

Honoring Dr. Benjamin Martin: A Legacy of Dedication and Care.

At the Jewel Gala, amidst efforts to raise funds for a new ambulance, Providence Medical Center took a moment to honor Dr. Benjamin Martin for his extraordinary 38 years of service. Dr. Martin has been a pillar of compassionate care in our community, serving as the Medical Director for numerous programs, including the Emergency Department, cardiac rehabilitation, and hospice, as well as ambulance services in Wakefield and Winside.

Over his remarkable career, he delivered 1,180 babies, mentored countless medical professionals, and provided care in clinics, the hospital, and the ER. His unwavering commitment has brought healing, comfort, and hope to countless patients and families.

As Dr. Martin retires, we thank him for his profound contributions and wish him joy in his next chapter—whether mentoring, spending time with family, or enjoying the outdoors. Thank you, Dr. Martin, for your tireless dedication and lasting impact on our community!



1200 Providence Road
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

the PROVIDENCE PULSE

Brought to you by
Providence Medical Center 



Take Care of Your Heart Today for a Healthier Tomorrow.

At Providence Medical Center, we're dedicated to helping you prioritize your heart health. With cutting-edge services and compassionate care, we're here to support you every step of the way.

Continued on page 4

2 | 2024 Stats &
Top 100 Patient
Experience Emblem

3 | "Time = Brain:
Expanding Stroke Care with
TeleNeuro"

4 | Heart Health at PMC:
Your Partner in Cardiac Care

6 | Understanding
Infusion Therapy:
Comprehensive Care at
Providence Medical Center

7 | Providence Medical
Center Foundation Hosts
4th Annual Jewel Gala

8 | Dr Martin Recognition

2024 Stats



Laboratory
Tests
26,502



Emergency Room
Visits
2,582



Therapy
Visits
12,681



Radiology
Visits
6,460



Outpatient
Appointments
18,397



Operating Room
Procedures
730



Ambulance
Response/Transfers
548



Home Health &
Hospice Visits
6,460



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

Providence Medical Center is proud to announce that we have been honored with the 2024 Women's Choice Award® as one of America's 100 Best Hospitals for Patient Experience. This recognition reflects our commitment to providing compassionate, high-quality care in the Spirit of Christ. Thank you to our dedicated staff and the community for trusting us with your healthcare needs!



“Time = Brain: Expanding Stroke Care with TeleNeuro”

Time is Critical in Stroke Care:



For every minute during a stroke, **1.9 million neurons, 14 billion synapses, and 7.5 miles of myelinated fibers** are destroyed.



Patients must seek treatment within a **4.5-hour window** for clot-busting drugs or



24 hours for thrombectomy at a higher-level care hospital.

Introducing PMC's TeleNeuro Program:

A Neurologist will evaluate all patients with stroke-like symptoms via telemedicine. The Neurologist determines if the patient is experiencing a stroke or Transient Ischemic Attack (TIA) and assesses their eligibility for:

- Clot-busting drugs
- Surgical intervention (thrombectomy).

Goal: Administer treatment within the first hour of emergency room admission or transfer to a higher level of care for surgical intervention when necessary.

Care for Non-Eligible Patients:

- Patients staying at PMC will receive daily visits from their primary care physician and teleneurologist to ensure all specialized aspects of their care plan are met.
- Patients who do not qualify for interventions (due to medical history or delayed presentation) can stay at PMC for rehabilitation services close to home. Our expert physical, occupational, and speech therapists will work closely to help patients regain lost functions and skills affected by the stroke.

Care for Stroke Patients after Surgical Interventions:

Patients transferred to a surgical intervention hospital can return to PMC after surgery for their specialized rehabilitation care to be closer to home.

Heart Health at PMC: Your Partner in Cardiac Care

“Take Care of Your Heart Today for a Healthier Tomorrow.”

At Providence Medical Center, we’re dedicated to helping you prioritize your heart health. With cutting-edge services and compassionate care, we’re here to support you every step of the way.

Krishna
Velagapudi, MD
Cardiology



Maryanne
Hartzell, MD
Cardiology



Comprehensive Cardiac Care Services

Cardiology Clinics:

Available every Monday with Faith Regional Physician Services.

Advanced Diagnostic Testing:

- Echocardiograms
- Treadmill & Nuclear Medicine Stress Tests
- CT Cardiac Screening with Calcium Scoring
- Carotid Doppler Ultrasounds
- Ambulatory Cardiac Holter & Event Monitoring
- Lab Services: Cholesterol & Blood Glucose

Calcium Scoring: Assess Your Heart Health

A quick, painless, and affordable CT-based test to identify calcified plaque in the arteries.

