and emotionally overwhelmed.

Among the country's estimated 25 million caregivers, such stories are common. Caring for a parent, spouse or anyone with a lingering medical problem is often so consuming that caregivers themselves become ill.

“We try to prevent some of the stress by helping caregivers find local resources before patients are discharged from the hospital,” says Cheryl Schwietering, RN, care manager at Buffalo Hospital. “A nurse or care manager assesses each patient and family situation and recommends local resources that can help.” Consider this advice from Schwietering, the Administration on Aging, and the American Medical Association:

■ Allow yourself to ask family and friends for help. There's a misconception that good sons and daughters or good spouses should be able to manage on their own. But caregiving—particularly when constant—is simply too demanding

a job for one person.

■ When you ask for help, be specific. For example, ask, “Could you please drive Dad to the doctor this Wednesday?”

■ Educate yourself. Learn everything you can about your loved one's medical condition and treatment plan. Know where things like banking and insurance information and legal documents are kept.

■ Tap in to your community. “There are agencies and volunteers in the Wright County area that can help caregivers with meals, transportation, respite care, home care services, counseling and more,” says Joyce Robasse, RN, care manager at Buffalo Hospital. For assistance finding community services, call Wright County Faith in Action at 763-234-3586 or Senior Linkage, a state wide Minnesota connection to resources, at 1-800-333-2433.

■ Be good to yourself. Take breaks to do what you enjoy. Stay in touch with friends. You're under pressure and you need time for yourself. You risk burning out if you don't take care of some of your needs, too.

■ Don't neglect your health: Eat properly, get enough rest and try to fit in some exercise.

Finally, if you're increasingly anxious, angry or sad, see your doctor. Counseling and other treatments can help you regain control. ♦



How friends can help a caregiver

You want to help. And you can do more than you might suspect to help someone who has taken on the challenges of caregiving.

■ Rather than saying, “Call me if you need me,” offer concrete help.

Volunteer to track down community services, fix a meal or take over your friend's caregiving responsibilities for a few hours.

■ Show you care by regularly asking how your friend is faring.

■ Remind your friend that no one will think poorly of him or her for taking breaks from caregiving; “refueling time” is vital.

Source: National Family Caregivers Association

prostate health

What
men
need
to
know



Men's health event, Jan. 27, 5-8 p.m.

Join Urologist Chris Boelter, MD, from Buffalo Hospital and Adult and Pediatric Urology, P.L.L.P., to learn about health issues specific to men, including prostate problems, cancer, sexual dysfunction and health screening guidelines.

Buffalo Hospital Conference Center

5-6 p.m. Health screenings, displays and refreshments.

6-7 p.m. Men's Unique Health Concerns by Urologist Chris Boelter.

7-8 p.m. Health screenings continue.

Health screenings will include:

- Free diabetes screening (fasting or nonfasting).
- Free blood pressure checks.
- PSA test (prostate specific antigen). Cost: \$15.
- Nonfasting total cholesterol and cholesterol/HDL ratio. Cost \$15.
- Free depression screening.

Register by calling 763-684-7121 or by visiting www.buffalohospital.org.

B E IT YESTERDAY'S game, the fish that got away or the latest computer gadget, some things are easy for men to talk about.

But other “guy stuff”—like prostate health—may not be getting the discussion time it deserves.

That's unfortunate because, according to the American Foundation for Urologic Disease, more than half of all men over 50 will experience prostate problems. “Although many prostate conditions are not usually life-threatening, they can interfere with life activities,” says Chris Boelter, MD, urologist at Buffalo Hospital and Adult and Pediatric Urology, P.L.L.P. “And prostate cancer is serious. For their health, and for their lifestyle, men should talk to their doctor when they experience the symptoms of prostate problems.”

PROSTATE TROUBLE

The prostate is a gland about the size of a walnut. Located below your

bladder, it surrounds your urethra, the tube that carries urine from your bladder out of your body. The prostate's job is to make fluid for semen.

BEFORE 50

The most common prostate problem in men younger than 50 is prostatitis, an infection of the prostate, according to the National Institute of Diabetes and Digestive and Kidney Diseases.

Symptoms may include frequent urination, pain in the lower back and between the legs, and a burning feeling when you urinate.

