

MADISON HEALTH

SPRING 2021

*Critical Access Hospital
Top 100*

*Bracing, Upholding, Turning
A Novel Virus*

*Resilience
Through COVID-19*

Madison
REGIONAL HEALTH SYSTEM

Quality Healthcare, Close To Home

Top 100 Critical Access Hospital

Delivering a high quality of care, Madison Regional Health System has been recognized as a 2021 Top 100 Critical Access Hospital for outstanding performance among rural hospitals across the nation.

The INDEX is the most comprehensive and objective assessment of rural hospital performance. Eight pillars of performance are analyzed. These pillars include patient perspective, quality, outcomes, cost, charge, financial efficiency and market share.



"I'm very proud of MRHS being named among the top critical access hospitals in the United States. Our dedicated employees and supportive community made it possible to be listed in the top 1% of CAH-designated facilities. This past year has been a difficult one, but we have seen strength, teamwork, and caring in the face of hardship and isolation. Our community rallied around us, healthcare workers were selfless and compassionate in the care of our patients and as a result, MRHS is being recognized as a Top 100 organization," said Tammy Miller, CEO, FACHE, Madison Regional Health System.

Full CDC Recognition

Diabetes Prevention Program

Madison Regional Health's first National Diabetes Prevention Program was launched in September 2019 and received full recognition by the Centers for Disease Control in March 2021. Trained lifestyle coaches facilitate this lifestyle change program with the goal of helping at-risk individuals prevent or delay the onset of Type 2 diabetes. To know if you qualify for the program, talk to your physician to see if you're at risk for Type 2 Diabetes.



Prediabetes affects 1 in 3 Americans.

90% of those who have prediabetes don't know they have it.



The Diabetes Prevention Program at MRHS is a CDC-recognized year-long, lifestyle change program with the goal of helping at-risk individuals prevent or delay the onset of Type 2 diabetes. Participants will learn how to eat healthily, get active, manage stress and much more as it aligns with the Prevent T2 CDC-approved curriculum. Participants will gain support, tools and strategies in the program to improve their health through participation in sessions, food and beverage tracking, tracking physical activity and more. To know if you qualify, please talk with your provider to assess your prediabetes risk.

For more information, please contact Jordan Eichacker, Program Coordinator at 256-6551.

Quality Healthcare, Close to Home

Rehabilitation Services

"Rehabilitation Services at Madison Regional Hospital is a huge blessing and help for Marietta and me. We celebrate the effective, compassionate, skillful care of PT OT and ST Rehabilitation Services staff. During the (almost) 12 years we have been clients, Madison Hospital Rehab has earned our highest commendation.

In 2009, when Marietta was totally disabled by a very rare cancer side effect - PCD, Paraneoplastic Cerebellar Degeneration, her prognosis sounded grim. Medical literature suggested that patients with PCD usually continue to lose function, but that aggressive therapy can slow the progression of PCD damage. Marietta's function has not regressed. Instead, through Marietta's determination and hard work, and the efforts of our outstanding therapists, Marietta continues to make small, slow, functional improvements. Bravo, professional staff."

-Ted, Marietta's husband



Ted & Marietta

"Upon hearing her diagnosis, Ted and Marietta made a conscious effort to seek treatment that would defy the experts. They use their adversity, experience, and resilience to care for and help others in the community. We are fortunate to work with these individuals that are ambassadors for their healthcare, community, and our rehabilitation team at MRHS. I am blessed to work in a profession that inspires me every day."

-Charity Olson, MS, OTR/L, Director of Rehabilitation Services

Women's Health - Postural Restoration



Christina Tietjen, PT, PRC
Madison Regional Health System

Many women suffer from pelvic floor dysfunction and musculoskeletal issues that can result in pelvic pain or pelvic floor weakness. This can include pregnancy, injury or even high-impact sports.

Postural Restoration is a unique type of physical therapy that addresses the body's postural position and the potential muscular imbalances which lead to discomfort and pain.

MRHS has the benefit of a Postural Restoration Certified specialist who can help to determine the cause of imbalances, pain, and weakness and help with remediation through a specially designed exercise program.

Call 605-256-8915 for more information.

Respiratory Therapy



From newborns at delivery to patients with chronic lung diseases like asthma, chronic obstructive pulmonary disease (COPD) and pulmonary fibrosis, the respiratory therapy team at Madison Regional Health System is here to help.

Mary Hart, RRT, Respiratory Therapy Manager, said, "We can't cure lung diseases, but we can help our patients have a better quality of life by giving them the support and tools they need."



