Over the past year, Trinity Health has added new procedures and new providers to better serve the healthcare needs of our community.

**Mayo Clinic Care Network**

One large contribution to this mission was the collaboration between Trinity Health and the Mayo Clinic Care Network, which became official in July 2013. Through this collaborative effort, providers at Trinity have the expertise of the Mayo Clinic at their fingertips. Included in this is access to eConsult, where a Mayo Clinic specialist and a Care Network physician – in this case, a Trinity Health provider – consult via a secure online communication network; Ask Mayo Expert, which allows providers access to a web-based information system, available to desktop, tablet or smartphone; and Health Care Consulting, which gives access to peers, tools and expertise in clinical/business topics and processes to help care network members implement and realize the value of Mayo Clinic’s integrated clinical care and practical models.

This collaboration will give a major boost to the quality and volume of resources available to physicians, hospital staff and especially our patients,” said Dr. Kenneth Keller, Medical Director of Trinity Health’s Radiology Department.

**Progressive Care Unit**

In June, a new wing was added to the hospital with the addition of a 10-bed Progressive Care Unit on Trinity Hospital’s fifth floor. The unit is designed for patients who need close monitoring, but don’t require intensive care.

Lorrie Antos, Director of Critical Care Nursing, said that the wing will help free up beds in the Intensive Care Unit (ICU) for more critical patients and provide a more-appropriate level of care for patients who don’t need to be in the ICU, “but who still have complex medical needs.”

**Interventional Radiology Room**

Trinity Health also added an interventional radiology room, with the addition of one interventional radiologist.

The IR suite features the most advanced technology of its kind using a Digital Subtraction Angiography system that makes it possible to clearly visualize blood vessels in bones and soft tissue, similar to a conventional cardiac catheterization laboratory.

Inventionality Radiology uses image-guided placement of catheters that are threaded through arteries and veins in all parts of the body for the purpose of diagnosing and treating health conditions internally at their source. The list of health problems studied and addressed by IR involves nearly every organ system. “Many conditions that once required surgery can be treated less invasively with IR techniques,” said Dr. Keller. “We recognized that with the growing number of patients, we needed to establish this service to ensure that people living in our region have access to a wide range of treatments close to home.”

**LifeBot**

Earlier in the year, Trinity added the latest in teleradiology technology with LifeBot. LifeBot performs long-distance triage through two-way audiovisual communications; direct transmission of vital signs, ultrasound and other images; and barcode scanning of a patient’s driver’s license to bring up demographic and patient record information.

“This is an exciting project as we’ll be the first to use this system in a rural EMS environment,” said Jeffrey Sather, MD, FACEP, Chairman of the Department of Medicine and Medical Director of the Emergency Trauma Center at Trinity Health. “Our goal will be two-fold – explore the health benefits to patients being transported, and investigate the potential for cost savings as a result of not having to transport select patients who can be treated at the scene.”

The purchase of the LifeBot system was facilitated through a donation by the Trinity Health Auxiliary, which has funded a number of patient- and staff-centered improvements across the Trinity Health system. The auxiliary raises funds through various activities and Gift Shop revenues throughout the year.

**Awards and Accolades**

Trinity Health also received its share of awards in 2013. Trinity received kudos regarding its stroke care twice – the Joint Commission announced its approval of Trinity as a Certified Primary Stroke Center, and the American Heart Association gave Trinity its Silver Award. Additionally, Trinity Health was recognized as the nation’s 1000th Certified Primary Stroke Center by the Joint Commission and the American Heart Association/American Stroke Association. The Joint Replacement Center at Trinity was named – for the fourth year in a row – as a Blue Distinction Center Plus for...
Crosby Locals Say Giving to Nursery Brings Rewards

