

Buffalo

Volume 10, Number 1

Winter 2004

HOSPITAL

VISIT
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Web
www.buffalohospital.org

THE NEWLY EXPANDED EMERGENCY DEPARTMENT

Standing ready

NO ONE PLANS a visit to the emergency department. But if a sudden injury or illness sends you to the hospital, the emergency department will likely be your first stop.

An unexpected visit can be less stressful if you know what to expect when you arrive. "Our open house tours are designed to walk the public through the full emergency visit experience," says Pam Pittman, RN, ER nurse manager at Buffalo Hospital. Learn more about the open house in the sidebar below.

WHAT SHOULD I EXPECT?

The team of medical professionals at Buffalo Hospital's newly expanded Emergency Department is specially trained for emergency medical needs. "An emergency physician, full laboratory and radiology services are on-site around

the clock, so 97 percent of emergencies can be treated without transferring patients to another hospital," says Tracy Powell, MD, emergency physician at Buffalo Hospital.

If you arrive in the Emergency Department by ambulance or are unconscious, you will be treated immediately. If someone else drives you or you drive yourself, you will enter a waiting area where your condition will be assessed.

One of the first people you'll encounter will be a nurse. "We assess each patient upon arrival to determine how quickly they need to be seen," says Beth Hartneck, RN, in Buffalo Hospital's ER.

HOW LONG WILL IT TAKE?

If your condition is not critical, you may have to wait for treatment while more seriously
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ER and Cardiac Center open house

Saturday, Jan. 24, 10 a.m. to 1 p.m.

Check out Buffalo Hospital's newly expanded emergency and urgent care services. Enjoy a tour of the new facility by experiencing a visit from triage to discharge, along with a variety of hands-on demonstrations, refreshments and giveaways.



Specially trained nurses at Buffalo Hospital, such as Jill Mahoney, RN, use a triage process to assess all patients.

PHOTO: Meredith Johanson



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**BUFFALO
HOSPITAL**

Allina Hospitals & Clinics

BUFFALO HOSPITAL BEGINS NEXT PHASE OF GROWTH PLANS

EXPANDED SURGERY AND DIAGNOSTIC IMAGING CENTERS WILL ENHANCE PATIENT CARE

Last fall, Buffalo Hospital broke ground on a new Surgery and Outpatient Center and expanded Diagnostic Imaging Center, slated to open this summer.

Part of a \$20 million growth plan that began in 2001, the new center will add 7,000 square feet to the hospital.

The new Surgery Center will provide enhanced privacy and comfort for patients. The center will include four operating rooms (one specially equipped for orthopedic procedures), two procedure rooms, 18 recovery rooms, an oncology suite and a private consultation area, along with a family waiting room with a special children's area.

"The expanded facility allows us to add services," says Peter Loes, MD, Buffalo Hospital chief of staff. "The most recent additions include expanded services in orthopedics, urology and cardiology."

In addition to the Surgery Center, a new Diagnostic Imaging Center will nearly double the size of the current facility and enhance patient privacy. "We're enlarging the computerized tomography (CT) scanning room, adding a second ultrasound, expanding and reconfiguring waiting and dressing rooms," says Rose Voigt, imaging manager. Buffalo Hospital will continue to provide the full range of diagnostics throughout the construction, including radiography (X-ray), fluoroscopy, mammography, CT, permanently based magnetic resonance imaging (MRI) and nuclear medicine. ❖

Sports assessments, including golf swing analysis, will be new services offered at the new Buffalo Hospital Rehab Center location at the health club in Buffalo this summer.



FOR MORE INFORMATION ABOUT THESE GROWING SERVICES, INCLUDING A DIAGRAM OF THE CURRENT FACILITY PLANS, VISIT WWW.BUFFALOHOSPITAL.ORG OR CALL 763-682-7121.

BUFFALO HOSPITAL REHABILITATION SERVICES IN A HEALTH CLUB SETTING

Buffalo Hospital Rehab Center is opening a new location this summer at the newly expanded health club in Buffalo. The new Rehab Center location combines the expertise of Buffalo Hospital physical therapists and athletic trainers with the equipment and pool at the health club to provide comprehensive sports medicine, physical therapy and industrial medicine in a health club setting.