Pulmonary function tests (PFTs) are one of many services provided. PFTs are noninvasive tests that show how well the lungs function. MRHS uses a PFT machine (pictured left) to measure gas exchange, rates of flow, capacity and lung volume. The information collected assists your healthcare provider in diagnosis and treatment options.

To start your journey to a better quality of life, please call 605-256-6551. Our helpful and skilled team is ready to help you.

Employees of MRHS

Champions of Healthcare Award



In January, Madison Regional Health Foundation presented the 2021 Champion of Healthcare Award to the Employees of Madison Regional Health System for how they have cared for the community during the COVID-19 pandemic.

Tammy Miller, CEO of MRHS, accepted the award on behalf of her staff. "We have an amazing team of individuals who encompass a wide variety of education, skills and experience. I have always been incredibly proud of the entire group we have assembled at MRHS; however, 2020 has been a year like no other in witnessing their strength, resilience and compassion. In this year of the COVID pandemic, the champions of healthcare are truly the employees of Madison Regional Health System. There is no more appropriate choice than the men and women employed by this facility who provide the amazing care they do. I am humbled to accept on their behalf."

Quality Healthcare, Close to Home

All About Baby

"Our experience with the birthing center was exceptional. The care the nurses gave to my wife was far exceeding what we expected. The knowledge of the nursing staff was like having a doctor on hand at all times. The safety and health of my wife and the baby were always put forefront while ensuring her comfort and needs were met at all times. We have 4 children and we still learned a great deal from the staff. We are so happy to have chosen a smaller, hometown center as we were never rushed and were allowed to let things progress naturally. They made our new addition to the family a great experience and made sure the safety of my child was never in question. I can never say enough how the staff made us feel." -M.M.



We are here to empower you by providing education and support.

Whether this is your first baby or your fourth, we are here for you every step of the way!

Classes include childbirth, breastfeeding, and baby care.

All classes are FREE!

Schedule available at www.madisonregionalhealth.com

Pre-registration required. For more information, please call 605-256-6551.

Quality Healthcare, Close to Home

Colorectal Health

Colorectal Cancer Facts

- Colorectal cancer is the 2nd leading cause of cancer deaths in the US.
- 68% of deaths could be prevented with screening.
- At its most treatable stage, colon cancer is 90% curable.
- Regular screening should begin at age 50. Earlier if there is a family history of colon cancer or polyps.
- Symptoms may include a change in bowel habits, blood in the stool and weight loss.

Many people do not experience symptoms.

Our compassionate team is here for you.

Talk with your physician or call 605-256-6551 to schedule your colonoscopy at Madison Regional Health System.

Bracing Ourselves

A Novel Virus

By Robert Summerer, D.O.

"I nearly cried the first time I saw my children and grandchildren in public wearing their masks, and a part of me still dies when I see them in masks. The masks have been very important, but in my mind, they represent all that has been difficult about this disease."



Robert Summerer, M.D.

The year 2020 will always be a landmark year as the entire world was affected by a tiny virus that disrupted travel, the economy, the political world and how we feel about both our personal safety and that of our fellow humans. No corner of the world has been untouched by the pandemic, and Madison Regional Health System (MRHS) is no different.

As the tsunami of infections spread globally, it became clear that we would be affected locally. News reports of overwhelmed medical communities filtered in from all over the globe prompting the MRHS medical staff to mobilize for a potential onslaught of sick patients. With almost military precision, individual physicians and providers assumed their positions as they maximized their strengths. Dr. Mary Beecher and Dr. Ben Liscano took leadership roles in participation with the hospital's COVID Committee, an emergency response team that collected information and directed new policies and procedures specific to the pandemic. Dr. Laura Hoefert became an excellent resource in acquiring the most relevant treatment protocols. The PAs and Nurse Practitioners took an active role on the frontlines in the respiratory clinics and ER. The rest of us hunkered down, boning up on our knowledge of respirator care and any information available for the treatment of this novel virus.

Personal safety and concern for both our staff and unaffected patients became a priority.



Upholding One Another *A Novel Virus*

By Robert Summerer, D.O.

We had crash courses in donning and doffing upgraded PPE such as PAPRs and N95s. Due to shortages of supplies and testing, we learned to clean and reuse PPE wondering all the while about its effectiveness. We found that surgery and a multitude of other patient care could be carried out in our PAPR space suits. Reports of dying health care workers in China, then Italy, then New York and Chicago became anxiety-producing. The medical staff shelved our skirts and shirts for personal scrubs that could be removed in our garages. We showered again and again. We sanitized every surface.

