

On the *horizon*

LANGDON PRAIRIE HEALTH | WINTER 2023



- 4 Healthy Living with Medical Nutrition Therapy
- 5 Meet Lab Manager Kryzza Hilay
- 6 Transitional Care You Can Count On
- 7 LPH Foundation Updates

LETTER FROM OUR BOARD PRESIDENT

JAY DUBOIS



Dear Reader,

As we dive into 2023, I am happy to share all the wonderful things that have been happening at Langdon Prairie Health. As the President of the Board, I see firsthand how our local healthcare system positively impacts the health and wellness of our community.

I am incredibly proud that LPH remains an independently owned and operated healthcare system. This allows us to make decisions that best support Langdon and the surrounding areas. During each board meeting, the community's needs are at the forefront of all our discussions and are the driving force behind any decisions we make. For example, one of the most exciting changes experienced at LPH in 2022 was a \$3M infrastructure upgrade that included a new HVAC system and improvement to the technology at the hospital, including cameras, computer systems, fiber optics and more. These upgrades ensure a more comfortable patient experience.

Most importantly, this upgrade was paid for in full by a combination of grants and the hospital's own funds—no borrowed money. In fact, the improvements LPH has recently made or is in the process of making are paid for outright to ensure continued financial stability and to position us for further growth in the future.

More exciting changes at LPH include again offering colonoscopies, adding pain management services and upgrading our ambulances so that all are four years old or

newer (and -- you guessed it—already paid for). With our financial strength, we plan to add even more services in the future.

LPH is also dedicated to supporting its amazing staff. To help keep up with inflation, every LPH employee received an 8% raise in 2022. And because LPH was in the top tier in our Accountable Care Organization in a five-state region two years in a row, LPH received \$250,000 back for exceptional patient satisfaction scores. This is in large part due to our employees, who are ultimately responsible for our successes.

Of course, I would be remiss not to mention last year's name change to Langdon Prairie Health. It reflects the positive changes we have made during the last few years but also helps differentiate our facility from the hospital in the city of Cavalier—a point of confusion more common than many may have realized.

At the end of the day, I truly am humbled to be able to support and represent Langdon Prairie Health. This healthcare system is integral to our community, and I'm determined to help it continue to grow. Thank you all for your support.

Sincerely yours,

Jay DuBois



Managing & Securing Patient Records is a Rewarding Endeavor for One LPH Employee

For Tess Roppel, Health Information Management (HIM) Coordinator at Langdon Prairie Health, there's nothing more satisfying—or more important — than keeping track of the details of patient health information.

Tess is responsible for organizing and securing all patient medical records in conjunction with LPH regulations, as well as all ethical and legal requirements. And she does it exceptionally well. "I'm an RN and after years in various healthcare roles—from an operating room nurse to a Medicare clinical reviewer—this seemed like a great new challenge that was still in the scope of nursing," she said. "Plus, I have experience working with electronic medical records in the past"

“*MyChart is helpful for both us and the patients. It's secure and user-friendly.*”
-TESS ROPPEL

There are many facets to HIM that Tess needs to stay on top of, including ensuring records are easily accessible, confidential, HIPAA compliant and ready for utilization and quality assurance reviews.

"One facet of managing health records is compliance with Medicare requirements," Tess explained. "For example, Medicare typically wants patients in the hospital for less than 96 hours, and

if a patient exceeds that, we need to have a record of why they needed a longer hospital stay."

Tess also monitors the electronic medical records system to stay ahead of any security breaches to ensure the information is kept protected. Her steadfast dedication to confidentiality helps patients know that their records are safe with LPH.

"I take great pride in what I'm doing and genuinely enjoy my work," Tess shared. "This position has grown since I've started, and I've been able to get everything aligned with patient needs, regulatory requirements, and healthcare agencies."

To help give patients more control over their medical records, Tess also helps educate patients on using MyChart—the free, online patient portal that makes it simple for people to electronically access their records, view lab results, contact their providers, schedule appointments and more.

"MyChart is helpful both for us and for patients," she said. "It's secure and user-friendly, which makes it easy to review patient information or share with other providers as needed. Plus, patients can access their records from wherever they are—no phone calls or traveling needed."

HIM is an essential component of patient care and Tess provides it at the highest level—and loves the rewards and challenges it provides. "It's been great to grow into this role and know I'm positively impacting our patients," she said.



Employee Highlight

Tess Roppel,
Health Information
Coordinator

Medical Nutrition Therapy:



Helping People Make Changes for a Healthier Life

As we leave the indulgences of the holiday season in the rearview mirror and look ahead to the opportunities 2023 has in store for us, one thing many people may look forward to is making healthier eating choices. However, that isn't always easy to tackle on our own.

For those living with diabetes, high cholesterol, obesity or other chronic conditions, Medical Nutrition Therapy provides a way to make sustainable changes to nutritional habits.



