



AIR CARE AND AMBULANCE NEWSWORTHY HAPPENINGS

NORTH
MEMORIAL HEALTH

3300 Oakdale Ave. N
Robbinsdale, MN 55422



Ambulance Services Welcomes New Associate Medical Director

We're excited to welcome Zachary Finn, MD to our North Memorial Health family. As the new Associate Medical Director, Ambulance Services, Dr. Finn will work with the team on all program aspects, including education, quality initiatives and telemedicine while also supporting the team in the field. He will also partner with Air Care and Community Paramedicine clinical staff to continue to provide excellent emergency and out-of-hospital care.

Dr. Finn has a successful track record working in emergency departments at the VA Medical Center in Minneapolis and Sanford Bemidji Medical Center. He recently completed his EMS fellowship at Regions Hospital in St. Paul where he was one of the chief residents. He received his Medical Degree from Duke University School of Medicine along with undergraduate degrees in Biology and Spanish from Emory University.

New Air Care App Coming Soon

North Memorial Health Air Care will soon be launching a new app, **Call North**. The app offers another way to quickly and easily access our air care services, in addition to our existing phone-based option.



What the App Can Do For You:

- Enables emergency staff to request an air care flight with the touch of a button.
- Connects computers, tablets and mobile devices directly to our Dispatch Center.
- Allows emergency staff to track flight progress and better prepare for transfers.
- Enhances customer care with more direct, responsive information beyond calling in the air care request.

Stay tuned for the go-live date!

CRNA Program Changes

North Memorial Health recently changed models and now employs all System Certified Registered Nurse Anesthetists (CRNAs) to support the growing need for CRNA's in our hospitals and surgery centers. Our CRNAs mainly care for customers in the operating room and in other areas where customers may need anesthesia. They are also part of the critical care teams for medical emergencies for airway support. The CRNA team includes 72 CRNAs, of which 49 are regularly scheduled and 23 are casual part-time.

The group supports North Memorial Health Hospital in Robbinsdale, Maple Grove Hospital and two surgery centers: Minnetonka Ambulatory Surgery Center and the North Memorial Ambulatory Surgery Center in Maple Grove. Nurse anesthetists on the North Memorial Health team must have a four-year degree plus a Master's Degree or Doctorate of Nursing Practice (DNP). In addition, they must have two years of critical care experience and be board-certified by the National Board of Certification and Recertification for Nurse Anesthetists (NBCRNA).

Meet our CRNAs at northmemorial.com.



INSIDE

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Provider Resiliency

Since the onset of the pandemic, healthcare providers have encountered unprecedented challenges. As a result, their mental health has been impacted during the prolonged pandemic.



“As we moved toward the end of 2020, the impact on healthcare professionals was becoming clear, ranging from sleep disturbance, fatigue, nightmares, mood disruptions, people were showing signs of burnout. We are not meant to stay in a stress response state for extended periods of time and we need additional resources in order to maintain resilience in the face of this unrelenting demand.”

– Ryan Van Wyk, PsyD, LP, psychologist at North Memorial Health specializing in the treatment of trauma, PTSD and dissociative disorders

As we continue to navigate the pandemic and the demands it places on us, personally and professionally, here are some simple ways to help us manage stress, according to Dr. Van Wyk:

- Take time every day to do a pulse check, recognize what is happening in the moment and identify and acknowledge the state of your emotions and physiology.
- Identify ways that you personally experience restoration. This can include using tools (like Heart Math or meditation apps) to settle your system, listening to music, spending time outside, enjoying hobbies or simply taking a walk.
- Build intentional transition practices between work and home. This can be physical, like working out; relational, such as connecting with a co-worker, friend or loved one; or taking time for stillness through a practice such as meditation.
- Schedule opportunities to connect with others. Relationships are a vital resource in the face of stress and can uniquely settle our nervous system. Take time to reach out to a co-worker when you're struggling or schedule regular times to connect with friends, whether in person or virtually. We need each other to get through these challenging times.



Get more insight from Dr. Van Wyk at northmemorial.com/better-health-news

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Pregnancy Care With our Family Medicine Doctors

Did you know that customers can access North Memorial Health's team of twelve Family Medicine doctors that offer Obstetric care?

Research shows that a good family medicine doctor keeps individuals and their families healthier overall, including during pregnancy. What's more: Family Medicine doctors that offer Obstetric care have extensive experience with common co-existing conditions that have the potential to complicate pregnancies like diabetes, high blood pressure and obesity.

When it's delivery time, these Family Medicine doctors will meet the customer at one of our Birth Centers - providing continuity of care in a nurturing environment. After delivery, the Family Medicine doctor continues to care for both the mother and newborn during their hospital stay, and then continues to care for both mother and for the child throughout all stages of life.

While our Family Medicine doctors collaborate with specialists (including OB/GYNs) to provide the best care possible, they're here to uniquely care for and understand all the health needs of moms-to-be and their families.

- These doctors work closely with the expert teams at each of our Family Birth Centers, from specially trained registered nurses and OB hospitalists to board-certified perinatologists and neonatologists.
- North Memorial Health offers three ways to receive pregnancy care. Through specific Family Medicine doctors at our clinics, through our Family Medicine provider partners and with our OB/GYN partners.
- In addition to providing outstanding pregnancy care, we offer convenience as well. Customers can be treated at any of the following:
 - North Memorial Health Hospital
 - Maple Grove Hospital
 - North Memorial Health Clinics
 - Blaine
 - Camden
 - Maple Grove
 - Minnetonka
 - New Hope
 - St. Anthony

Learn more at northmemorial.com/familymedicinepregnancy



Research-level Cancer Treatment in a Caring Environment

North Memorial Health Cancer Center provides the highest care and access to the latest technological treatments and clinical trials. In addition to our top-rated team, our customers experience a multitude of advantages.