The treatment for prostatitis caused by bacteria may include antibiotics and, in some cases, surgery. Treatments for nonbacterial prostatitis may include warm baths, diet changes and medications called alpha blockers. These drugs help relax muscle tissue in the prostate.

AFTER 50

Benign prostatic hyperplasia, or BPH, is the most common prostate problem in men older than 50. It's a condition in which the prostate grows in size. It's not related to cancer, however.

By itself, BPH is generally not serious. But it can be annoying, and in some cases it can lead to problems such as urinary tract infections and the complete inability to urinate. In rare cases, it may damage the bladder and kidneys.

Symptoms of BPH include:

- Weak urine stream or difficulty starting stream.
- Feeling unable to empty the bladder.
- Dribbling and leaking.
- Frequent urination, especially at night.

If the doctor determines you



PHOTO: Meredith Johanson

Chris Boelter, MD, urologist, Buffalo Hospital and Adult and Pediatric Urology, P.L.L.P.

have BPH, treatment is based on how the condition is affecting your life. "There are wonderful medications that help, and new surgical options provide faster results with easier recoveries," says Boelter. See the article below about a new laser surgery at Buffalo Hospital.

PROSTATE CANCER MYTHS

"People have gotten the idea that prostate cancer isn't serious," says Boelter. "Prostate cancer is the No. 1 cancer in men, and the No. 2 cancer killer of men. One in six men will get prostate cancer." Another misconception is that treatment always involves aggressive surgery. "There are many treatment options," he explains. "Early detection offers a better chance of cure, and allows more options for treatment."

CHECKUPS

Boelter recommends yearly prostate checkups with a PSA test and physical exam, beginning at age 50 for someone with no family history of prostate problems. "PSA screening is controversial, but since PSA screening started, more cancers

have been detected when they were smaller, confined, and more curable. African American men or those with a family history of prostate problems should begin checkups even earlier," says Boelter. "It's a personal decision, but it should be offered to all men."

TALK IT OUT

"Because symptoms come on gradually, many men adjust to prostate problems and don't realize that it is affecting their lifestyle," notes Boelter. Bring it up with your doctor. There's no need to live with symptoms when help is available. ❖

New laser surgery for prostate at Buffalo Hospital

FAST RESULTS, FAST RECOVERY

Surgical treatment for enlarged prostate symptoms became more comfortable, more convenient and more effective when Buffalo Hospital added new KTP "green laser" technology in the Surgery & Outpatient Center recently.

"The new laser treatment is a big improvement," says Chris Boelter, MD, urologist at Buffalo Hospital and Adult and Pediatric Urology, P.L.L.P. "Recovery is much easier than with older techniques, with minimal irritation, swelling and bleeding. Most patients see immediate improvement in their symptoms. Most patients can expect to go home the same day, often without using a catheter, and can get on with their lives in a matter of days instead of weeks." The laser vaporizes excess tissue.

"The new technology is not widely available, and we're pleased to be able to do this procedure at Buffalo Hospital," he adds. For more information, call 763-682-2268.

Worth talking about—
if you have any
bothersome symptoms
or are older than 50,
talk to your doctor.



PHOTO: Meredith Johanson

Sleep studies can help diagnose sleep disorders that contribute to your sleep debt. At Buffalo Hospital's Sleep Center, Patricia Rathbun, registered polysomnographic technologist, explains continuous positive airway pressure (CPAP), the most common treatment for sleep apnea.

Learn about sleep disorders, obesity and gastric bypass

Monday, Jan. 24, 7-9 p.m.

Studies have shown that sleep disorders can contribute to obesity, and obesity can interfere with sleep, creating a vicious cycle.

The National Institutes of Health states that for the severely obese, surgical methods work better in the long term than diet programs. In October 2004, *The Journal of the American Medical Association (JAMA)* published a report indicating that obesity surgery also reduces the risk of diabetes, high blood pressure and cholesterol that can lead to heart attack and stroke. Gastric bypass surgery continues to be the only treatment found to be effective for morbid obesity.

Join us on **Monday, Jan. 24, 7-9 p.m.** at the Buffalo Hospital Conference Center for a class on common sleep disorders and how they contribute to obesity, as well as diagnosis and treatment options. Courtney Whitney, DO, sleep specialist from Buffalo Hospital Sleep Center, will be the speaker.

