

MESSAGE FROM CEO



**Christopher R. Bjornberg,
CEO**

Celebrating Positive Transformations at Pioneers.

In recent years, the healthcare landscape has witnessed remarkable shifts. From technological advancements to improved patient care, positive changes are shaping the industry. One key factor driving this transformation is teamwork.

Healthcare professionals, once siloed in their respective roles, now recognize the strength of collaboration. Doctors, nurses, administrators, and support staff work together seamlessly

to enhance patient outcomes. Whether it's a complex surgery, routine check-up, or the implementation of our new EMR Cerner, the synergy of a well-coordinated team ensures better results.

As we celebrate these positive shifts, let's remember that no single individual can change healthcare alone. It's the collective effort—the shared vision—that propels us forward. So, here's to teamwork, innovation, and a healthier future for all!

Remember, it's the combined efforts of dedicated individuals that truly make a difference.

Thank you,
Chris Bjornberg

DONATIONS

Pioneers would like to thank the Desert Quilters of Imperial Valley and Threads of Love, Sarah Chapter, for their generous and beautiful donations made to our NICU department.



HEALTHY DIET TIPS BY JENNA MIDDLETON, RD, MS

What is the deal with Ozempic and why are all the celebrities taking it?

You may have heard about a new medication called Ozempic in the news lately and several celebrities have admitted to taking it, but how does it work and what are the side effects.

Ozempic is a weekly medication injection that helps lower blood sugar by assisting the pancreas to make more insulin. It is intended for diabetics and is not currently approved for weight loss, but some physicians have been prescribing it to be used for reducing weight. Ozempic works by mimicking a naturally occurring hormone. As those hormone levels rise, the molecules go to your brain, telling it you're full. It also slows digestion by increasing the time it takes for food to leave the body. This is similar to the effect of bariatric surgery and weight loss is a common side effect.

The benefit of this medication is that it can help those with diabetes lose weight, which can reduce

the risk for many other serious health conditions associated with obesity. Not to mention, it stabilizes blood sugars which can help prevent kidney failure, neuropathy and other long term diabetic complications. On the other hand, research shows that there is an increased risk of thyroid and pancreatic cancer if using Ozempic long term and those taking it short term see a large decrease in muscle mass. Weight is often lost so quickly, that muscle mass is also lost if not accompanied by resistance training or sufficient protein intake. Research also shows that if you stop taking Ozempic, it's likely that you will gain back the weight you lost.

Experts still recommend that people avoid using Ozempic unless they have type 2 diabetes. If you are interested in losing weight, talk to your health care provider or dietitian about safer weight loss strategies you can take.

FINANCE UPDATES

February 2024

- \$751k Profit with FYTD \$8.7 M
- Average Daily Census 62
- ER Visits 4,071
- Rural Clinic Visits 4,905
- Deliveries 183

HOSPITAL AND CLINIC UPDATES

Pioneers Memorial Healthcare District is transitioning to a new computer system beginning April 15th. We ask all patients to bring your IDs and insurance cards for upcoming services. Please expect a longer wait time for registration process during this transition. Thank you for entrusting us with your healthcare needs. We are committed to providing the highest quality of care, this new system will help us better serve you. As always, we thank you for your patience and understanding.



LAB WEEK 2024



Medical Laboratory Professionals Week (April 14-24, 2024) is an annual

celebration of medical laboratory professionals who play a vital role in health care and patient advocacy. Pioneers Memorial Hospital Laboratory performs a variety of tests ranging from waived to high complexity. In 2023, we performed over a million tests using the latest methodology and equipment. Our team includes 18 Medical Lab

Scientists, 1 Medical Lab Technician, 2 Histology Technicians, 16 Certified Phlebotomists, Support Associate, and a Pathologist who also serves as the Medical Director. "I would like to express my gratitude to the team for all the work that they do. It is a great honor to lead a group of individuals who are working behind the scenes to ensure clinicians are provided with fast and accurate results to aid in every patient's healing. Thank you and let's continue to take pride in what we do!"

Annabel C. Limentang, MLS
Director, PMHD Lab Services

HR UPDATES



Meet Marian Samperio, PMHD's new Training and Education Manager. Marian has been at Pioneers for over a year. She began in the case management

department and just transitioned to her new role. Marian grew up in Tucson, Arizona. She has degrees in French and Theatre from the University of Arizona. She loves everything

Disney and worked at the Disneyland Resort as an attraction's hostess for a year in 2013. She is a physician trained in Mexicali where she currently practices. During medical school, she discovered her love for teaching, which led her to tutor and prep other students for boards. Marian was also part of an academic program in Houston, Texas aimed at helping foreign physicians train for USMLE step 1. She is very happy to be back in teaching and looking forward to working with everyone!

CHIEF OF STAFF CORNER

Since the major advances in medicine following the lessons learned from the great wars of last decades, there has been tremendous advances in medicine and, how it is delivered to the people. The current explosion of application of Artificial Intelligence (AI) in our daily living and, its extension to health care delivery is comparable to well recognized AI implementation in how we communicate and, travel.

The data driven health care industry is uniquely suitable for AI implementation in improving a lot of things we do routinely. AI's ability to collect, collate and analyze vast amounts of data is anticipated to facilitate medical decision processes both in current and future trends.

The omnipresence of AI in healthcare is unmistakable. Because of its universality, it has a unique role in improving health care in rural settings. We are seeing its use in PMH. We are excited about the prospects of new use of AI in physician documentation at PMH. By not only improving the accuracy and timeliness in

- A Brief History of the Future of Health Care Delivery

documentation, its impact will be seen in revenue cycle outcomes. The starting of the robotic program at PMH is an extension of incorporation of innovative methods of health care delivery.

AI use in health care is limitless. One area of practical relevance is language recognition. This has been widely implemented to improve provider documentation with anticipated benefit in several key areas.

More recently, its implementation (in behavioral health) in diagnosing the underlying medical disorder is rather audacious but not surprising. Not long ago, the doctors were made to diagnose illnesses simply 'by feeling the pulse' or diagnose by 'the facial appearance' or by 'gut-feeling'. Then came the era of exponential growth of techniques by labs/CT scans/MRI/PET scans or more recently 'precision care' based on genetic analysis. Time will tell if AI can make medicine a pure science and no longer an art sans 'human touch'.

Dr. Ramaiah Indudhara, MD, MBA, FACS.

PIONEERS

MEMORIAL HEALTHCARE DISTRICT

OBSERVANCE DAYS

- National Autism Awareness Month
- Occupational Therapy Month
- Parkinson's Awareness Month
- National Public Health Week 1st- 7th
- World Health Day 7th
- Medical Laboratory Professionals Week 14th-20th
- Health Information Professionals Week 18th- 24th
- Administrative Professionals' Day 24th
- Patient Experience Week 22-28

SPEECH THERAPY MONTH

Speech Therapy is a rehabilitation method provided by qualified and licensed professionals called Speech Language Pathologist (SLPs). Speech Therapy at PMHD offers services to people with :

- Swallowing difficulties
- Speaking difficulties and difficulties in understanding speech
- Memory decline
- Voice problems
- Facial weakness or droop

For more information or to schedule an appointment call Therapy Solutions at Pioneers 760-351-3288

