

# HealthViews

## MENTAL HEALTH IN MINNESOTA

**4th**

Minnesota's rank in the list of most depressed states in the United States.

Source: Minnesota Department of Health

**37%**

Percentage of Minnesota adults who reported symptoms of anxiety and/or depressive disorder in 2021. Of these, more than 16% were unable to receive the necessary counseling or therapy.

Source: National Alliance on Mental Illness

**25%**

Percentage of adults in Minnesota who live with mental illness.

Source: Kaiser Family Foundation

**3,864**

Estimated adults in Carver County who need mental health services.

Source: Minnesota Department of Health

**1,784,012**

Number of people in Minnesota who live in a community that does not have enough mental health professionals.

Source: National Alliance on Mental Illness



## MENTAL HEALTH SERVICES AT RIDGEVIEW

*Meeting the community need*

Mental health conditions are taking a toll on individuals and families right here in our community. But we are not alone. We face the same challenges as other providers throughout the state and nation. Mental health resources are strained, and lack of access to mental health care has reached a crisis level.

From adolescents to older adults, Ridgeview treated approximately 6,500 patients with mental health encounters in 2022. That is an average of 17 patients a day, who came to Ridgeview through our Emergency Departments, clinics and hospital campuses.

To meet the increasing needs of our community, Ridgeview is partnering with Allina Health to build a new multifaceted Mental Health Services program. With a planned opening of early 2025, the new Mental Health Services program will be located at Two Twelve Medical Center in Chaska and will include:

### OUTPATIENT CLINIC

Outpatient care focusing on adult patients who are experiencing severe and persistent mental illness diagnoses. Services will include psychiatric care management, individual and group therapy, complex medication management and more.

### ADULT DAY TREATMENT/INTENSIVE OUTPATIENT CARE

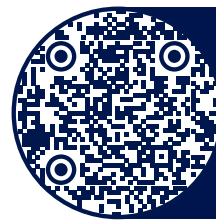
Serves patients with recurring mental health conditions or patients stepping down from partial hospitalization. Provides psychotherapy groups, education and activity groups.

### PARTIAL HOSPITALIZATION

Highest level of outpatient services that includes psychotherapy groups, education groups, activity groups, and nursing and psychiatric care. Acts as an alternative to hospitalization.

Specialized crisis management and telepsychiatry consultation will continue to be available at Ridgeview's four Emergency Departments in Arlington, Chaska, Le Sueur and Waconia.

Watch for the next issue of HealthViews for more information about the new Mental Health Services program and opening date.



Learn more about the growing need for mental health services by hearing inspiring stories from individuals in our community.

## SAVE *the* DATE

UPCOMING RIDGEVIEW FOUNDATION EVENTS



JUL  
19

**ARLINGTON OPEN**  
Glencoe Golf Club



NOV  
23

**UNDER THE HARVEST MOON**  
Bavaria Downs



## Ridgeview introduces NEW ALLERGY & IMMUNOLOGY PRACTICE

Ridgeview now offers Allergy & Immunology services at Two Twelve Medical Center in Chaska. With the launch of this new service, Ridgeview welcomes Alaaddin Kandeel, MBBS, who is now evaluating, diagnosing and treating patients 4 months of age and older for a wide range of allergy and immunologic conditions. Dr. Kandeel's practice further expands Ridgeview's allergy services.\*

Dr. Kandeel brings a wealth of knowledge and expertise to Ridgeview. As a board-certified allergist/immunologist, he provides evaluation and testing for environmental, food, venom and a wide variety of other allergens and immunologic conditions. Dr. Kandeel enjoys the specialty of allergy and immunology

because of his fascination with the body's complex and sophisticated immune system.

When it comes to providing patient care, Dr. Kandeel strives to treat each patient as a whole person and believes it is important to take the time to listen and understand the full picture to determine the best course of action. His goal is to provide quality, individualized care tailored to the specific needs of his patients.

