

HealthNotes

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OMC Pharmacies Create a Convenient, Patient-Centered Experience

The next time you need to get a prescription filled, consider using an Olmsted Medical Center (OMC) pharmacy. Whether or not you're an OMC patient, the highly skilled staff at the OMC pharmacies located at OMC's Southeast Clinic and Northwest Clinic are available for you.

The OMC Difference

"We really get to know our patients and are here for them," says Danielle Kennedy, pharmacist and ambulatory care coordinator. "The convenience factor is also big." Whether you have an appointment to see a provider at a clinic or visit the Acute Care, you can pick up your prescription before you head home.

The OMC pharmacies also make taking your medications more convenient with their MedSync program. The staff at both OMC pharmacies can set up your prescriptions to fill at the same time each

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The OMC Northwest Pharmacy.



OMC Pharmacies Create a Convenient, Patient-Centered Experience (continued from page 1)

month, so you only have to make one monthly trip to pick up your medications. When insurance plans allow it, you may even be able to pick up a three-month supply at a time. "Physicians really appreciate this program, too, because it's easier to track which medications patients are taking, and any time a medication changes they can make sure patients are getting the new medication and the old one is removed from their refills," Kennedy says.

"The connection that we have with our care providers makes us truly unique," Kennedy says. "We can easily reach them and get answers quickly. In addition, we have access to patients' electronic health records, which provides another layer of safety. This ensures there won't be any medication interactions with what the patient is already taking."



The OMC Southeast Pharmacy.

One-on-One Attention

The two OMC pharmacies offer several programs, including Medication Therapy Management (MTM), which is designed to support patients in understanding their medications and taking them properly. With the MTM program, the patient can sit down one-on-one with a pharmacist to discuss each of their prescriptions and over-the-counter medications.

"Our pharmacists can recommend more cost-effective versions of the medications and help the patient understand the best time of day to take each medication," says Anna Wegman, pharmacy technician at the OMC Southeast Clinic.

The MTM program is open to everyone. To make an appointment, contact OMC's Rochester Southeast Pharmacy at **507.292.7255** or OMC's Rochester Northwest Pharmacy at **507.535.1974**.

Putting Patients First

Other products and services offered by OMC pharmacies include:

- Immunizations, including those for the flu, pneumonia, and shingles
- Over-the-counter medications, vitamins, and first-aid supplies
- Free mail-order for prescriptions
- Free delivery within the Rochester city limits

"The easier and more convenient we can make the experience, the more likely patients are to take their medications exactly as prescribed and the more likely they are to benefit from taking them," Kennedy says. 📍

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For locations, hours and more information about OMC's Pharmacy services, visit www.olmmed.org/pharmacy.

The Value of Having a Primary Care Provider

Do you have a designated primary care provider (PCP) at OMC? Someone you contact for the majority of your primary care appointments? A PCP typically comes from Family Medicine, Internal Medicine, or Pediatrics and may be an MD, DO, or an advance practice clinician, such as a nurse practitioner or physician assistant.

If you do not have a PCP, we can help! Having a designated PCP allows you quick and easy access to care for any medical issue or concern you may have or for routine visits.

Other reasons it is important to have a designated PCP:

- Because you develop a relationship with your PCP, they will understand your specific health needs and your family medical history. This helps in making decisions related to your healthcare.

- A PCP will be able to monitor your health by having access to the results from tests, lists of medications or treatment recommendations from other OMC providers, and quick access to your OMC medical history.
- In addition to providing care when you are not feeling well, they will partner with you to proactively improve your overall quality of life.
- Your primary care provider is a connection point to other types of healthcare professionals, including specialty care or community resources. Your PCP will be able to provide any referrals you may need.

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To obtain a primary care provider at OMC for yourself or a family member, call **507.292.7090** Monday through Friday, 8:30 AM to 4:30 PM (except on holidays). The individual answering the phone will help find the provider that is right for you as well as answer any questions you may have about care at OMC.



BirthCenter: Options for Pain Management During Labor and Delivery

There are many childbirth options available that allow women a choice of labor and delivery comfort methods. Informing you about the labor and delivery comfort measures available at the OMC BirthCenter is our main goal. Each woman has a different degree of pain during labor and delivery. As a result, we offer a number of different options for pain management.

We encourage you to weigh the pros and cons of each method, and talk it over with your healthcare provider at your next prenatal visit.

Nitrous Oxide. Nitrous oxide is a mixture of nitrous gas and oxygen that is inhaled through a mask or mouthpiece. It has been shown to help women relax and reduce feelings of pain during labor and delivery.

Non-Pharmaceutical Pain Management. Comfort measures include: massage, rhythmic breathing, aromatherapy (use of essential oils), hip squeeze and counter pressure, hydrotherapy (use of water in a tub or shower), music, and birthing ball.

TENS Unit. TENS works by stimulating pulses along the nerves to help prevent pain signals from reaching the brain. It also helps your body make its own natural pain killer, called endorphins.🌀



Learn more about these options, as well as pharmaceutical options, available in the BirthCenter, by visiting www.olmmed.org/care-treatment/womens-health/maternity-birthcenter and clicking on the “Pain Management during Labor and Delivery” link.

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At OMC, every employee is a caregiver. Want to join us? Follow us on LinkedIn and visit our Career Opportunities section at www.olmstedmedicalcenter.org.

Convenience Care at Olmsted Medical Center



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What We See	FastCare	Acute Care
Colds/flu symptoms including fever, cough, sore throat, and earache	✓	✓
Sprains and strains		✓
Fractures		✓
Scrapes, cuts, and lacerations (including stitches)		✓
Vomiting and diarrhea		✓
Back pain		✓
Minor allergic reactions/allergies	✓	✓
Headaches		✓
Stomach aches		✓
Animal/Insect bites		✓
INITIAL Work Comp injuries		✓
Sexually Transmitted Disease (STD) checks and gynecological problems		✓
Acne	✓	✓
Allergies (including red, itchy eyes)	✓	✓
Cold sores	✓	✓
Lab tests for strep, influenza, and mono (extra charges apply)	✓	✓
Minor burns and rashes (eczema, poison ivy/oak, athlete's foot, sunburn etc.)	✓	✓
Skin infections including impetigo and ringworm	✓	✓
Mononucleosis (mono)	✓	✓
Sinus infections	✓	✓
Sore throat	✓	✓
Stitch removal	✓	✓
Vaccinations (seasonal influenza for ages 9 and older, tetanus for ages 11 and older, and meningitis for ages 11 and older (extra charges apply))	✓	✓

FastCare locations will see urinary/bladder infections for 12-65 years of age;
Acute Care locations will see all ages. **FastCare** will see pregnancy testing for 18 years and older; **Acute Care** will see all ages.

For more information, visit: <https://www.olmmed.org/fastcare/>



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