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Skilled women expand expertise of OB/GYN care

Whether you’re having a baby or not, we have three new OB/GYN experts to care for you.

The Women’s Health Center has added two advanced practice providers, expanding OB/GYN services for women of all ages. At the same time, the Birth Center welcomes a new director who brings years of expertise caring for newborns and their families.

Jill Galassi, an OB/GYN Nurse Practitioner with 18 years’ experience, joins the Women’s Health Center from Minnesota Perinatal Physicians in Minneapolis and St. Paul.

April Fitzloff, a certified physician assistant with 20 years’ experience, joins the Women’s Health Center from NH&C’s Farmington Clinic.

Nurse practitioners and physician assistants are qualified health care professionals who provide much of the same care and treatment as medical doctors. They are certified to perform many of the same tasks, and work closely with doctors to manage patient care. Many patients choose a nurse practitioner or physician assistant as their primary care provider.

“Adding Jill and April to our team enables us to provide more access for patients for a broad range of services,” says Dr. Dana Olson, medical director for the Women’s Health Center. “With such highly qualified advanced care providers, we can deliver the right level of care for each patient.”

Galassi’s past experience includes work in high-risk pregnancies, gynecology/oncology, and contraception including Nexplanon birth control implants. Galassi is a member of the American College of Obstetricians and Gynecologists, and National Association of Nurse Practitioners in Women’s Health.

“The best part of going to work is getting to know patients and being a part of their lives,” Galassi says.

Fitzloff has extensive experience in gynecological
“Adding Jill and April to our team enables us to provide more access for patients for a **broad range of services.**”

* Dana Olson, MD

...care, and a special interest in women’s health, chronic disease management, and acute care. She is board certified by the National Commission on Certification of Physician Assistants, and a fellow of the American Association of Physician Assistants.

“The best part of my practice is establishing relationships,” Fitzloff says.

Amy Clark, a registered nurse with 12 years’ experience in obstetrics, leads the Birth Center at Northfield Hospital, where a record 575 babies were born in 2016.

Clark has dedicated experience from Twin Cities birth centers, with a special interest in newborn and post-partum care. An RN with a Bachelor’s of Science in Nursing, Clark is earning a Masters of Organizational Leadership with a healthcare focus.

She sees Northfield Hospital as a “very community-focused hospital that’s patient-centered, with a staff that provides a personal touch that’s often missing in metro hospitals,” she says.

Clark is proud of the Birth Center’s progressive care, with industry-leading amenities like nitrous oxide and birthing tubs. Families can create a natural childbirth plan, and “we meet your needs where you are,” providing the care you choose, and giving you what you need as labor progresses.

*Well-rounded care, from women dedicated to your health.*

THE WOMEN’S HEALTH CENTER TREATS:

- Symptoms of menopause
- Pelvic pain
- Heavy or painful periods
- Bladder function and urinary incontinence
- Lower back pain

NEW: Evening hours on Mondays and Tuesdays, with appointments until 8:00 pm

Call the Women’s Health Center at (507) 646-1478 to make an appointment in Northfield, Lakeville or Farmington.

Call the Birth Center at (507) 646-1205 to arrange a tour and discuss your birth plan.

Learn more at northfieldhospital.org
Alyssa Herzog Melby had some important choices to make when her baby was born.

Her two older children were born in Pittsburgh with midwives and a natural childbirth plan. The first was delivered by emergency cesarean section, and the second by VBAC (vaginal birth after cesarean). “When I became pregnant with my third child, I was very nervous about my care,” says Alyssa. She and her husband wanted a natural birth in a progressive birth center, close by. They chose Northfield Hospital.

Alyssa’s obstetrician, Dr. Deborah Suppes, was very supportive of a natural childbirth plan—along with the team at the Women’s Health Center and the Birth Center at Northfield Hospital. “I felt great support, that they were willing to trust me and my body,” Alyssa says. “It was a very empowering experience. The environment was so relaxed that it gave me a good setting to have natural childbirth,” which is often a challenge after a c-section.
Every labor and delivery room in the Birth Center has a whirlpool tub, a birthing ball, and large windows with a serene view to provide a calm environment for birth.

