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Justin Johnson**
welcome twins

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Northfield
Urgent Care
**NOW
OPEN!**



Johnson ... and Johnson

Courtney and Justin Johnson had the birth experience they wanted. Twice.

Six weeks into her pregnancy, Courtney had her first ultrasound. That's earlier than the typical first ultrasound at 8 to 10 weeks: Because Courtney had miscarried before, her care team was being extra careful.

Turns out it was twins.

Ultrasound technologist Courtney Krautkremer was one of the first to celebrate. "She did the ultrasound when I miscarried, so it was special to share this one with her," Courtney Johnson says.

Courtney had a "picture-perfect twin pregnancy," according to maternal-fetal medicine specialist Steven Calvin, MD who sees patients with higher-risk pregnancies at NH+C's Women's Health Center. Courtney also saw three NH+C OB/GYNs throughout her pregnancy: Dr. Nicole Dohm-Palmer, Dr. Shannon Lau, Dr. Deb Suppes. "It was nice to get all their different perspectives," Courtney says. "They were all wonderful."

Courtney and Justin thought hard about choosing which hospital to deliver their twins. Northfield

"They put it all in our hands, and did everything based on our wishes."

Justin Johnson, Lonsdale

Hospital has a Level 1 nursery (care for well newborns). Did they prefer a hospital with neonatal intensive care?

"The doctors assured me that everything was fine, and if they saw any problems they'd transfer me," Courtney says. "I was honest with them that it scared me if the babies had to be transferred. Dr. Dohm-Palmer said that they'd do all they could to transfer me with them if needed, so we wouldn't be separated."

"They looked out for my best interests and had plans in place if any complications arose during labor and delivery, and after the babies were born."

The Birth Center uses its dedicated surgical suite for twins. "When they wheeled me in, there were two doctors, a pediatrician, eight or 10 nurses – it was a big team, and they were all prepared," Courtney says.

Dr. Dohm-Palmer delivered the babies while Dr. Lau monitored their positions via ultrasound.

Olivia and Leighton were born 8 minutes apart. Pediatrician Todd Amunrud, DO gave both girls a clean bill of health.

As Courtney recovered, the nursing team "cared for our whole family. They were so nice to our daughter Lila, and called the babies by their names right away."

"The nursing staff really stood out," Justin adds. "They put it all in our hands, and did everything based on our wishes."



That was a welcome change from their experience when Lila, now 2, was born at a different hospital.

"We were worried about pain management because at the other hospital, they made Courtney wait," Justin says. "At Northfield Hospital, they got her the meds she needed quickly. Courtney didn't want to make it hard for staff, but they said, 'This is what we're here for, to do what you need and want.'"

"It was great feeling like I had control, rather than feeling like I was being controlled," Courtney adds. "It was cool that I actually had a say in it."

That includes feeding their babies, too. Courtney chose to pump breastmilk, concerned that stressful breastfeeding would cause post-partum anxiety. "They were super helpful with the equipment and the schedule," she says. "I didn't feel judged at all."

"All the nurses were amazing," Courtney says. "There were a lot of newer nurses, who were super confident

caring for us. If there was something they didn't know, they asked the supervisor nurses. It was great teamwork."

"We asked a lot for their recommendations," Justin adds. "They gave us viable options right away, and if Courtney felt more comfortable a different way, they figured it out and got what she needed."

Courtney agrees: **"Northfield Hospital really lets the moms have control. It was so nice."**

Her advice for twin moms? "Keep them on the same schedule. It breaks your heart to wake up a nice sleeping baby, but you gotta do it or you'll never get any sleep," she laughs.

Justin's advice for new dads? "Expect to lose sleep. And be as supportive and helpful as you can."

 northfieldhospital.org/birth-center



Midwives deliver ... more

Midwifery has expanded at the Birth Center and Women's Health Center – offering more options for more women to have a certified nurse midwife deliver your baby.

With four certified nurse midwives on staff, the Birth Center now has midwives on call around the clock – so whenever your labor begins, a midwife is available. (That's pretty special for a hospital birth center.)

This gives you the option for birth with minimal intervention – with the resources of a hospital and OB/GYN doctors ready if you need them.

