

On the *horizon*

LANGDON PRAIRIE HEALTH | FALL 2022

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LETTER FROM OUR CEO

JEFF STANLEY
CHIEF EXECUTIVE OFFICER



Dear Reader,

From all of us here at Langdon Prairie Health, we hope that you and your family have enjoyed a safe and beautiful summer here – summer is always a great time of year to relax a bit with the people we love best.

For our healthcare system, it's the perfect time to introduce two new LPH faces to the community: In early July, we welcomed Pharmacist Catherine Taylor (page 3) to the hospital; and Dr. Tana Setness Hoefs (page 5) will begin accepting OB-GYN patients at LPH.

We're also excited to share the results of our 2022 Community Health Needs Assessment (CHNA); every three years, this data gives us a picture of how our community is doing, and where resources – both time and money – should be allocated to best serve our residents.

Based on this year's feedback, which was provided electronically by county residents, LPH will dedicate resources to improving three actionable items in the coming months: behavioral health, chronic disease management and access to healthcare services. Keep an eye on future issues of On the Horizon for further details about LPH's implementation plans – and our area's improved results!

Finally, don't miss our reminder on the back page about back-to-school vaccines and well-child visits – keeping our kids healthy is always a top priority!

Sincerely yours,

Jeff Stanley



LPH WELCOMES NEW PHARMACY DIRECTOR

Langdon Prairie Health welcomed its new Director of Pharmacy to the hospital in early July. Catherine Taylor recently moved to Langdon from Florida with her husband and three-year-old son.

"My husband and I love the Langdon community and are looking forward to raising our son here," said Taylor, a 2013 graduate of South Florida's Nova Southeastern University College of Pharmacy.

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"This is a great place to gain hospital experience and grow as a professional. Hospital Pharmacy is an incredibly rewarding area within healthcare and there is a lot of room for growth here. Everyone I have met is friendly and happy to be at LPH"

-CATHERINE TAYLOR

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One of Taylor's responsibilities will be to serve on the Discharge Planning Committee along with Chief Nursing Officer Jamie Nienhuis; other committee members are nurses, the on-call provider, physical therapist and social worker.

Together the group will review each patient's status; if all the committee members agree on the next step in the patient's care, whether that's being discharged home or to another facility for further care, Taylor will have the opportunity to meet with the patient to provide a complete medication review with them and their caregiver.

"I am looking forward to being able to work with all the different departments here at the hospital and getting to know everyone better," said Taylor.

In addition to patient safety and education, Taylor is also excited about the opportunity to expand the services offered by the Pharmacy Department.

Taylor expects that preparing and administering cancer medications will be one of the services that the department will be able to offer with the future addition of a pharmacy hood, which is used to prepare sterile products such as medications.

Taylor also has plans to earn a Tobacco Cessation Drug Therapy Certification with the North Dakota Board of Pharmacy.

"I would love to help patients quit tobacco and improve their quality of life with the immediate and long-term benefits that tobacco cessation provides," she said.

Taylor enjoys hiking and traveling with her family, including visiting national parks, and said she looks forward to adding skiing to her list of outdoor hobbies this winter.



Employee Highlight

Catherine Taylor,
Director of Pharmacy



Pain Management Services at LPH

Promote Positive Progress

Langdon Prairie Health's pain management department focuses on a patient-centered approach to control pain without surgery.

Many people experience pain as a result of injuries, diseases, or conditions; pain management, which is the prevention, diagnosis, and treatment of pain, helps people with sudden pain feel better and improve their quality of life. LPH's non-surgical, personalized treatment plans help patients relieve their pain, restore their mobility and regain a healthier, happier quality of life.

Whether it's pain that lasts a short time and then goes away with the healing process – acute pain – or it's chronic pain that lasts for months or years, LPH manages pain in many different ways, which may include medicines, physical therapy or therapies such as massage or exercise – or a combination of these – to help people feel better.

LPH has partnered with Holistic Pain Management (HPM) since 2021 to provide personalized chronic pain solutions for patients; HPM is a national leader in providing holistic pain management to rural America.