Ridgeview's Allergy & Immunology practice offers a comprehensive range of services, including allergy testing and allergen immunotherapy (allergy shots), as well as evaluation and treatment for conditions such as food and environmental allergies, immunological conditions and much more.

### CONDITIONS TREATED INCLUDE:

- + Allergies
- + Alpha gal allergy (allergy to red meat)
- + Anaphylaxis
- + Angioedema and hives
- + Asthma
- + Atopic dermatitis (eczema)
- + Chronic cough
- + Chronic sinusitis
- + Chronic urticaria (chronic hives)
- + Conjunctivitis (pink eye)
- + Food allergies
- + Medication allergies, including aspirin allergy
- + Mold allergy
- + Nasal polyps
- + Allergic rhinitis (hay fever)
- + Venom allergy, including bee sting allergy

Scan the QR code to learn more about Allergy & Immunology services at Ridgeview.



To schedule an Allergy & Immunology appointment with Dr. Kandeel, please call 952.361.2458.

*\*Environmental allergy care continues to be offered at the Ridgeview Waconia Campus by Wade Swenson, MD.*



## EXPANDED VIRTUAL CARE SERVICES

Ridgeview is expanding virtual care offerings for a variety of appointment types, including primary care, some specialty care services and, beginning July 8, virtual urgent care.

### VIRTUAL PRIMARY CARE

From allergies to pink eye or high blood pressure, several appointment types and conditions are appropriate for a virtual primary care visit. Existing Ridgeview patients can self-schedule directly through their MyChart account or call their Ridgeview Clinics location to request a virtual appointment.

Virtual primary care connects you to your provider by video from the convenience of your home — all you need is a phone, tablet or computer to connect. This service is available for acute and chronic conditions.

### ON-DEMAND VIRTUAL URGENT CARE - AVAILABLE JULY 8

Beginning July 8, Ridgeview will offer on-demand virtual urgent care. This new service offers another convenient alternative to an in-person visit when you are simply not feeling your best. No appointment necessary. Virtual urgent care will be available Monday through Friday, 8 a.m. to 8 p.m., and Saturday and Sunday, 8 a.m. to 5 p.m. (not available on holidays). Patients must be 12 weeks of age or older to be seen in virtual urgent care.



Scan to learn more about visit types appropriate for a virtual care appointment.

## JOIN THE RIDGEVIEW FAMILY

"I started at Ridgeview in the mid-90s as a volunteer in the Emergency Department (ED). I wanted to 'dip my toe' in health care to determine if it was the right career path for me. Today, I have been employed here for nearly 25 years.

During my time at Ridgeview, I have proudly served as an emergency medical technician (EMT), a surgical technician, and for the past 17 years, a registered nurse (RN) in the operating room and ED. I have been supported in my professional growth, and equally as important, I feel supported in the day-to-day operations of our department through some incredibly challenging climates.

I have a deep sense of belonging within my department that is directly proportional to my commitment to the community that we serve. I keep showing up because I know it matters. I make a difference here. *I matter here.*"

Kerri Specht, RN  
Emergency Department

Ridgeview is hiring nurses, CRNAs and more. Clinical and nonclinical positions are available at several Ridgeview locations.



Scan the QR code to learn more to learn about new opportunities.



# NEW MOMS LOVE RIDGEVIEW

*Nationally certified as a Gold Safe Sleep Hospital*



New moms discover something special at Ridgeview's Birthing Center — a team of providers, nurses and support staff who genuinely care that patients receive the best birthing experience possible in a beautiful and nurturing environment. Every day, our commitment is celebrated with notes of appreciation and thanks from grateful families.

"After great experiences at Ridgeview with the births of our first two children, we planned to deliver our third child here as well. Our daughter, Sierra, was born Jan. 20, 2024, at 34 weeks gestation and spent 34 days at Ridgeview's Neonatal Intensive Care Unit (NICU). After she was born, it was so hard going home without her, but we felt very reassured knowing the NICU team was going to love and care for her while we couldn't be there. They were compassionate, loving and always had a smile — they truly treated us as family. I appreciate every single doctor and nurse who cared for our daughter because without them, she would not be thriving as she is now." -Angela & Josh R.