Midwives do water birth deliveries in the Water Birth Suite. "There's something magical about water birth," says Jessica Bohren, APRN, CNM. "We let mom and baby stay together in tub until they're ready. It is a calming, magical moment."

Patients appreciate how closely our midwives work as a team. "We think alike and practice alike – yet we each have something to add to the same question a patient has," says Janelle Dahl, APRN, CNM.

"You won't get different answers; you'll get different perspectives from each of us for a richer, well-rounded understanding of your pregnancy and birth experience," adds Brittany Cordes, APRN, CNM.

Midwife care can begin as soon as you know you're pregnant.

Prenatal care

The first appointment at the Women's Health Center is a 45-minute session with a midwife to review your medical history, have a physical exam and ultrasound, lab tests – and lots of conversation.

"We use this time for teaching, and to learn more about you: What are your questions, is there anything you're scared about," Jessica says. "And we give you lots of resources."

You'll see different midwives during your prenatal care. The team tailors information and resources to you – and gives flexibility when possible for your care.

"There are certain requirements that are there for your safety, such as glucose testing," Brittany says. "In order to safely know that you and your baby are healthy, that's a requirement. When and how we do it can be flexible."

Some health conditions prevent midwife delivery: Chronic hypertension; insulin-controlled diabetes before pregnancy; and some cardiac problems. The midwives will talk with you about your options, including care from OB/GYN doctors and a maternal-fetal specialist.

During labor and birth

When you're in labor, midwives and labor nurses care for you in the Birth Center, letting the birth unfold through attentive waiting, natural alternatives, and low intervention. They empower you to choose what your body – and your baby – need.



Options include a wide range of natural birth aids – and pain medication, from nitrous gas to epidural and IV medication. “You absolutely can have medication with a midwife delivery,” says Janelle.

With any birth, there can be surprises. “Part of our job is to identify things that are not normal, and suggest alternatives,” Brittany says.

“When there’s a complication, it’s important that you know and trust us,” Jessica says. “For example, if it becomes clear that you need a c-section, and I’ve been with you for three hours and we’ve tried all the options and you were supported through all of it, then when I say, ‘We need to think about this differently,’ that’s an easier conversation because you trust me.”

Making a birth plan

NH+C’s midwives encourage patients to make a birth plan at around 20 weeks. It helps set expectations, and invites discussion during your prenatal care about your priorities.

“We’re realistic reviewing your birth plan with you,” Jessica says. “We’ll say, ‘This is something we can do; this is something we always do; this is part of our routine care, and this is not.’”

“A birth plan is a guide; it’s not a requirement for how your experience will unfold,” Brittany says. “We can’t always do certain things, but we’ll try our hardest to make something work.”

At “fourth-trimester” post-partum clinic visits, the midwives check on your mental health and overall well-being. They’ll ask how you’re feeling about your birth experience. “We want to know how you’re doing processing your birth story,” Janelle says. “Because your story is important to you.”

And what’s important to you, is important to your midwives.

 **Make an appointment:**
(507) 646-1478



Surgery close to home feels

Jodie Wensmann feels grateful, deep down.

Jodie came to the Emergency Department with severe abdominal pain. She had diverticulitis, and sepsis from a hole in her colon. She needed surgery, right away. Unless . . . antibiotics could quell the deadly septic infection, and her colon could heal somewhat before surgery to repair it. That way, Jodie could avoid having an ostomy bag for a year while recovering from surgery.

Instead of transferring Jodie, NH+C's general surgeons hospitalized her and began a strong antibiotics regimen.

"The surgeons were awesome; they got it under control," Jodie recalls. Surgery was postponed for months, letting Jodie's colon heal so that surgery to remove a section of her colon could be done in one stage, without an ostomy. Then, a colonoscopy confirmed the extent of disease from diverticulitis, an infection of pouches that form in the intestines. Surgeons Jose Fulco, MD and Ashley Marek, MD performed a sigmoid resection, removing about 10 inches of Jodie's colon.



Ashley Marek, MD

she never got frustrated and was never in a hurry. She was so patient, and truthful."