Langdon Prairie Health's non-surgical pain management can help with a variety of conditions, including:

- Achilles tendonitis
- Carpal tunnel syndrome
- Diabetic peripheral neuropathy
- Fibromyalgia
- Headaches, including migraines and tension headaches
- Heel spurs
- Joint pain (e.g., knee, hip, elbow or shoulder)
- Osteoarthritis
- Sciatica
- Sports injuries



No referral needed!

LPH's Pain Management department focuses on non-surgical pain management that can help with many conditions. For more information or to schedule an appointment, call **701-256-6120** or visit us online at **lph.hospital/pain-management**.

OB-GYN Care

Returns to Langdome Prairie Health

You asked, and Langdon Prairie Health answered: After several years without regular OB-GYN care in the immediate area, Dr. Tana Setness Hoefs is joining LPH as a visiting OB-GYN specialist.

Initially, she plans to work at LPH one full day each month, with the potential to increase the number of days if there's enough demand.

A resident of Grand Forks and employed with Altru Hospital, Dr. Setness Hoefs already has a significant number of patients from Langdon and the surrounding areas who have been traveling to see her at Altru for several years, and she says that she is looking forward to saving them the four-hour round-trip drive.

Dr. Setness Hoefs has been practicing in Grand Forks for 20 years, and said that during that time, three hospitals in the surrounding area have stopped delivering babies.

"So now patients are looking at a two-hour drive to have their babies," she said. "Or when you need an appointment every single week at the end of your pregnancy, four hours for an OB appointment is a lot – I get the hardship that patients have to go through when they have to travel for care."

Dr. Setness Hoefs pointed out that having OB-GYN care in the Langdon area is good not only for the patients themselves, but also for the community: "I think any time a person doesn't have to take four hours off of work to travel to an appointment, that's a good thing – instead, they can be productive for their employers, which is a benefit to the community."

In addition, Dr. Setness Hoefs noted that it's always an advantage to keep healthcare dollars in the community, which helps keep hospital and clinic doors open.

Dr. Setness Hoefs is accepting new OB-GYN patients at LPH; to learn more about her or make an appointment, call **701-780-6900** or visit us online at **www.lph.hospital/womens-health**.



PROVIDER SPOTLIGHT

Dr. Tana Setness Hoefs

Education

Undergrad: Bachelor of Science (Biology),
University of South Dakota

Medical School: University of South Dakota
Sanford School of Medicine

Residency: Obstetrics, Gynecology and
Women's Health, University of Minnesota

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"I have a lot of family in that area that have to travel to get medical care. There are families in small communities that have lost their hospitals, their clinics – and I know the hardship that has come for them because of that. I know how important it is for doctors to be willing to travel to offer services."

-DR. SETNESS HOEFS

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Thank You, Cavalier County

Residents Provide Feedback on Area Health

Langdon Prairie Health completes a community health needs assessment (CHNA) every three years to better understand the health of our community – and to inform the steps we'll take to continue to enhance the well-being of all Cavalier County residents.

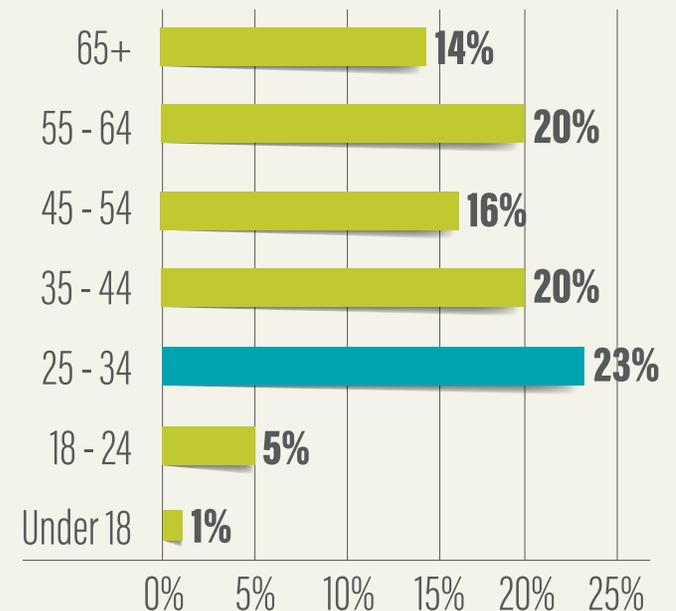
We've identified and prioritized three focus areas to improve upon during the next three years:



