



Nathan Johnson, DO joins PRH Orthopedic Team

Empowering patients to take an active role in their healthcare decisions is a priority for Nathan Johnson, DO, MS, orthopedic surgeon, who joined Prairie Ridge Health in Columbus in November 2023.

“My job is to educate the patient about their ailments and provide options for treatment, so they are actively engaged in their healthcare. While in medical school the Dean addressed our class and said that the origin of the word doctor is ‘to teach’. That stood out and I really took it to heart,” said Dr. Johnson, who specializes in hip and knee joint replacement surgery as part of Prairie Ridge Health’s orthopedic excellence program.

Dr. Johnson, who has been growing his orthopedic practice in Wisconsin for the past four years, grew up in West Salem, Wisconsin, where he spent his time working in construction and farming. He was exposed to healthcare at an early age. His mom was a Registered Nurse and his father worked as a purchasing agent at the local hospital. “With healthcare being in the family, working with power tools growing up, and also being an athlete through high school and college, I wanted to become an orthopedic surgeon, and at first sports

medicine, but in residency I realized that my number one love was joint replacement.”

Robotic assisted surgery is part of Dr. Johnson’s practice. He uses Mako™ robotics for total knee replacement, total hip replacement and partial knee replacement surgeries. “I was a very big skeptic of using robotics during joint replacement surgery. I was a huge critic. I thought, if you needed a robot, you shouldn’t be doing the surgery. But, after using it for joint replacement surgeries, I was able to see the significant advantages it has with complex deformities and revisions, and even straight forward replacement cases. I am now a 100% believer in robotic technology for joint replacement surgery, as I’ve seen the amazing benefits it can provide.”

Recently, Prairie Ridge Health purchased a Mako™ robot and is now one of only 12 surgery centers in the state of Wisconsin to use the Mako™ robot. Before surgery, a CT scan of the patient’s joint is taken and used to develop a 3D virtual model of the patient’s joint. This allows the surgeon to evaluate the patient’s unique anatomy, bone structure, disease severity, joint alignment and even identifies the

Continued on page 2

Welcoming Dr. Nathan Johnson

Surgeon Brings Robotic Assisted Joint Replacements to PRH



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exact location of pre-existing hardware that some patients may have had already prior to their joint replacement surgery.

A 3D virtual model of the joint enables the surgeon to create a personalized surgery plan based on the patient’s unique anatomy. During surgery, the surgeon guides the robotic arm, which uses AccuStop™ haptic technology. The technology provides vibrational feedback to the surgeon so they cut less and help protect the patient’s surrounding soft tissues including ligaments and tendons.

“It is robotic ASSISTED surgery,” explained Dr. Johnson. “The robot can only do what I tell it and when I tell it. The technology allows me to plan the surgery (what size implants, where to put them, any deformities). I can make adjustments on the fly as well based on how your anatomy looks intraoperatively. Robotics allows me to do the surgery more accurately and precisely, with cuts being within half a millimeter, which is incredible.”

Dr. Johnson says that he is looking forward to having a budding schedule and would like to see the Prairie Ridge Health Orthopedic Program become a destination site for elective orthopedic procedures, including joint replacements and sports medicine.

“I want to be a great resource for my patients and medical colleagues. I’ve been blown away by how the Prairie Ridge Health care team really cares about not only taking the best care possible of our patients, but also taking care and supporting each other as colleagues and teammates as well! Everyone takes pride in doing the best job they can possibly do everyday. They truly care to help out with their patients and their colleagues, both professionally and personally. That is not universal in healthcare, but it’s something that we have here at PRH and is very special.”

While orthopedics is his career, Dr. Johnson says he is first and foremost a husband to his wife, Laura, and a father to his children, Vivian (2 yrs) and Olivia (7 mo). “Family is very important to me. That being said, I treat my patients as though they are a member of my family, giving them the respect and knowledge they deserve to make decisions.”

Dr. Johnson is seeing patients in both the Prairie Ridge Health Clinic Columbus and Beaver Dam locations. For more information call 920-623-1200 or visit PrairieRidge.Health.