"Relocating these therapies adjacent to the health club allows us to add new programs and therapy techniques," says Brett Oden, MD, medical director of the Rehab Center and sports medicine specialist at Buffalo Clinic. "For example, we'll offer aquatic therapy for over-use injuries, which takes gravity out of the equation and allows therapists to provide more treatments for arthritic and repetitive motion injuries."

"At the new health club, the Rehab Center will offer our fitness assessment along with three new sports assessments—running analysis, golf swing video analysis and a throwing analysis," says Chris Stone, physical therapist and manager of the Rehab Center. "These analyses will provide patients with recommendations on how to improve their overall sports performance, including injury prevention and conditioning tips."

A new health resource room will also be available for fitness and wellness educational programs around joint injuries, arthritis, general exercise and other fitness topics.

"Rehab Center patients will have access to the pool, a wide array of fitness equipment, activities and classes during the course of their care," adds Oden. "Our ultimate goal is to have our patients progress to a healthier lifestyle by making fitness a priority in their lives." ❖

THE NEWLY EXPANDED EMERGENCY DEPARTMENT IS STANDING READY

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ill or injured people are treated first.

When a doctor is available, you will go to an examination area to be treated. A registered nurse will do a "head-to-toe" assessment and, depending on your condition, the emergency physician may order tests such as X-rays or blood samples, prescribe medications or consult your regular physician.

If you are critically ill or require

constant medications or fluids, you may be admitted to the hospital. Otherwise, the doctor will talk to you about your condition and treatment plan. You will then be discharged.

The length of your stay in the emergency department will depend on several factors—including how many other patients are waiting, the severity of your condition and how many tests you may require. "We encourage all patients to follow up

with their primary care physician after an emergency visit," says Powell.

BE PREPARED

Keeping an up-to-date health history form can help you provide information quickly in the ER. To find a medical history and health care directive form or learn more about preventing emergencies, visit the health library at www.buffalohospital.org. ❖

From squad cars to schools—AEDs save lives

STEVE SIRR, MD, was spending an evening in his study in St. Michael, about to boot up the computer, when he collapsed, hitting his head on the desk and falling to the floor. “I happened to be in Albertville when the call came in and knew exactly where to go, so my response time was very fast,” says Rich Halverson, a deputy with the Wright County Sheriff’s Office. “I checked his vitals and immediately placed the AED [automatic external defibrillator] patches and followed the machine’s instructions. I shocked him four times, and the fifth time a heart rhythm was established.”

“Forty-two people every hour experience sudden cardiac arrest, and immediate access to an AED can make the difference between life and death,” says Charles Lick, MD, medical director of Buffalo Hospital’s Emergency Department and Allina Medical Transportation. “The chance of surviving cardiac arrest outside of a hospital declines by about 10 percent each minute without defibrillation.

“On average, ambulances take six to 12 minutes to respond,” continues Lick. “In most sudden cardiac arrest cases, an ambulance won’t arrive in time to save a life, but quick action by the first person on the scene with an AED will.” Since law enforcement officers are often the first to arrive at the scene, squad cars were equipped with AEDs several years ago in a program

spearheaded by Lick. As a result, four lives have been saved.

“I’m as good as new,” says Sirr. “Deputy Halverson did a great job and I’m very glad Wright County had the forethought to equip officers with AEDs. Otherwise, I wouldn’t be here.”

MORE AEDS, MORE LIVES SAVED

The newly formed Buffalo Hospital Foundation and the Cardiac Center have partnered with Allina Hospitals & Clinics and the Community Health Foundation to

launch Heart Safe Communities, an initiative to place AEDs in public facilities

like schools, senior centers, libraries and town halls.

“Focused on creating a completely new ‘culture of response,’

Heart Safe Communities will also train citizens to use AEDs. We can all help save a life by calling 911 immediately and using an AED,” says Sally Macnab, executive director of the Community Health Foundation.