Dr. Marek helped Jodie's husband, too. He has "white coat syndrome" – anxiety around doctors that raises the blood pressure. "I tried to make him stay away from the hospital so he wouldn't get nervous," Jodie explains. "Dr. Marek helped make him more comfortable. She genuinely cares."

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Dr. Marek helped Jodie's husband, too. He has "white coat syndrome" – anxiety around doctors that raises the blood pressure. "I tried to make him stay away from the hospital so he wouldn't get nervous," Jodie explains. "Dr. Marek helped make him more comfortable. She genuinely cares."

Caring for her family was a priority for Jodie: "I absolutely wanted to be at Northfield Hospital, because it's better for my husband and kids than going to a huge hospital in the Cities," Jodie says. "Northfield Hospital is so easy for family to visit that it can be low-key and not scary for my kids. I wanted to make sure it was an okay experience for them."

Jodie donated a kidney to her brother years ago, and "it was an ordeal going up to a big medical center in the Cities," she recalls. "Some of these country boys do not like going north of the river."

When Dr. Fulco retired, the transition of Jodie's care "felt seamless, because Dr. Marek knew everything that was going on," Jodie says. "I had such respect for Dr. Fulco for keeping me at Northfield Hospital, and then making this very smooth transition."

Two and a half years after her surgery, Jodie chose Dr. Marek to perform a follow-up colonoscopy. "I'm the only person who's ever been excited to have a colonoscopy," she laughs. "I just don't want to go

better . . . for family

through diverticulitis again. It starts so slowly, and you don't realize how sick you are, and how tired." (She got a clean bill of health.)

Jodie's advice? "Listen to your doctors. And recognize

what we have here. Some people think bigger is better, but we have amazing doctors here in Northfield."

For everyone in the family.

"I had a lot of questions, and Dr. Marek never got frustrated and was never in a hurry."

Jodie Wensmann, Northfield





Urgent Care: Walk in with a pro walk out with a plan

Ouch! A cut, a fever, a sore throat, a twisted ankle. When you need quick care, Urgent Care is a good option.

When non-emergency illness or injury happens outside of regular clinic hours, or you can't get an appointment when you need it, NH+C's Urgent Care offers walk-in care that's less expensive (and often quicker) than a hospital emergency room.

Our Urgent Care providers are experienced in emergency medicine and trauma stabilization. Their experience leads to timely diagnoses and treatment.

Urgent Care treats adults and children over 3 months old. It's open to everyone: You don't need to be a current NH+C patient.

Our providers can:

- Prescribe medication (such as antibiotics for an ear infection)
- Get x-rays (to see if that bone is broken)
- Stitch minor wounds
- Do lab tests for diagnosis (such as strep throat)

Conditions commonly treated in Urgent Care settings include: minor accidents and falls, sprains, rashes, minor cuts, ear infections, eye infections, sinus infections, urinary tract infections, high fever, respiratory infections, cold, flu, migraines, nausea or vomiting, diarrhea, sore throat or cough.

Lower cost than Emergency Department
Evening and weekend hours • Easy access
Referrals to specialists if needed

URGENT CARE NORTHFIELD

Walk-in care with a range of services, including x-rays and lab tests.

> Urgent Care Northfield

2014 Jefferson Road (Hwy 3)
 (507) 646-6700

Hours:

Monday, Thursday, Friday, Noon to 8 pm
 Saturday – Sunday 9 am to 1 pm
 (closed Tuesday and Wednesday)



HIGHWAY 3

JEFFERSON ROAD



Papa Murphy's



James Gang Coffeehouse

HERITAGE DR.

blem,

Urgent Care or Emergency?



WHEN SHOULD YOU GO TO:

You may need to follow up with your own provider after Urgent Care, depending on what you had treated.

The cost of a visit to Urgent Care is comparable to the cost of a clinic visit. (X-rays and labs are additional charges.) Most insurance covers Urgent Care services. Check with your insurance carrier.

If you are ill or injured and your condition is not life-threatening, Urgent Care is a good choice.

