

HealthNotes

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Delivering a Full Range of Obstetrics and Gynecology

Choosing a healthcare provider is a very personal matter. That's why the clinicians in the Obstetrics & Gynecology Department at Olmsted Medical Center (OMC) offer individualized, full-spectrum care with a range of options. From gynecological care to prenatal and birthing services, the department cares for patients throughout their reproductive years and beyond.

"We understand that women want to choose the type of provider and level of care that's right for them," says Melissa Richards, MD, department chair. "Our goal is to educate and empower patients to make the best decisions for their own healthcare."

Patients can choose from a range of clinicians including obstetrician/gynecologists (OB/GYNs), certified nurse midwives, certified nurse practitioners, and a family medicine physician. The team also includes a maternal-fetal medicine specialist (perinatologist), who offers care for high-risk prenatal patients.

A Personalized, Compassionate Approach to Care

Dr. Richards says that this type of personalized, compassionate care is what sets their practice apart. "We do a really a nice job within our department of not just telling patients what to do, but educating them about their symptoms and their

treatment options," she says. "We always come to the table with a list of choices and let her decide which option is best."

Gynecology Services

The department provides a full range of gynecology services, from well-women exams, family planning services, and sexually transmitted infection testing, to same-day surgical treatments.

"We offer both minimally invasive procedures and surgical options for treatment of common gynecological issues, such as heavy bleeding and incontinence," says Dr. Richards. "We've also started offering in-office procedures as an option for some types of surgical care. For example, we can now perform an endometrial ablation procedure for the treatment of heavy periods right in the office in about an hour."

The team also offers several treatment options to manage pelvic health issues, such as urinary incontinence. "We offer same-day urinary incontinence surgery and also work with our pelvic floor physical therapist to help women manage this condition without surgery," says Dr. Richards.

In addition, the center offers basic fertility treatment and follow-up, and provides referrals for more challenging cases. "We work closely with other facilities that provide higher levels of fertility treatment," says Dr. Richards. "This allows patients to receive treatment and then return to us for their pregnancy care."

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Olmsted Medical Center's Sepsis Initiative

Olmsted Medical Center (OMC) is taking initiative to catch and actively prevent suspected sepsis cases, creating workgroups focused on sepsis, and improving protocols and education related to sepsis. Sepsis can occur unpredictably and progress quickly. Therefore, understanding how to best diagnose and manage sepsis is of the utmost importance. OMC's initiative to prevent sepsis is a significant advancement in the healthcare field.



What Is Sepsis?

Sepsis is when the body reacts to an infection that you already have with a severe inflammatory response. Without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death.

Timing Is Everything

Because the first six hours are a critical period in the treatment of sepsis, the three- and six-hour sepsis interventional models are part of OMC's standard practice. These models contain all of the therapeutic goals to be completed within the first three and six hours of sepsis recognition and have shown to improve health outcomes and reduce overall mortality. Anyone can get an infection, and almost any infection can lead to sepsis. Patient populations that have a higher likelihood of developing sepsis include those with chronic conditions such as diabetes, kidney disease, lung disease, or cancer.

What Can I Do?

You can get ahead of sepsis by asking your healthcare provider about how you can prevent infections, like taking good care of chronic conditions or practicing good hygiene.

A sepsis workgroup was formed to review and maintain evidence-based guidelines consistent with the highest standards of sepsis treatment. They then developed these guidelines into protocols and integrated them into OMC's practice.

By also utilizing evidence-based medicine and working closely with the Minnesota Hospital Association, OMC has developed education and training related to sepsis as a way to continue providing safe and quality care for our patients.

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Clinical social workers are on staff to provide counseling for women who need it. When necessary, the team also collaborates with other departments. "We really take a team approach to care," says Dr. Richards.

Prenatal and Obstetric Services

Giving women choices is also a big part of the care offered to prenatal patients. "At OMC, we have a collaborative practice between the OB/GYNs midwifery team and family practice providers, so patients get to choose their care provider, when appropriate," says

Dr. Richards. "Women should be empowered to see the clinician they want who is appropriate for them."

OMC's Women's Health Pavilion opened in 2014. With the opening, the BirthCenter moved from the hospital to its new location on the second floor of the Women's Health Pavilion. The BirthCenter features spacious delivery rooms, whirlpool tubs, walk-in showers for women who have C-sections, pleasing colors, and curved hallways. "The BirthCenter was specifically designed as a comfortable place for women to give birth, with all the comforts of home," says Dr. Richards.

BirthCenter provides a variety of pain medication options, including nitrous oxide and epidurals.

As a group, the department boasts low C-section rates. "Our nurse midwifery practice has a 6 percent primary C-section rate, and our practice as a whole had an 8 percent rate in 2018, which is well below the national average," says Dr. Richards. "That's unheard of."