- We are the third-largest oral, head and neck cancer practice in Minnesota.
- Customers receive chemotherapy and immunotherapy treatments in our private rooms.
- Our Cancer Center is one of the only in Minnesota to perform advanced (and much less invasive) robotic lung-cancer surgery.
- We have trained genetic counselors available for families seeking information about their cancer risks.
- Our Specialty Center Pharmacy offers personalized counseling, on-site infusion and retail pharmacy services within the Cancer Center.
- We partner with Minneapolis Radiation Oncology for radiation treatments (including stereo-tactic radiation) designed to deliver the best possible outcome of each customer.

ADVANCED CANCER TREATMENTS

North Memorial Cancer Center provides unique treatments designed to treat many of the most prevalent and aggressive types of cancers.

Optune Lua™

We are one of only two providers in the Twin Cities to offer Optune Lua™ for the treatment of locally advanced or metastatic, malignant pleural mesothelioma (MPM) together with standard chemotherapy. The first FDA-approved treatment for MPM in over 15 years, Optune Lua™ delivers a continuous treatment of TTFIELDS (electric fields that disrupt cancer cell division) through a wearable, portable device. We also offer Optune™ to treat glioblastoma.

Visit northmemorial.com/specialty/cancer-oncology for more information.

Our Family is Growing

WE'RE PROUD TO WELCOME NEW PROVIDERS TO OUR HEALTH FAMILY.

Emergency Behavioral Health Clinic

Jessica Dooley
Christina Harrison
Carrie Ann Karssen

Hospitalist, APP

Kelly Downes
Max Napolitano

Hospitalist, OB/GYN

Elizabeth Bonagura
Taryn McEvoy
Merida Miller
Sereen Nashif
Soumathy Prosper
Brigitte Ritter
Shawn Severson
Kristen Williams

Nurse Practitioner, Oral & Maxillofacial Surgery

Kate Mastel

Nurse Practitioner Trauma

Lauren Stribling

Physician Assistant, Primary Care

Katherine Tilton

Physician, Cardiology Fellow

Mazahir Alimohamed
Emanuel Ebin
Hassan Mostafa
Sumit Patel

Physician, Cardiac Surgeon

Amanda Stram

Nurse Practitioner, Urgent Care

Amanda Stanhope

Physician, Cardiology

Wobo Bekwelem
Alexandra Ritts
Imran Syed

Physician, Clinic

Rachel Hildebrand
Roshini Selladurai
Mark Brooks
Betlehem Semahge
Keith Johnson
Rebecca McDougle
Nicholas Thimesch
Kavyamol Thyagarajan
Katherine Tilton

Physician, Hospitalist

Yoftahe Abebe
Sushil Adhikari
Ese Agenta
Sharmin Alam
Naveen Kumar Anantha
Monica Arendt
Vannesa Cederstrom
Maros Cunderlik
Kristin Hanson
Jeremiah Johnson
Andrew Joob
Nghia La
Kiran Lingala
Warren Manyara
Abigail Peterson
Suzanne Schermerhorn
Winna Taylor-Juean

Physician, Infectious Disease

Leway Kailani

Physician, Concierge Medicine

Podaly Jay

Physician, Ambulance Services Medical Director

Peter Tanghe

Physician, Ambulance Services Associate Medical Director

Zachary Finn

Physician, Oncology

Evan Mariash
Daniel Pease

Physician, Psychiatry

Ryan Carlson

Physician, Trauma Surgery

Jonathan Gale

Physician Assistant, Oncology

Rachel Thompson

Physician, Nocturnist

Maichel Abouelmakarim
Gharabawy
Opeyemi Agboola
Umair Ahmed
Katelyn Austin
Daniel Beatty
Saad Malik
Benjamin Weeres

Psychology, Post-Doctorate Fellow

Mary Clare Lindsley

Psychologist, Licensed

Jean Choe

Psychotherapist

Nicole Terry
Kelsey Williamson

System Certified Nurse Anesthetist

Barbara Beck
Jessika Belde
James Berchild
Kirk Butler
Stuart Campbell
Michael Cullen
Kelly Ekenberg
Grant Elsen
Jon Fish
Jon Gisch
Taylor Harker
Jacquelyn Horn
Mark Janorschke
Jeremy Jerdee
Jessica Jacobson
Jeremy Johnson
Elizabeth Kingstedt
Jody Kleyman
Brett Lindsay
Andrew Mattila
Nicole McCracken
Dennis Meltzer
Heidi Nichols
Sean O'Rourke
Sheila Roerig
Jeni Rymer
Karen Schield
Charles Schlatter
Karen Schoumaker
Brian Servey
Suzanne Sholl
Brandi St Mane
Monica Strohbeck
Craig Strom
Tara Thompson
Karen Voytovich
Linda Yang

New providers between August 2020 - October 31, 2021.

WE'RE HERE FOR YOU - BECAUSE WE'RE FAMILY.



1-800-230-2413

North Memorial Health Hospital One Call

North Memorial Health Hospital One Call is available 24/7 for all emergent and trauma referrals, consultations and direct admissions.

