



Our Mission: Our passion and purpose is to strengthen and nurture the health and well-being of our family, friends, neighbors and communities, through every season of life.

# REALITY CHECK

LOCAL HEALTH CARE



ACCESS  
ALOMERE



**Carl Vaagenes**  
CEO, Alomere Health



**Dr. Deb Dittbener**  
CMO/Family  
Medicine Physician,  
Alomere Health



**Dr. Mitch Gesell**  
Emergency Room  
Physician, Alomere  
Health



**Dr. Jayme Danielson**  
Hospitalist Physician,  
Alomere Health



# Dr. Mitch Gesell

## Emergency Medicine

Board Certified Emergency Department  
Physician with Alomere Health since 2017.

St. John's University,  
Collegeville, MN

Des Moines University,  
Des Moines, IA

Lehigh Valley Health Network, Allentown,  
PA



# Dr. Jayme Danielson

## Inpatient Hospitalist

Board Certified Hospitalist at Alomere Health  
since 2013.

Concordia College  
Moorhead, MN

Des Moines University  
Des Moines, IA

University of Iowa, Des Moines  
Des Moines, IA



# Dr. Deb Dittberner, MBA

## Chief Medical Officer

Family Medicine Physician and Chief Medical Officer of Alomere Health.

Joined Alexandria Clinic in 1995.

Gustavus Adolphus College,  
St. Peter, MN

U of M Twin Cities  
St. Paul, MN

U of MN Fairview Riverside  
St. Paul, MN

University of Texas – MBA

Current President, Minnesota Academy of Family  
Physicians



# Our Values:

Integrity

Because patients trust us with their lives.

Compassion

Because we serve people in their most vulnerable moments.

Excellence

Because lives are at stake.

Hospitality

Because everyone is welcome here.

Accountability

Because we take our responsibility to heart.



It's  
better  
here.

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Better  
Together



Here for Life



# NATIONALLY RECOGNIZED - REGIONALLY PREFERRED



**Top 10% in the Nation for Joint Replacement**

2011 • 2012 • 2013

[LEARN MORE](#)

**CareChex**  
A Division of COMPANION

**Douglas County Hospital**

**HEARTLAND**  
Orthopedic Specialists  
A Service of Douglas County Hospital

**MINNESOTA STATEWIDE TRAUMA SYSTEM**



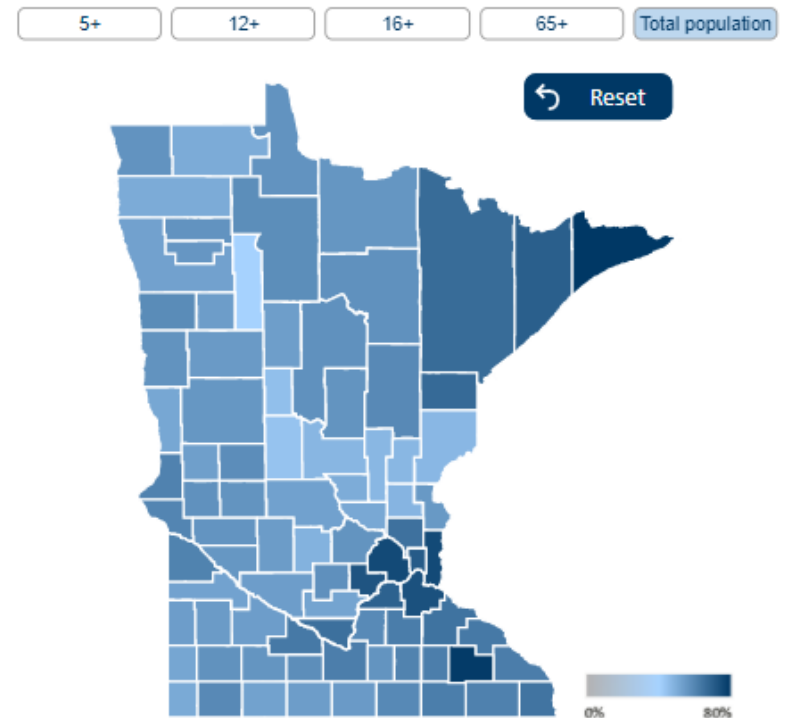
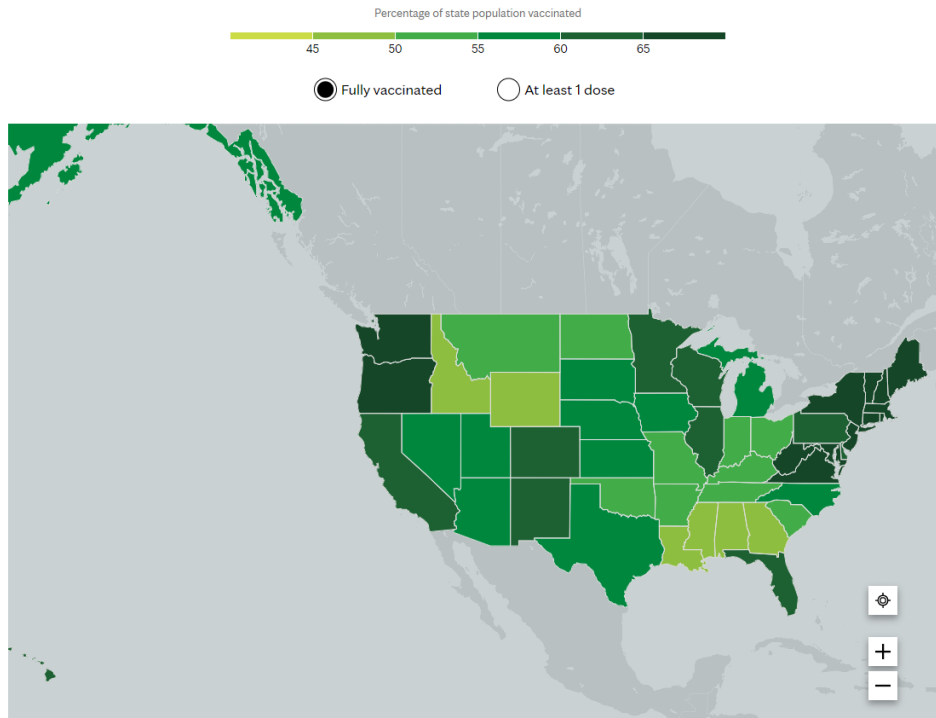
# The State of COVID-19

