



**Patient Safety  
Excellence**

**+ Meet our new  
Physicians**

**Convenience Care** pg. 8

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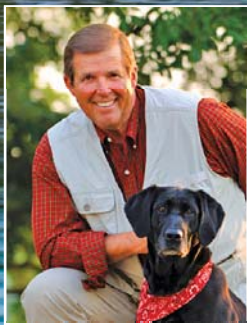
# HealthNews

KANABEC HOSPITAL

FALL 2009 | issue 1 | volume 1

## Announcing: Men's & Women's Health Events pg. 4

**Mark your calenders!**  
**Men's: October 22nd**  
**Women's: November 5th**



Ron Schara, host of the television show, Minnesota Bound, will be a featured speaker for the Men's Event in October and Carrie Tollefson, an Olympic athlete from Minnesota will be a featured speaker at the Women's Event in November.





# Thanking you

Thank you for choosing Kanabec Hospital for your healthcare needs. You can be confident that our medical team is actively committed to your overall health and safety needs. Our medical professionals are equipped with state-of-the-art technology and are highly skilled in procedures to ensure you receive the highest quality of care. We know that each person is unique and requires an individualized plan of care. At Kanabec Hospital, we'll care for you as a person, as an individual, and that's our promise.

Your participation in your own care is just as important as ours. We welcome and encourage all of your questions. We want you to be well informed and comfortable with your care. Caring for you is our top priority and we consider it a privilege to earn your trust and confidence. ♥

Serving you,



Randy Ulseth, CEO





# Mark your calendars! Men's & Women's Health Event

In October and November 2009, Kanabec Hospital will host health fair events for the men and women of our communities. This will be an opportunity to get your flu shot, visit with health care professionals, participate in health screenings and assessments, and listen to exciting speakers. There will be prizes, giveaways and a light meal served at both events. Both events will take place at the Grand Event Center in Mora and will be free of charge.

Our Men's Health Fair will take place on Thursday, October 22nd from 4:30-8:30. We are excited to announce Ron Schara, host of the television show, Minnesota Bound, as the featured speaker. Ron is a writer and

television personality who's been sharing outdoor stories with readers and viewers for four decades. He will speak on the topic of men's health and will also be available for a brief autograph session.

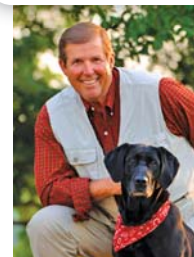
The Women's Health event will take place on Thursday, November 5th from 4:30-8:30. We are excited to announce, Carrie Tollefson, an Olympic athlete from Minnesota, will be talking about women's health.

Carrie is an exceptional athlete and we are very excited to host her at our event. She has been a runner since high school and continues to compete nationally and internationally as a

long-distance endurance racer.

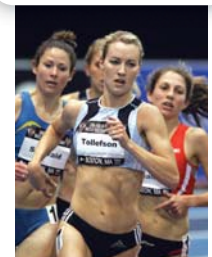
We work hard to ensure that healthcare is accessible to all in our community; mark your calendar and plan to attend. ❤️

**Men's Event:**  
**OCTOBER**  
**22 THURSDAY**  
**4:30 - 8:30**  
**Grand Event Center**



Ron Schara

**Women's Event:**  
**NOVEMBER**  
**5 THURSDAY**  
**4:30 - 8:30**  
**Grand Event Center**



Carrie Tollefson

# Our community benefits

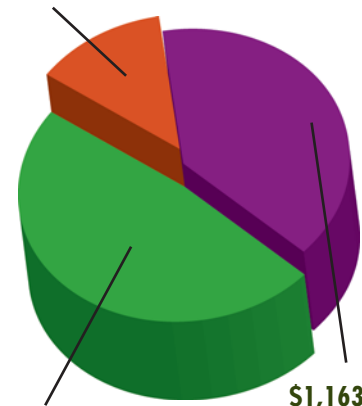
**K**anabec Hospital: a medical leader in the community, a partner in your personal health and wellness plan, an employer of choice, and a community-minded healthcare provider. As a governmental non-profit organization, Kanabec Hospital is committed to providing outstanding care and services in a manner that provides real community benefit.

