

the PROVIDENCE PULSE

Brought to you by
Providence Medical Center 



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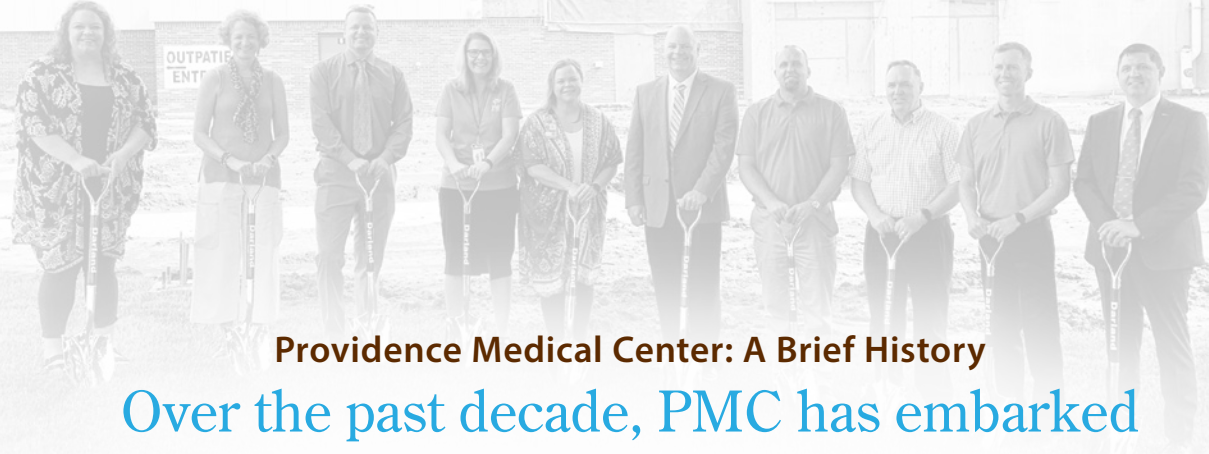
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Ten Years of construction and renovation-Complete!

Providence Medical Center: A Brief History

Providence Medical Center's roots trace back to 1914, when Dr. A. S. Lutgen opened the community's first hospital and even launched the town's first radio station on the hospital grounds. A larger hospital opened later in 1914, then a community-owned hospital in 1935. In 1975, Providence Medical Center (PMC) replaced the original facility. The land was donated by Wayne State College, which PMC continues to support with student health services.

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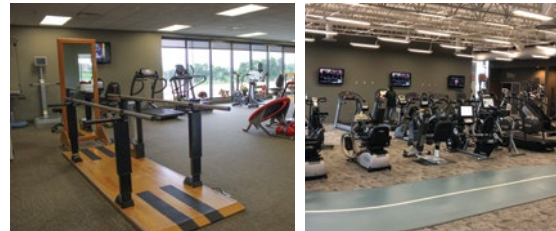


Providence Medical Center: A Brief History

Over the past decade, PMC has embarked on several expansion projects:

2011

PMC expanded with a new 25,000 sq. ft. Physical Therapy and Wellness Center, remodeled entryway, and a 3,500 sq. ft. addition for outpatient oncology.



2015

A \$15 million multi-phase expansion began. The Emergency Department was remodeled in 2016 with new trauma bays, equipment, and a larger waiting area.

2017

Further renovations included the pharmacy, student health area, and chapel relocation. Bonds and a capital campaign funded the \$15 million project.

2018

Nearly every area of the hospital was upgraded, adding patient rooms, dining areas, conference space, and laboratory expansions—encompassing 80,000 sq. ft. in total.

2021-2024

The latest \$16 million project added new radiology and outpatient spaces, surgical suites, and a main entry upgrade. Completed in 2024, it added and renovated 40,000 sq. ft. across radiology, surgery, and outpatient departments.



Today, PMC continues to expand and modernize to serve the community with state-of-the-art medical care.

Understanding and Treating Pelvic Floor Dysfunction

Pelvic Floor Dysfunction

Pelvic floor dysfunction involves the inability to properly control the pelvic floor muscles, a group of muscles that supports the bladder, rectum, and uterus. When these muscles contract rather than relax, it can lead to issues with bowel movements, bladder control, and, for women, sexual function. Left untreated, this condition may cause discomfort, infections, or even long-term colon damage.