## Dr. Deb Dittberner

# COVID Update

- World
  - March 4, 2020 = 35,250 cases; 214 deaths
  - Today = 270,605,255 Cases; 5,310,477 deaths
- US
  - March 4, 2020 = 128 cases; 2 deaths
  - Today = 50,635,895 cases; 809,104 deaths
- Minnesota
  - March 4, 2020 = 0 cases; 0 deaths
  - Today = 960,425 cases; 9,918 deaths
- Douglas County
  - March 4, 2020 = 0 cases; 0 deaths
  - Today = 8,216 cases; 101 deaths

# Immunizations



# Vaccine Data



## Who's getting vaccinated

[Summary](#)
[Who's Getting Vaccinated](#)
[Race/Ethnicity](#)
[Equity](#)
[Distribution](#)
[Vaccines Administered](#)
[5+](#)
[12+](#)
[16+](#)
[65+](#)
[Total population](#)
[At least one vaccine dose](#)
[Completed vaccine series](#)

## Statewide Data

Click on a county to narrow results. Data reported as of 12/9/2021.



People with at least one vaccine dose

3,692,432

66.4%



People with completed vaccine series

3,441,368

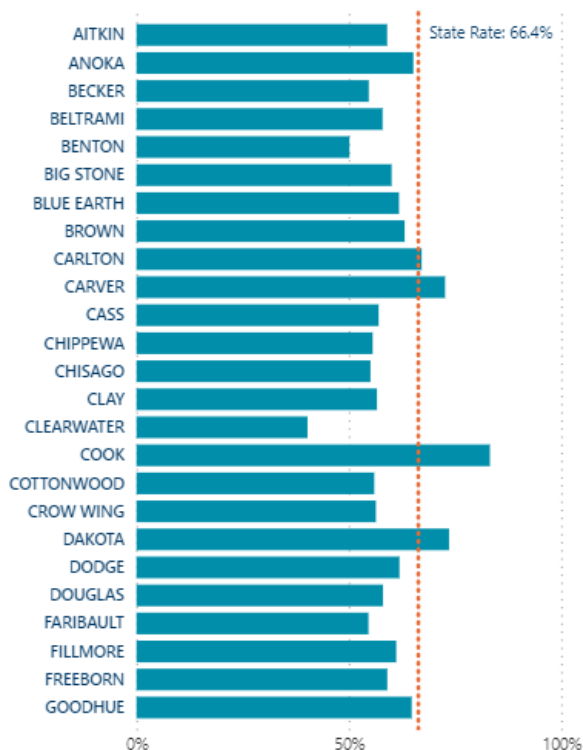
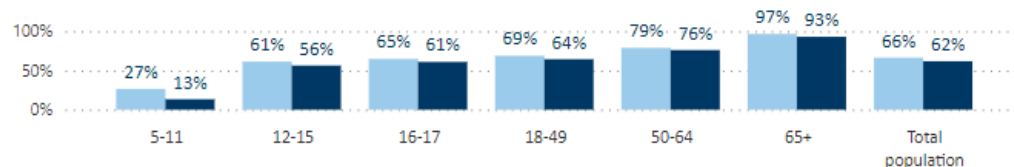
61.9%