As soon as Louisa was born, she was placed on Alyssa’s chest for “the golden hour” of bonding, a popular option at the Birth Center. “For the first hour we just got to sit and gaze at her. They just let us fall in love with our new baby,” Alyssa recalls.

Families room together after birth, with a queen-sized bed for mom and partner and room-service dining. “To be in a post-partum setting that feels like home—it was awesome,” she says.

“All of the practices—rooming in, delayed cord clamping, breastfeeding encouragement and assistance, a variety of pain management options—were very progressive and honestly surprising for a smaller hospital.”

Alyssa’s easiest choice? Recommending Northfield Hospital to new parents: “What a warm, supportive, caring environment.”

Alyssa Herzog Melby

The Birth Center delivers over 500 babies a year in a nurturing, family-centered and safe setting that allows you to focus on the miracle of your new baby.
Aromatherapy enhances patients’ experience

Sometimes a deep breath is good for your health. Especially if it smells good.

Aromatherapy helps patients feel more at ease during a hospital visit, and more comfortable during medical procedures like chemotherapy.

“People are interested in options that enhance their health without more medical intervention,” says Juliana Sayner, a registered nurse and Cancer Care Navigator in the Cancer Care & Infusion Center who led the introduction of aromatherapy at Northfield Hospital. “It’s empowering for patients to take an active step in their own care.”

Northfield Hospital began offering aromatherapy to patients in the Cancer Care & Infusion Center last summer. It’s been so well-received that several departments now offer it—from the Emergency Department to the Medical/Surgical floor to the Birth Center.

“It’s a nice way to care for the whole person—a comforting touch in addition to the medical care we provide.”

Juliana Sayner, RN
“It’s a nice way to care for the whole person—a comforting touch in addition to the medical care we provide,” Sayner says.

Aromatherapy uses the essential oils from plants to enhance the body’s functions. Chemotherapy patients are prone to queasiness, sleeplessness, and emotional stress. So Sayner and colleagues focus on scents to ease these conditions. They use aroma blends rather than individual scents, so patients don’t end up associating one scent with an unpleasant symptom.

Patients get a small patch to stick on their clothing fairly close to the face, for light aroma with each breath. The patch is good for eight hours; even after the scent fades, the essential oils are still active.

Individually wrapped patches are simple for patients and staff to use—and convenient to take home. (The patches are also sold in the Kaleidoscope Gift Shop in the hospital lobby.)

Most patients (82%) said the patch helped with their symptoms; all patients said they’d use it again.

After all, a small touch can make a big difference.

**WANT TO TRY AROMATHERAPY AT HOME?**

Here are a few scents to get you started:

• Lavender – calming; eases anxiety
• Mandarin – promotes sleep
• Ginger, peppermint, spearmint – settles the stomach

*Aromatherapy patches are sold at the Kaleidoscope Gift Shop at Northfield Hospital*
Elders with iPods: The power of music

The Long Term Care Center is tuning into memory care in a whole new way.

NH&CC’s Long Term Care Center is offering Music & Memory, a national certified program that uses music to help residents with dementia or other cognitive and physical challenges reconnect with deep memories and find renewed joy from favorite songs.

Families and staff develop personalized playlists of songs tied to a resident’s life and memories, then load them onto an iPod for the resident to keep and use anytime. These musical favorites tap deep memories that have not been lost to dementia, and can help participants be alert and engaged, to feel more like themselves again, to converse, socialize and stay present.

Six residents with dementia have participated since the fall launch. During and after music sessions, they are more engaged, more cooperative with care, and better at conversation for a while.

That’s good for families, too. One drowsy resident listened to music shortly before her daughter was due to visit; she perked up, and had a more engaged visit with her daughter.

Each participant has their own iPod and headset in a pouch that can be worn around the neck. Sets remain in the resident’s room to use anytime, with a notebook for staff to track use and results, and a printed copy of the playlist for...
families to see. There’s also a splitter and headset for staff to listen in, so if a song triggers a frown or agitation, the staff knows which song should come off the playlist.

