We provide quality care that is demonstrated to meeting the needs and expectations of our patients.

Our Patients
Meeting the needs and expectations of our patients is our highest priority.

Our Care
We provide quality care that is demonstrated to achieve the best results for patients.

Our Team
We work as a team and treat each other with honesty, loyalty and respect.

Our Communities
We are committed to improving the health of our communities.

VALUES

PROMISE
Every moment of every day, we promise to provide an excellent health care experience. We will be respectful, compassionate and thorough. We know your family and friends are an important part of your care; we will involve them as you wish and extend the same promise of excellence to them.

Altru’s Trauma Program Coordinator, Leigh LaRoque, RN, BSN, has joined our Regional Team with the Altru Regional Clinic Managers and having direct oversight of Altru’s regional clinic operations.

Prior to joining Altru Health System, Jennifer served as Chief Operations Officer for NEXICARE in Dubai, leading the company’s multi-regional operations, patient customer services and project management office. Originally from Langdon, North Dakota, she earned her Bachelors and Masters of Science degrees from the University of North Dakota, Operations Management Certificate from George Washington University in her Nurse Practitioner degree from Saint Louis University.

Jennifer Nuelle-Dimoulas has joined our Regional Team as Director of Regional Clinic Operations, working closely with the Altru Regional Clinic Managers and having direct oversight of Altru’s regional clinic operations.

April 2016

REGIONAL OPERATIONS NEWS

Improving Health, Enriching Life

message from the REGIONAL MEDICAL DIRECTOR

TeleStroke

As an accredited Primary Stroke Center, Altru Health System is initiating a TeleSpecialists TeleStroke program to enhance our Stroke Care Program. Stroke is the fifth leading cause of death in developed countries. The “Golden Hour,” defined as 60 minutes of arrival time, has been established as the quality standard of care for rapid assessment and administration of thrombolytic medicine to establish reperfusion, recanalization and prevention of irreversible ischemic insult. Tissue plasminogen activator (tPA) is the only FDA–approved medicine that can help dissolve the clot, restore blood flow, and improve function when given early.

TeleSpecialists TeleStroke Program provides for timely acute care neurology consultations that will help us build our Stroke Care Program. They will assist our physicians with rapidly evaluating, and treating stroke patients. TeleSpecialists are a single call activation system capable of providing care to a stroke patient within 5-10 minutes of activation. The goal is to have our door to needle times less than 60 minutes.

Rural Trauma Team Development Course (RTTDC)

Altru’s trauma service is offering the American College of Surgeons (ACS) Rural Trauma Team Development Course (RTTDC) to our regional partners. The day-long training, designed by the American College of Surgeons Committee on Trauma, aims to better prepare rural emergency care providers and staff during the initial care and resuscitation of injured patients. Statistically 25% of the population in the United States lives in rural areas. 60% of trauma deaths occur in a rural setting. The reasons for this are multifactorial, involving response times, delays in services and decisions to transfer etc. The course is designed to educate regarding providing the most efficient and focused care possible for the rural trauma patient, and to give providers the tools needed to stabilize patients and make timely decisions for transfer. The course improves the care of the Trauma Patient in several ways: 1 - Establishes a trauma team using the personnel and resources available at the facility; 2 - Develops a team approach to trauma resuscitation, stabilization and prompt transfer. The goal is to make a decision for transfer within 15 minutes; 3 - Identifies key factors in organizing and preparing resuscitation area and equipment. The course lectures cover the ABCDE of trauma (Airway, Breathing, Circulation, Disability, Exposure and Environment). All of this, of course, is directed at having an impact on the statistics previously mentioned.

We have conducted two courses over the past four months, at Unity Medical Center in Grafton, North Dakota on December 8, 2015, and Northwood Deaconess Health Center in Northwood, North Dakota on March 22, 2016. For more information regarding the Rural Trauma Team Development Course, and to schedule a course, contact:

Leigh LaRoque, RN, BSN,
Altru’s Trauma Program Coordinator
701.780.5337 phono | laroque@altru.org e-mail

Jennifer Nuelle-Dimoulas

William G. McKinnon, MD, FACEP
Medical Director of Regional Operations
Altru Health System

ONE CALL CENTER (855.425.8781)

For Inpatient or Emergency Transfers

Regional Transfer Coordinators: Darcy Thompson, RN, BSN; Becky Robertson, RN;
Melinda Carlson, RN; Diedra Goos, RN; Kathy Warne, RN

REGIONAL OUTPATIENT REFERRAL (877.247.7745)

Regional Referral Coordinator: Jill Bryant, RN
Survivorship

There is increased information available supporting the increased survival rate of patients following a diagnosis of cancer. With this increase in life expectancy there is a need to address the concerns and issues that face a cancer survivor. Survivorship care after completion of cancer treatment is becoming more necessary. Altru Cancer Center is accredited through The American College of Surgeons (ACoS) Commission on Cancer (CoC). One of the standards we are evaluated on states we are “to develop and implement a process to disseminate a treatment summary and follow-up plan to patients who have completed cancer treatment.”

Altru Cancer Center is utilizing the Survivorship Care Plan (SCP) for patients who have completed treatment with curative intent. This care plan will review with the patient the type and stage of cancer they had, the treatment received, side effects experienced during treatment and potential long term side effects. The plan will also provide recommendations for follow-up care.

The nurse practitioners at Altru Cancer Center meet with the patient six to eight weeks after the last treatment to review the Care Plan with them. The patient is given a copy of their SCP. A copy of the care plan is also sent to the patient’s primary care provider.

