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SAVE THE DATES for CCMH Foundation's largest fundraisers of the year!



Wine and Beer Tasting
Cloquet Country Club
Friday, May 20, 2022



Autumn Sparkle Gala
CMH Ground Floor
Saturday, October 8, 2022



**Cloquet Community
Memorial Hospital
Foundation**

Questions about aging? Ask a population health nurse!



As we age, health issues increase and figuring out the many programs that will address these needs can be confusing. That is why population health nurses play such an important role for Medicare patients or individuals over age 65. Their purpose is to assist this population with navigating the systems and making sure all of the patient's needs are being met.

CMH Raiter Family Clinic has three population health nurses. They conduct annual wellness visits for patients over 65 and go through a list of questions, making sure all aspects of the patient's health are being addressed whether it is scheduling lab work, screenings, immunizations or discussing mental health issues. The meetings between population health nurses and patients occur prior to the patient/physician appointment so that any areas of concern can be discussed with the physician.

Population health nurses also provide chronic care management for Medicare patients with two or more chronic conditions. They communicate monthly with these patients and help ensure any concerns are reviewed and when there are new challenges, solutions are found whether it is arranging for Meals on Wheels, helping the patient acquire a handicapped parking permit to make transportation easier or any other issue that needs resolving.

When a patient is discharged from the hospital or other facility, population health nurses will make sure that the transition is smooth and that the patient understands all discharge information, including any questions they may have about new medications, orders for additional therapies or what is available from other community services that they may need to utilize. **CMH**

HealthWire

In it for the long haul:

Our rehabilitation providers discuss options for recovery from lingering symptoms of COVID-19

The short-term effects of COVID-19 are universally known by now. But one of the dangers of the virus that causes COVID-19 is the unknown long-term health effects it may have. Healthcare providers have identified a post-COVID infection condition called “Long COVID.” Long COVID encompasses a variety of health problems that people experience four or more weeks after being infected with the virus and the symptoms can range anywhere from mild to debilitating.

We asked our rehabilitation team the following questions:

■ What should patients look for if they think they may be suffering from long COVID?

If you notice changes in your ability to participate in the life you lived before you had COVID-19, you are most likely dealing with effects of the virus. Long COVID patients are all surprised at how long it's taking them to feel back to normal. It is also important to know that even if you had a mild illness or no hospital stay, you are equally as prone to having long COVID. Common symptoms of long COVID include:

- Persistent fatigue / low energy
- Weakness
- Poor endurance
- Muscle or joint pain or generalized body aches
- Changes in balance or frequent dizziness

[Story continues on next page](#) ➔



Need a COVID-19 test?

CCOVID-19 testing is currently available by appointment at CMH Raiter Family Clinic. Please call 218-879-1271 to schedule. Walk-ins are not accepted.

Our rapid molecular COVID-19 testing methodology satisfies return to work and travel requirements. A CMH employee will contact you by the end of the day with results. If you have your My CMH Health Portal set up, results can also be obtained electronically.

■ IN IT FOR THE LONG HAUL, continued

- Shortness of breath
- Headaches
- Sleep problems
- Brain fog
- Increased / new urinary incontinence or an inability to fully void
- Inability to return to work or daily routines

■ What type of support for long COVID is available at CMH?

• Our **Speech Therapy Program** treats patients for difficulty with cognition and language skills, changes in voice, and difficulty chewing and swallowing.

• **Physical Therapy Department** interventions include: balance exercises, development of an at-home program to improve strength, vestibular rehab for frequent dizziness, pelvic floor rehab to treat urinary incontinence, and others.

• **Occupational Therapy** addresses deficits through treatments like: assessment and recommendations to decrease reliance on caregivers, routine development and sleep management, support for mental health, support for re-integration into work and school demands, and others.

• Cardiac Rehabilitation offers **Pulmonary Rehabilitation**, which engages patients in monitored exercise that helps improve the functional capacity of their lungs.

■ Any parting thoughts?

If you think you may be suffering from symptoms of long COVID, we encourage you to reach out to your primary health care provider to discuss potential treatment. COVID-19 has taken a lot from all of us over the past two years, but it doesn't have to steal your sense of health and ability to complete daily tasks, too. There are services to guide you through the process of recovery.