Janet Rudlong, RN, Mercy & Unity Bariatric program manager, will also discuss the gastric bypass Roux-en-Y surgery and the Bariatric Center's extensive network of support groups that can help patients adjust to the emotional and physical changes that occur with rapid weight loss.



When you owe your pillow

SLEEPY LITTLE TIPS FOR THE WALKING WEARY

MANY AMERICANS are in serious debt: sleep debt. Sixty percent of us have sleep problems that keep us from falling asleep, wake us in the night or make us drowsy during the day, according to the National Sleep Foundation.

Sleep is as important to our health as exercise and good nutrition. A lack of sleep can make us feel depressed and irritable, and make it hard to concentrate or remember everyday things. Drowsy driving causes many serious or fatal car crashes each year. Sleep problems can also cause weight problems. See the article at right for more information.

HOW MUCH DO I NEED?

Most healthy adults need an average of eight hours of sleep a night, according to the sleep foundation. A hectic family schedule, a new baby or unusual working hours may prevent us from getting the sleep we need.

If you feel drowsy during the day

and can't stay awake during quiet or tedious activities, you aren't getting enough sleep.

REPAY YOUR SLEEP DEBT

You need extra sleep to make up for the sleep you've missed. To get some satisfying shut-eye, try these tips from the sleep foundation:

- Avoid nicotine and alcohol, especially before bedtime. Avoid caffeine within six hours of bedtime.
- Exercise in the late afternoon; this can help you sleep better. Avoid exercise close to bedtime.
- Keep your room cool, quiet and dark.
- Unwind from your day with a bath or quiet music.
- Associate your bed with sleep—don't use it as a place to pay bills or watch television, for example.
- Once you are caught up, keep a regular sleep schedule. Your quality of sleep improves if you go to bed and wake up at the same time every day, even on weekends. ❖

Sleep problems can also cause weight problems.



BUFFALO HOSPITAL

Buffalo Hospital invites you to register for a health-promoting class or seminar by visiting www.buffalohospital.org or calling 763-684-7121. Programs with a fee are denoted with an asterisk*.

GENERAL WELLNESS

Healthy Hearts

For cardiac patients and their loved ones. Meets monthly on the third Monday, 7-8:30 p.m.

Stroke Support Group

Meets monthly on the second Wednesday, 1-2 p.m.

Before Surgery

Party for Children

Children view a video and tour the Surgery & Outpatient Center. Call to schedule.

TOBACCO INTERVENTION PROGRAMS (TIP)

Getting Started

April 4, 7-8:30 p.m.

My Plan*

Design a plan to fit your lifestyle. Call to schedule.

CPR AND FIRST AID COURSES

Classes can be customized for businesses to meet their individual needs.

Pediatric First Aid, AED and CPR*

Meets child day care training requirements. Jan. 29, Feb. 26 or April 2, 8 a.m.-4:30 p.m.

Adult First Aid, AED and CPR*

Meets child day care training requirements. March 5 or April 9, 8 a.m.-4:30 p.m.

Basic Life Support for Health Care Providers*

This course covers adult, infant and child CPR, foreign body airway obstruction. Jan. 18 and 25, 5:30-9:30 p.m.

CPR Refresher for Health Care Providers*

March 30, 5:30-9:30 p.m.

CHILDBIRTH AND PARENTING A Healthy Pregnancy*

Feb. 8 or April 12, 6:30-9 p.m.

Childbirth

Preparation Series*

Six-week series starts March 3, 6:30-8:30 p.m.

Childbirth Preparation—Single Session*

Feb. 19 or April 16, 9 a.m.-4 p.m.

Refresher for

Childbirth Preparation*

Two-week series, March 10 and 17, 6:30-9 p.m.

Taking Care of Yourself and Baby—

The Postpartum Period*

Feb. 10 or April 7, 6:30-8:30 p.m.

Breastfeeding Preparation*

Feb. 17 or April 14, 6:30-8:30 p.m.

New Brother,

New Sister*

March 8, 6:30-8 p.m.