[Age group](#)
[Gender](#)

Age group	People with at least one vaccine dose	People with completed vaccine series
5-11	135,364	68,081
12-15	178,563	163,705
16-17	93,209	87,635
18-49	1,588,055	1,486,673
50-64	867,781	836,972
65+	829,287	798,291
Unknown/missing	173	11
<b>Total</b>	<b>3,692,432</b>	<b>3,441,368</b>

### Proportion of People Vaccinated by Age Group Population

● Percent with at least one dose ● Percent with complete series



# Omicron Variant

- South Africa
- More updates this weekend from UK
- Booster HIGHLY recommended



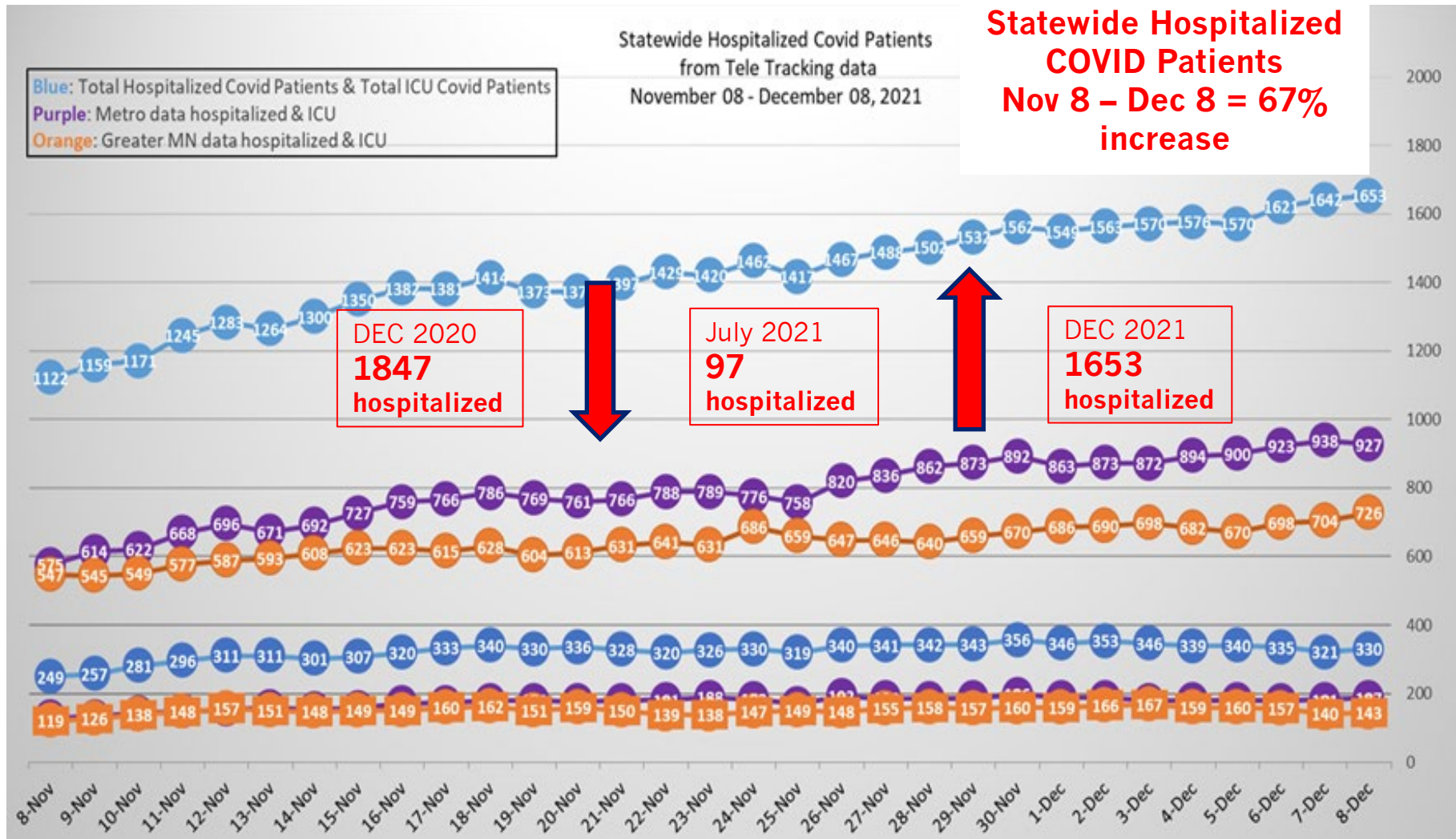
