

The Patient's Page

Summer 2010

Our Clinics

Fridley Medical Center
7675 Madison Street NE,
Fridley
Phone (763) 785-4500

Blaine Medical Center
11855 Ulysses N.E. Blaine
Phone (763) 785-4200

Roseville Medical Center
1835 West
County Road C, Roseville
Phone (763) 785-4300

Multicare Associates is a provider-owned and operated clinic offering high quality multi-specialty medical services in the northern suburbs of the Twin Cities.

Our 3 clinics are conveniently located in Fridley, Blaine and Roseville. We are primary care providers for many Minnesota insurance plans.

Check us out at www.multicare-assoc.com.

Medical Records Going Digital at Multicare...Gradually

Starting in late May, Multicare will begin the gradual transition to Electronic Medical Records. For the next several months, we will continue to use your traditional paper medical record while your electronic record is built and data is input into the system. Computers will be in each exam room.

During appointments medical staff will be entering medical data such as medications, allergies and primary vital signs (blood pressure, height, weight, etc.) to the electronic record. Other information will be added in writing to the paper record. This information will be transferred to the electronic file in the months to come.

We appreciate your patience. Appointments may take a few minutes longer than usual as we enter this important information into the computer.

How You Can Help

Please bring the bottles and containers of all of your medications to your next appointment. This will ensure that the exact name and dosage of your prescriptions are recorded accurately in both your paper record and in our new electronic medical record. Rather than writing down these details, simply put all your medications in a bag and bring them with you.

Contact Your Pharmacy for Prescription Refills

Beginning June 1 Multicare clinics can no longer accept refill requests over the telephone.

This is part of the Federal mandate for organizations transitioning and using electronic medical records.

Please contact your pharmacy directly for refills.

Plan Ahead for Check Ups and Immunizations

Before you fill your family's calendar with camps, vacations and activities to keep everyone cool, take the time to schedule back-to-school appointments now. Immunization paperwork is typically required before school starts in September.

If your child has received immunizations from a healthcare provider other than Multicare, remember to bring your child's immunization record to his appointment. Consider bringing a copy of your child's school immunization record.

We are unable to give your child any immunizations without knowing what your child has already received. Immunizations are given on a specific time schedule.

In the News at Multicare...

Multicare's New Clinic in Fridley

Construction of the new Fridley Medical Center adjacent to Unity Hospital is well on its way thanks to this spring's nice weather. Look for the temporary sign announcing the future home of our Fridley Medical Center. We are on target to move into the new building this fall by mid November.

Dr. Pettigrew Named Patient Favorite

Multicare family medicine physician Dr. Kara Pettigrew was honored with a Patient Choice award by Patient's Choice Insurance. Patients enrolled in Patient's Choice Insurance evaluate doctors based on their bedside manner, the amount of time spent with patients, the courtesy of clinic staff overall, appropriate follow-up and the overall opinion of the doctor. Congratulations to Dr. Pettigrew for being recognized as a patient favorite!

Radiology Department Earns High Marks

Multicare's Radiology department at the Blaine Medical Center passed its Minnesota Department of Health Safety Inspection again this year with flying colors. The inspection includes an examination of procedures, department records and logs, observations, independent testing of the equipment by the inspector and interviews with staff. Multicare's Roseville and Fridley Radiology departments passed their inspections earlier this year.

Safely Disposing of Unwanted Medications

- √ Keep medications in the original container. The labels may contain safety information and the caps are typically childproof.
- √ Leave the content information clearly visible on the bottle, but scratch out the patient's name or cover it with permanent marker.
- √ Modify the contents to discourage consumption:
 - Add a small amount of water to pills or capsules to partially dissolve them.
 - To liquids add enough table salt, flour, charcoal or nontoxic powdered spice such as turmeric or mustard to discourage consumption.
 - Wrap blister packs in multiple layers of opaque tape such as duct tape.
 - Tape medication containers shut with duct tape and place in an opaque container such as an empty yogurt or margarine tub to ensure that the contents cannot be seen.
- √ Discard in your garbage can. Do not place in the recycling bin.
- √ Do not conceal medicine in food products because they inadvertently could be consumed by scavenging wildlife.

Pneumonia Vaccination

The CDC has now recommended that people 19 to 65 years of age receive the pneumonia vaccine if they are smokers or have asthma. A second dose may be given five years after the first dose. Only two doses of the pneumonia vaccine are recommended during a person's lifetime. Ask your provider if you have questions.

Visit us on the Web!
www.multicare-assoc.com