

On the *horizon*

LANGDON PRAIRIE HEALTH | SPRING 2023

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Maria Eisenzimmer



LETTER FROM OUR INTERIM CEO

DARLA RODER



Dear Reader,

Thank you for taking time to read the newest edition of On the Horizon. We have some great stories to share about the wonderful things happening at Langdon Prairie Health so far in 2023.

But first, I'm happy to share that, once again, LPH providers have achieved exceptional quality scores—ranking in the top 95% of providers for small healthcare systems in our region. I'm so proud of the level of care they consistently provide. This care means our patients know they will have a top-quality experience from the moment they enter our facility.

These scores are awarded based on our participation in an Accountable Care Organization (ACO). An ACO is a group of healthcare providers and systems that support each other in providing the highest quality of care and spending healthcare dollars effectively. Cost savings generated by an ACO are shared by the member organizations to help further improve quality of care.

In this edition, we're also highlighting two specific staff members—Chief Medical Officer Dr. Rory Ratzlaff and Clinic Coordinator/Population Health Nurse Maria Eisenzimmer. They demonstrate the passion our team has for serving our community's healthcare needs, and I'm excited for you to learn more about them.

Additionally, we're sharing information on two of our service lines: Pain Management and Rehab Therapy Services. I'm very proud that we can offer these to our patients and help them avoid the need to travel for their healthcare.

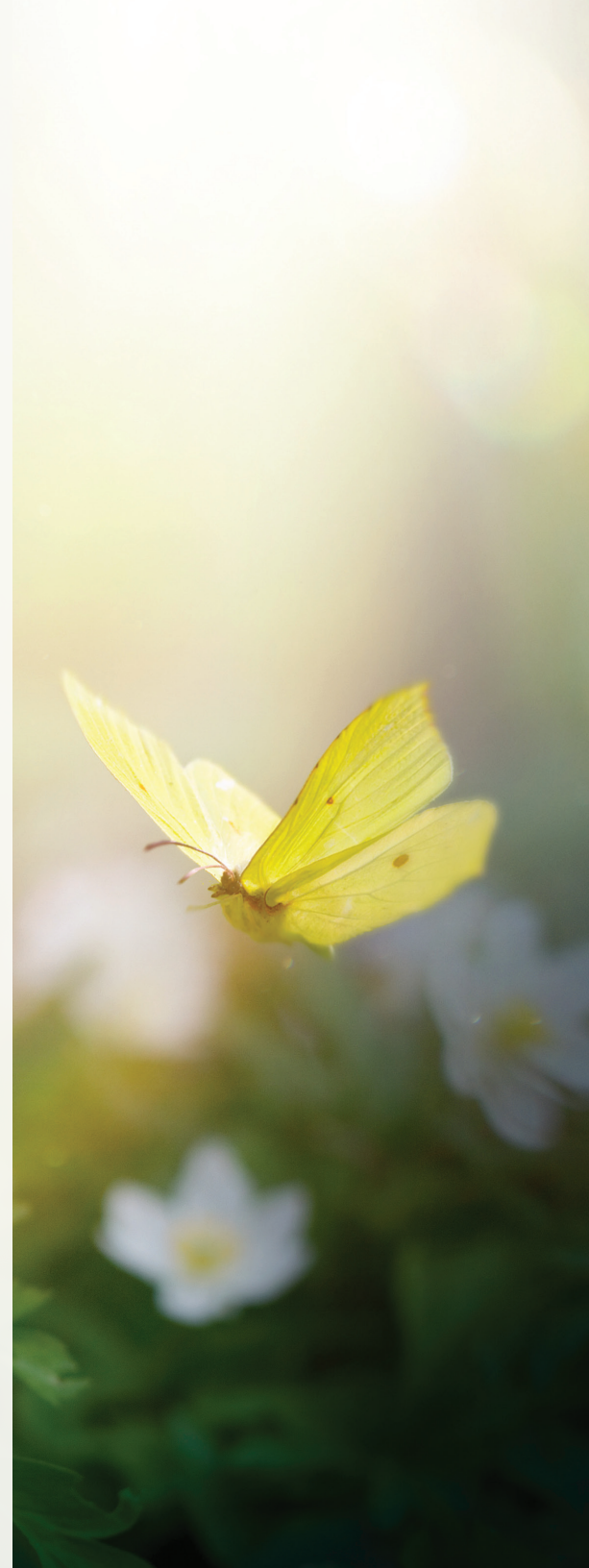
As we move further into the year, I'm excited to see what else our LPH team accomplishes. We've recently welcomed a new CNO that has brought some fresh ideas with her. We know she'll help us take our hospital nursing to the next level, when it comes to best practices and care quality, ensuring we can meet and then exceed the goals we set for ourselves.

We are truly blessed to have such a supportive community around us, and we are dedicated to continuing to bring the very best healthcare services to you.