COMING EVENTS

Heart and Stroke Screening

■ **Screening: Saturday, Feb. 5, 8 a.m.-noon**

■ **Follow-up session: Monday, Feb. 28, 7-8:30 p.m.**

Buffalo Hospital Conference Center

The heart test includes an in-depth cardiovascular risk analysis questionnaire, a complete blood cholesterol (total cholesterol, triglycerides, HDL, LDL), glucose profile and blood pressure tests.

On Feb. 28, learn about controlling risk factors for heart disease and stroke with tips on stress management, nutrition and exercise. Screening participants will receive a personal heart risk profile with detailed information about your own risk factors and ways to reduce them.

The cost is \$20, which includes the screening on Feb. 5 and the educational seminar on Feb. 28.

To register, visit www.buffalohospital.org or call 763-684-7121.

Skin Care Seminar and Screening

Monday, March 28, 5-8 p.m.

Buffalo Hospital Conference Center

■ **5-6 p.m. Private screenings and refreshments.**

■ **6-7 p.m. Maintaining Healthy, Beautiful Skin.**

Attend this panel discussion featuring physicians from the Medical Skin Care Center of Buffalo Clinic to learn about skin care and treatment options ranging from microdermabrasion, laser skin resurfacing, and Botox injections to vascular lesion laser removal and mole mapping for imperfections.

■ **7-8 p.m. Private screenings continue.**

To register, visit www.buffalohospital.org or call 763-684-7121.

Birth Center Tour

Jan. 18, Feb 25 or April 19,

7-8 p.m.; or March 19,

9-10 a.m.

Be prepared for winter driving



WHEN THE WEATHER outside is frightful, it's time to revisit the Boy Scout motto: Be prepared.

According to the Federal Emergency Management Administration, the leading cause of death during winter storms is transportation crashes. Preparing yourself and your vehicle for possible hazards on the road is crucial.

Here are some tips for safe winter travel:

- Schedule your vehicle for a tuneup. You should have adequate antifreeze, a good battery and safe tires.
- Dress in layers. Bring winter boots, a hat, gloves and other warm clothes with you—even on short trips.
- Maintain at least a half-tank of gas.
- Plan long trips carefully and make sure someone knows about your travel plans.
- Bring a cell phone.

Prepare your vehicle for winter road hazards.

If you are stranded in your vehicle:

- Make sure snow is not blocking the exhaust pipe.
- Light two flares and place one at each end of your vehicle, a safe distance away.
- Stay in your vehicle and open a window slightly for fresh air.
- Occasionally run the engine to keep warm.
- Wrap yourself in blankets and use newspapers, maps and any other materials for added insulation.
- Exercise to maintain circulation.
- Do not set out on foot unless you see a building close by where you know you can take shelter. ❖



Winter car kit

For everyday driving, keep these items in your car:

- Flashlight.
- Jumper cables.
- Sand or kitty litter (for traction).
- Ice scraper, snow brush and small shovel.
- Blankets.
- Flares or other warning devices.

For longer trips, bring food, water, extra blankets and required medication.

For more information about winter safety, visit www.fema.gov.

For hospital information and services, visit www.buffalohospital.org.

HEALTHY COMMUNITIES™ MAGAZINE is published as a community service for the friends and patrons of BUFFALO HOSPITAL, 303 Catlin Street, Buffalo, MN 55313. Allina and the Allina logo are registered trademarks of Allina Health System.

Buffalo Hospital Board of Trustees

Cara Beatty, MD; Bill Goodall, MD, Chief of Staff; Shirley Hagerty, RN; Nancy Halagan, RN; Don Hozempa, Chairman; Chuck Klaassen; Mark Kraemer, MD; Jim LaTour; Jim Loe; Mary Ellen Wells, President; Teresa Wrobbel, MD; Marcia Ziegler, EdD, Foundation Chairwoman

Sonja Carlson, Editor

Information in HEALTHY COMMUNITIES™ MAGAZINE comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

Copyright © 2004 Coffey Communications, Inc. LHN16640c



BUFFALO HOSPITAL
Allina Hospitals & Clinics

303 Catlin St.
Buffalo, MN
55313

Nonprofit Org.
U.S. Postage
PAID
Minneapolis, MN
Permit No.3844