> Urgent Care Lakeville

9974 214th St. West
(near Lakeville South HS)
(952) 469-0500

Hours:

Monday - Friday
Noon to 8 pm

Saturday - Sunday
9 am to 1 pm

Urgent Care

-  Cough, Cold, Sore Throat, Strep
-  Fever/Flu
-  Earaches
-  Eye Infections
-  Bladder or Urinary Infections
-  Diarrhea/Nausea/Vomiting
-  Rash
-  Insect Bites
-  Minor Burns
-  Seasonal Allergies
-  Stitches
-  Broken Bones
-  Sprains/Strains
-  Cuts and Scrapes
-  Dehydration

Emergency Department

Go to the Emergency Department if you have a serious or life-threatening condition.
Call 911 if you cannot wait.

-  Head Injury
-  Stroke
-  Severe Bleeding
-  Chest Pain
-  Abdominal Pain
-  Difficulty Breathing
-  Severe Pain
-  Newborn Fever
-  Major Trauma
-  Suicidal Thoughts

Please contact your clinic for:
medication refills,
chronic conditions
and pregnancy tests.



Urgent Care: Entre con un problema y salga con un plan

¡Ay! Una herida, fiebre, un dolor de garganta, un tobillo torcido. Cuando se necesita una atención rápida, Urgent Care es una buena opción.

Cuando una enfermedad o lesión no urgente se produce fuera del horario habitual de la clínica, o no puede conseguir una cita cuando la necesita, Urgent Care de NH+C ofrece atención sin cita previa que es menos costosa (y a menudo más rápida) que la sala de emergencias de un hospital.

Nuestros proveedores de Urgent Care tienen experiencia en medicina de urgencias y estabilización de traumatismos. Su experiencia permite realizar diagnósticos y tratamientos a tiempo.

En Urgent Care se atiende a adultos y niños mayores de 3 meses. Está abierta a todos: no es necesario ser un paciente actual de NH+C.

Nuestros proveedores pueden:

- Recetar medicamentos (como antibióticos para una infección de oído)
- Hacer radiografías (para ver si el hueso está roto)
- Suturar heridas leves
- Hacer pruebas de laboratorio para el diagnóstico (como la faringitis estreptocócica)

Costo inferior al departamento de emergencias
Horario nocturno y de fin de semana • Fácil acceso
Remisiones a especialistas cuando sea necesario

Las afecciones que suelen tratarse en los centros de Urgent Care son: accidentes y caídas leves,

URGENT CARE NORTHFIELD

Atención sin cita previa con una variedad de servicios, que incluyen radiografías y pruebas de laboratorio.

> Urgent Care Northfield

2014 Jefferson Road (Hwy 3)
 (507) 646-6700

Horas:

Jueves, Viernes, Lunes – mediodía a 8 pm
 Sábado y Domingo – 9 am a 1 pm
 (cerrado Martes y Miércoles)

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HIGHWAY 3



Papa Murphy's



James Gang Coffeehouse

JEFFERSON ROAD

HERITAGE DR.

Urgent Care or Emergency?



esguinces, sarpullidos, cortes leves, infecciones de oído, infecciones oculares, infecciones sinusales, infecciones del tracto urinario, fiebre alta, infecciones respiratorias, resfriados, gripe, migrañas, náuseas o vómitos, diarrea, dolor de garganta o tos.

Es posible que tenga que hacer un seguimiento con su propio proveedor después de Urgent Care, dependiendo de lo que se haya tratado.

El costo de una visita a Urgent Care es comparable al de una visita a una clínica. (Las radiografías y los análisis tienen un costo adicional.) La mayoría de los seguros cubren los servicios de Urgent Care. Consulte con su compañía de seguros.

Si está enfermo o lesionado y su estado no pone en peligro su vida, Urgent Care es una buena opción.