Dr. Johnson with his surgical team in the operating room at PRH.

Welcoming Dr. Nathan Johnson

Dr. Nathan Johnson is a board-certified orthopedic surgeon, fellowship trained in hip and knee replacement. Dr. Johnson has been in practice since 2019.

Surgeries performed include:

Total Hip Replacement, Total Knee Replacement, Partial Knee Replacement, Total Shoulder Replacement, Reverse Total Shoulder Replacement, Carpal Tunnel Release, Trigger Finger Release, Cubital Tunnel Release, Thumb Joint Replacement, Surgery for de Quervain's/Wrist Tendinitis, Surgical Excision of Ganglion Cyst, Revision Hip and Knee Replacement, General Fracture Care.

Education & Training:

M.S. - Des Moines University - Des Moines, IA
D.O. - Des Moines University - Des Moines, IA
Residency - Mercy Health - St. Joseph Warren Hospital - Warren, OH
Fellowship - BronxCare Health System - Bronx, NY
Board Certification -
American Board of Osteopathic Board of Orthopedic Surgery



Dr. Johnson introduces the PRH team to Mako™ robotics during a special educational session at PRH.

A Message from our CEO

John Russell

Creating a Culture of Care



Creating a culture of care for our patients and for each other is on the top of mind of our team at Prairie Ridge Health every day — care that is beyond words; care that creates relationships with our patients and their caregivers; care that extends to the communities we serve; care that promotes a collaborative environment of providers.

Our PRH team of providers continues to grow. We recently welcomed two new orthopedic surgeons, Nathan Johnson, DO and Albert Cecchini, DO. Dr. Johnson brings with him an expertise in orthopedic robotics. Dr. Cecchini specializes in sports medicine. These combined talents, along with our compassionate and experienced surgical team, bring our orthopedic excellence program to the next level.

A special thank you to Robert Coe, MD, orthopedic surgeon, who retired in 2023 after serving as a member of our medical staff for 27 years. His leadership assisted us in growing our orthopedic program and was instrumental in the success of our clinic in Beaver Dam. The PRH – Beaver Dam Clinic is a part of Dr. Coe's legacy. We are grateful to Dr. Coe and his wife Pat for their trust and faith in all of us. As a result, we planted a hickory tree in Bob's honor on the PRH – Beaver Dam Clinic site.



John Russell, CEO/President



Robert Coe, MD and his wife Pat in front of the hickory tree planted in his honor at Prairie Ridge Health Clinic in Beaver Dam.

Katherine Taylor, PA-C, joined our general surgery team this past summer. Jennifer Shepard, NP, joined our team of providers at the PRH Beaver Dam Clinic in October. In November, we welcomed Kesley Gorski, MS-PAS, as our MedSurg/ICU Hospitalist for our inpatients.

In February 2024, a second dermatologist, Laura Clifton, MD, joined our Prairie Ridge Health Clinic, expanding access to advanced care for both general and complex dermatologic conditions and concerns.

We are excited to announce the expansion of our clinic services in the Sun Prairie community. In September 2023, we broke ground on a new clinic in Sun Prairie located just off Hwy 151. The one-story 23,000 square-foot clinic will be the home to providers offering family care, obstetrics, general surgery, and orthopedics. The space will include a full-size gym for physical and occupational therapy. Construction will continue through the summer with a grand opening set for the fall of 2024. Be sure to watch for more information regarding its progress.

As we begin the new year, all of us at Prairie Ridge Health wish you and yours a healthy 2024. Thank you for trusting us with your care.

Meet Our Newest Providers

Learn about Katherine Taylor & Jennifer Shepard General Surgery & Family Medicine

Katherine Taylor, PA-C

General Surgery

Physician Assistant on the general surgery team, specializing in pre- and postoperative care as well as general surgical care.

