

Katie Johnson: Good morning and welcome to Apple a Day, Lake Region Healthcare's health and wellness segment where we give you news and information that you can use to live a healthier life. This is Katie Johnson and my guest today is Kiana Deal, Kiana is a physician assistant who is new to the Lake Region Healthcare medical staff at the Battle Lake Clinic. I'm glad that you're able to join me this morning, good morning Kiana.

Kiana Deal: Good morning.

Katie Johnson: Let's talk a little bit about your background and what inspired your interest in medicine.

Kiana Deal: Actually, this started back when I was about 5 years old I'd say. My mom works at a care center as an activity director, down in my hometown Dawson, Minnesota and I started volunteering there at age 5. I did that through the years until I turned 16, started working as a CNA. That's kind of where my love all began, I realized that I really love helping people and helping them through any of their needs that they may have.

Katie Johnson: Wow, so this is a long time passion of yours. How did you pursue your education then?

Kiana Deal: I did my undergrad up at Morehead State, I did my undergrad degree there and then I went down to Minneapolis to finish my Master's degree to become a physician assistant certified.

Katie Johnson: For listeners who might not be familiar with what a physician assistant is or what they can do, can you give us an overview?

Kiana Deal: Basically, the PA profession was started to help out in primary care generally, but now you'll actually see a lot of PAs out in a lot of specialties as well. Basically we're here, we work independently, but we also work under a supervising provider. We can diagnose, treat and prescribe.

Katie Johnson: You mentioned your interest is in primary care. Let's talk a little bit about what primary care encompasses and the ages and types of care that that term, primary care covers.

Kiana Deal: Basically, primary care, so ages 0 and beyond, essentially, we're here to not only treat acute and chronic conditions, but also promoting health and wellness and getting the proper screenings done ahead of time.

Katie Johnson: How often should someone see a primary care provider and what kinds of things can they do to make the most out of a primary care visit?

Kiana Deal: Essentially, it depends on your age group. Young ones, infants essentially, it's every

few months to begin and then as you get older, young kids in grade school, it's every couple of years and then after that as we become 40s, 50s, it starts to become an annual visit. Also, of course, any time in between there when we're coming in with any acute problems.

Katie Johnson: Then, how to make the most of a primary care visit? Obviously, if you're sick, you're coming to be diagnosed and treated for that, but on the preventive side of things, do you have tips for people who are coming in for a preventive visit about how they could make the most out of that and really get the most out of this valuable time they have with their primary care provider?

Kiana Deal: Yes, so basically, the big thing is coming in with any questions or concerns that you have. There's a lot of things out there on social media, on the internet now that might arise questions for people and they want a clarified answer to certain things. Also, just knowing your family history, that is a big component I know. Meeting up at Thanksgiving, talking about, chatting about things, catching up on whether or not your aunts or uncles or mom or dad got diagnosed with something recently. Not only that, but knowing when your last screening blood work was or lab works or mammograms, pap smears, those types of things.

Katie Johnson: What do you believe is key in providing the highest quality primary care?

Kiana Deal: Really, I think it's treating the entire person. Listening to an individual, what concerns they might have and then also just getting them to the right person. If there might be a certain specialty that they would benefit from, that is the most important thing. We are able to provide them with that outlet to those individuals.

Katie Johnson: You mentioned growing up in Dawson, I'm curious what drew you to Lake Region Healthcare, how you ended up here and even, more specifically, in Battle Lake at the Battle Lake Clinic?

Kiana Deal: I actually recently married my husband, who is from over by Campbell, Minnesota, so that kind of brought me to this area. Then throughout school, because he was back here, I wanted to do some rotations in the area, so I ended up doing lot of my rotations and then also my preceptorship with Lake Region. I just fell in love with it. The providers here, the support staff, the nurses, everybody is just great to work with. It was a wonderful learning experience for me. Any questions that I ever had, they sent me to the right individual and all around they're just a great group of people to work with.

Katie Johnson: How about when you're not being a PA, what are the things you do enjoy doing in your spare time?

Kiana Deal: First of all, I love spending time with family and friends. My new husband, of course, is fantastic and has been great with me starting this new job. I love 4 wheeling, I love hiking, being in the outdoors, being on the lake is also something I really enjoy.

Katie Johnson: Well then it sounds like you are in a great place. Anything more that you would like our listeners to know about you, about your primary care practice or about the Battle Lake Clinic in general?

Kiana Deal: As some of you may not know, the Battle Lake Clinic is open 5 days a week, we open 8:30 to 5:00. You can come on in, we have a lot of times we have openings for walk in appointments as well. Just call ahead of time to get those set up. Also, as far as just the clinic in general, it's a wonderful small clinic. We have a lab here that is available onsite, we have another provider, Dr. Lembcke out here who is fantastic and a great group of nurses out here as well.

Katie Johnson: We invite everyone to check out the Battle Lake Clinic on our website, LRHC.org. Kiana Deal, thank you for joining me this morning.

Kiana Deal: You're welcome and thank you.

Katie Johnson: Kiana Deal, physician assistant at the Battle Lake Clinic, along with Katie Johnson on Apple a Day, this morning reminding you there is so much to do here, stay healthy for it. Have a great day.