

Karlstad Clinic

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“The benefits of small town healthcare are too many to count and impossible to give full credit to. Just having the access is definitely important and as a facility, we are so grateful to be able to provide that to patients,” said Andrea Swenson, director of clinic nursing for Kittson Healthcare. Swenson began her position in the fall of 2018. Based in Hallock, she oversees the Kittson Healthcare clinics in both Hallock and Karlstad.

Asked about services the Karlstad Clinic provides, she responded, “The Kittson Healthcare Clinic of Karlstad is a certified Rural Health Clinic offering primary care to Karlstad and its surrounding communities. Primary care means that the providers at the Karlstad clinic address a majority of health care needs for a large and diverse group of patients, including chronic disease management, preventative care, well-child care, acute illness and injuries, physicals and a wide variety of other healthcare needs. In addition, primary care providers are able to serve as a point of contact to coordinate whatever specialty care patients may need. During non-office hours, emergency assessment and treatment is available at Kittson Healthcare in Hallock.”

“We offer laboratory, x-ray, ultrasound, mammography and telemed at the Karlstad location”

“Additionally, the Hallock location offers 24/7 emergency room, swing bed, home health & public health services, telemedicine, sleep studies, physical/occupational/speech therapy, CT, MRI, nuclear medicine, bone density and outreach services to include dermatology, orthopedics, podiatry, cardiology, endoscopy and ophthalmology.”

Commenting further on the benefits of small town healthcare, Swenson stated, “In addition to the convenience

of having a local clinic, the caliber of care provided by rural healthcare staff is second to none. In this type of setting, you are going to find providers and nursing staff that fully invest in your care and take the time needed to get to know patients and their families. They will go above and beyond on a daily basis to ensure patients’ needs are met and to provide the best care possible. Although it can be challenging to meet all of the healthcare needs of patients in a rural healthcare setting, at the very least a small town healthcare system can do their best to provide services that a majority of patients will need and then connect you to the services you may need elsewhere.”

Employees at the Karlstad Clinic include Karrah Oliver (physician assistant – 5 days/week), Amanda Pinnock (nurse practitioner – 2 days/week – 3 days in Hallock), Chelsie Helle, Katie Johnson, Jen Peterson (nursing staff), Natalie Lind, Melissa Wolnarowicz (registration staff), and Kim Gullicks, Noelle Dagen (laboratory/radiology).

Asked about anticipated changes or future plans for the Karlstad Clinic, Swenson replied, “Our facility is always assessing needs of the patients we serve and are open to suggestions for services that the community may need. Although we can’t realistically provide ALL of the services that patients may desire, we do our best to provide care and services that a majority of patients and their families may need.”

“Recently we have worked with Northwestern Mental Health to expand much needed mental health services to the community. They have placed a mental health counselor and nurse practitioner at the Karlstad Clinic to routinely see patients on a rotating basis. Appointments are available now. You may request an appointment by calling Northwestern Mental Health directly at 218-281-3940 or toll-free at 1-800-418-7326. Although a referral is not necessary, the clinic can also assist patients in getting scheduled.”



Pictured are the staff at the Karlstad Clinic on a recent Thursday: front (l to r) Kim Gullicks, Noelle Dagen, Amanda Pinnock, Katie Johnson - back (l to r) Natalie Lind, Chelsie Helle, Karrah Oliver (Missing was Melissa Wolnarowicz, who works on Fridays).



Andrea Swenson (left) serves as director of clinic nursing for Kittson Healthcare. Jen Peterson (right) works as a nurse at the clinics in Hallock and Karlstad.