Education & Training:

B.S. - University of Wisconsin - La Crosse

M.S. - Indiana State University

Certification:

National Commission on Certification of Physician Assistants

Katherine is a Columbus native. She received her bachelor's degree at UW-La Crosse majoring in microbiology. She then went on to Indiana State University where she graduated from the Physician Assistant Program. She completed several of her clinical rotations within Prairie Ridge Health in various specialties. She loves the diversity and complexity of general surgery and is happy to be caring for her community. In her free time, Kathy enjoys spending time with friends and family, watching live music and helping on the family farm.



Jennifer Shepard, APNP, FNP

Family Medicine

Nurse Practitioner specializing in family medicine, caring for all ages throughout the life span. Offering an array of services including wellness and prevention, treatment of acute illnesses, and chronic disease management.

Education & Training:

B.S. Nursing - Edgewood College

M.S. Nursing - Concordia University

Certification:

FNP - American Academy of Nurse Practitioners

American Association of Nurse Practitioners

Jennifer has been working in healthcare for over 20 years and enjoys getting to know her patients. She strives to provide exceptional care and finds it very rewarding knowing she has made a difference in someone's health. In her free time, she enjoys spending time with her family and friends, staying active, traveling, and watching her children play sports.



Education & Classes

Find the Perfect Class for you!

We offer a variety of classes and support groups for everyone



Breastfeeding & Childcare

We welcome you and a partner or support person to join our Women's and Childbirth Services nurses for a class to prepare you for the birth of your baby and your first weeks at home with your little one. The class is designed to provide an overview of essential birth and newborn care concepts. During the course, you and your partner will review stages of labor, labor positions, relaxation techniques, medical procedures and pain management. Our lactation consultant will lead the breastfeeding and newborn care portion of the class, in which you will learn tips to help you and your baby get a great start to breastfeeding to ensure long-term success!

We recommend taking the course 4-8 weeks prior to your due date.

Upcoming Childbirth Class Dates:

February 21 & 28

April 3 & 10

May 15 & 22

All classes are from 6:30 p.m. - 8 p.m.

Upcoming Breastfeeding Class Dates:

March 10

May 19

July 14

All classes are from 11:30 a.m. - 2 p.m.

For more information or to register contact our Education Department at 920.623.1276.

Heartsaver CPR & AED

The American Heart Association Heartsaver CPR course teaches lay rescuers how to recognize and treat life-threatening emergencies, including cardiac arrest and choking for adult, child and infant victims. Students also learn to recognize the warning signs of heart attack and stroke in adults and breathing difficulties in children. This program is designed for first-time students and renewal students.

Cost: \$45 *Online option available for certification

For more information or to register contact our Education Department at 920.623.1276

Heartsaver First Aid

The American Heart Association Heartsaver First Aid class provides the skills to effectively assess and maintain life from the crucial minutes immediately following an emergency until the arrival of emergency medical services personnel. The course also provides corporations with the complete health and safety training solution, First Aid, CPR and AED. The course was developed using the same evidence-based process as all American Heart Association Emergency Cardiovascular Care courses.

Cost: \$45 - For more information or to register contact our Education Department at 920.623.1276

Diabetes Support Group - FREE

The Diabetes and Wellness Support Group provides education, fellowship, and support to help you better manage your diabetes and lead a healthier lifestyle. You do not need to have diabetes to attend - friends and families are always welcome!

Meets the third and fourth Wednesday of every month from 10:30 – 11:30 a.m. at Prairie Ridge Health.

For more information contact Rachel Selm at rselm@PrairieRidge.Health or 920.623.1293

Parkinson's Support Group - FREE

This group provides resources and compassion for those with Parkinson's Disease and their caregivers. We hope to work together to manage symptoms, increase strength, power, speed, and enhance overall mobility and quality of life. Led by Physical Therapists from the PRH Rehabilitation team. **Meets the last Thursday of every month from 11 a.m. - 12 p.m. at Prairie Ridge Health.**

Stop at the main registration desk for assistance.

