

Welcome, Jessica Mamer, APRN-CNP!

Now taking appointments in Family Medicine.



Jessica Mamer, APRN-CNP
Family Medicine

We are happy to welcome Jessica Mamer, APRN-CNP, to the Family Medicine team. Jessica chose a career in healthcare in high school, when a family friend was in the hospital.

"I am passionate about being there for my patients," she said. "It's important to get to know them before discussing why they came to the clinic."

As a former cancer patient, Jessica was cared for by many nurse practitioners, which led her to return to school to earn her CNP.

"Returning to school to become an NP was something I can do help patients on another

level," said Jessica. "It's important to have providers available in rural areas so patients can get the care they need close to home. Being a patient helped me to fully understand how important it is to listen and hear what my patients are saying, so I can advocate for their needs. It made me a better person and a better provider—whether for myself or how I care for my patients."

Call 320-769-4323 to schedule an appointment.



The JMHS Foundation Board and the JMHS leadership and staff send out a BIG thank you to our supportive community who came out for the "All That Jazz" B.A.S.H. fundraiser in April!

Money raised helped to purchase a **MedSafe Cabinet** for community drug disposal, as well as assisting in the cost of the mandatory renovations in the hospital Pharmacy (required by regulatory guidelines). **Thank you!**



JMHS Johnson Memorial Health Services
High Quality, Compassionate Healthcare.

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the pulse

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Information in The Pulse comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider.

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SUMMER 2023 NEWSLETTER

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Is it anxiety?

Adults can be diagnosed with ADHD, too.

Page 1

Life without knee pain.

How a mechanic's advice changed Ron Pesek's life.

Page 2

Jack-of-All-Trades

Chelsea Citrowske, LPN, wears many hats.

Page 3

Our sons' ENT surgeries

Why Sioux Falls family drove to Dawson for procedures.

Page 3

Welcome, Jessica Mamer!

Now taking Family Medicine appointments.

Page 4



Is it anxiety? Or adult ADHD?

Little kids aren't the only ones who can be diagnosed with ADHD.

If an adult has difficulty completing tasks, paying attention to details or conversations, or even overdoing a simple task to the point where it becomes huge and unmanageable, they may blame anxiety: "It's how I am and I guess I have to live with it."

However, if they choose to talk to a healthcare professional about their concerns, they may learn it's not anxiety—it could be adult ADHD (Attention Deficit Hyperactivity Disorder). ADHD is often diagnosed in childhood, but it can continue, undiagnosed, into adulthood. At whatever age of the diagnosis, ADHD is treatable.

As a psychiatric mental health nurse practitioner, Anna Lewis, PMHNP, provides therapy and medication management in our Behavioral Health department. She has always felt led to provide compassionate care and to listen carefully to her patients' concerns. After 15 years as an RN, she chose to dig deeper to provide care as a PMHNP for those with behavioral and mental health challenges.

"ADHD is 90% genetic," said Anna. "In addition to genetics, other possible risk factors include a brain injury when young, or exposure to alcohol, tobacco, or lead

during pregnancy or while very young. While it is often diagnosed in childhood, adults may also have symptoms of ADHD."

In addition to talk therapy, medication management is another area of treatment she provides. Depending on the individual, there are two routes of prescription treatments.

"Medications allow the circuits in the brain to connect so the person has the ability to maintain focus to complete tasks," she said. "If an adult patient diagnosed with ADHD has no prior addictions, they are often

CONTINUES ON PAGE 2

Is it anxiety? Or adult ADHD? - CONTINUED FROM PAGE 1

treated with a stimulant-type prescription, such as Adderall or Ritalin. If they have a prior history of addictions, a non-stimulant medication is used so it won't trigger an addiction. I always discuss the various treatments with the patient and we arrive at an effective treatment plan based on their situation and concerns."

"I also recommend the book, *How to Keep House While Drowning*, by KC Davis," said Anna. "It's published as a book on cleaning and organizing, but it has become a resource for adults with ADHD. It gives small obtainable tasks that I can recommend for a patient—even setting a timer for 10 minutes makes the tasks more manageable."

Another recommendation is self-care. Encouraging them to get up and move their body or journaling are often helpful.