YOU CAN HELP

“The Buffalo Hospital Foundation has established a Heart Safe Fund for each community in and around Wright County to place AEDs in key locations,” says Mary Clem, executive director of the Buffalo Hospital Foundation. “Placing AEDs in squad cars was a first step. We know that by placing defibrillators where people live, work and play, and training citizens to use them, we can raise survival rates from 8 to nearly 30 percent.”

To learn more about Heart Safe Communities in Wright County or to make a donation to support defibrillators in your community, call the Buffalo Hospital Foundation at 763-682-8835 or visit www.buffalohospital.org. ♦



By donating to your hometown Heart Safe Fund, you could save a neighbor. Pictured above with an automatic external defibrillator are (from left) Mary Clem, executive director of the Buffalo Hospital Foundation, Charles Lick, MD, medical director of Buffalo Hospital’s Emergency Department and Allina Medical Transportation, and Sally Macnab, executive director of the Community Health Foundation.

Understanding congestive heart failure



More people are living with damaged hearts—
learn more about this common disease

WHAT HAPPENS WHEN A HARDWORKING HEART CAN NO LONGER PUMP PROPERLY?

This is a question that millions of Americans now find themselves facing—people who are living with congestive heart failure.

This year alone some 550,000 people will be told by their doctors that they have heart failure—a major form of heart disease that is on the rise in this country, according to the American Heart Association.

Despite its admittedly frightening name, heart failure does not mean that the heart has suddenly stopped working—or is about to. Instead, the heart is still able to pump blood throughout the body. But it pumps

inefficiently because it has been weakened, often by clogged arteries or a past heart attack.

In fact, a major reason for the rise in heart failure is that heart attacks aren't as fatal as they once were. "Most patients who sustained a large amount of muscle damage in the past—back in the 1960s and 1970s—did not survive," says Mark Kraemer, MD, cardiologist at Buffalo Hospital's Cardiac Center and Metropolitan Cardiology Consultants. "Now with better therapies, including medication and direct angioplasty, most of the patients survive, but they must cope with hearts that do not pump as effectively, due to reduced heart muscle."

WATCH OUT FOR SYMPTOMS

When the heart loses its full pumping power, fluid builds up in the heart and is transmitted to the lungs, causing shortness of breath, the most common warning sign of heart failure.

Most often, breathlessness comes on with physical activity, such as climbing stairs or walking. But, as the condition advances, breathlessness can also happen during rest. It may even suddenly disrupt sleep.

Among the other warning signs:

- Persistent coughing or wheezing.
- Rapid weight gain from excess fluid in the body.
- Swollen legs and feet.
- Fatigue and weakness.
- Lack of appetite and nausea.

Never shrug off these symptoms. "Persistent or progressive shortness of breath, especially in combination with lack of energy or fluid retention, should prompt a visit to your doctor," says Kraemer. Heart failure is a serious and even life-threatening disease. But treatment can help the heart pump more efficiently and keep—or slow—the disease from progressing. "The treatment options have expanded tremendously in the last 15 years," says Kraemer.

The sooner treatment begins, the better the prognosis.

Risk of heart failure increases if you have a history of any condition that increases wear and tear on the heart, including clogged arteries, a past heart attack, long-standing and uncontrolled high blood pressure,

a leaky heart valve, diseased heart muscle, diabetes, severe obesity or a family history of heart muscle disease.

Risk also rises with age since heart failure usually results from accumulated damage to the heart.

BETTER TREATMENTS MEAN BRIGHTER OUTLOOK

Because of major strides in treatment, today many people with congestive heart failure keep their symptoms well-controlled, so their

**DOCTORS
ARE HELPING
PEOPLE WITH
HEART FAILURE
LIVE HEALTHIER
LIVES.**

daily lives are not affected to a great degree.

Sometimes, in fact, heart failure can be cured altogether—for example, by

surgically repairing a defective heart valve. But typically, heart failure is a chronic, progressive condition that requires lifelong lifestyle changes (such as limiting sodium and stopping smoking) and daily drug therapy. Often, that therapy includes several of these medications:

■ **ACE inhibitors**, which are also used to treat high blood pressure and have been shown to preserve the heart muscle.