BRENNA SWANSON
LPH DIETICIAN AND
NUTRITIONIST

"The formal definition of MNT is 'using nutrition and lifestyle changes for prevention and treatment of disease for improved health and wellbeing,'" explained Brenna Swanson, LPH Dietician and Nutritionist. "Essentially this service helps people learn to make positive changes that lead to better health."

MNT is typically one-on-one care with a dietician who provides education and resources tailored to the patient's specific needs, often including a suggested meal plan to help guide grocery shopping and navigating menus when eating out. Patients also receive detailed information on their specific condition and how diet can help control or improve it.

"What I try to do with patients is close the gap between the life they are living and the life they want to live in terms of their health," said Brenna. "I do this by showing them the behavior changes they can make to get there and then provide the tools and support they need to make them."

The number of appointments a patient will have for MNT will vary depending on their condition and health goals.

"Some patients are successful after one in-depth session and can take the resources and run with them," Brenna said. "Others need follow-up appointments to provide all the information they need and help with accountability."

A referral is needed for MNT, so patients are encouraged to speak with their primary care provider to see if they are eligible for this service.

And for those who may feel hesitant about seeing how MNT can help them, Brenna encourages them to keep an open mind. "People often feel it's their fault if they need help with nutrition and diet, but they shouldn't," Brenna said. Everyone needs to eat and it's not always intuitive what foods may or may not be helpful for your specific health goals. Come in and get the help you need to make a healthy change."



WHITE CHICKEN CHILI

Provided by Brenna Swanson,
LPH Dietician and Nutritionist

One of my favorite healthy winter recipes is white chicken chili. This recipe takes about an hour from start to finish or could be cooked on low all day in a crockpot; it can be placed in the refrigerator for leftovers.

Ingredients:

*Remember to rinse canned vegetables to reduce sodium content

- 1/3 cup onion, diced (to save time, use dehydrated onion)
- 2 cloves garlic, minced (dehydrated could also work)
- 1 tbsp olive oil
- 2 (14.5 oz) cans low-sodium chicken broth (make your own by stewing the chicken in the crockpot all day)
- 1 (7 oz) can diced green chilies
- 1 1/2 tsp cumin
- 1/2 tsp paprika
- 1/2 tsp oregano, dried (could use fresh)
- 1/2 tsp cayenne pepper
- pepper to taste (salt too, but be mindful)
- 1 (8 oz) pkg Neufchatel cheese, cubed (could use light cream cheese)
- 1 1/2 cups corn (fresh, frozen or canned)
- 2 (15 oz) cans beans (any white bean will work)
- 1 tbsp lime juice (fresh works well)
- 2 1/2 cups shredded chicken (leftover rotisserie or cooked chicken breast)
- 2 tbsp fresh cilantro, chopped – 1 bunch for serving
- optional: tortilla chips or strips, shredded cheese, salsa, sliced avocado all for serving

Instructions:

1. Heat olive oil in a large pot over medium-high heat. Add onion and sauté 4 minutes. Add garlic and sauté 30 seconds.
2. Add chicken broth, green chilies, cumin, paprika, oregano, coriander, cayenne pepper and season with pepper to taste. Bring mixture just to a boil then reduce heat to medium-low and simmer 15 minutes.
3. Drain and rinse beans in a fine mesh strainer or colander.
4. Add Neufchatel cheese to soup.
5. Add corn and beans and stir well. Simmer 5 - 10 minutes longer.
6. Stir in chicken, fresh lime juice and cilantro. If needed, add additional broth for your preference of thickness.
7. Serve with optional items (chips, cheese, salsa, avocado, cilantro) as desired



From a World Away but Making Langdon Home: Meet Lab Manager Kryzza Hilay

Langdon Prairie Health's new Lab Manager Kryzza Hilay first joined the LPH team in January 2022—after a cross-the-world move from the Philippines.

"I've been a med tech in the Philippines since 2018 and typically there are two career tracks for anyone in the medical field back home," Kryzza explained. "You either become a doctor in the Philippines or you seek other opportunities outside the country—like this job in Langdon."

Kryzza submitted her application for the LPH lab—despite the vast lifestyle differences she would experience.

"During the interview, they let me know

this is a rural community. As a city girl, I was hesitant," Kryzza shared. "But I told myself I just needed to listen to God and where he placed me—and now in Langdon I feel like I can slow down and truly enjoy life."

Initially hired as a lab tech, Kryzza was officially named Lab Manager in May 2022 and has spent her time since working to ensure the lab offers the highest level of care so that patients get results back as accurately and quickly as possible.

"Our goals for the lab are simple yet so important," Kryzza said, "We want everything done on time and to the strictest standards possible. Our patients can trust us to provide the

results they need, and we value those relationships above all else."

Now that she has a year in the lab under her belt, Kryzza is looking to the future. Currently, there is one other lab tech who works with her but if all goes as planned, LPH will hire two to three more technicians in the near future. She's also eyeing up some new back-up equipment to ensure that patients can always get the lab tests they need.