For more information, please visit our website at cloquethospital.com/coronavirus. **CMH**

Recover faster with Concussion Rehabilitation

Concussions are the result of direct trauma to the head, including from falling, being hit, or getting in an accident. When it comes



to treatment, don't wait. Intervene early. The recently launched CMH Concussion Rehabilitation Program works with this concept in mind—offering techniques to lessen symptoms and identify functional impairments before they begin to affect your performance in daily life. Our team of occupational therapists, physical therapists, and speech therapists

can help you make a safe and gradual return to the activities you love. For more information, please call 218-878-7040. **CMH**

Another successful year of giving for the CCMH Foundation

In 2021, CCMH Foundation donors generously contributed more than any other time in Foundation history. A legacy of giving among CMH employees and the surrounding community helps patients and healthcare workers by providing access to the latest technology, programs, and equipment. The Foundation is pleased to share the outcome of your generosity, which includes the following grants:

- **CMH Raiter Family Clinic:** Exam tables, vital sign monitors, pulse oximeters, stethoscopes
- **Environmental Services:** Electronic communication system
- **Imaging:** Bone densitometry scanner, data ports
- **Information Technology:** Video conferencing equipment
- **Materials Management:** Heavy duty storage shelving units
- **Med/Surgery:** Patient room recliners, CO2 infant monitors
- **Occupational Therapy:** Splinting and rehab program supplies
- **Physical Therapy:** Carpet for waiting room
- **Sunnyside Heath Care Center:** \$100,000 “set aside” for the new SHCC, NuStep recumbent cross trainer
- **Surgery:** Vital sign monitors, ultrasound probes, gel foam surgery positioners
- **Pain Management Clinic:** Exam table **CMH**

Have you subscribed to our eNewsletter?

The newest way to connect with CMH is to join our email list! Don't worry, we won't flood your inbox!



You'll receive one email a month with details including: COVID-19 updates, information about events and available providers and services at CMH and CMH Raiter Family Clinic, and articles about preventive health. Sign up by

holding up your smartphone's camera to the QR code above and clicking the link. **CMH**

Meet Virginia: CMH's innovative solution to a growing rural obstetrics crisis



Babies don't wait for anyone! At rural hospitals like CMH, there are often fewer births per year. But physicians, nurses, and other emergency personnel still need to be ready to provide excellent care when the need arises. CMH CEO Rick Breuer was searching for a solution to keep health care professionals well-trained and confident in their delivery skills when he discovered RealMom 2.0, a lifelike birthing simulator. With the help of a grant from Blue Cross Blue Shield Minnesota, CMH is proud to launch our OB Simulation Lab, which will be a training resource for rural providers around the state. Our RealMom 2.0 simulator—named Virginia—is a fully functional pregnant mannequin that simulates multiple birth scenarios, including vaginal delivery, cesarean section, and complex delivery conditions like hemorrhage. Partner hospitals and other medical training organizations from around Minnesota will be able to train on Virginia, so that delivery becomes safer for moms everywhere, no matter the circumstances. CMH is a leader in rural healthcare in Northeastern Minnesota, and we are excited to serve our surrounding community in this new way. **CMH**

◀ **Director of Inpatient Services Melissa Seibert (right) uses CMH's OB simulator to train College of St. Scholastica nursing student Nicole Ejnik on a cesarean birth.**

CMH welcomes first Chief Nursing Officer

CMH is excited to announce an expansion of our administration. For the first time in our history, CMH has hired a Chief Nursing Officer (CNO), Liz Zappitello. In this position, Liz will be responsible for the oversight of all nursing practices and ensure that the highest standards of quality are met for each patient experience. She received her nursing degree from

Viterbo College in La-Crosse, Wisconsin and she earned an MBA in rural healthcare from the College of St. Scholastica, as well as a Master of Arts in Management with a focus on healthcare. The majority of Liz's career has been at Essentia Health/St. Mary's,



serving in a variety of positions. Most recently, Liz was their Director of Nursing for Critical Care. Welcome, Liz! **CMH**

Living on the Border with Pre-Diabetes

Start now to delay or prevent type 2 diabetes

NEXT WORKSHOP
TUESDAY,
MAY 3, 2022
3–6pm

\$25 registration fee

Workshop held in
CMH classrooms

Have you been diagnosed with pre-diabetes? You can make changes now to delay or even prevent the onset of type 2 diabetes. Taught by certified diabetes instructors, the workshop is open to all those who would like to learn more about pre-diabetes. **Call 218-878-7661 to register.**

Can't make the May 3 workshop? Join us on June 7, 2022, 9am–Noon. Upcoming sessions listed at cloquethospital.com/cmh-happenings