Buffalo Hospital's new Cardiac Center brings heart care close to home by providing advanced cardiagnostic services.

PHOTO: Meredith Johanson

Attend the Cardiac Center and ER open house

On Jan. 24, from 10 a.m. to 1 p.m., enjoy a tour of the new Cardiac Center, refreshments and giveaways. You'll learn how doctors use stress tests, echocardiograms and cardiolute tests to diagnose heart disease and gain an understanding of the cardiac rehabilitation process. In addition, you can participate in the heart screening and learn about your risk for heart disease. The screening is \$20 (see sidebar below); all other activities are free.

■ **Beta-blockers** to improve efficiency of heart muscle contractions and protect against potentially fatal heart rhythm problems.

■ **Diuretics** (water pills) minimize fluid buildup in the lungs and elsewhere.

■ **Digitalis spironolactone and angiotensin receptor blockers** help stabilize the condition.

■ **Electrical devices**, including pacemakers and defibrillators in selected patients, can often control the condition very well. "Electrical devices continue to become smaller and easier to implant," says Kraemer.

Heart failure can be a difficult reality, but more than ever before, it can be managed.

"Outpatient cardiac programs at Metropolitan Cardiology Consultants and the Allina Medical Clinic—Buffalo and Buffalo Clinic in combination with Buffalo Hospital's Cardiac Center provide quick access to skilled nurses, practitioners and other health care professionals," says Kraemer.

For more information about Buffalo Hospital's Cardiac Center, visit www.buffalohospital.org or call 763-682-7121. ♦

Take the Heart Test to learn your risk

■ **Screening and Heart Test: Jan. 24, 9 a.m. to noon, at Buffalo Hospital's Cardiac Center open house**

■ **Follow-up educational session: Feb. 16, 7-8 p.m., with free blood pressure checks beginning at 6:30 p.m., Buffalo Hospital Conference Center**

The Heart Test includes an in-depth heart risk analysis questionnaire, a

complete blood cholesterol (total cholesterol, triglycerides, HDL, LDL), glucose profile and blood pressure tests.

On Feb. 16, Mark Kraemer, MD, medical director of Buffalo Hospital's Cardiac Center and a cardiologist with Metropolitan Cardiology Consultants, will talk about controlling risk factors for heart disease with tips on stress management, nutrition and exercise.

Heart screening participants will receive a personal heart risk profile with detailed information about risk factors and ways to reduce them.

The cost is only \$20, which includes the Heart Test on Jan. 24, and the educational seminar on Feb. 16.

To register for the Heart Test, visit www.buffalohospital.org or call 763-682-7121.

Smart moves for arthritis

TAKE STEPS TO RESTORE MOVEMENT AND REDUCE PAIN

WHEN YOU'RE achy or sore from arthritis, moving may be the last thing you feel like doing.

But rather than making you feel worse, working your joints and muscles can actually help you feel better. And physical activity is an important part of treating arthritis.

YES! TO EXERCISE

Arthritis is the blanket term for more than 100 diseases that can cause pain, stiffness and swelling in joints.

"The pain that accompanies arthritis leads people to do less rather than more," says Rajan Jhanjee, MD, orthopedic surgeon at Buffalo Clinic and Buffalo Hospital. "Yet the less they exercise, the more it hurts."

Years ago, doctors advised against exercise for arthritis, fearing it could cause more damage to joints. But research

shows regular exercise helps decrease fatigue, strengthen muscles and bones and increase flexibility and stamina. "Any joint will hurt less if it's mobile, particularly an arthritic joint," says Jhanjee. People with arthritis should avoid high-impact exercise, such as jogging, as it accelerates the loss of cartilage.

The amount and type of exercise advised for people with arthritis depends on which joints are affected and their condition, the National Institutes of Health says.

You'll want to work with a physician, physical therapist or occupational therapist to design a fitness plan tailored to you.

These types of exercise are typically recommended:

Range-of-motion exercise or stretching to improve flexibility.