Lung Cancer Screening

Altru Cancer Center is pleased to inform you that the lung cancer screening program is up and running for your patients. Altru’s Lung Cancer Screening program provides an assessment of lung cancer risk and low-dose lung CT (LDCT) for those who are at high risk for developing lung cancer. This program provides individualized, evidenced based care as a result of the National Lung Cancer Screening Trial (NLST) and recommendations of several organizations (USPST, NCCN, ACS, ACR, NCI, AATS).

Benefits and potential risks of screening are discussed during the consultations with the nurse practitioner. In addition, a smoking cessation program is offered for current smokers and plays an important role in the lung cancer screening program. We have a tobacco cessation specialist on staff to assist patients in a goal of becoming tobacco free. This program offers management recommendations for any findings, continuity of care, as well as ongoing monitoring and follow up with the nurse practitioner coordinating care. Abnormal findings will be communicated to the patient and referring provider, however, the NP will arrange follow up and management for any abnormalities found on LDCT.

Radiation Therapy:

Many Treatment Options

Altru Cancer Center offers many advanced radiation treatment options for breast cancer using external beam radiation or internal radiation (brachytherapy). We are capable of delivering whole breast radiation courses in a total of 10 to 20 treatments depending on the disease risks. We also offer Accelerated Partial Breast Irradiation (APBI) with either a brachytherapy Contura balloon implant or via external beam therapy. Typically, APBI is delivered twice a day, six hours apart, for 5 days total. The entire radiation course can be completed in approximately 1.5 weeks. With our recent Tomotherapy Hi-Art System upgrade, we can also deliver the external beam treatments in three to five minutes with improved skin sparing and confidence of target accuracy using Image-Guided Radiation Therapy (IGRT). In more advanced breast cancer cases, we can deliver the entire course in 25 treatments, rather than the traditional 30-33 treatments. We continue to offer patients the best multidisciplinary care possible following the most up-to-date guidelines and research protocols. We offer many state-of-the-art breast cancer research trials through the Alliance for Clinical Trials in Oncology (ACTO) national research group.

Altru Cancer Center also offers several options for prostate cancer. Prostate cancer is generally treated by external beam radiation using IMRT (Intensity Modulated Radiation Therapy) and IGRT (Image-guided radiation therapy). Both of our linear accelerators use this highly advanced technology. The number of treatments varies from 40 to 45. Another option that we offer is High Dose Radiation (HDR) by using internal radiation or brachytherapy. This can be a great treatment option for our regional customers that travel long distances to receive their therapy, because this type of therapy can be delivered in four treatments with two implants – requiring only two trips to the clinic.

Altru Cancer Center has many treatment options for radiation therapy. Two other alternatives depending on the type of cancer, is Stereotactic Radiation Therapy (SRT) and Stereotactic Body Radiation Therapy (SBRT). This modality is “surgery” using high dose external beam radiation rather than actual invasive surgery. The number of treatments range from one to five as opposed to 30 to 35 treatments.

To date we have screened 11 patients. Of those screened, seven have had a negative LDCT scan and recommended they follow up in a year and engage in a smoking cessation program if still smoking. Four patients have had equivocal findings where follow up CT was recommended in 4-6 months, we continue to arrange follow up for these patients.

New Physicians and Advanced Practice Providers:

Dr. Clyde Green in Greenbush, MN - David Brett, DO, Primary Care
Dr. Mollie Rahm - Nephrology - Altru Clinic, Crookston, MN
New Regional Outreach Providers and Sites:

Dr. Scott Charette - Surgery - Cavalier County Memorial Hospital and Clinics, Langdon, ND - Altru Specialty Clinic, Cavalier, ND
Dr. Mike Hannia - Oncology - Altru Specialty Clinic, Cavalier, ND and Altru Clinic, Roseau, MN
Dr. Vinita Parikh - Interventional Pain Management - North Valley Health Center, Warren, MN
Dr. Mohammed Rahman - Nephrology - Altru Clinic, Crookston, MN
Dr. Roni Sperle, NP - Neurology - Altru Specialty Clinic, Cavalier, ND
New Telemedicine Providers and Sites:

Altru Clinic in Crookston Expansion and Renovation Project

Altru leadership announced plans for a multi-million dollar development project for Altru Clinic in Crookston, Minnesota. The project will expand services and the clinics current footprint at 400 South Minnesota St. Altru’s Board of Directors approved the project in response to the growing demand for services and to further meet the needs of patients throughout Polk County. The expansion will improve access to care for those in the Crookston region by increasing the availability of physicians and specific specialists, along with supporting services. The team in Crookston offers a multitude of specialties, including Family Medicine, Internal Medicine, Cardiology, Orthopedics, Oncology, and Physical, Speech and Occupational Therapy services along with local availability of Renal Dialysis, Yotvem Medical Essentials and Telemedicine Services. With the support of Altru Health System, Altru Clinic has convenient access to additional specialties, so that every patient receives the highest level of care and service. Altru’s relationship with Mayo Clinic through the Mayo Clinic Care Network, affords those in Crookston and throughout the entire region with a connection to the highest level of expert care and knowledge available.

Radiation Options for Prostate Cancer Therapy presented by Grant Sanger, MD, Radiation Oncology

Altru Health System, Grand Forks, ND
April 28, 2019 - 5:30 p.m.

You Are Invited

All Regional Medical Providers to a meeting of CME followed by dinner and an opportunity to meet several referral specialists
VALUES

Our Patients
Meeting the needs and expectations of our patients is our highest priority.

Our Care
We provide quality care that is demonstrated to achieve the best results for patients.

Our Team
We work as a team and treat each other with honesty, loyalty and respect.

Our Communities
We are committed to improving the health of our communities.

PROMISE

Every moment of every day, we promise to provide an excellent health care experience. We will be respectful, compassionate and thorough. We know your family and friends are an important part of your care; we will involve them as you wish and extend the same promise of excellence to them.