Sincerely yours,

Darla Roder

Interim CEO





Welcome Back to LPH, Dr. Rory Ratzlaff!



We are thrilled to welcome back Dr. Rory Ratzlaff, MD, to our LPH family. Dr. Ratzlaff previously worked at LPH as a CNA and rejoined our staff in January as Chief Medical Officer and emergency room provider.

“Once I finished medical school, I was approached about an opportunity to come back to LPH and help the community, and it was a pretty easy decision,” Dr. Ratzlaff explained. “I have actually had the honor to work with some of the same staff I worked with as a CNA many years ago.”

Dr. Ratzlaff completed medical school in 2018 and completed his residency in 2021 at Sanford in Fargo before starting to practice as a family medicine provider. His decision to pursue family medicine was spurred in part by his time at LPH all those years ago.

“I chose family medicine because my background was in nursing,” he explained. “I felt family medicine was closest to my nursing background and was not going to be limited to a specific specialty.”

It is no surprise Dr. Ratzlaff pursued a career in healthcare. It is in his blood. His mother was a

nurse at LPH for many years and seeing her work inspired him to follow in her footsteps.

“When I was younger, I spent a lot of time at the hospital in Langdon waiting for my mother to get off work,” he shared. “I slowly started asking more questions about the medical field and developed a love for it.”

Since Dr. Ratzlaff is from Langdon, he fully appreciates the importance of providing high-quality healthcare for our community and is committed to improving and maintaining the health of his patients.

“I really enjoy getting to know all the patients, staff, and personnel at the facility,” he said. “It’s rewarding that I can give back to the community that supported me on my journey through medical school. I hope that I am able to provide a safe place for them to receive care.”

In just his few short months back at LPH, Dr. Ratzlaff is already helping us further our mission of providing high-quality and compassionate healthcare to Langdon and the surrounding area. We cannot wait to see how he furthers his positive impact on our community.

High Quality Rehabilitation Therapy Services Are Closer Than You Think



If you need rehab therapy, LPH has a wide variety of services that can help you achieve your health goals and feel like yourself again.

Our knowledgeable and compassionate therapy providers offer physical, occupational, and speech therapy to outpatients, acute care patients and swing bed patients. The therapy team consists of Sarah Badding, PT, DPT, CSCS; Jessica Waslaski, DPT, CLT; and Julie Regner, PTA.

They can assist with a wide range of health conditions, including:

- Back/neck pain
- Edema
- Joint replacement recovery
- Neurological disorders
- Orthopedics
- Osteoporosis
- Post-surgical care
- Soft tissue injuries
- Sports injuries
- Vertigo

“We’re a rural healthcare system, so I think people would be surprised by the variety of services we offer,” Sarah, the LPH Rehab Director, shared. “We also have therapists who are certified in specialties, including LSVT Big program for Parkinson’s Disease, treatment and management of lymphedema, Graston technique, and trigger point dry needling. We also see pediatric patients.” Before a patient begins therapy treatment at LPH, they receive a thorough evaluation of their current symptoms and challenges. This allows their provider to create an individualized therapy plan designed to meet their specific needs.

“We do our very best to make sure every patient can return to doing the activities they enjoy and are meaningful to them,” Sarah said,

"We have a great interdisciplinary healthcare team at LPH. Our staff works together to achieve the best possible outcome for our patients."



Perhaps the most significant benefit to patients who choose to receive their rehab therapy services at LPH is that they get necessary medical care in a location that is familiar to, and convenient for them. With our robust therapy department, there is no need to travel for high quality rehab care.

"We have highly qualified professionals who truly care about each individual patient and their goals," Sarah shared, "Our goal is to be able to provide patients with the same rehab services they would expect from a larger facility, but closer to home."

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"We do our very best to make sure every patient can return to doing the activities they enjoy and are meaningful to them."

— SARAH BADDING, PT, DPT, CSCS

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If you or someone you love needs rehab therapy, the LPH therapy team is here for you.



Successfully Transition from Hospital to Home *with Swing Bed Services*

For Medicare patients who no longer require acute care in the hospital but aren't quite ready to resume independent living at home, the Swing Bed Transitional Care program at LPH can help.

This program provides patients a place to recover from a hospital stay and receive the physical, occupational, or speech therapy they need as part of their transitional care plan. This program is designed to help patients return home as quickly and safely as possible.

Health events that often require Swing Bed care:

- Heart attack
- Pneumonia
- Scheduled surgery
- Stroke
- Traumatic fall

Effective Pain Management is Closer than You Think



Living free from pain means living life to the fullest, which is why Langdon Prairie Health is proud to offer holistic pain management services for their patients. Our customized, non-surgical pain management plans help people find relief from pain to restore mobility, function, and regain a higher quality of life.