Who Should Consider This Test?

Ages 40–75 with risk factors like smoking, diabetes, high cholesterol, or family history of heart disease.

Details:

No physician referral is needed.
Cash-pay options available.
Call [402-375-7950](tel:402-375-7950) for more info.

Vascular Screening: Early Detection Saves Lives

Affordable blood vessel and artery risk screenings are available **without a physician’s order**.
Call [402-375-7953](tel:402-375-7953) for details.

Know Your Risk Factors

Blood Pressure:

Optimal BP: Below 120/80

Prehypertension: 120-139/80-89

Hypertension:

Stage 1: 140-159/90-99

Stage 2: 160+/100+

Tip: Use a manual upper-arm cuff for accurate readings and consult your doctor.

Cholesterol Levels to Remember

If you have three or more of these, your risk for heart disease increases:

LDL (Bad Cholesterol): Below 100

(or 70 for high-risk patients)

HDL (Good Cholesterol): Above 60 is optimal

Triglycerides: Below 150

Total Cholesterol: Below 200

Metabolic Syndrome: Know Your Risk Factors

If you have three or more of these, your risk for heart disease increases:

- Abdominal obesity (Waist >40” for men, >35” for women)
- High triglycerides (>150 mg/dl)
- Low HDL cholesterol (Men <40 mg/dl, Women <50 mg/dl)
- High blood pressure (>130/85)
- Elevated fasting glucose (>110 mg/dl)

Programs Offered

Cardiac Rehabilitation:

The Cardiac Rehabilitation program is a medically supervised program aimed at improving cardiovascular health for those recovering from:

- Heart Attack
- Heart Conditions such as coronary artery disease (CAD), stable angina or heart failure
- Heart procedure or surgery

How does the Cardiac Rehab Program work?

Each participant will receive a customized plan of care including:

- Regular up to date program reports
- Exercise, counseling, and training to increase your physical activity
- Lifestyle habits, nutritional guidance & medication management

SET for PAD: Supervised Exercise Therapy for Peripheral Artery Disease

What is PAD?

Peripheral Artery Disease reduces blood flow to the legs, causing pain and limiting mobility. If you have PAD, you have a greater chance of a heart attack, stroke, and limb loss. Common symptoms include:

- Leg pain or cramping during activity
- Numbness or coldness in legs/feet
- Wounds that do not heal

About the Program

PMC’s SET for PAD offers medically supervised exercise tailored to your needs.

- **Initial Assessment:** Completed by a nurse
- **Personalized Exercise Plan:** Guided by healthcare experts
- **Medicare-Covered:** With provider referral

Benefits:

- Help reestablish blood flow
- Improved mobility and reduced pain
- Improve quality of life

Take the First Step!

Ask your provider about a referral, or call [402-375-7950](tel:402-375-7950) for more information.

At Providence Medical Center, we’re more than just healthcare providers—we’re your partners in achieving a healthier heart.



SET for PAD Team

Heidi Keller ACE Certified Personal Trainer

Kimberly Havranek ACSM Certified Personal Trainer

Michael Eaton ACE Certified Personal Trainer

Gina Buhrman RN, CCRP Cardiac Rehab Coordinator

Allie Davis RN Outpatient and Cardiac Rehab Nurse

Understanding Infusion Therapy: Comprehensive Care at Providence Medical Center

At **Providence Medical Center**, our **Oncology/Infusion Team** provides expert care with a wide range of infusion therapies designed to treat various conditions and improve patient health.

What is Infusion Therapy?

Infusion therapy involves delivering fluids, medications, or nutrients directly into the bloodstream for fast, effective treatment. Our specialized services include:

- **Chemotherapy:** Targets and destroys cancer cells.
 - **Biologic Therapies:** Treats autoimmune diseases, chronic inflammatory conditions, and certain cancers.
 - **Antibiotics/Antifungals:** Treatments for severe infections.
 - **Hydration & Electrolytes:** Restores balance for dehydration or malnutrition.
 - **Blood Products:** Transfusions for blood loss or related conditions.
 - **IVIG (Immunoglobulin):** Helps treat immune disorders.
- Infusion therapy is essential for managing chronic and acute conditions beyond cancer care, including:
- **Autoimmune Diseases:** Rheumatoid arthritis, Crohn’s disease, multiple sclerosis, and more.
 - **Severe Infections:** IV antibiotics/antifungals when oral medications fall short.
 - **Hydration Therapy:** Treats dehydration or malnutrition for faster recovery.