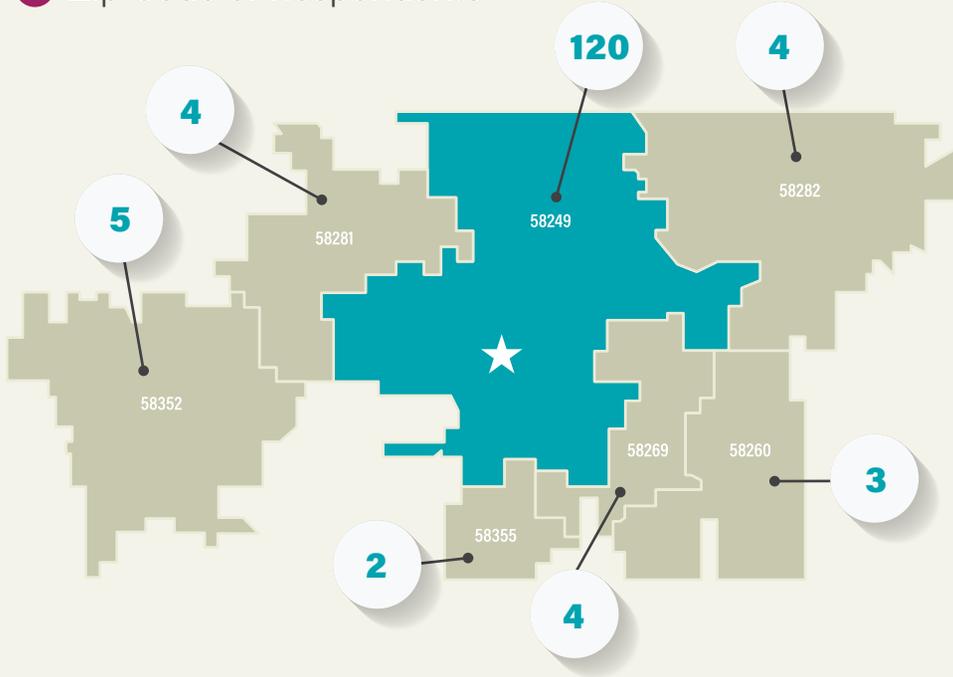
LPH will be developing an implementation plan to address these areas, and will make that plan available to the community.

The following are a few highlights from the feedback we've collected in this year's CHNA.

➔ Age of Respondents



Zip Code of Respondents

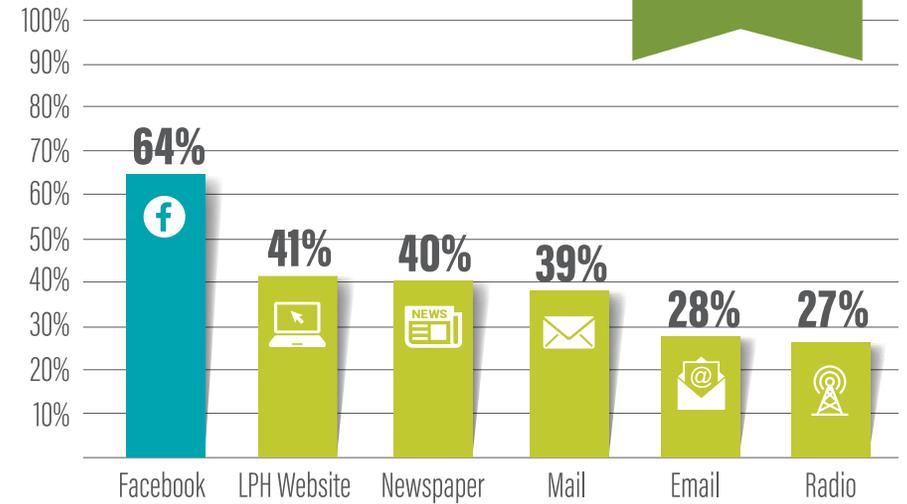


Communication

How do you want to learn about the services and specialties we offer?