In the first few months, as we attempted to “flatten the curve,” elements of our professional and personal lives changed dramatically. Elective and routine health care ground to a halt. Protocols were developed to divert symptomatic patients, justify surgery and limit visitors in an effort to protect further transmission. MRHS administration did all they could to provide paychecks by reassigning staff to labor pools, but this was heartbreaking to see staff doing chores outside the areas of their professional expertise. Quarantine life at home became stressful as the pandemic response became political, conspiracy theories gained traction on social media and physicians became embroiled in the battles. Many of us felt betrayed by both our government leaders and our extended families as we called for caution. The widely varied clinical response of patients infected with the virus, from minor symptoms to respiratory failure, only fueled the reluctance that some people had to take precautions. Meanwhile, our colleagues continued to report heartbreaking stories from ICUs across the country.



Turning a Corner

A Novel Virus

By Robert Summerer, D.O.

Over the next several months, MRHS physicians and providers became adept at caring for COVID patients both in the clinic and in the hospital. Some patients had to be transferred out of our facility. Many were treated at home. Dr. Justin Clem and Dr. Ben Liscano, as medical directors of local nursing homes, were called upon to deal with those unique elderly populations. Dr. Laurel Jennings and Dr. Laura Hoefert gave advice for safely delivering babies in Madison. The medical staff worked with the laboratory and pharmacy to stay abreast of testing capabilities and have access to cutting-edge treatments. Telemedicine became an important modality for seeing patients for health visits that were necessary in order to provide ongoing care to people with chronic health conditions. The E-Hospitalist service and telemedical consults with specialists in Sioux Falls allowed us to provide better care for our patients both in and out of the hospital. Elective surgery and procedures resumed with caution. By the end of the year, as the COVID numbers peaked in South Dakota and nationally, MRHS had risen to the challenges of the epidemic and was prepared for it despite the fatigue of caring for patients in a whole different manner.

Fortunately, in the early months of 2021, it seems we've turned a corner in this pandemic. The COVID numbers have fallen off dramatically, and the vaccinations have become available. MRHS has been aggressive in getting those most at risk vaccinated, and I expect we will continue to get to the rest of the community in the coming months. The trajectory of this pandemic is moving downward every day. There is hope that we can move back towards a more normal life. I nearly cried the first time I saw my children and grandchildren in public wearing their masks, and a part of me still dies when I see them in masks. The masks have been very important, but in my mind, they represent all that has been difficult about this disease. We mourn the loss of lives and of livelihood that has resulted from COVID 19, but I feel that Madison and its surrounding communities can be proud of our hospital and its excellent response.

As Dr. Wayne Wetzberger says, "MRHS has done a very good job of taking care of everyone. They've also done an excellent job of keeping employees from getting COVID." The medical staff is looking forward to face-to-face meetings, even better treatment protocols, and hopefully mask-free patient interactions.



Here For You

Our Physicians



Mary W. Beecher, M.D.
Medical School
1984, University of South Dakota School of Medicine
Areas of Interest
Family Medicine, Women's Health, Geriatrics



Justin Clem, M.D.
Medical School
2013, University of South Dakota School of Medicine
Areas of Interest
Family Medicine, OB, Prenatal, Pediatrics, Upper Endoscopy, Colonoscopy, Stress Testing



Laura Hoefert, M.D.
Medical School
2013, University of South Dakota School of Medicine
Areas of Interest
Family Medicine, OB, Prenatal, Pediatrics, Women's Health (including Reproductive Chronic Disease Management), Hospice, Palliative Care



Laurel Jennings, M.D.
Medical School
2001, University of South Dakota School of Medicine
Areas of Interest
Family Medicine, OB, Prenatal, Pediatrics, Cesarean Sections, Women's Health



Benjamin Liscano, M.D.
Medical School
2015, University of South Dakota School of Medicine
Areas of Interest
Family Medicine, OB, Prenatal, Pediatrics, Women's Health, Dermatology (including Accutane)



Robert Summerer, D.O., F.A.C.O.S.
Medical School
1988, University of Osteopathic Medicine and Health Sciences
Areas of Interest
General Surgery, Upper and Lower GI Endoscopy, Cesarean Sections, Sterilizations, Office Procedures



Wayne Wetzberger, M.D.
Medical School
1981, University of South Dakota School of Medicine
Areas of Interest
Internal Medicine, Disease of Adults

Madison Regional Health System is a 22-bed facility dedicated to providing cost-effective, quality inpatient and outpatient healthcare services. We are proud to be an independent healthcare facility that can not only provide you with care from our medical staff but from specialty hospitals and physicians in the area as well.