The clinic nursing staff helps play a big role in making women feel comfortable and coordinating care between clinicians. "The one-to-one labor support provided by nursing staff ensures the patient and healthcare team are providing the best care possible," says Dr. Richards. "The idea behind our department is that we're all working together to provide care that is totally patient-centered."



During labor and delivery, choices are also abundant. The midwifery practice offers water births, and the



To find out more, visit olmmed.org/clinical-services/womens-health/gynecology.

Everyone Needs to be Vaccinated Against the Flu



While influenza viruses, otherwise known as flu viruses, are detected year-round in the United States, flu activity is most common starting in the fall and can last till late spring, according to the CDC. The flu is an easily spread respiratory tract infection. It is caused by a virus and usually starts abruptly with fever, muscle aches, sore throat, and a cough.

What Type of Influenza Vaccination Should You Receive

Ages	Reason to get vaccinated this flu season	Vaccine Recommended
6 months- age 49	Each year, the health and well-being of children, their families, and others are tested and strained due to the flu. Annual influenza vaccination is the best method for preventing flu and its potentially severe complications in those such as children and those with compromised immune systems.	<ul style="list-style-type: none"> • Fluzone Quad (4-STRAIN)—given as an injection and made with inactivated flu virus. It contains the three most common influenza strains predicted to circling, plus an additional strain. • Flumist Quad (LAIV4)—is given as a nasal mist. It is a live virus and is approved for children two years of age and older and adults through the age of 49.
Adults 50-64	Adults 50 and older are 6-10 times more like to suffer a heart attack within the first 3-7 days after getting the flu and they are eight times more likely to suffer a first stroke in the first three days after getting the flu. Adults with diabetes who have the flu are three times more likely to be hospitalized and are two times the increased risk of death.	<ul style="list-style-type: none"> • Flublok Quad (Recombinant) is given as an injection and is produced without the use of the chicken eggs.*
Adults 65 and older	Studies have shown that flu is linked to major causes of hospitalizations in adults 65 and older including pneumonia, COPD, heart disease, and stroke.	<ul style="list-style-type: none"> • Fluzone High Dose (3-STRAIN)—given as an injection. Contains four times the antigen (the part of the vaccine that helps the body build up protection against the flu viruses) and is intended to give this age group a better immune response and better protection from the flu.

If you have questions about the flu vaccine, contact your primary care provider.

* FluBlok is a recombinant flu vaccine. This means it is produced using a method that does not require an egg-grown vaccine virus and does not use chicken eggs in the production process. Currently, this vaccine is the only egg-free vaccine on the U.S. market. New studies have shown that FluBlok Quad vaccine is proven to prevent more cases of influenza in adults 50 years and older compared with the standard-dose equivalent inactivated influenza vaccine. OMC is recommending the use of the FluBlok for adult's ages 50-64 years old during the 2019-2020 flu season due to its increased protection in this age group.

OMC's FastCare Clinics Now Open!

OMC is pleased to announce that both FastCare North and FastCare South are now open in new locations!

FastCare North is now part of Elton Hills Plaza, where OMC's Rehabilitation Services is located. FastCare South is located in the Crossroads Plaza near Walgreens and across from the Olmsted County Fairgrounds on Highway 63 (South Broadway).

You and your family, including children 18 months and older, can get quick care at our FastCare clinics for common illnesses and non-emergency injuries. You don't need an appointment or even need to be an OMC patient to take advantage of this quality care option!

FastCare North and FastCare South are open Monday–Friday 8:30 AM-8 PM and Saturday-Sunday 9 AM-5 PM. Both FastCare clinics are closed on holidays. Your FastCare visit costs \$55, and we can bill your insurance. Extra charges apply for vaccinations and lab services.



For more information about OMC's FastCare services, go to www.olmmed.org/clinical-services/convenience-care/fastcare-clinics.

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Orthopedic Walk-In Clinic



- Sprains and strains
- Simple bone fractures
- Shoulder or collarbone injuries
- Hand, wrist, or elbow injuries
- Lower extremity injuries
- Work-related injuries if fracture is suspected.

The Orthopedic Walk-In Clinic sees patients:
Monday through Friday
8:00 AM – 4:30 PM

For traditional bone and joint care, including post-operative checks, surgical consultations, and chronic pain conditions, patients should continue to schedule appointments with OMC's Orthopedics department at **507.292.7187**.

About OMC's Orthopedic Services Department

When you choose OMC for your orthopedic needs, you'll benefit from our expert, compassionate, and patient-focused care team. From diagnosis through rehabilitation, you'll receive the best possible care to get you back to the activities you love.

Learn more at our website: www.olmmed.org/orthopedic-walk-in-clinic.

OMC complies with healthcare-related Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. If you speak a language other than English, assistance services, free of charge, are available to you. Call **507.288.3443 (TTY: 507.287.2799)**.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **507.288.3443 (TTY: 507.287.2799)**.

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