While we strive to ensure that all of our programs and services provide a benefit to our community, hospital administrators and staff work especially hard to ensure our services are accessible for all our community

members. In the fiscal year of 2008, Kanabec Hospital spent \$1,163,429 on charity care, \$1,418,413 to subsidize services and \$374,042 on community benefit programming. To put that in perspective, Kanabec Hospital spent 8.9 percent of its budget in providing direct, uncompensated, community benefit programming and charity care to our communities.

As a non-profit hospital, we are committed to positively impacting the lives of everyone in our community. As our mission states, we are here to “To support and improve the health of the communities we serve.” ❤️

**\$374,042:**  
Community Benefit Programming



**\$1,418,413:**  
Subsidized Services

**\$1,163,429:**  
Charity Care

## Kanabec Hospital earns four patient safety excellence awards

**K**anabec Hospital is pleased to announce receipt of four Minnesota Hospital Association (MHA) Patient Safety Excellence Awards for work in ensuring patient safety. This fourth patient safety award for Kanabec Hospital makes it one of a small group of hospitals to receive awards in all of the Call to Action campaign safety measures.

The Call to Action patient safety initiatives, where Minnesota teams work collectively to implement an extensive list of recommended actions, provide the highest quality of patient care. There are four specific campaigns which focus on areas that have the greatest impact on patient

outcomes. The four campaigns are: SAFE SKIN, SAFE from FALLS, SAFE SITE, and SAFE COUNT. Kanabec Hospital has received recognition in all four categories.



The MHA Patient Safety Excellence Award is given to facilities that have achieved more than 90 percent of the recommended actions. “Hospitals that receive these awards are to be commended — the bar is set very high,” said MHA Patient Safety Vice President Tania Daniels. “Hospitals that qualify have achieved measurable and meaningful progress toward implementing best practices to drive down adverse health events.”

“Kanabec Hospital is committed to patient safety at every level.” says CEO Randy Ulseth, “It is because of the hard work and dedication of our staff that we are able to provide such an outstanding quality of healthcare in our community.” ❤️



## Mammography

**B**ecause our primary goal has always been to deliver the highest quality care to our patients, Kanabec Hospital has added digital mammography to our women’s health diagnostic services. Digital Mammography is a procedure in which a radiologist is able to review electronic images of a breast using special high-resolution monitors. Digital mammography represents the latest technological advance in the fight against breast cancer.

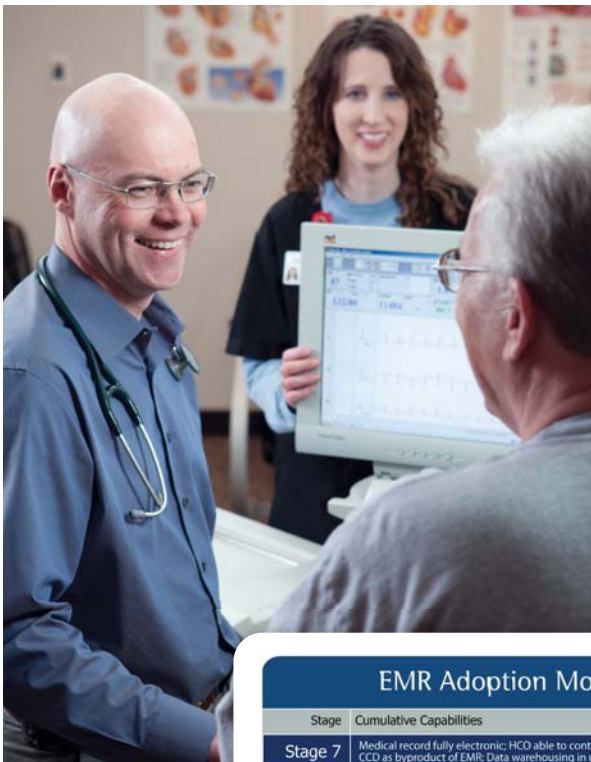
Early detection is the key. Breast cancer is still the second leading cause of cancer death in women. Kanabec



Hospital believes in the importance of early diagnoses. Scheduling an annual mammogram has proven to be an effective means of diagnosing breast cancer. Studies have shown that, when detected early, the chance for successful treatment of breast cancer is nearly 100%.