What to Expect During Infusion Therapy

Your comfort is our priority! Here’s what you can expect:

- **Compassionate Care:** IV placement by experienced staff, with minimal discomfort.
- **Monitoring & Safety:** Regular checks of vital signs and side effects.
- **Comfortable Environment:** Reclining chairs, privacy curtains, and supportive amenities.

For ongoing treatments, we also provide emotional support services to ensure a healing and positive experience.



Pictured L-R:
Rylie Ekberg RN,
Shandi Nolte RN,
Pam Matthes RN-OCN

IV Access Options Tailored to You

Our skilled nurses provide personalized care, choosing the best IV access method based on treatment needs:

- **Peripheral IV (PIV):** Simple, short-term access.
- **Peripherally Inserted Central Catheter (PICC):** Long-term access with minimal invasiveness.
- **Central Venous Catheter (CVC):** Ideal for intensive, long-term treatments.
- **Tunneled CVC (Hickman/Broviac):** Long-term use with reduced infection risk.
- **Implanted Port (Port-a-Cath):** Fully implanted for repeated treatments.

Additional Services Offered

Our team provides more than just infusion care:

- **Injectable Medications:** Treat conditions like Chronic Obstructive Pulmonary Disease (COPD), asthma, osteoporosis, Rheumatoid Arthritis (RA), and more.
- **Intrathecal Pump Refills:** For managing chronic pain and spasticity.
- **Lab Draws:** From peripheral and central lines and implanted ports.
- **Oncology/Hematology Care:** Routine specialty clinics with Dr. Rabih Fahed to deliver personalized treatment plans and follow-ups.

We also partner with other outside oncologist and healthcare providers to ensure seamless, coordinated care tailored to your needs.

A Weekend of Celebration and Community Impact

Providence Medical Center Foundation Hosted the 4th Annual Jewel Gala in Wayne, NE on December 7, 2024

The 4th Annual Jewel Gala sparked with generosity and community pride as Providence Medical Center (PMC) celebrated its mission to enhance healthcare through vital fundraising efforts.

Weekend Highlights

Ribbon-Cutting Ceremony:

Kicked off the weekend by celebrating 10 years of growth since PMC’s latest construction project. Interim CEO Nicole Haglund and the team honored longtime supporter Randy Pedersen.

Special Dedication:

The “**Randy Pedersen Rock Steady Boxing Gym: Dedication to the King of the Ring**” was unveiled, recognizing Pedersen’s invaluable contributions to the hospital and community.

Saturday Night’s Jewel Gala

The evening featured an electrifying auction, with the final jewel—a dazzling diamond necklace—selling to the highest bidder.

- Dr. Mark McCorkindale honored Randy Pedersen’s legacy.
- Dr. Benjamin Martin was recognized for his years of dedicated service as he transitions into retirement.

A Night of Gratitude and Giving

Guests were inspired by the debut of PMC’s new medical ambulance. This Ambulance was funded in part through a grant from the state of Nebraska, the Gardner Foundation, and the communities overwhelming contributions.

Message from the Foundation

Foundation Director Sami Scheffler reflected, “This Gala’s success is thanks to our generous donors, passionate volunteers, and our incredible community. We’re already dreaming up our next big event!”

For more information on how to support the PMC Foundation, contact Sami Scheffler at **402-375-7922**.

Rock Steady Boxing: Fighting Back Against Parkinson’s Empowering Lives Through Fitness

The Providence Wellness Center’s Rock Steady Boxing program provides individuals with Parkinson’s disease a way to fight back through specialized fitness training, improving motor skills, balance, and overall quality of life. A special dedication at the 2024 PMC Foundation Jewel Gala honored Randy Pedersen, “The Diamond King,” whose vision and generosity helped bring this program to Wayne. His contributions, including establishing the Jewel Gala’s jewel donation tradition, leave a lasting legacy. With 16 participants traveling from up to an hour away and recent equipment upgrades funded by the Wayne Eagles Auxiliary 3757, the program continues to grow.

For more details on classes and how to get involved, visit our website or contact the Providence Wellness Center at **402-375-7927**.



Caring for you with expertise, compassion, and dedication.

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