Strengthening, such as weightlifting, to build muscles.

Endurance, such as aerobics, walking, swimming and bicycling,

to improve stamina.

Swimming and water therapy may be especially well-tolerated by people with arthritis, the American College of Rheumatology says.

Along with an appropriate exercise program, work with your doctor on other strategies for living with arthritis, including:

Eating well. A well-balanced diet, along with exercise, can help you maintain a healthful weight. Excess weight puts added pressure on your joints.

Practicing relaxation. Activity is important, but taking time to relax regularly gives you a sense of calm and control over your body that can help you manage pain. Strike a balance between rest and activity.

Using medications. Your doctor will work with you to find over-the-counter or prescription medications to help manage your arthritis.

Talk to your doctor about ways to manage your pain and boost your activity. Arthritis is part of your life, but it shouldn't rule it. ♦

Join us for a free demonstration

Jan. 26, 12:30-1:30 p.m.

Annandale City Hall,
30 Cedar St.

Feb. 2, 7-9 p.m.

Delano Community Center,
205 Bridge Ave.

Join Rajan Jhanjee, MD, orthopedic surgeon at Buffalo Clinic and Buffalo Hospital, to learn about the disease process and living with arthritis and other joint damage. Jhanjee will also demonstrate knee and hip replacement surgical procedures. To register, visit www.buffalohospital or call 763-682-7121.

Rajan Jhanjee, MD, orthopedic surgeon at Buffalo Clinic and Buffalo Hospital, specializes in arthritis care, joint replacement, sports medicine and trauma. He'll be presenting information about arthritis and joint replacement at area seminars. See sidebar at right.

PHOTO: Meredith Johanson



Buffalo

HOSPITAL



CHILDBIRTH AND PARENTING

A HEALTHY PREGNANCY*

For women thinking about becoming pregnant or in the first three months of pregnancy, this course covers fetal growth and development, nutrition, benefits of exercise and more. Feb. 10, 6:30-9 p.m.

CHILDBIRTH PREPARATION*

Covers labor and birth options, the coach's role, relaxation and breathing techniques as well as newborn characteristics.

■ Six-week series: Thursdays, March 4 to April 8, 6:30-8:30 p.m.

■ Single session: Feb. 21, 9 a.m.-4 p.m.

CHILDBIRTH REFRESHER SERIES*

This two-week class is designed for those who have previously attended a childbirth course. March 11 and 18, 6:30-9 p.m.

TAKING CARE OF YOURSELF AND BABY—THE POSTPARTUM PERIOD*

This program addresses baby care and feeding as well as the physical and emotional changes mom is experiencing. Feb. 12, 6:30-8:30 p.m.

BREASTFEEDING PREPARATION*

This class will prepare mother and her support person for troubleshooting, breastfeeding, weaning and returning to work. Feb. 19, 6:30-9 p.m.

NEW BROTHER, NEW SISTER*

Designed for children ages 2 to 10 whose parents are expecting a new baby. March 9, 6:30-8 p.m.

BIRTH CENTER TOUR

A tour for parents and families who plan to deliver at Buffalo Hospital. Includes the labor area, postpartum rooms and nursery. Jan. 20 or Feb. 17, 7-8 p.m., or March 20, 9-10 a.m.

CPR AND FIRST AID COURSES

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

PEDIATRIC CPR*

This course focuses on skills required for child and infant CPR, relieving airway obstructions and the pediatric chain of survival. Jan. 31 or Feb. 28, 8 a.m.-noon.

FIRST AID AND INJURY PREVENTION—ADULT AND PEDIATRIC*

Learn the skills required to recognize the signs and symptoms in adults, children and infants needing medical attention, including basic first aid. Jan. 31 or Feb. 28, 12:30-4:30 p.m.

HEARTSAVER—FACTS (FIRST AID, AED, CPR)*

Combines adult CPR and the use of an automatic external defibrillator (AED) with basic-level first aid. March 6, 8 a.m.-4:30 p.m.

RESPIRATORY SCREENING AND ASTHMA EDUCATION

Monday, March 29, 6-9 p.m.