For more information contact kgrebel@PrairieRidge.Health or call 920.623.1430

2023 Volley for a Cause

Prairie Ridge Health Foundation raises Breast Health Awareness



\$15,255 Raised

- \$7,179 - Marshall
- \$2,058 - Fall River/Rio
- \$1,869 - Waterloo
- \$1,628 - Columbus
- \$1,484 - Sun Prairie West
- \$1,348 - Pardeeville
- \$1,284 - Poynette

Thank you to our area high school girls volleyball players, coaches, and fans for supporting the 2023 Prairie Ridge Health Foundation Volley for a Cause events. During September and October, the teams each select a home game to host as a pink out. Each team event night is unique, with funds being raised through concessions, t-shirt sales, raffles, silent auctions, bake sales, and more.

Proceeds support Mammography & Breast Health Equipment & Community Education, Mammography Comfort Kits, Biopsy, Lumpectomy & Mastectomy After-Care Kits, and the Wig Program.

Thank you all for your incredible team spirit and energy! You are making a difference in the lives of those in your community.



WATERLOO



FALL RIVER



SUN PRAIRIE WEST



COLUMBUS



PRH VOLUNTEERS



PARDEEVILLE



POYNETTE



MARSHALL



RIO

Prairie Ridge Health Foundation

Working to increase access to training & continued education through innovative technology



Dear Friend,

It has been my privilege to serve our communities for the last 10 years as a Prairie Ridge Health Foundation Board Member, including the last four years as Board Chair.

In my decade of board service, I have seen our hospital and clinics grow into a healthcare provider that can truly compete with any other facility, yet remains personable, friendly and accessible to our communities. The welcoming culture paired with the high-quality care you receive when you walk through the doors at Prairie Ridge Health is a point of pride that is made possible by donors like you. Generous contributions from the community have helped provide advancements in technology, equipment, infrastructure, programs and more!

The Foundation is currently fundraising for a fully interactive training manikin and equipment to create a full on-site Simulation Lab! This equipment will be used to provide continuing education and replicate standard and trauma scenarios for our nurses and medical staff. Practice and confidence are crucial in creating the readiness to handle all the situations that arise while providing excellent medical care.

I ask that you consider making a tax-deductible gift to the Foundation. You have our sincere gratitude for your continued support and generosity. We are inspired by you and honored to be your healthcare provider. Visit prairieridge.health/donate or scan the qr code to make a gift online.

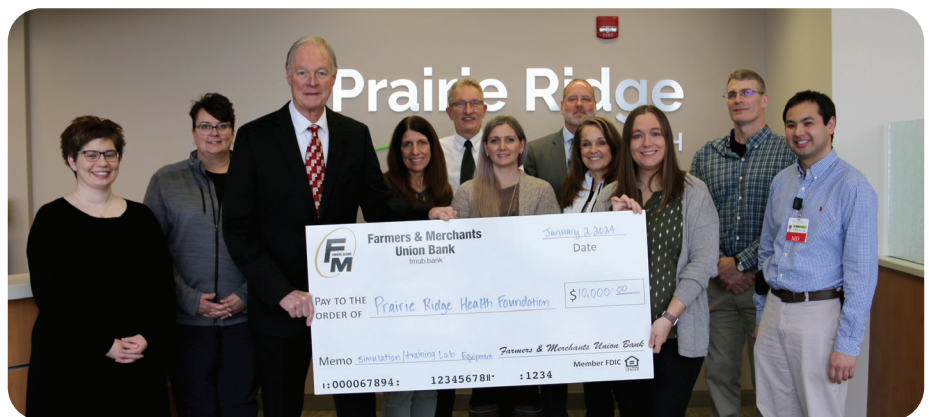


Warm regards,

Julie Bergholz, Chair



Julie Bergholz,
PRH Foundation Chair



Thank you Farmers and Merchants Union Bank of Columbus for donating \$10,000 to our Simulation Lab

Pictured (l-r) Amanda Emery-Morris, FMUB Assistant Vice President, Marketing & Human Resources; Grace Rommelfanger, PRH Med/Surg/ICU Manager; Douglas Caldwell, FMUB Board Chairman; Luanne Reuter, PRH Emergency Services Manager; Randy Bobholz, FMUB President/CEO; Samantha Petrie, FMUB Assistant Vice President of Retail Services; John Russell, PRH President/CEO; Jamie Hendrix, PRH Vice President of Patient Care Services; Kristi Line, PRH Executive Director of Foundation and Volunteer Services; Chris DeLapp, PRH Education Manager; Colin Millar, MD, Family Medicine with Obstetrics.

