

## MESSAGE FROM THE CEO



**Christopher R. Bjornberg**  
CEO

As we reach a pivotal milestone in our journey, I want to take a moment to express my deepest gratitude to the entire team at Pioneers Memorial. The implementation of Cerner and ADP systems at the same time was a colossal undertaking, and the dedication and expertise you all have shown throughout this process have been nothing short of remarkable.

The countless hours of planning, training, and execution could have been a daunting task, but many of you all responded with unwavering commitment and resilience.

Your hard work has not only set the foundation for a more efficient and integrated future but has also demonstrated the incredible spirit of collaboration and excellence that defines our team at Pioneers Memorial.

While we acknowledge that our journey of change is ongoing, one of the heaviest lifts is behind us, thanks to your tireless efforts. The success we've achieved thus far is a testament to your collective capabilities and the positive impact you make every day. As we continue to navigate through the remaining changes, I am confident that with this team, we are well-equipped to handle any challenges that come our way.

Thank you, once again, for your outstanding contribution. Let's keep pushing forward, together.

Thank you,  
**Chris Bjornberg**

## HEALTHY DIET TIPS BY JENNA MIDDLETON, RD, MS

### Keto Diet: Good or Bad Idea?

The ketogenic (Keto) diet involves consuming a very low amount of carbohydrates and replacing them with fat to help your body go into ketosis so that you burn fat for energy instead of sugar or glucose.

To achieve ketosis, the diet requires you eat 75 percent of your calories from fat, compared to 20-35 percent normally. It also requires 5 percent of calories from carbohydrates, about 20-50 grams per day, and 15 percent of calories from protein. After eating like this for 72 hours, ketosis usually kicks in.

Originally this diet was used to help control seizures in children, but many use it today because it generally helps with weight loss and lowering blood sugars. Oftentimes, dietitians find the keto diet is a "quick fix" because the diet is not sustainable. As soon as carbs or sugar are introduced back into the diet, weight gain may come back, and it's usually more than what you lost. This is not the only danger of following the keto diet. If you are on diabetic medication, those

meds may need to be adjusted within a few days. Since the diet is so high in fat, if heart-healthy sources of fat are not consumed, excessive amounts of saturated fats can increase your risk of heart disease. The keto diet could cause low blood pressure, kidney stones, constipation, and nutrient deficiencies, if not done correctly. Strict diets like keto could also cause social isolation or disordered eating. Keto is not safe for those with any conditions involving their pancreas, liver, thyroid, or gallbladder. Someone new to the keto diet can also experience what's called the "keto flu" with symptoms like upset stomach, dizziness, decreased energy, and mood swings caused by your body adapting to ketosis.

As a registered dietitian, I have never recommended the keto diet to my patients because it is ultimately not realistic or sustainable. The diet restricts fresh fruits and vegetables, whole grains and low-fat dairy that can help with long term weight loss and overall health. There's not one diet that's good for everyone, but if you really feel the Keto diet is right for you, discuss it with your doctor and follow up with a dietitian to make sure you're being safe.

## EVENTS

### Rocky Mountain Spotted Fever

Signs & Symptoms

Healthcare Provider Training Information

**Wednesday, May 15th, 2024**  
**12PM-1PM at PMHD Auditorium**

### SCAN QR CODE

for access to CDC's  
"RMSF: Clinical Diagnosis & Treatment" Online Course



## FINANCE UPDATE

March 2024

- \$267,370 Profit with FYTD \$9.0M
- Average Daily Census 55
- ER Visits 4,032
- Rural Clinic Visits 4,745
- Deliveries 173

## CONGRATS!



Case Management Team would like to congratulate Clinical Case Manager, Arynne Alarcon RN, BSN on earning her Public Health Nursing Certificate (PHN)

## TEACHER APPRECIATION WEEK MAY 6TH-MAY 10TH

Thank you to all the teachers at Pioneers Little People Day Care!



## NURSES WEEK MAY 6TH-MAY 12TH

*"Nurses Make the Difference"*



## CHIEF OF MEDICAL STAFF CORNER

Recently hospital electronic health record (EHR) system was changed to a more complex all-encompassing Cerner system. Expectedly it required an extensive participation of all personnel involved in the patient care-both clinical and support staff. The remarkable display of passion, perseverance and, patience seen across all sections is a very sounding testimony to the team spirit of Pioneers Memorial Healthcare District. This was reminiscent of the teamwork displayed during the COVID-19 pandemic.

Despite the time constraints, all of the providers and their support staff have demonstrated an exemplary commitment

with the purpose to enhance health care to our community. It is a work in progress. Flaws and glitches in any EHR continue to affect the workflow, more so in the nursing areas.

Our steadfast commitment to improving patient care is what keeps us going every day.

By providing real-time access to their health records, the patients (and their families) will be able to make informed decisions and actively participate in their care.

**Dr. Ramaiah Indudhara, MD, MBA, FACS.**

# PIONEERS

MEMORIAL HEALTHCARE DISTRICT

## OBSERVANCE DAYS

- Teacher Appreciation Week May 6th-May 10th
- Nurses Week May 6th-May 12th
- Mother's Day May 12th
- Hospital Week - "We Are Healthcare" May 12th-May 18th
- Skilled Nursing Care Week May 12th-May 18th
- Memorial Day May 27th

## CLINIC UPDATES

All PMHD outpatient clinics will be closed on Memorial Day, Monday May 27th