# Monoclonal Antibody Therapy

- Vaccine-induced Immunity or Infection-induced Immunity or Manufactured Immunity
- Infection vs. Disease
  - COVID VACCINE & BOOSTERS prevent infection a little, Prevent disease some, but Prevent Severe Disease a lot!
- Monoclonal Antibody (mAb)
  - Sotrovimab from GlaxoSmithKline for Omicron
  - 8/day; Monday through Friday
  - COVID-19 Medication Options - Minnesota Dept. of Health ([state.mn.us](https://state.mn.us))

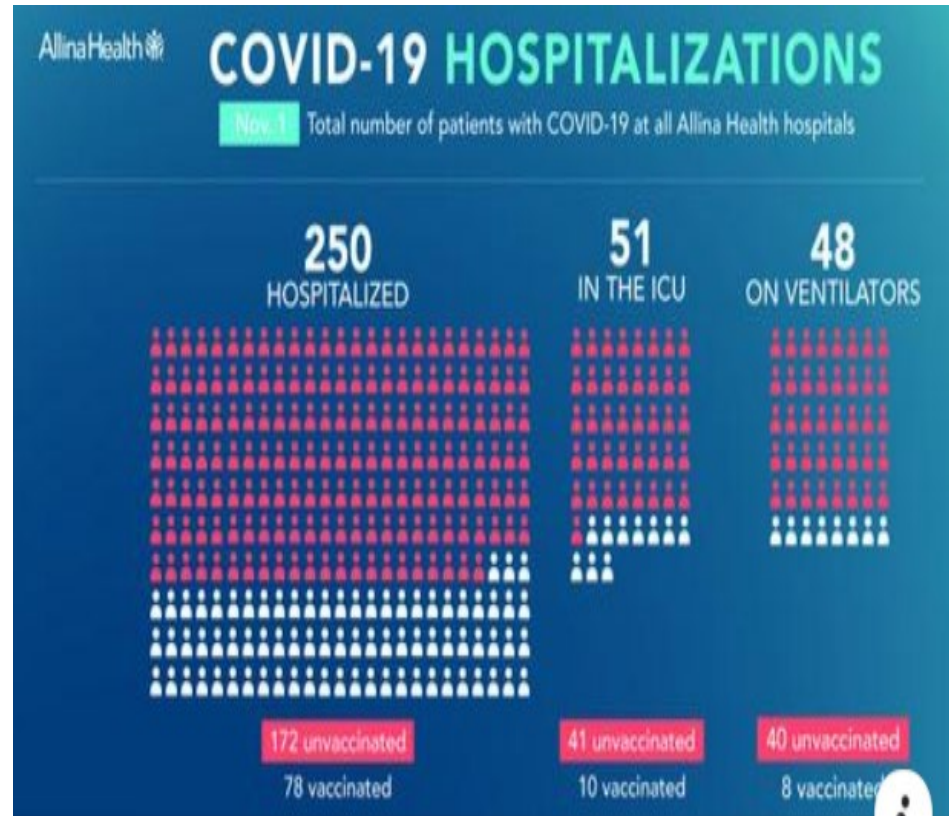
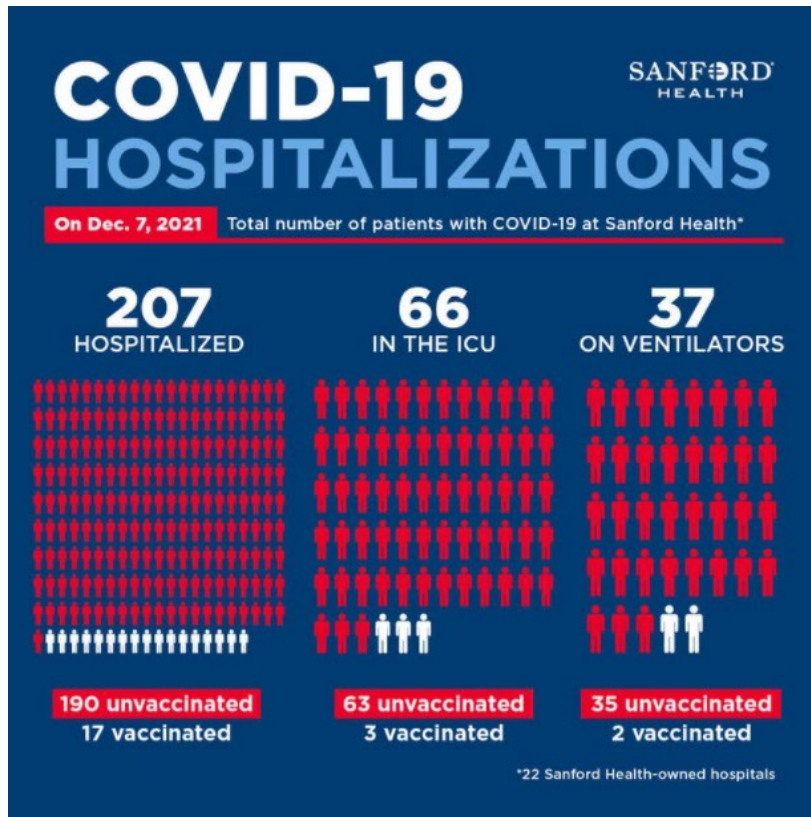
# The State of COVID-19