Memorial and Honorarium Gifts

Honor your family, friends, and loved ones

Gifts received after December 31, 2023 will be printed in the next issue of the Pulse. Visit PrairieRidge.Health for more information or contact Kristi Line at 920-623-1370.

The Prairie Ridge Health Foundation is a non-profit organization to assist Prairie Ridge Health in providing outstanding health care services and promoting health throughout the area it serves. These pages are devoted to recognizing those who contribute so generously to the Prairie Ridge Health Foundation. Your gifts are needed and sincerely appreciated. Every effort was made to assure an accurate listing. In the event of an error, please contact the PRH Foundation office at 920-623-1370.

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Honor your family, friends, and loved ones

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Patti & Tyler Walker
Jane Robbins
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Carol Twilt
Patti & Tyler Walker
Lucy Weiner
Patti & Tyler Walker

Thank you to all of those who donated to the Volunteers of Prairie Ridge Health 39th Annual Lights of Love in December. The names of those remembered and honored will be published in a special publication to be distributed during February/March 2024. Donations from the Lights of Love are used to purchase equipment and services for the PRH Lifeline Program (a home emergency response system for individuals with health or mobility concerns) and the PRH Hunger Care Program (providing healthy foods each month to help food insecure individuals manage their diabetes and heart health).

Announcements & Upcoming Events



Toasts & Tastes

Friday, April 26, 2024
6 pm - 11 pm
Kestrel Ridge Golf Course
| Columbus



Trap Shoot

Saturday, June 22, 2024
10 am - 4 pm
Rio Conservation Club
| Rio



30th Annual Golf Classic

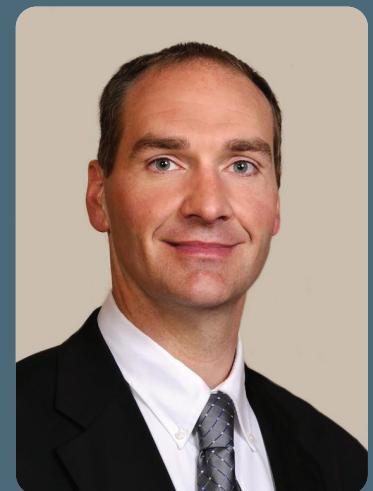
Friday, August 9, 2024
Shotgun Start 9:30 am
Kestrel Ridge Golf Course
| Columbus

For ticket or sponsorship information contact 920.623.1370 or Foundation@PrairieRidge.Health

Proceeds from the 2024 events will support Fetal Non-Stress Test Equipment for the Prairie Ridge Health Clinics in Beaver Dam & Sun Prairie and the General Endowment.

Making a Qualified Charitable Distribution (QCDs) from IRAs

- Allows a tax-free distribution from an individual retirement account (IRA) if transferred directly to a qualified, public charity (ex: Prairie Ridge Health Foundation)
- IRA owner or beneficiary must be at least age 70 1/2 at the time of the distribution
- Must not exceed \$100,000 annually and can include Required Minimum Distributions (RMDs)
- Does not qualify to be claimed as a charitable deduction on the tax-return
- May be a tax-efficient option for retirees claiming the standard deduction on their tax return
- Please contact your financial advisor &/or accountant to discuss your options



Matthew Faust, AAMS
Financial Advisor

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MADISON, WI

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Hospital

1515 Park Ave • Columbus, WI 53925
800.549.7511 | 920.623.2200

Clinics

Beaver Dam

134 Corporate Drive • Beaver Dam, WI
53916
920.356.1000

Columbus

1515 Park Ave • Columbus, WI 53925
920.623.1200

Marshall

301 W Main St • Marshall, WI 53559
608.655.8181

Sun Prairie

Opening Fall of 2024
155 S Mallard Drive • Sun Prairie, WI
53590

www.PrairieRidge.Health



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