Call the imaging department at 320-225-3447 to schedule your annual mammogram today. ❤️

# Honored for EMR Sophistication, HIMSS Analytics Announces Kanabec Hospital as a Stage 6 Designation



Only 57 out of the more than 5,000 US hospitals tracked by HIMSS Analytics and only one Critical Access Hospital- Kanabec Hospital, has achieved this recognition for implementation of the electronic medical record.

Mora, MN (September 14, 2009) – Kanabec Hospital has achieved a stage 6 designation for excellence in electronic medical record adoption. As the country moves to transform healthcare, 57 US hospitals recognized as a Stage 6 by the Healthcare Information and Management Systems Society (HIMSS) Analytics serve as role models in healthcare IT adoption for other healthcare systems just beginning this process. Kanabec Hospital is the first Critical Access Hospital in the country to receive this award. Achieving electronic medical record sophistication, these hospitals have achieved significant advancement in their information technology capabilities as measured by the Electronic Medical Record Adoption Model (EMRAM).

Kanabec Hospital has worked hard to ensure the highest quality of care and is committed to providing the community with technically advanced services in a convenient location. “The stage 6 designation is a testament to the commitment and hard work of the Kanabec Hospital staff.” says CEO Randy Ulseth. “Their dedication to improved patient care is what sets Kanabec Hospital apart.”

HIMSS Analytics developed the EMRAM in 2005 as a methodology for evaluating the progress and impact of electronic medical record (EMR) systems for acute care delivery environments. With an almost paperless environment, Stage 6 hospitals are positioned to successfully address many of the expected industry transformations, such as HIPAA (protecting patient privacy), ensuring patient safety, and government quality reporting programs. There are a total of 8 stages (0-7) on the EMRAM with the goal of reaching Stage 7 - operating in an environment where paper charts are not used to manage the delivery of patient care, and clinical data is used for performance improvement and analytics of care delivery.

“Only 0.8 percent of hospitals (tracked through the HIMSS Analytics Database) have achieved Stage 6 capabilities,” said Mike Davis, executive vice president, HIMSS Analytics. “The hospitals we rank as Stage 6 have implemented advanced clinical applications that improve patient safety and care delivery outcomes.”

EMR Adoption Model <sup>SM</sup>			
Stage	Cumulative Capabilities	Q1 2009	Q2 2009
Stage 7	Medical record fully electronic; HCO able to contribute CCD as byproduct of EMR; Data warehousing in use	0.3%	0.3%
Stage 6	Physician documentation (structured templates), full CDSS (variance & compliance), full R-PACS	0.8%	1.0%
Stage 5	Closed loop medication administration	3.6%	4.5%
Stage 4	CPOE, CDSS (clinical protocols)	2.8%	3.6%
Stage 3	Clinical documentation (flow sheets), CDSS (error checking), PACS available outside Radiology	37.0%	38.4%
Stage 2	Clinical Data Repository, Controlled Medical Vocabulary, Clinical Dec, may have Document Imaging	32.1%	31.6%
Stage 1	Ancillaries – Lab, Rad, Pharmacy – All Installed	9.0%	7.2%
Stage 0	All Three Ancillaries Not Installed	14.5%	13.4%
Total Hospitals		n = 5170	n = 5167

Data from HIMSS Analytics Database N = 5170/5167 ©2009 HIMSS Analytics

# Welcoming Dr. James Lukach

Kanabec Hospital is proud to announce the addition of **Dr. James Lukach**. Dr. Lukach received his undergraduate degree in Chemistry from North Dakota State University in Fargo, ND. He is a medical school graduate of the University of North Dakota in Grand Forks, ND. He completed his residency training in Internal Medicine at the University of North Dakota Affiliated Hospitals and the Department of Veterans Affairs Medical Center in Fargo, ND. Dr. Lukach is board certified in Internal Medicine.

While working with Veterans Affairs, Dr. Lukach served as Chief of Staff, Chief of Medicine, Director of Cardiac Rehabilitation Services and Medical Director of the Extended Care Patient Service Line at the Veterans Affairs Medical Center in St. Cloud, MN. Dr. Lukach began seeing patients at Kanabec Hospital in April. 🍀



James R. Lukach, MD

# Best of breakfast

## Are you regularly eating the most important meal of the day?

**A**re you regularly eating the most important meal of the day?

There are many benefits to regularly eating breakfast. People who eat a healthy breakfast tend to consume more vitamins and minerals, take in less fat and cholesterol, have more strength and endurance, have better control over their weight and are better able to concentrate throughout the morning. Dodging breakfast as a way to slash calories typically backfires and causes binges later in the day.