Common Conditions Addressed:

- Bladder Control & Incontinence (leaking with laughing/coughing/sneezing)
- Pelvic Pain & Discomfort
- Pelvic Organ Prolapse
- Overactive Bladder
- Pelvic and Urologic Conditions after delivery of baby



Dr. Daniel Olsen, and Andrea Johnson, Physical Therapist, encourage women to prioritize their pelvic and urological health.

Now Offering Breast MRI Service

Providence Medical Center is excited to announce the addition of Breast MRI services, providing a powerful tool for detecting abnormalities that may not be visible with mammography or ultrasound.

What is a Breast MRI?

A Breast MRI uses a magnetic field and radio waves to create detailed images of breast tissue, making it an essential screening option for women at high risk for breast cancer. A high-risk status, often determined by a Tyrer-Cuzick (TC) score of 20% or above, is calculated during mammography and noted in the report for your provider's review.

During the scan, you'll lie face down on a special platform, and a small IV line will be used to deliver contrast material for enhanced imaging. The process is noninvasive and does not involve radiation.



When is a Breast MRI Recommended?

A healthcare provider might order a Breast MRI for:

- High-risk screening (e.g., family genetic mutations)
- Supplementary screening for dense breasts
- Cancer evaluation in new diagnoses to measure extent or check for spread
- Monitoring treatment effectiveness
- Implant assessment for ruptures or detecting cancer in patients with implants

Benefits and Considerations

- **Benefits:** MRI is noninvasive, radiation-free, and especially effective for dense breast tissue.
- **Considerations:** Notify your provider if you have metal implants, as the MRI's magnetic field could interfere with these devices.

Please talk with your provider to see if a Breast MRI is right for you.

Women's Health continued on page 4



Introducing Enhanced Labor Options for Women's Health

At Providence Medical Center, we prioritize giving mothers the options they need to feel empowered, comfortable, and supported during labor. We are excited to introduce two new offerings—nitrous oxide for labor pain management and the Novii+ Wireless Fetal Monitoring system—to enhance the childbirth experience with increased freedom and comfort.

Nitrous Oxide for Pain Relief

Our new nitrous oxide option offers an effective and self-administered method of managing labor discomfort. The blend, made up of 50% oxygen and 50% nitrous oxide, is an alternative to epidurals and narcotics, letting mothers control their pain relief. Unlike stronger forms of analgesia, nitrous oxide does not interfere with natural labor progression or hormone release.

“Nitrous oxide labor analgesia is safe for the mother, fetus, and neonate and can be made safe for caregivers. It is simple to administer, does not interfere with the release and function of endogenous oxytocin, and has no adverse effects on the normal physiology and progress of labor.”

— JOURNAL OF MIDWIFERY AND WOMEN'S HEALTH

Benefits of Nitrous Oxide

- **No Impact on Infant Alertness:** Nitrous oxide does not dull the infant's awareness during early bonding or interfere with breastfeeding.
- **Reduced Perception of Pain:** While it doesn't fully block pain, many women report feeling more relaxed and in control.
- **Self-Administered:** Mothers can decide how much to use or stop it entirely to try other methods.
- **Rapid Discontinuation:** Effects dissipate within five minutes of stopping use, making it an adaptable option.

Novii+ Wireless Fetal Monitoring for Greater Freedom in Labor

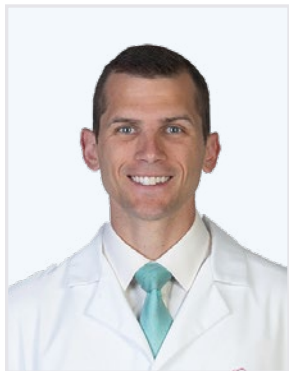
Providence Medical Center now also offers the Novii+ Wireless Fetal Monitoring system. Unlike traditional fetal monitors, this wireless system provides expecting mothers the freedom to move freely without interrupting monitoring. By enhancing mobility, we're not only increasing comfort but also potentially reducing labor length, as studies show that mobility can positively impact labor progression.