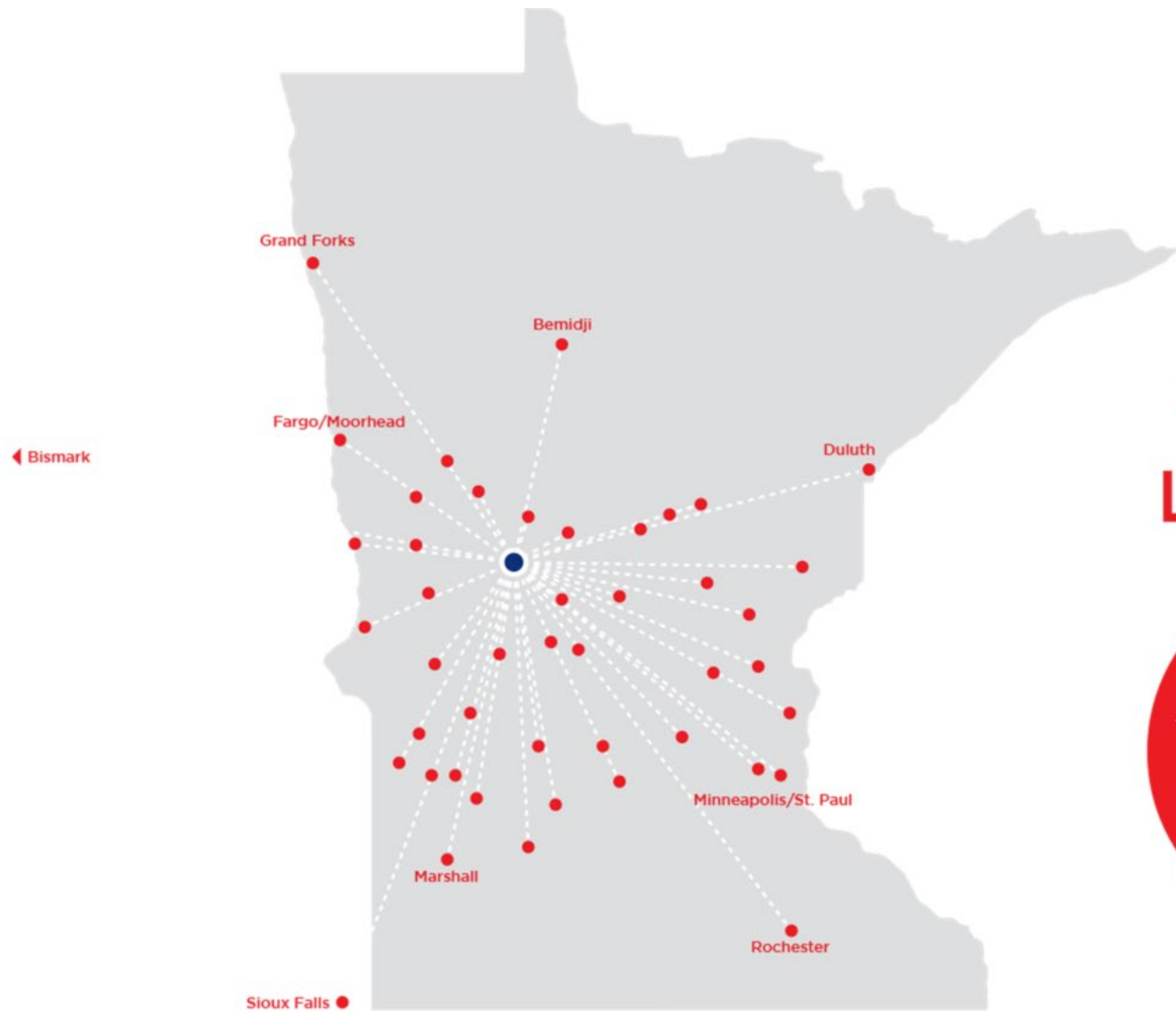
## Carl Vaagenes

# Statewide Hospitalized COVID Patients



# 75+% Hospitalized COVID Patients Are Unvaccinated (79% unvaccinated at Alomere between Nov-Dec)

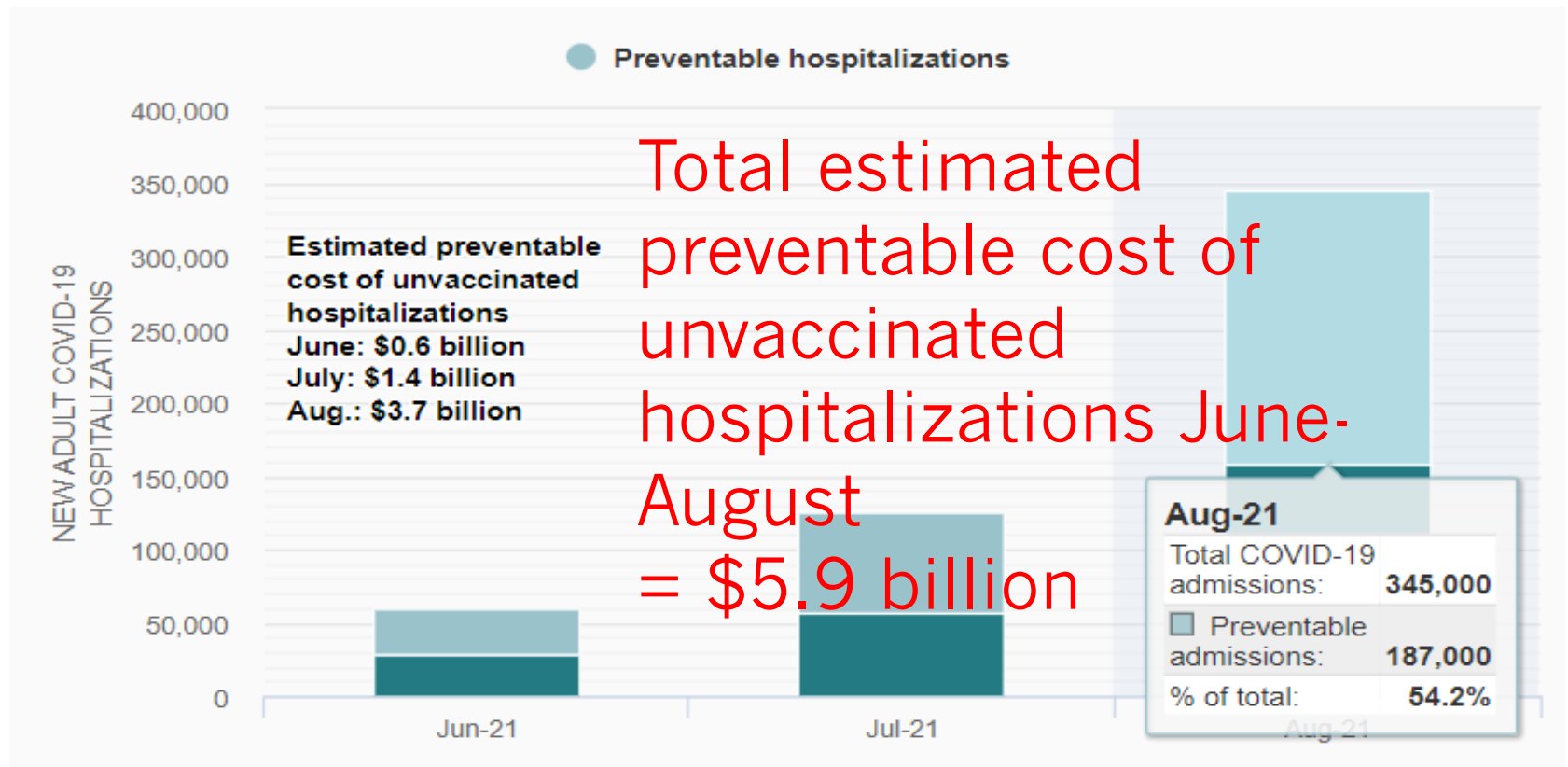




## Transfer Locations



# Over 280,000 COVID-19 hospitalizations could have been prevented by vaccination between June to August 2021



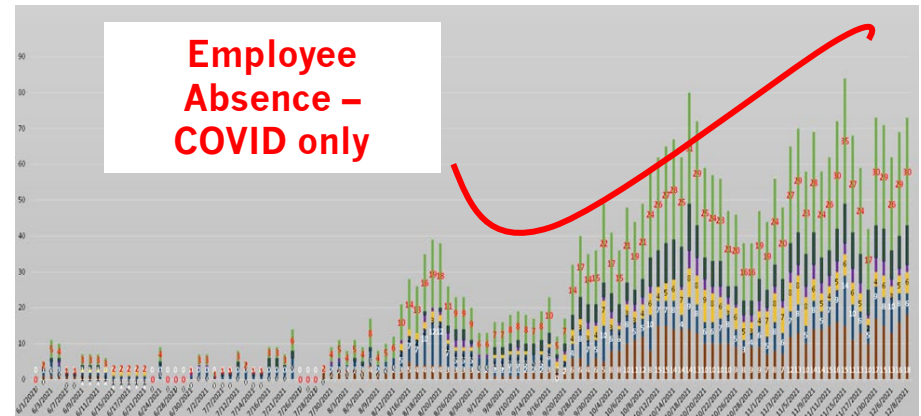
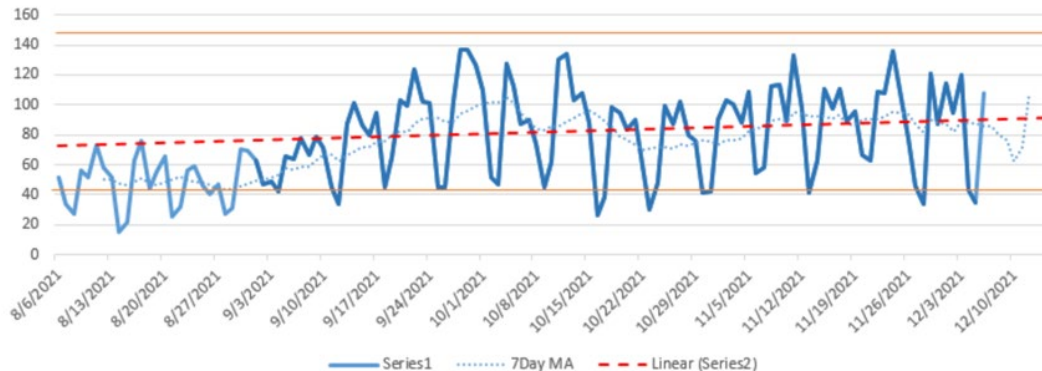
Source: Kaiser Family Foundation estimates

# COVID Situational Update

- National Guard response team of 50 aid the staffing shortages in multiple facilities, including those in New Hope, Onamia, and Fergus Falls.
- A team of 16 personnel from FEMA providing monoclonal antibody treatments in central Minnesota and help staff the vaccination site at the Mall of America
- Severe shortage of ICU and M/S bed availability causing difficulty transferring all patients to higher level of care
- Difficulty getting patients right care, the right time, and the right location
- High pressure on staffing positions across organizations (COVID & Non-Covid)
- 900+ patients across MN experiencing discharge delays to LTC due to capacity and staffing limitations
- Self-imposed 50% to 70% reduction in surgery cases to ease pressure on staffing and IP census
- Disruption to Ambulances: Frequent long distances transfers (2 transfers took 15 hours vs. 5 hours)

# 16% POSITIVITY RATE FOR MOBILE COLLECTIONS (was greater than 42%)

Over 100 tested daily  
through Mobile  
Collections



Total Staff Off Work = 30

70+ open  
job  
postings

# We're heartbroken. We're overwhelmed.

Our doctors, nurses and people working in health care are doing everything we can to take care of you when you're sick. And yet every day we're seeing avoidable illness and death as a direct result of COVID19.