Allina Medical Clinic—Cokato, 110 Olsen Blvd., Cokato. Attend this screening and educational session to better understand the health of your lungs and learn about asthma.

6-7 p.m. Spirometry screening

Spirometry measures air flow and volume to evaluate lung health. This private test is for anyone who may be experiencing shortness of breath, has a smoking history, or has been exposed to excessive fumes or dust. A Buffalo Hospital respiratory therapist will review your test results.

7-8 p.m. Asthma Educational Session

Join Soheil Chigini, MD, internal medicine and pediatric specialist from Allina Medical Clinic—Cokato, as he discusses the signs and symptoms of asthma, ways to avoid attacks, and treatment options.

8-9 p.m. Spirometry screening continues

To register, visit www.buffalohospital.org or call 763-682-7121.

BASIC LIFE SUPPORT FOR HEALTH CARE PROVIDERS*

Covers adult, infant and child CPR and foreign body airway obstruction. Jan. 20 and 27, 5:30-9:30 p.m.

CPR REFRESHER FOR HEALTH CARE PROVIDERS*

A renewal course covering adult, infant and child CPR. March 31, 5:30-9:30 p.m.

TOBACCO INTERVENTION PROGRAMS (TIP)

QUIT ON YOUR OWN PROGRAM*

A tobacco interventionist will help design a program that fits your learning style and schedule. You will receive a one-hour consultation, educational materials and ongoing phone support. Call to schedule.

GENERAL WELLNESS

HEALTHY HEARTS

If you or a loved one has been diagnosed with heart problems, this group can help you adjust to new lifestyles, diets and medications. Meets monthly on the third Monday, 7-8:30 p.m.

STROKE SUPPORT GROUP

A free support group for people who have had a stroke and their families. Meets monthly on the second Wednesday, 1-2 p.m.

BEFORE SURGERY EDUCATION FOR CHILDREN

Children view a video about hospital procedures, from admitting to discharge, and then tour the surgery department. Call to schedule.



Buffalo Hospital invites you to register for a health-promoting class or seminar by visiting www.buffalohospital.org or calling Buffalo Hospital at 763-682-7121. Programs with a fee are denoted with an asterisk*.



Watch for these billboards on a Wright County road near you.

A roadmap to traffic safety

TOWARD ZERO DEATHS (TZD) is the focus of a new public service campaign targeting drivers on Highway 55, one of the most traveled two-lane roadways in Minnesota.

Highway 55 crash reports and focus groups identified tailgating, unsafe passing and distracted driving as the most concerning driver behaviors contributing to crashes.

The targeted corridor along Highway 55 runs from Medina to Buffalo. The campaign, sponsored by Safe Communities of Wright County (SCWC), includes billboards, mailings, bumper stickers and more. SCWC affected driver behavior and awareness using a similar public service campaign

three years ago with the Distracted Driving Campaign in Wright County. It led to 73 percent of county residents being more aware of distracted driving than before the campaign.

The statewide TZD pilot focuses on moving Minnesota toward zero deaths on our roads. The TZD partners with SCWC include Minnesota Departments of Transportation and Public Safety along with the Minnesota State Patrol and University of Minnesota.

SCWC is a collaborative effort dedicated to reducing traffic crashes through data-driven safety education and prevention. Since its inception in 1997, SCWC has seen fatal and severe injury crashes reduced by

34 percent in Wright County. For a “No Tailgating” bumper sticker, a *Highway 55 Survival Guide* or more information, call 763-241-9888 or visit www.safecomm.org.

HOW TO REACH US

- General Information 763-682-1212
- Emergency and Urgent Care . . 763-682-8844
- Birth Center 763-682-7140
- Cardiac Center 763-682-7174
- Rehab Center 763-682-7165
- Sleep Center 763-684-3808
- Surgical Services 763-682-7191

Area clinics

- Allina Medical Clinic
 - Anndale 320-274-3744
 - Buffalo 763-682-5225
 - Cokato 320-286-2123
 - Buffalo Clinic 763-682-1313
 - Catalyst Medical Clinic 952-955-1963

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

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