Benefits of Novii+ Wireless Fetal Monitoring:

- **Freedom of Movement:** Mothers can move, choose different laboring positions, and walk, which can enhance comfort and promote labor progression.
- **Waterproof Design:** Mothers can use showers or bathtubs for relaxation, as the equipment is water-resistant.
- **Uninterrupted Monitoring:** For those opting for an epidural, monitoring can continue seamlessly without needing to adjust equipment.

These new offerings reflect our commitment to providing compassionate, high-quality care tailored to the needs and choices of our patients. Providence Medical Center is dedicated to supporting families throughout the birth process with the latest advancements for a safer, more flexible, and empowered labor experience.

Providence Medical Center is excited to welcome back Dr. Jesse Meaike to Northeast Nebraska!



Jesse Meaike, MD
Hand, Wrist & Elbow
Reconstructive
Surgery

Originally from Beemer, and a graduate of Wisner-Pilger High School, Dr. Meaike is fulfilling his dream of providing exceptional care and precision surgery to the communities he calls home. Dr. Meaike specializes in providing surgical and non-surgical treatment options for all ages. His specialized training in reconstructive surgery includes breast and wound reconstruction, cancerous skin lesions, and treatment for excess eyelid skin. In addition, Dr. Meaike treats finger, hand, and elbow injuries and conditions including complex reattachments and carpal tunnel syndrome.

Medical Degree from Baylor College of Medicine, Texas.

Residency at Mayo Clinic Division of Plastic Surgery, Minnesota

Fellowship at Duke Orthopaedic Hand, Upper Extremity, and Microvascular Surgery, North Carolina.

Dr. Meaike is focused on ensuring you receive personalized, expert care every time.

Don't let pain and discomfort stop you

Over 30 years of experience providing compassionate, comprehensive pain care.



Peter Piperis, MD
Board Certified in
Pain Medicine and
Anesthesiology

Our Commitment to Comprehensive, Advanced Care

We are dedicated to offering advanced, minimally invasive techniques to relieve pain. Personalized treatment strategy, creating a plan that may include targeted procedures, or a combination of therapies tailored to each patient's unique needs.

Pain Management Care

Pain management care is a specialized branch of medicine focused on improving quality of life by easing chronic pain. We use a holistic approach that considers each patient's physical, social, and psychological well-being.

Common Conditions We Treat

- Joint Pain
- Neck Pain
- Headaches
- Back Pain
- Neuropathic Pain
- Shingles Pain
- Atypical Abdominal Pain
- Spine Surgery Recovery
- Cancer-Related Pain

Providence Medical Center Awarded 2024 Women's Choice Award® as one of America's 100 Best Hospitals for Patient Experience



“ This recognition represents a dedication to meeting high expectations, benefiting not only women but all patients.”

– DELIA PASSI, CEO OF THE WOMEN'S CHOICE AWARD

Providence Medical Center (PMC) has been recognized among America's 100 Best Hospitals for Patient Experience by the Women's Choice Award®, underscoring PMC's dedication to patient-centered care. This award places PMC among the top hospitals in its category, based on bed size, and highlights the facility's commitment to providing exceptional care that meets patients' growing demands for positive experiences.

According to the Agency for Healthcare Research and Quality, a strong patient experience enhances treatment adherence, disease management, and health outcomes. Patients are increasingly likely to choose and remain loyal to providers who prioritize effective communication, timely assistance, and a peaceful environment. A survey shows that 82% of healthcare consumers would switch providers after a negative experience, while 86% of women would travel up to 50 miles for a top-rated hospital experience.

Nicole Haglund, Interim CEO of PMC, expressed pride in the award: “This recognition reflects our team's commitment to outstanding, compassionate care for everyone we serve.”

The Women's Choice Award evaluates hospitals through HCAHPS (Hospital Consumer Assessment of Healthcare Providers and Systems) survey responses and key indicators such as:

- Effective communication with nurses and doctors
- Timely assistance with requests
- Clear medication explanations
- Cleanliness and room peacefulness
- Patient willingness to recommend

Delia Passi, CEO of the Women's Choice Award, emphasized the award's significance: “This recognition represents a dedication to meeting high expectations, benefiting not only women but all patients.”