Many of us know we should eat healthier, but where do we begin? The first step is to avoid foods filled with empty calories like doughnuts, pastries, sausage, bacon and oversized breakfast sandwiches. A healthy new

breakfast should include whole grains, fruits, vegetables, and low-fat dairy products while limiting saturated fats, sugar and salt.

Choose one serving from at least three of the following groups:

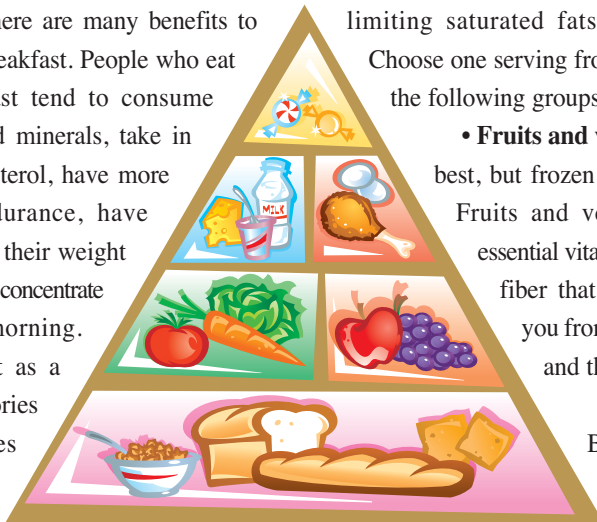
- **Fruits and vegetable.** Fresh is best, but frozen is a good second. Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases, and they are delicious!
- **Whole grains.** Buy whole-grain breads, rolls, bagels, waffles,

tortillas, crackers, or low-fat bran muffins. Grains are important sources of many nutrients, including dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).

- **Dairy.** Select low-fat milk, yogurt or cheese. Dairy plays an important role in protecting our bodies from injury and disease as well as providing our bodies with vital nutrients. Calcium and vitamin D are the key nutrients found in dairy.

- **Protein.** Choose from eggs, egg substitutes, peanut butter, lean slices of meat, poultry and fish. Protein plays an important role in the growth and repair of your muscles, bones, skin, tendons, ligaments, hair, eyes and other tissues. Without it, you would lack the enzymes and hormones you need for metabolism, digestion and other important processes.

For more information log onto [http://www.kanabechospital.org/sandbox/healthy\\_IQ\\_Quiz.aspx](http://www.kanabechospital.org/sandbox/healthy_IQ_Quiz.aspx) and complete a short quiz on your healthy IQ. You will receive a prize for completing the quiz while supplies last. 🍀



# Introducing Convenience Care

**K**anabec Hospital has a mission to offer quality, convenient, accessible and cost effective health care to the communities we serve. Convenience Care is a recent addition to the Emergency Services department. It is part of our triage (a French word meaning "to sort by priority.") system that ensures our patient care is of the highest quality. This service allows Kanabec Hospital to provide convenient, close-to-home, same-day treatment, at a lower cost to patients than a traditional emergency room visit.

Convenience Care will provide a systematic approach to care. It will be utilized in cases that are determined to be less severe and less complex by a Registered Nurse based on the triage examination. If you are determined to be eligible for Convenience Care, you will be seen by one of Kanabec

Hospital's mid-level providers (Nurse Practitioner or Physician's Assistant).

Convenience Care services are meant to address non-emergency medical concerns that require care outside the scope or hours of a traditional clinic. Some examples of conditions that may be eligible for Convenience Care include Simple Laceration Repair, Ear Pain,

or Dental Pain. This is not meant to be a comprehensive listing of services, but merely to provide examples of diagnoses that may be eligible for Convenience Care.

For more information about Convenience Care, contact Kanabec Hospital at 320-225-3309. In the event of a medical emergency, dial 911. 🍷

**For more information**

**If you are interested in learning more about Convenience Care, call 320-225-3309 today.**