Ridgeview strives to continually enhance care and keep new babies as safe as possible, while at Ridgeview and upon their return home. Ridgeview is recognized by the National Safe Sleep Hospital Certification Program as a Gold Safe Sleep Hospital for its commitment to best practices and education on infant safe sleep.

To learn more about what makes our Birthing Center and NICU so special, visit our website at [ridgeviewmedical.org/birth](http://ridgeviewmedical.org/birth).

## LSVT BIG and LOUD



Ridgeview's Rehab team offers the Lee Silverman Voice Treatment (LSVT) BIG® and LSVT LOUD® programs for patients with Parkinson's disease or other conditions that impact speech and movement.

Throughout the program, therapists build a relationship with the patient to develop a personalized therapy plan to find motivating goals and activities that the patient can work on during the session and at home.

*"The best part of the LSVT program is that it instills confidence in patients. Through lots of repetition and fun exercises, we get to spend four hours a week with a patient and use that relationship to build a personalized therapy plan to find motivating tasks to try in therapy and at home."*

Mara Lewandoski, OTR/L, LSVT BIG

To learn more, visit [ridgeviewmedical.org/rehab](http://ridgeviewmedical.org/rehab)



## MEET THE TEAM

*Ridgeview Clinics in Delano*

**Front row, from left: Leah Peterson, PA-C; Megan San Giacomo, MD; Laura Nielsen, DO. Back row, from left: Dillon Lundstrom, MD; Matthew Szybnski, PA-C; Robert Mullaney, MD; Timothy Meyer, DO.**

Our team of primary care providers (pictured above) and specialists are experts in caring for the full spectrum of health issues and preventive care for patients of all ages at Ridgeview Clinics in Delano.

The Delano site offers family medicine, internal medicine, dermatology, endocrinology, podiatry, rehab and Urgent Care. Western OB/GYN, A Division of Ridgeview Clinics, provides obstetrics and gynecology. Additional specialty care is provided by onsite partners iSpine Clinics, Twin Cities Orthopedics and Wayzata Children's Clinic.

To make an appointment at Ridgeview Clinics in Delano, visit your MyChart account or call 952.442.7800.