Another recommendation that's beneficial for everyone is giving ourselves grace—curbing the negatives and talking nicer to ourselves.

How to help a loved one who may have adult ADHD:

- Realize they may not understand that treatment is available for how they feel.
- Be gentle when they are feeling destructive or are frustrating to live with.
- Choose a good time to ask: "Does this feel normal or okay for you?" or "I don't know your body so I can't understand how you are feeling."
- Allow going to treatment to be their decision.

Call 320-769-4323 to schedule an appointment.

Life without knee pain.



Ron Pesek

How a mechanic's advice changed Ron Pesek's life.

When a person gets a recommendation about a medical procedure, it's often from a friend or family member. However, when Ron Pesek was at a service station almost two years ago, the mechanic noticed him limping.

"You should go to Johnson Memorial and have a knee replacement," the man said, pulling up his pantleg to show Ron his scar. "They did mine and got it done right away."

After suffering with ongoing knee pain for about four years, Ron decided it was time.

"Pain interfered with my life—I work on a farm and ibuprofen could never touch the pain," he said. Speculating about the cause, he continued, "I used to be the catcher in fast-pitch softball years ago, which could have caused it, but I don't really know."

Ron's wife, Corinne, agreed with his decision. "When he got a good recommendation, that was enough for me," said Corinne, "even though we'd never done anything at the Dawson Clinic before."

Three weeks after his pre-op physical, he had surgery. The surgery went well and Corinne was especially pleased with the care they received from the staff when she returned from her sister's funeral, three hours away, to visit Ron late at night. Ron was also happy with the physical therapy he received at JMHS.

"From surgery to PT, the care I received at Johnson Memorial couldn't have been any better," he said. **"Now I can do just about everything with no pain."**

Jack-of-All-Trades

Chelsea Citrowske, LPN, wears many hats.



Chelsea Citrowske, LPN
Family Medicine

Chelsea Citrowske, LPN, at the Dawson Clinic, has enjoyed her nine-year healthcare career at JMHS. Having ample opportunities to use her many talents have added to the variety of projects she enjoys and has undertaken for both staff and patients. From medical knowledge, to her technical skillset, Chelsea is known

for being a hard worker in whatever area she touches.

Chelsea loves connecting with patients—helping them with their healthcare goals and sharing their excitement when they show improvement. She especially enjoys following families from birth to school-age and beyond, which

continues to strengthen their connection.

Chelsea was also busy helping to launch the EPIC platform last year. EPIC maintains electronic medical records that can be shared with other healthcare providers, as well as MyChart communication between providers and patients. She

helped to tailor the EPIC system to their rural health needs.

"I use my 'techy side' in working with EPIC, but I'm mainly the clinic nurse for Dr. Grong and Dr. Virji," said Chelsea. "You could say I've been a jack-of-all-trades at Johnson Memorial!"



Our children had ENT surgeries in Dawson.

We'd do it again in a heartbeat.

Angie Kebut and her family live in Sioux Falls, but when a friend highly recommended Dr. Martin Janning as the ear, nose, throat (ENT) doctor who had provided care for her children, Angie didn't hesitate.

"First, we scheduled a consultation at Dr. Janning's main clinic in Willmar," said Angie. "Even though Sioux Falls is a big city, it has a long waiting list to receive ENT care. We had tried everything else to help our boys—we couldn't wait."

They were thankful to be able to schedule appointments with Dr. Janning for the ear tube procedures their sons needed in Dawson. Their 11-month-old's appointment was in February and the three-year-old's was in March. Even the threat of a blizzard on the home stretch in February didn't deter them.

"We especially appreciated the continuity of care," said Angie. "Dr. Janning, our nurse, Tracy, and our anesthesiologist checked in with us before surgery and all three fol-

"They even allowed our toddler to bring his favorite Hot Wheels car into the surgical suite!"

lowed up after surgery. They even allowed our toddler to bring his favorite Hot Wheels car into the surgical suite! The drive was so worth it. We'd do it all again in a heartbeat."

ENT availability is on the 1st and 3rd Tuesdays of the month. A referral is needed. Call 320-769-4323 to schedule an appointment.