## The situation is critical.

Our emergency departments are overfilled, and we have patients in every bed in our hospitals. This pandemic has strained our operations and demoralized many people on our teams. Care in our hospitals is safe but our ability to provide it is threatened. At any time you or a loved one might need our support. Heart attacks. Car accidents. Cancer. Stroke. Appendicitis. Now, an ominous question looms: will you be able to get care from your local community hospital without delay? Today, that's uncertain.

How does this happen in 2021 – almost two full years since this deadly pandemic began? How can we as a society stand by and watch people die when a simple shot could prevent a life-threatening illness? Your access to health care is being seriously threatened by COVID19. We need to stop the spread!

## Today we ask you to:

- Get vaccinated + get your booster
- Wear a mask (even if you're vaccinated) + socially distance
- If you feel sick, get tested for COVID-19
- Encourage neighbors and loved ones to take these steps

## We're in this together, and we can only finish it together.

J. Kevin Croston, MD  
Chief Executive Officer  
North Memorial Health

Gianrico Farrugia, MD  
President and Chief Executive Officer  
Mayo Clinic

James Hereford  
President and Chief Executive Officer  
Fairview Health Services

Kenneth Holmen, MD  
President and Chief Executive Officer  
CentraCare

Jennifer DeCubellis  
Chief Executive Officer  
Hennepin Healthcare

Marc Gorelick, MD  
President and Chief Executive Officer  
Children's Minnesota

Penny Wheeler, MD  
Chief Executive Officer  
Allina Health

David Herman, MD  
Chief Executive Officer  
Essentia Health

Andrea Walsh  
President and Chief Executive Officer  
HealthPartners

# Reality Check: About 1 in 5 healthcare workers have left medicine since the pandemic began — Here's why

*The U.S. healthcare sector has lost nearly half a million workers since February 2020. Of the remaining workers, 31 percent have thought about leaving.*

1. Many healthcare workers believed vaccines would ease the traumas endured in initial surges. However, plateauing vaccination rates, lifted mask mandates and the delta variant undid such hopes.
2. COVID-19 patients may be more difficult to deal with now. Some are belligerent and resist basic medical procedures, while others have assaulted doctors and nurses and yelled and threaten to sue for treatments the FDA hasn't authorized for COVID-19 treatment. These experiences inflict deep psychological scars.
3. Healthcare workers want to help patients, and their inability to adequately do so is taking its toll. Providers aren't exiting the field because they can't handle their jobs — they're quitting because they can't handle being unable to do their jobs.

Here for Life



# The State of COVID-19

## The Physicians Perspective

Dr. Mitch Gesell, Emergency Medicine  
Dr. Jayme Danielson, Hospital Medicine  
Dr. Deb Dittberner, Chief Medical Officer



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CMO/Family  
Medicine Physician,  
Alomere Health



**Dr. Mitch Gesell**  
Emergency Room  
Physician, Alomere  
Health



**Dr. Jayme Danielson**  
Hospitalist Physician,  
Alomere Health

# What you can do to help:

- Get vaccinated – get your booster
- Wear a mask (even if you're vaccinated + socially distance
- If you feel sick, get tested for COVID-19
- Get monoclonal antibody therapy early if you're sick
- Encourage neighbors and loved ones to take these steps

# THE HOLIDAYS ARE NOT CANCELLED!

...but we need to take precautions.

Here are some ways to reduce risk  
and safely enjoy the holidays:

- ❄ Take extra precautions while traveling (masking, physical distancing, etc.)
- ❄ Keep gatherings small and limited to friends and family members who have been taking precautions.
- ❄ Plan ahead: Avoid crowds while shopping and preparing. Rethink gifting to minimize trips to the store.
- ❄ Move gatherings outside if weather allows, increase ventilation, and consider testing before gatherings.

THE  
UNBIASED  
SCIENCE  
PODCAST

@unbiasedscipod

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Together**



*Here for Life* 

Questions?

# Thank you!

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**ALOMERE**  
HEALTH