## New PROVIDERS



**BETHANN FRAZIER, DNP, CNP, FNP-C**  
Urgent Care (Virtual)



**ALAADDIN KANDEEL, MBBS**  
Allergy & Immunology and Internal Medicine



**ALICIA STRONG, DNP, CNP, FNP-BC**  
Urgent Care (Virtual)



**CHRISTOPHER TAYLOR, MSN, CNP, FNP-BC**  
Urgent Care (Virtual)

## FREE HIGH SCHOOL SPORTS PHYSICALS



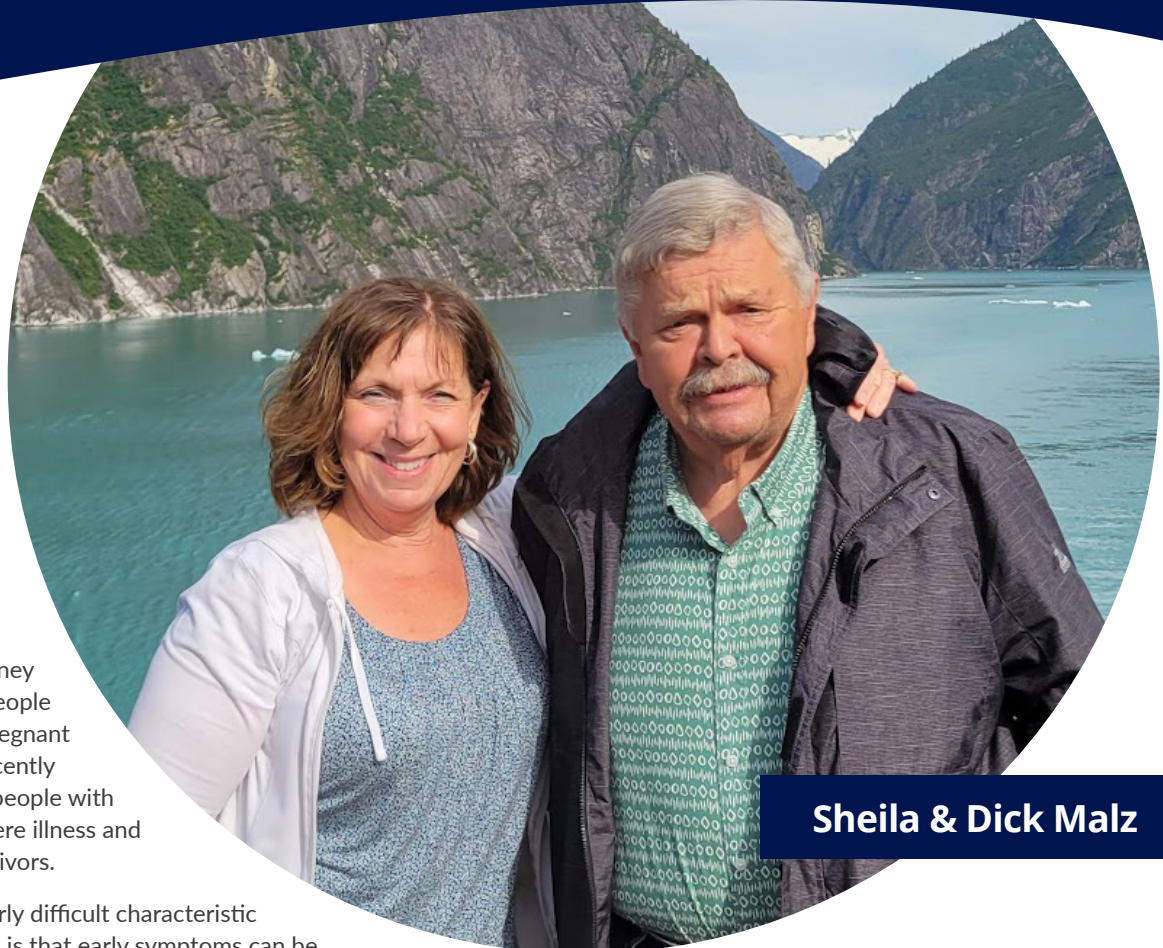
Several Ridgeview Clinics locations are offering FREE Minnesota State High School League (MSHSL) Qualifying Sports Physicals to students entering grades seven through 12.

Scan the QR code to learn more and schedule an appointment at a Ridgeview Clinics location near you.

# HealthViews

## 'I DIDN'T REALIZE HOW SICK I WAS'

*The importance of sepsis awareness*



**Sheila & Dick Malz**

On a cold, rainy day in November 2023, Richard “Dick” Malz and his wife, Sheila, Hamburg, had just returned home from running errands when Dick started to feel a bit chilled. Not thinking much of it, Sheila gave Dick a blanket before she left for the local blood drive. By the time she arrived home, Dick was cold, shaking and he knew something was not right. “You better take me in,” Dick told Sheila.

Sheila drove Dick to the Emergency Department (ED) at Ridgeview’s Waconia Campus. He knew he was sick but did not realize just how sick he truly was. Upon arriving at the ED, the Ridgeview team quickly determined that Dick had sepsis — a life-threatening condition caused by the body’s response to an infection.

### THE BODY’S MOST EXTREME RESPONSE TO AN INFECTION

When we are sick, our body’s immune system works hard to fight off infections. Sometimes the immune system activation triggers an inappropriate chain reaction that results in damage to cells and organs. It is an extreme response which causes widespread inflammation throughout the body — this is the start of sepsis. The condition progresses rapidly and must be recognized and treated immediately as it can lead to tissue damage, organ failure and death.