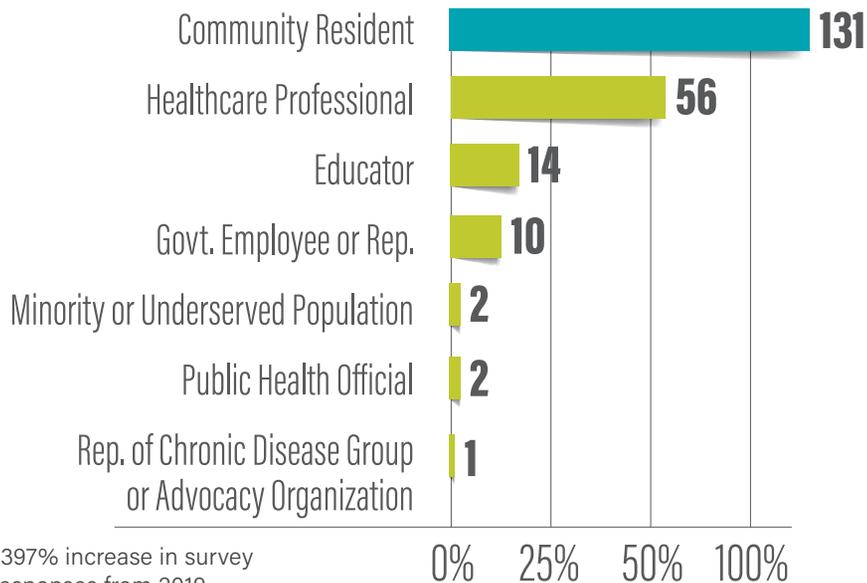


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Like us on Facebook



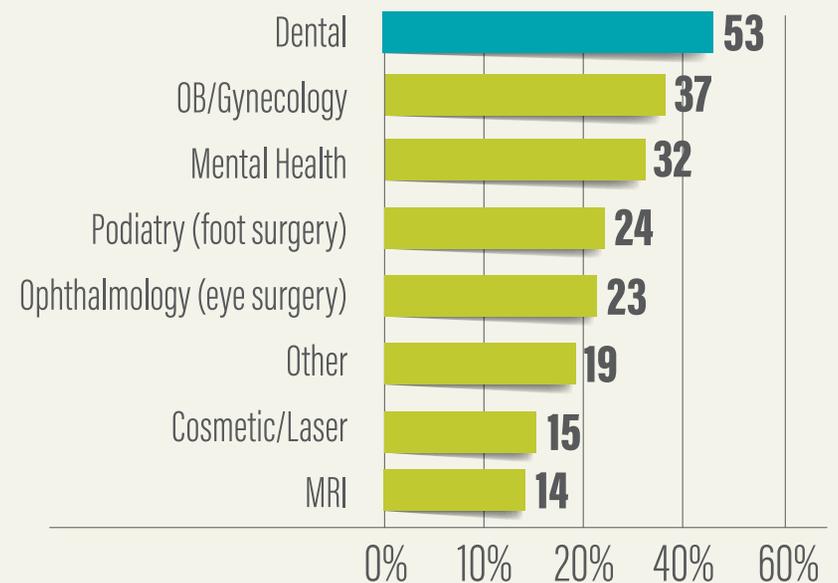
Respondent Groups

164* survey responses were gathered from the following groups:



*397% increase in survey responses from 2019

Which health services are you currently leaving town for that you would like to see offered or made more available at LPH?





It's not too late for... Back-to-School Vaccines



Did you know?

Students in Kindergarten through 12th grade must be up to date on their vaccines before attending school.

Schedule your vaccines today!
Call **701-256-2402**

It is also time for:

- ✓ annual well-child visit
- ✓ **FREE** sports physicals, courtesy of the LPH Foundation

Schedule today at **701-256-6100**.

Work Where You Belong Grow Professionally—Thrive Personally

Find your place where every position is important—and every person is valued. Langdon Prairie Health (LPH) is a nationally recognized healthcare system that fosters teamwork and advancement while offering an inclusive, supportive culture.

- Health Insurance
- Dental Insurance
- Vision Insurance
- Life Insurance
- Medical Spending/Dependent Care
- Ancillary Insurances (accident, cancer, disability, etc.)
- Paid Time Off and Extended Leave Benefit



www.lph.hospital/careers

Scan code on your
phone or tablet