

Katie Johnson: Good morning and welcome to Apple a Day, Lake Region Healthcare's Health and Wellness show where we feature news and information you can use to live a healthier life. I am Katie Johnson, your host, and my guest today is Keon Griffey. He's a family nurse practitioner who has recently joined our Orthopedics and Sports Medicine Department. Good morning, Keon.

Keon Griffey: Good morning. How are you?

Katie Johnson: I am very well and I am very excited to, on behalf of the entire Lake Region Healthcare family and Fergus Falls community, welcome you to our organization and to Fergus Falls. We're really glad to have you here, and just want to take this time on our show today to introduce you to the community and help them get to know you a little bit better. Tell us about your background, what brought you to Fergus Falls and what's been your education, training, and experience up until arriving here.

Keon Griffey: Well, when I started looking for a nurse practitioner job, I put my resume out on the internet, and I got a phone call and I was asked if I would be interested in Minnesota. And so I told them yes, and I came out here. I loved it and everybody was great. I felt real comfortable, so that's how I got here.

Katie Johnson: You had previously been a nurse. Did you grow up down in the southern states? Take us through your earlier years and what led you up to this point of becoming a family nurse practitioner.

Keon Griffey: Yes, I grew up in Texarkana, Texas, and I started working at the hospital as an exercise monitor at the fitness center, and from there I moved over and became a physical therapy tech. Then I went back to school and became an LVN and I started working in surgery in 2006 as a scrub tech. After that, I went back to school and I became a RN, and I thought well, might as well go a little bit further and I became a family nurse practitioner. I've been working as a nurse since 2006.

Katie Johnson: Okay, what was it that made you want to pursue healthcare or medicine in general, and then to continue kind of pursuing further education?

Keon Griffey: Well, as an exercise monitor, our department, it worked with physical therapy, and I got to see patients begin the process of therapy where they weren't walking and they weren't doing well. And after a couple days, a couple weeks, I could see the improvement. I just liked it. I like being able to see where things began and where they ended, and I just liked the process and that's how I got into healthcare.

Katie Johnson: Is that kind of what interested you about this opportunity specifically and orthopedics and sports medicine, as well?

- Keon Griffey: Yes, when I began working in surgery, I worked the evening shift and we did a lot of traumas and we did a lot of orthopedic cases, and ortho seemed to be the specialty that just kind of clicked. That was the area that I really enjoyed doing and it made more sense to me, more than anything else, so orthopedics has been my favorite.
- Katie Johnson: That's great. I'm sure that you can tell already we have a pretty fantastic team of orthopedic surgeons and support staff at Lake Region Healthcare. Was that part of the decision or what really made you feel that Lake Region Healthcare was the right fit for you?
- Keon Griffey: Well, I came here back in December and I had dinner with Dr. [Glenn 00:03:28] and Dr. [Rod 00:03:29], Erin, and Corey, and I was really nervous when I got here. And so when I sat down and began to speak with them, have dinner, they made me feel comfortable. And I felt like this was a good place for me to be. I didn't feel like I was in a real pressure situation. They made me feel comfortable and I really enjoyed speaking with them and having dinner with them, and I really like this place.
- Katie Johnson: What is important to you when you think about providing patient care? What is it that, in your mind, makes it an excellent experience for a patient or that you know is how you want to take care of a patient to make sure they have the best outcome possible?
- Keon Griffey: Providing education to the patient is very important. The more that the patient knows and understands about the process, I think the better the outcome is. A lot of times people come to the hospital and they're scared, they're nervous, they don't know what's happening, they don't know what's going to happen, and so I think if we're able to provide them with education to help guide them through the process, it makes things a lot better.
- Katie Johnson: Knowledge is power, kind of a philosophy. Do you have any particular areas of professional interest when it comes to orthopedics and sports medicine?
- Keon Griffey: Well, with orthopedics... like I said before, I really like the traumas... but the totals, doing the totals, that kind of goes back to my physical therapy days. You'll see patients that aren't very mobile, and once you've done a total hip or total knee or even shoulder surgeries, you see the improvement, you see them being able to move and get around better with less pain, and so that's why.
- Katie Johnson: That's pretty rewarding, absolutely. How about when you're not working? What do you enjoy doing? Hobbies and interests of yours.
- Keon Griffey: I like to fish.
- Katie Johnson: Oh, great. Well, Minnesota should be good for you.

- Keon Griffey: Yeah, that was great. When I got here, I saw all the lakes, and I was like this is going to be awesome. I really like fishing. I've been here a little over a week now, and me and my boys, we've already gone fishing twice.
- Katie Johnson: Oh, great.
- Keon Griffey: We're really enjoying it.
- Katie Johnson: Awesome. And your family is okay with coming to Minnesota? Were they here in December, too, and saw what a Minnesota winter is like?
- Keon Griffey: No, no. My wife, they didn't come here in December. We all came up together back in April and looked around, and my wife, she was all for it, and she's really enjoying it. We're looking forward to winter. We don't get much snow in Texas.
- Katie Johnson: Right.
- Keon Griffey: We'll enjoy the snow. We'll be okay.
- Katie Johnson: Anything else that you would like our listeners to know about you or your family as you settle in to Lake Region Healthcare and to the Orthopedics and Sports Medicine Department here?
- Keon Griffey: Well, we really like this area, and so far we've really enjoyed it, and we're hoping that we can make this our home for a very long time. And everybody's going great.
- Katie Johnson: Well, we hope that, too. Keon Griffey, family nurse practitioner, new to the team at Lake Region Healthcare's Orthopedics and Sports Medicine Department, welcome to the Lake Region family and welcome to the Fergus Falls community. We're happy to have you.
- Keon Griffey: All right, thank you.
- Katie Johnson: Keon Griffey, family nurse practitioner, my guest today on Apple a Day. Keon and Katie reminding you today that there is so much to do here. Stay healthy for it. Have a great day.