CUÁNDO DEBE IR A:

Urgent Care

-  Tos, resfriado, dolor de garganta, estreptococo
-  Fiebre o gripe
-  Dolor de oídos
-  Infecciones oculares
-  Infecciones urinarias o de la vejiga
-  Diarrea/náuseas/vómitos
-  Erupción cutánea
-  Picaduras de insectos
-  Quemaduras leves
-  Alergias estacionales
-  Suturas
-  Fractura de huesos
-  Esguinces/tensiones
-  Cortes y raspaduras
-  Deshidratación

Departamento de Emergencias

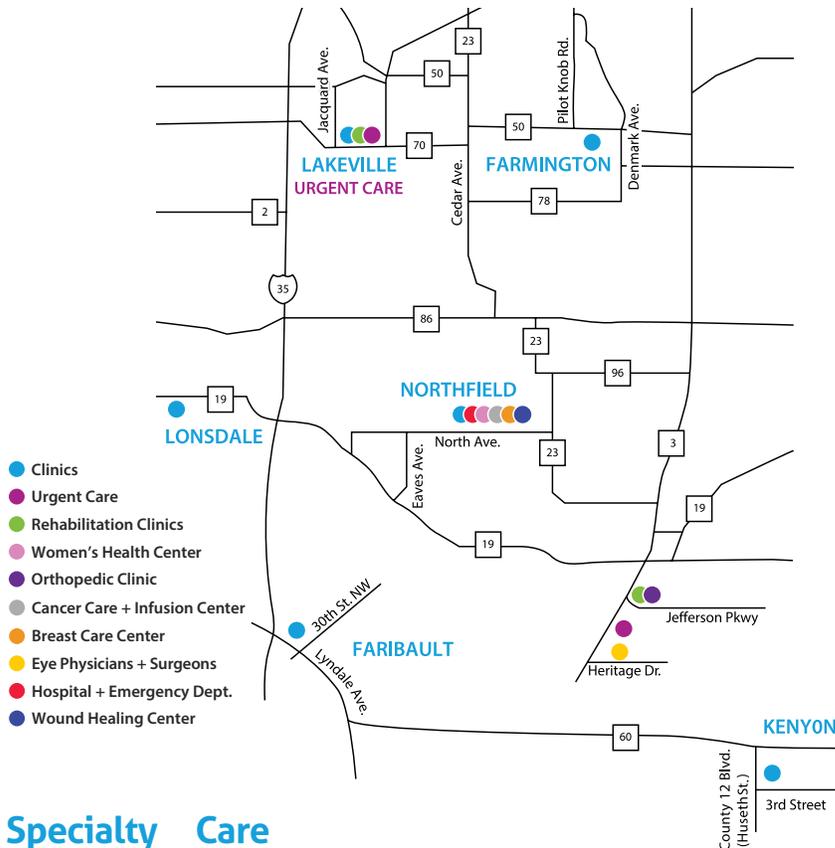
Diríjase al Departamento de Emergencias si presenta un problema grave o una condición mortal. **Llame al 911 si no puede esperar.**

-  Traumatismo craneal
-  Accidente cerebrovascular
-  Hemorragia grave
-  Dolor en el pecho
-  Dolor abdominal
-  Dificultad para respirar
-  Dolor intenso
-  Fiebre del recién nacido
-  Traumatismo grave
-  Pensamientos suicidas

Póngase en contacto con su médico para:
reposición de medicamentos,
enfermedades crónicas
y pruebas de embarazo.

2000 North Avenue
Northfield, MN 55057

Clinics, Hospital + Specialty Care close to you



Hospital + Emergency

Northfield Hospital + Emergency

2000 North Avenue, Tel: 507-646-1000

Clinics + Urgent Care

Faribault Clinic

1980 30th St. NW (at Lyndale Ave.), Tel: 507-334-1601

Farmington Clinic

4645 Knutsen Drive, Tel: 651-460-2300

Kenyon Clinic

225 Huseth Street, Tel: 507-623-0123

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

Northfield URGENT CARE

2014 Jefferson Road (Hwy 3), Tel: 507-646-6700



Specialty care available at multiple clinic locations

Specialty Care

Breast Care Center – Northfield
2000 North Avenue, Tel: 507-646-1143

Cancer Care & Infusion Center – Northfield
2000 North Avenue, Tel: 507-646-6979

Endoscopy – Northfield
2000 North Avenue, Tel: 507-646-1201

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

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

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

Sleep Center – Northfield
2000 North Avenue, Tel: 507-646-1099

Women's Health Center – Northfield
2000 North Avenue, Tel: 507-646-1478

Wound Healing Center – Northfield
2000 North Avenue, Tel: 507-646-6900



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