Providence Medical Center is proud to be a part of the Women's Choice Award's top hospitals, a testament to its dedication to exemplary patient care and experience.



Providence Medical Center

Extraordinary Care Close to Home

PROVIDENCE MEDICAL CENTER
FOUNDATION

INVITES YOU TO

The Jewel Gala

DECEMBER 7, 2024

Providence Medical Center Foundation Hosts 4th Annual Jewel Gala

There is still time to donate and support the fundraising efforts for this year's Providence Medical Center Jewel Gala, hosted on December 7th. Proceeds from the event going towards the new medical emergency ambulance.

Every donation and every moment shared during the Jewel Gala contributes directly to the ambulance fund. In our mission to provide the highest quality healthcare "in the Spirit of Christ," we strive to ensure that all who need us in Northeast Nebraska can be reached quickly and cared for effectively.

Reach out to Sami at 402-375-7922 for more ways to contribute.

Ways to Give Back to the Providence Medical Center Foundation

Providence Medical Center's mission is to provide quality healthcare in the Spirit of Christ. The Providence Medical Center Foundation aligns with that statement by supporting the healthcare services and education mission of Providence Medical Center through philanthropic efforts. It is composed of community leaders from all over the country who strongly believe in the importance of philanthropy in fulfilling the foundation's mission. By giving back, you are not just donating—you are directly impacting our patients, staff, and community.

Here are some meaningful ways you can support us:

1. Attend Special Events

Every year, we host several events that offer a chance for our community to come together and make a difference. Your presence and contributions at these events directly support essential hospital initiatives.

2. Make a Monetary Donation

Donations of any size can be designated toward specific projects, departments, or wherever the need is greatest. These contributions help us stay at the forefront of patient care, upgrade our facilities, and provide critical services that save lives. One-time or recurring donations make a lasting impact.

3. Corporate Sponsorships and Matching Gifts

Local businesses play a vital role in our mission. By sponsoring our events or matching employee donations, companies can support a healthier, stronger community. Corporate sponsorships also offer unique opportunities to promote your business while supporting a vital cause.

4. Planned Giving

Consider leaving a legacy that ensures the future of healthcare for generations to come. Planned giving allows donors to include the hospital foundation in their estate plans, whether through bequests, life insurance policies, or other arrangements. This type of gift has a profound and enduring impact on the hospital's mission.

5. Volunteer Your Time

Giving doesn't always mean opening your wallet. We welcome volunteers who want to give their time and skills. From assisting with events to helping patients and visitors feel welcome, volunteers are a cherished part of the Providence family.

Each of these giving options strengthens our foundation and makes it possible for us to keep delivering exceptional care to our patients.

Thank you for supporting Providence Medical Center Foundation—we couldn't do it without you!

Pre-Register in Minutes: Quick, Secure, and Personalized for You.

Providence Medical Center and Experian Health partner to help cut down on the check-in process and more time focusing on you and your health. Pre-registration allows PMC to collect information before your appointment, such as insurance information and signatures on consent forms.

The goal

make the most of your time by focusing on your health, not waiting in line, and reduce time in the waiting room. No app or login is required!

Common questions asked:

How does it work? Before your upcoming appointment, you will receive a text message about a week before. The text will include a link from our partner, Experian Health, to begin your online registration.

All you need to do is:

1. Upload your photo id card
2. Upload your insurance card (if paying with insurance)
3. Agree to the required consent form
And you're done!

Do I have to register online? No, online registration is not required, however, it is best practice. You can still complete your registration at our office, but ask that you arrive 15 minutes in advance of your appointment to ensure staff can meet with you while also managing other patients.

Is it secure? The link is personalized to you and linked to the phone number we have on file.

Who is Experian Health? With over 25 years of experience and Experian data solutions, Experian Health supports over 60% of U.S. hospitals in making healthcare more efficient and patient-centric, streamlining overall care delivery.



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Wayne, NE 68787
402-375-3800

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.

Providencemedical.com