“This shows us that the playlists really have to be individualized,” says Gretchen Murr, director of the Long Term Care Center. “Music differs from one person to another. Is your best music from your childhood, from when you fell in love, from when your children were young? For each of us, we don’t know which music will stir the memories.”

Elders with dementia can benefit at home, too. Families can create a playlist to listen at home or take along to unfamiliar settings, like a doctor’s appointment or hospital stay.

“Is your best music from your childhood, from when you fell in love, from when your children were young? For each of us, we don’t know which music will stir the memories.”

Gretchen Murr

To learn more, visit musicandmemory.org.
How’s your colon?

March is Colon Cancer Awareness Month. We know: You don’t want to talk about it.

Here’s why you should. Colorectal cancer is the fourth most common cancer among American adults, and the second leading cause of cancer-related deaths in the U.S. Most people who get it have no warning signs in the early stages, when it’s easiest to treat.

The good news is, a simple test saves lives. Colonoscopy is a routine, out-patient procedure that should be part of every adult’s health screenings, starting at age 50. (Maybe earlier if you have risk factors; talk to your doctor.)

Most colorectal cancers develop first as colorectal polyps, abnormal growths inside the colon or rectum that may later become cancerous. Polyps can be found by screening and can be removed before they turn into cancer. A colonoscopy is the best way to see and remove polyps before they become cancerous.
Here’s what to expect:

- You do a preparation routine at home the day before your appointment.

- Your doctor and one nurse are in the room with you. The doctor examines the inside of the rectum and entire colon using a long, flexible lighted tube called a colonoscope.

- If polyps are detected, the doctor likely will remove them for further study.

- The procedure takes 20-40 minutes. You’ll spend about two hours from the time you arrive until you head home. (You will be sedated during the procedure; ask a friend or family member to drive you home.)

- You’ll get your results that day, and any additional pathology results within a week.

- Your negative colonoscopy is good for 10 years, if your results are clear and you have no family history.

Northfield Hospital & Clinic’s Surgery Center makes it convenient and comfortable to get screened, with colonoscopy specialists, convenient procedure rooms, and a family-friendly waiting area.

Another screening option is Cologuard, a kit you use at home to collect a stool sample, then mail to the lab that uses DNA technology to screen for cancer and precancer. Cologuard is not as sensitive as colonoscopy, and if the test is positive, you need to have a follow up colonoscopy. Ask your doctor.

NH&C recently joined the Gastrointestinal Quality Improvement Consortium (GIQuiC), a national data registry that measures the quality of endoscopic procedures including colonoscopy. This lets our providers make sure that your care meets expert standards set for procedures across the U.S.

Risk factors for colon cancer:

- Family history
- Obesity
- Smoking
- High-fat diet
- Alcohol

See your doctor for:

- Bright red or very dark stools
- Change in the diameter of your stool
- Persistent stomach ache, abdominal pain, cramping
- Unexplained weight loss
- Anemia

To make an appointment, call the Surgery Center at (507) 646-1201
Clinics, Hospital + Specialty Care close to you

Clinics + Urgent Care

Farmington Clinic
4645 Knutsen Drive, Tel: 651-460-2300

Lakeville Clinic + URGENT CARE
9974 – 214th Street W, Tel: 952-469-0500

Lonsdale Clinic
103 15th Avenue SE, Tel: 507-744-3245

Northfield Clinic
2000 North Avenue, Tel: 507-646-1494

Specialty Care

Rehabilitation Clinics
Northfield: 1381 Jefferson Road, Tel: 507-646-8800
Lakeville: 9913 – 214th Street West, Tel: 952-985-2020

Northfield Eye Physicians + Surgeons
2019 Jefferson Road, Tel: 507-645-9202

Summit Orthopedics Clinic
1381 Jefferson Road, Tel: 507-646-8900

Women’s Health Center
2000 North Avenue, Tel: 507-646-1478

O’Halloran ENT Clinic – Faribault
1645 Lyndale Ave N, Tel: 952-469-0500

Hospital + Emergency

Northfield Hospital + Emergency
2000 North Avenue, Tel: 507-646-1000