Advanced Practice Providers



Mitch Poppens
PA-C



Emily Spanier
PA-C



Meggan Reisch
CNP

Through COVID-19

Resilience

By Amber Oines, Quality Nurse Specialist

I was feeling emotional last night after spending the day helping to vaccinate some of the oldest and most vulnerable people in our community. I decided to write down my thoughts. I want to share some of what I heard:

Pride - So many of the patients were expressing their pride for our hospital, community, county and state.

Gratitude - Thankful for the staff at MRHS and everything we are doing for the community.

Anxiety - Questions about reactions and worries about their multiple underlying health conditions.

Unconditional Love - A Husband wanting to give up his vaccine for his wife.

Determination - "We can get through this. Do you remember Polio?"

Loneliness - "I might stay a little longer. This way better than talking to myself."

Isolation - Many of these patients have not seen their family or been out of their houses for months.

Bittersweet - "My wife gets the vaccine today because she is a higher priority than me."

Family - Many of the patients were brought to the facility by a family member who took time out of their day to get them here on short notice.

Humor - "Whelp, maybe this will buy me another 5 years!"

Friendship - Many of the patients were so happy to be out of their houses, receive the vaccine and run into friends that they haven't seen for months.

Hope - Hopeful that this vaccination will help things return to normal again. (continued on page 9)



Through COVID-19

Resilience

continued from page 8

After listening to the stories, I realized how fortunate many of us are. We have all been impacted by COVID in some way; some in bigger ways than others. There have been inconveniences in my life, but I have still been able to leave my house and see my friends and family. I have not experienced the extreme loneliness and isolation that many of the elderly have. I am so grateful to work with such an awesome group of people at MRHS.



Amber Oines
Quality Nurse Specialist



Vaccine Information at
Madison Regional
Health System



Through COVID-19

COVID Vaccinations

Madison Regional Health System has placed tremendous resources into the effort of providing COVID vaccinations to our community. On March 24, 2021, MRHS held a vaccination clinic specifically for Dakota State University.

During the clinic, Alex Glover (pictured top left), Throws Coach, DSU Track, shared why he chose to get vaccinated by saying, "Because I am confident in the science and want to help get things back to normal."

Amy Cressinger (pictured bottom left), Interim Vice President for Student Affairs said, "I'm excited to be receiving my vaccine today and happy that we could facilitate this clinic by partnering with MRHS. Please consider vaccinating! We all depend on each other."

The South Dakota Department of Health has opened up vaccinations to all individuals 16 years of age or older.

Madison Regional Health System has only vaccinations approved for use in individuals 18 years of age and older. To schedule your vaccination, please call 605-256-6551.



**Save the Date
Winter Gala 2022**

Friday, January 28, 2022
Dakota Prairie Playhouse
Madison, SD



Madison

Regional Health Foundation

323 SW 10th Street, Madison, SD 57042
605-256-8817
elizabeth.knuths@madisonhospital.com

A Message from the Foundation Director

It is our Foundation's job to inspire philanthropy—connecting and partnering with people like you who want to ensure that our community has quality healthcare close to home and who are willing to support this cause. We are proud of what Madison Regional Health System has done to help us through this pandemic. Every member of the MRHS staff is truly deserving of the Foundation's Champion of Healthcare award! We are also grateful for our generous community and the businesses and individuals who have been so supportive and caring during this time. It hasn't been easy but we are getting through this together.

Thank you for believing that our mission of supporting access to quality healthcare close to home is important and worthy of your support! Every donation makes a difference right here at our facility for people we care for, thanks to people who care—people like you!



Beth Knuths, Director

Madison Regional Health Foundation Board President Announces \$1 Million Raised



"Our donors are proud of the level of medical care that Madison Regional Health System provides to our community. They are making an investment now to ensure a healthy community in the future, ensuring access to quality healthcare close to home, provided by MRHS," said Jim Edwards, President of the Foundation's Board of Directors. He went on to say, "Every gift, large and small, has made it possible to reach this mark. We are grateful for all the support and pleased that we are closer to reaching our goal."

Madison 
REGIONAL HEALTH SYSTEM

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Madison Regional Health System

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