LPH pain management services can reduce pain from a variety of conditions, including:

- ACL Tears
- Carpal tunnel syndrome
- Disc pain—damaged spinal discs, bulging discs, herniated disc, degenerative disc disease
- Fibromyalgia
- Headaches, including migraines, tension headaches
- Joint pain (e.g., knee, hip, elbow, shoulder)
- Osteoarthritis
- Pain in back, neck, face, leg, ankle, hip or shoulder
- Sciatica
- Sports injuries

“Our non-surgical pain management services are performed using fluoroscopy, otherwise known as ultrasound guided procedures,” Maria Eisenzimmer, LPH Clinic Coordinator/Population Health Nurse, shared. “All the procedures are injection based and fluoroscopy allows the needle to be visible through a live x-ray to ensure it’s guided to the proper position for a successful procedure.”

The four main procedure types available at LPH for pain management are:

1 NERVE BLOCKS

Procedures that are minimally invasive and have shown to be highly effective for pain relief

2 RADIOFREQUENCY ABLATIONS

Effective pain management treatments using radiofrequency technology

3 STEROID INJECTION

Injecting anti-inflammatory medicines to treat a range of painful conditions

4 TRIGGER POINT INJECTIONS

Treatments designed to reduce or relieve the pain caused by trigger points in the muscles

Pain management services are available to anyone—no referral needed. LPH offers initial consultations twice a month, where patients meet with Maria and a nurse practitioner to discuss options, the cause of their pain, and what treatment would provide the most effective pain relief. Once a plan is decided upon, a CRNA performs the pain management procedures twice a month.

“We’ve offered pain management services since 2021 and have helped a wide variety of people live with less pain,” Maria said. “The fact that we offer it right here in Langdon is a great benefit for our community. There is no long-distance travel needed for care and people can get treatment scheduled much more quickly.”



If you are tired of living with pain from an injury or existing condition, now is the time to get help.

Call us at **701-256-6120** today to find out your pain management options. We are here for you.



Employee Highlight

Get to Know our Clinic Coordinator/Population Health Nurse
Maria Eisenzimmer

Maria Eisenzimmer has worked at LPH for over two decades—an impressive nod to her dedication towards her patients and the overall healthcare of her community. She initially worked as a nurse with several providers, but since December 2021 has been LPH's Clinic Coordinator and Population Health Nurse.

"I love this new role I'm in. I oversee the day-to-day operations of the clinic to help ensure every patient who walks through the door gets the care they need," she said. "It's a rewarding position where every day is different."

Her role as Clinic Coordinator is essential to maintaining an exceptional patient experience at the clinic. Maria stays on top of the clinic schedule, including knowing which providers are seeing patients that day and helping them have everything they need for appointments. Her detailed knowledge of the clinic and ability to keep track of even the smallest patient details mean that patients and providers alike benefit from her passionate work.

In addition, as the Population Health Nurse, Maria works directly with patients. She performs annual wellness visits, makes chronic health management calls, and transitional care calls. She provides timely follow-up care to determine if patients' needs have been met, if they require additional appointments, changes to care plans, medication adjustments, and more.

"This is a rewarding position because I'm entrusted with monitoring patients even after they've left the clinic or hospital," she explained. What inspired her to go into the healthcare profession? Well, it was pretty simple.

“My mom was a nurse at LPH for 40 years, and I always admired her work. As a kid, I would sit at the nurses' station and watch her work—it made me want to be a nurse, too.”
— MARIA EISENZIMMER

It turns out Maria's mom was not just a source of inspiration. Three of her four siblings also work at LPH. And, in a way, LPH feels more like a family to her.

"I love working here because of the small-town feel. I'm not just caring for patients. I'm caring for friends and neighbors," she said. "Plus, the clinic staff have all worked together for years. It truly feels like a family."

Outside of her work at LPH, Maria loves spending time with her family. This includes traveling around the country with her girls as they barrel race—a passion of theirs. Plus, she enjoys spending days at the lake and watching any sport but especially Minnesota Vikings games.

Come Join Us!

28th Annual Langdon Prairie Health Foundation Golf Tournament

Saturday, June 3, 2023



Join LPH for some fun and friendly competition at our annual two-person scramble golf tournament.

Scan code on your phone or tablet to register

IMPORTANT INFORMATION

Time: 9:00 a.m. Registration/Coffee/Donuts
10:00 a.m. Tee-off

Place: Langdon Country Club, 10650 95th St.

Prizes & Games:

- 1st, 2nd and 3rd place cash prizes
- Hole-in-One on #9 \$10,000
- Men's & Women's longest drive, putt and closest to the pin
- Raffle drawing for a 65" Samsung Frame TV

Entry Fee: \$100 Per Person

- Entry fee includes steak supper ticket
- Participation gift for each golfer
- Includes chance to win the new Apple AirPods MAX, Ipad Mini, a SoloStove and More!

THIS YEAR'S THEME IS USA.

There will be prizes for the best dressed team, so come out in your red, white, and blue best!