It's not surprising that Kryzza has helped the LPH lab provide exceptional care—she's always been motivated to help people.

"I seek opportunities for community involvement," Kryzza shared. "I started

out with serving the youth in my community and that is where I found an interest in the medical field."

Her wide range of service experiences back home have created a fire in her for compassionate care that she continues to stoke here in Langdon.

“*I feel like I found my purpose here in Langdon. I feel like my service in the community is impacting patients and I'm blessed to be here*”
-KRYZZA HILAY



Langdon Prairie Health Swing Bed Program: Transitional Care You Can Count On

When someone experiences a serious health event, they often need transitional care between an inpatient hospital stay and being fully ready to return home. This is where the LPH Swing Bed Program comes in.

“Swing bed refers to patients who need care that ‘swings’ between acute hospital care and independent living,” explained Angela Booker, LPH Interim CNO. “People can get the physical and occupational therapy they need right here in the hospital before returning home.”

One of the biggest benefits of swing bed services at LPH is that patients can get the care they need without having to travel—this makes it easier for them and anyone who may help care for them.

“Take for example a married couple—one has a stroke, but even after their hospital stay, they can’t come home yet. Rather than transferring to a facility outside Langdon, they can stay right here in town and their spouse can easily visit them, provide support, and remain up to date on their condition,” Angela said. Additionally, patients who needed to travel farther away for their initial care can finish their rehabilitation at LPH—allowing them to return to their community more quickly.

Each patient who participates in the swing bed program will have a treatment plan tailored specifically to their needs and carried out one-on-one by their providers and therapists.

“Your provider will meet with you to create your care plan, order the rehab services you need and ensure that you are meeting the goals set to return home safely and comfortably,” Angela said.

There is always an RN in the building who can attend to swing bed patients at any time of the day and a provider is always on call. This allows LPH to provide an exceptional level of care that helps ensure patients successfully transition out of the program.

“To put it as plainly as possible, swing bed services at LPH are designed to get people back to their ideal living situation safely,” Angela said. “I have witnessed many patients be able to return to independent living due to their time in swing bed—as a nurse that is a very rewarding thing to see.”

Health events that often require or benefit from swing bed care are:

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

Putting Community Healthcare Needs First: The Langdon Prairie Health Foundation



2022 was an exciting year for the Langdon Prairie Health Foundation – it marked their 35th year raising funds for the hospital system.

“We were founded in 1987 and worked our way up from nothing to become an almost \$3 million foundation,” McKinzie Siverston, Foundation Director, shared. “This is all thanks to our many generous donors, and we couldn’t be more grateful.”

The Foundation, a wholly separate entity from Langdon Prairie Health, only uses its funds for the healthcare facility.

“Our mission statement is very simple,” McKinzie explained. “It is: The Langdon Prairie Health Foundation is committed to raising philanthropic dollars to help ensure quality and personalized healthcare close to home now and for future generations in Cavalier County and surrounding communities.”

Community involvement is central to the Foundation, with four major events taking place each year.

First, is a scholarship program for local high school seniors who plan to go into healthcare after graduation. The selected students receive \$1,000 each from the Foundation, and since 2022 the foundation has awarded \$32,500 in scholarships.

Next, is the annual golf tournament—the Foundation’s largest event of the year, which typically raises over \$20,000 in funds for LPH. For those looking to save the date for next year, the 2023 golf tournament will be on Saturday, June 3.

Later in the summer there is the annual Foundation Family Fun Picnic. This event is fun for the whole family, with new activities for kids, including a “passport around the park” that allows kids to check out everything from a firetruck to a SWAT team vehicle.

“This part of the event has been a huge hit,” McKinzie said. “It lets kids learn about these vehicles and professions and get more comfortable with them—whereas in other situations they can seem scary or overwhelming.”

The last major event of the year is the Lights, Stars and Diamonds event, where people can donate to purchase a light, star or diamond in honor or remembrance of a loved one. The conclusion of this event is a live ceremony where the names of all the people being honored are read aloud.

“The good of the community is at the center of everything we do,” McKinzie said.

Along with the director, there are seven foundation board members. They meet once a month to discuss how to utilize funds for the hospital. Often, providers or other hospital representatives attend the meetings to help with the decision-making process.

Most recently the foundation has used funds to purchase equipment for the hospital including a Hematology Analyzer for the lab and a new spa tub for the spa room—two purchases totaling nearly \$65,000.

“We’re really proud of the work the foundation has done over the years and can’t wait to continue supporting LPH and helping ensure local access to quality healthcare,” McKinzie concluded.



Langdon Prairie
HEALTH
FOUNDATION



Alcoholics Anonymous

AT LANGDON PRAIRIE HEALTH

Every Wednesday
at 7:00 p.m.

Support and solutions when you're ready to stop.

In-Person: Enter through Door #5 on the south end of the hospital in the Langdon Prairie Health

Virtual: Visit www.lph.hospital/news-and-events for virtual link.

Meetings are open to everyone. Simply show up; no registration needed.

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