

the PROVIDENCE PULSE

Brought to you by
Providence Medical Center

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Remote Patient Monitoring Underway

Remote Patient Monitoring (RPM) is being introduced to provide patients with continued support between healthcare visits. Through RPM, members of the care team can remotely monitor key health information and identify changes that may require attention. This added layer of care helps promote timely communication, support ongoing health management, and keep patients connected to their healthcare team from the comfort of home.

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A Healthy Future, Together



Nicole Haglund
CEO

At Providence Medical Center, our commitment remains simple: providing high-quality healthcare close to home for patients and families we serve. Over the past year, we have made meaningful progress in advancing our strategic plan, which focuses on strengthening local access to care, expanding services, enhancing technology, and ensuring the long-term sustainability of healthcare throughout our service area.

We are proud of the momentum we continue to build. From growing specialty services and implementing innovative programs such as Remote Patient Monitoring to recruiting experienced providers, every initiative is designed with one goal in mind: improving the health and well-being of our community.

None of this progress would be possible without the support of our patients, community members, local businesses, and partners who continue to place their trust in Providence Medical Center. Choosing to receive care locally helps strengthen our healthcare system, sustain essential services, and ensure that quality care remains available close to home for future generations. When community members support local healthcare, they are investing directly in the health, vitality, and long-term success of our local communities.

Rural healthcare plays a vital role in the strength of our community. Receiving care locally means shorter travel times, quicker access to treatment, stronger relationships with providers, and the comfort of being surrounded by family and support systems when it matters most. Healthy communities attract families, businesses, and economic growth, making local healthcare a cornerstone of thriving communities.

As we look ahead, we remain focused on delivering exceptional care and creating a healthier future for our community. Thank you for your continued trust, support, and partnership with Providence Medical Center. Together, we are helping ensure that high-quality healthcare remains close to home for years to come.





Expert Care from the Comfort of Home: Remote Patient Monitoring Underway

Providence Medical Center is excited to announce that our new Remote Patient Monitoring (RPM) program is now underway, with patients already enrolled and beginning to experience the benefits of connected care from the comfort of home.

Remote Patient Monitoring brings an extra layer of support between regular healthcare visits. Using simple devices at home, patients can track important health information such as blood pressure, blood sugar, weight, and oxygen levels. Their readings are then securely shared with the Providence Medical Center care team, allowing them to monitor for concerning changes and notify the patient's provider when needed.

The program may benefit patients managing ongoing conditions such as high blood pressure, diabetes, heart conditions or heart failure, COPD or chronic lung disease, and kidney health concerns.

By bringing expert care into patients' homes, Remote Patient Monitoring can provide greater peace of mind, help identify concerning changes sooner, and support patients in staying independent and confident in managing their health. It also offers reassurance to family members, knowing a care team is keeping an eye on their loved one's health.

This new service is part of Providence Medical Center's continued commitment to expanding access to high-quality care and finding new ways to meet patients where they are. With Remote Patient Monitoring now in action, we are excited to bring connected, personalized care even closer to home.

If you, or someone you know might benefit from this program:

Call us at *402-375-7938* or visit our website at *providencemedical.com/our-services/rpm*.

Make Time for Your Mammogram

Regular breast cancer screenings are an important part of protecting your health. Mammograms can help detect breast cancer early, often before there are any signs or symptoms, when treatment may be more effective.



Talk with your healthcare provider about when you should begin screening and how often you should have a mammogram based on your age, personal health history, and individual risk factors.

At Providence Medical Center, advanced Digital 3D Mammography provides detailed images to support early detection.

For women who are at higher risk for breast cancer or need additional testing, Breast MRI is also available. This advanced exam uses magnets and radio waves, not radiation, to create detailed images of the breast. It can be especially helpful for women with dense breast tissue and those at an increased risk for breast cancer.

By offering advanced imaging options, Providence Medical Center is committed to providing high-quality women's health care and giving patients access to the tools needed for early detection and timely treatment.

If you have been putting off your mammogram, now is a great time to schedule it.

To schedule your mammogram or learn more about Imaging Services, call *402-375-7953*.



Providence Medical Center Welcomes New Emergency Services Medical Director, Dr. Jeff Yosten



We are pleased to welcome Dr. Yosten as our new Medical Director of the Emergency Department and Ambulance Services. With more than 25 years of experience in emergency medicine, Dr. Yosten brings valuable knowledge, leadership, and expertise to Providence Medical Center.

In his role, Dr. Yosten will provide coverage in both the Emergency Department and Walk-In Clinic, helping support the delivery of high-quality, efficient care for patients throughout our community.

Beyond his clinical and leadership responsibilities, Dr. Yosten will contribute to organizational initiatives through his involvement with committees, including Trauma and Stroke. His experience will help support ongoing efforts to enhance patient care, strengthen clinical services, and provide valuable guidance to our team.

Dr. Yosten's addition builds upon the strong foundation already in place at Providence Medical Center and reflects our continued commitment to providing high-quality, accessible care, close to home. We are excited to welcome him to our team and look forward to the leadership and experience he will bring to our organization.

Welcoming Dr. Jorge F. Sotolongo to our Gynecology Outpatient Specialties Team



Providence Medical Center is pleased to welcome Jorge F. Sotolongo, MD, FACOG, to our Gynecology team. A board-certified Obstetrician and Gynecologist with more than 35 years of experience, Dr. Sotolongo brings extensive expertise and a compassionate approach to women's healthcare.