In Dick’s case, Ridgeview’s ED team recognized the severity of his condition and acted quickly. “My blood pressure was really low, and they started giving me antibiotics right away,” Dick said. According to Matthew Herold, MD, emergency physician and Ridgeview’s Chief Medical Officer, “This quick response is imperative when it comes to sepsis — it can mean the difference between life and death.”

### THE IMPORTANCE OF TIME

Sepsis can affect people of all ages and can develop from almost any type of infection — bacterial, viral, fungal or parasitic no matter how big or small. Dick learned this the tough way. “It started from a small wound on my leg that I didn’t really think much about,” he explained.

While anyone can be affected by sepsis, there are certain populations who are more at risk. This includes people under the age of 1 or over the age of 65, people

with chronic conditions (such as diabetes, cancer, kidney disease), people who are pregnant or were recently pregnant, people with recent severe illness and sepsis survivors.

A particularly difficult characteristic with sepsis is that early symptoms can be vague and may look like other illnesses — resulting in a barrier to timely treatment. To help create awareness, the Sepsis Alliance developed a national initiative, “It’s About TIME™.” When it comes to symptoms, remember TIME:

<b>T I M E</b>	<b>TEMPERATURE:</b> higher or lower than normal
	<b>INFECTION:</b> may have signs and symptoms of an infection
	<b>MENTAL DECLINE:</b> confused, sleepy, difficult to rouse
	<b>EXTREMELY ILL:</b> severe pain, discomfort, shortness of breath

### IMMEDIATE TREATMENT FOR A FAVORABLE OUTCOME

A diagnosis of sepsis is not based on the presence of an infection alone; rather, health care providers look for concerning symptoms and use multiple tests. This may include blood tests to look for signs of infection in the blood, urine tests to assess kidney function, and imaging tests to look for the site of the infection.

Once diagnosed, treatment must begin immediately, as the Society of Critical Care Medicine reports that the risk of death increases with every hour that proper treatment is delayed. Sepsis cannot be treated at home — it is a severe medical emergency that requires treatment in a hospital, often in an Intensive Care Unit (ICU).

Dick was admitted to Ridgeview’s ICU Monday, Nov. 20, 2023, and spent the following four days receiving treatment — including Thanksgiving Day. “It wasn’t all that bad; I had a good turkey meal, but it wasn’t the same as having the family all together.” By late Friday afternoon, Dick was discharged and able to return home.

For Dick, like many sepsis patients, his treatment did not end when he left the ICU. For the next 11 days, he came to Ridgeview to receive IV treatments. Additionally, his leg was very swollen and required weekly treatments from Ridgeview’s Wound & Hyperbaric Healing team.

### THANKFUL FOR LIFESAVING CARE

Dick is back to his usual routine and is thankful for care he received from Ridgeview. “Everyone was very thorough. They took the time to answer my questions and explained what was going on every step of the way,” Dick shared. “They kept me going.”

**Sepsis is a serious condition that can impact anyone at any time. If you have an infection, treat it immediately. If you or a loved one has an infection that is not improving or is getting worse, do not wait. Left untreated, a small infection can quickly turn into a severe medical emergency. If you have concerns that you or a loved one may be experiencing sepsis, seek medical attention immediately.**



## OUTSTANDING PATIENT EXPERIENCE AWARD™

At Ridgeview, quality and safety are top priorities. For the seventeenth consecutive year, Ridgeview has been recognized by Healthgrades® as a 2024 Outstanding Patient Experience Award™ recipient. This distinction places Ridgeview among the top 5% of hospitals nationwide for patient experience, according to Healthgrades, the leading marketplace that connects people with the right doctor and hospital.

Visit [Healthgrades.com](https://www.healthgrades.com) for more information about how Healthgrades measures hospital quality.

Scan the QR code to learn more about this and other Ridgeview quality awards.