He provides personalized care through every stage of a woman's life, from adolescence and pregnancy to menopause. Fluent in both English and Spanish, Dr. Sotolongo is able to connect with and care for a broader range of patients, helping them feel heard, understood, and confident in their healthcare decisions.

Originally from Havana, Cuba, Dr. Sotolongo earned his Bachelor of Science degree in PreMed, Magna Cum Laude, from the University of Puerto Rico. He completed his Gynecology internship and residency at San Juan Hospital before going on to care for women throughout Nebraska and Iowa.

Dr. Sotolongo's addition expands access to experienced Gynecology services close to home. We are excited to welcome him to Providence Medical Center and look forward to the knowledge, compassion, and personalized care he will provide to the women and families in our community.

Looking for a gynecologist? Dr. Sotolongo offers the personalized attention you deserve.

To schedule an appointment with Dr. Sotolongo, call us at *402-375-7953*.

Expert Wound Care for a Better Healing Journey

When a wound does not heal properly, specialized care can make an important difference. At Providence Medical Center, patients have access to comprehensive wound care close to home with Lindsay Kvols, Nurse Practitioner, a Board-Certified Family Practice Nurse Practitioner and Certified Wound Ostomy Nurse (CWON).



Lindsay Kvols, APRN, CWON
Wound Care

PMC's Wound Care Service offers a variety of advanced treatments and procedures, including specialized wound dressings, skin substitutes, debridement, wound vac application, and follow-up care. Kvols provides care across multiple settings, including inpatient, swing-bed, outpatient, and home health services. This continuity allows for strong communication and coordination throughout each patient's treatment.

For patients who also receive specialized care from providers such as podiatrists or plastic surgeons, Kvols can assist with coordinating treatment plans and dressing changes locally.

"This can save the patient several weekly trips to their specialist," Kvols said.

While every patient and wound is different, treatment is often completed in less than 12 weeks. "Usually, I see patients weekly or every other week to get them healed and back to their normal activities," Kvols said.

Wounds can be debilitating and impact a person's daily life, making the healing process especially meaningful. "By having Kvols right here at PMC, we have seen patients experience faster recovery times and allow for us to provide more comprehensive care for our wound patients," said Nicole Haglund, Chief Executive Officer. "We are extremely grateful to have such a specialized service right here in our local community."

"By having Kvols right here at PMC, we have seen patients experience faster recovery times and allow for us to provide more comprehensive care for our wound patients."

– NICOLE HAGLUND, *Chief Executive Officer*

Kvols sees patients in our Outpatient Specialty Clinic, helping ensure timely access to care and minimal wait times for appointments. Whether a patient is returning home, transitioning to a care center, or continuing care in another setting, the goal is the same: to provide the support and treatment needed for a successful recovery and a return to everyday activities.

To schedule an appointment with Lindsay Kvols, call us at *402-375-7953*

Proudly Recognized for Exceptional Care

Providence Medical Center is proud to be recognized with two prestigious awards this year highlighting our commitment to providing high-quality, compassionate care to the communities we serve.



PMC recently received the American Heart Association's *Get With The Guidelines® - Stroke Rural Recognition Bronze award* for its efforts to optimize stroke care and address the unique healthcare needs of rural communities. The recognition reflects PMC's commitment to delivering timely, evidence-based stroke care when every minute matters.

Stroke is a leading cause of death and disability, and early recognition and rapid treatment are critical to improving outcomes. As a Critical Access Hospital, PMC understands the challenges rural patients can face when accessing specialized care. This award recognizes the dedication of our team to reducing gaps in care and ensuring patients in our community have access to high-quality stroke treatment close to home.

The award is based on performance in key areas of acute stroke care, including timely treatment and transfer, brain imaging, stroke expert consultation, emergency medical services communication, and other guideline-directed measures.



PMC Hospice has also been recognized with the *2026 Hospice Honors award*, recognizing its strong performance in patient experience and quality of care. Based on Hospice Consumer Assessment of Healthcare Providers and Systems (CAHPS) survey results from April through December 2025, the award reflects the department's continued excellence and ongoing commitment to improving the care provided to patients and families.

Hospice Honors recipients are evaluated across 22 quality indicators, with recipients scoring above the MatrixCare National Score on at least 17 measures. PMC Hospice's recognition demonstrates the team's dedication to providing individualized care that extends beyond medical needs.

"Behind every high CAHPS score is a family who felt heard, supported, and cared for. These scores represent our commitment to providing comfort, dignity, and exceptional end-of-life care."

– CAMMY JANKE,
Providence Medical Center Hospice Director

From delivering rapid, life-saving treatment during a stroke to providing comfort and support at the end of life, these recognitions reflect the dedication of PMC's teams to delivering exceptional care when patients and families need it most. We are proud of our employees whose compassion, expertise, and commitment continue to make a difference in the lives of those we serve.

Providence Medical Center

Caring for you with expertise, compassion, and dedication.

Contact Us Today: Call *402-375-7953* to schedule an appointment or ask questions.

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Save The Date

An unforgettable evening is on the horizon!

Join us for the Providence Medical Center Gala Fundraiser on *February 13, 2027.*

An evening of celebration. A night of community. A meaningful cause.

Mark your calendars and get ready for a special night supporting Providence Medical Center and the care we provide to our community.

MORE DETAILS COMING SOON!

Providence Medical Center

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Providence Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Español (Spanish)
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.
Llame al 1-402-375-3800.

Tiếng Việt (Vietnamese)
CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn.
Gọi số 1-402-375-3800.

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