“Christmas comes but once a year; the saying goes. That may be true for most of us, but for the infants and staff of Trinity Health’s Newborn and Intensive Care nurseries, Christmas comes much oftener perhaps once a month or so.” That’s about how often Marcia Lallum of Crosby makes a visit to celebrate their lives near Plaza. The sisters were overwhelmed by what we brought. “I don’t know how it happened, but one day we decided that there was probably a big need for layettes around here. We contacted different hospitals, and when I called Trinity I talked to Val Bibow in the Nursery. She thought our idea was fantastic, so we brought some of the layettes down from Fargo, has also been one of our woman-supplies, for the for the enterprise. A thankful Black Friday shoppers, she has stood in line for hours during the post-Thanksgiving sales to procure法兰茨 at rock-bottom prices. ‘She’s saved us thousands of dollars,’ Marcia adds. Marcia estimates that between the church group and her sisters, they’ve donated some 110 layettes to the hospital, plus numerous other items. “At first we just did the layettes, but when I talked to Val she said they needed blankets to go over the islettes. We’ve also done baptismal cloths, and we have a number of the little caps, little diaper sets, and caps. Our crew consists of six to eight people who work together for hours during the early morning hours of post-intensive care. The NICU nurses were amazed. ‘The World of the nursery project has gotten around Crosby, according to Lallum. ‘People have found out what we’ve been doing. We have gotten several donations. When the well gets a little dry someone else ponies up. Between the people donating money and the people on this crew, that’s why we can do what we do.’ Lallum and her crew are frugal with their donations. ‘We shop everything on sale and buy everything as cheap as we can.’”

“Another lesson is that charity doesn’t have to be a faceless endeavor. The Christmas elves who make the monthly trek to Trinity with their goods see the smiles on the nurses’ faces, and the goodwill is contagious. ‘I told the girls that each one has to make the trip, at least once and experience the reception that I know will come from the nurses,’ she said.

Bibow says the feeling is mutual. ‘They’re crazy nice people. Everything they bring is a truly wonderful, thoughtful gift gone out of the goodness of their hearts. What a great way to pay it forward!”
When a natural or man-made disaster prevents people from accessing healthcare, it’s up to healthcare providers to reach them. That’s one of the lessons Dr. Jeffrey Sather shared recently with Wyoming medical professionals as part of a disaster preparedness session hosted by Cheyenne Regional Medical Center. The session was broadcast via video conference to hospitals across the state of Wyoming.

With the experience of two large-scale disasters behind them — the 2002 anhydrous ammonia spill and the 2011 flood — Wyoming providers are often asked to share their expertise with their colleagues in other health systems. “Every hospital has disaster preparedness plans in place to access part of their ongoing diligence to serve the community,” said Sather, who serves as medical director of the Trinity Emergency/ Trauma Center and Chairman of the Department of Medicine. “Cheyenne Regional had been having discussions about what type of disasters could affect their community. One of the things they have similar to us is agriculture and ammonia stored in the area. They also have rail cars going through their community. One of their providers heard my presentation on the spill at a previous conference and asked if I’d come down and share our experience with them.”

It was the early morning hours of January 18, 2002, when a Canadian Pacific freight train derailed west of Minot, causing tanker cars with anhydrous to rupture and release a cloud of toxic gas across the city. More than 3,000 people were treated by Trinity Health. Over 400 were received in the ER that day. Thirty-two people were admitted to the hospital, with five of those admitted to intensive Care. There was one fatality. “One of the issues we identified early on was that people were having a difficult time getting around and getting access to care,” Sather noted. “We opened a remote care site at Edison School, and some of that experience in opening alternative care sites at places that aren’t medical facilities was a lesson that was learned and used at a later time. For example, during the flood we had no access to medical care on the north side of the community. We were able within several hours to open a fully functioning emergency department at Lewis and Clark School, along with a clinic site and medical health availability. So it was our experience during the spill that helped us mobilize very quickly during the flood.”

Preparing for a disaster is educated guesswork. You never know when an emergency will happen, where it will happen or what it will be, but Sather says health professionals can prepare for how to respond generally and then, based on circumstances, evaluate the needs and figure out a way to meet them. “The anhydrous spill was unique in that we were able to prepare very quickly because we knew most people coming in were going to have one of two things – a respiratory emergency or an ocular (eye) emergency due to the fumes. With that evaluation we were able to mobilize rapidly to handle a large volume of patients within a short amount of time.”

The flood was a much larger and prolonged emergency. Residents of Trinity Homes were among the 6,000 or so Minot residents who had to evacuate; north-south access was severely reduced, creating the need for a medical facility on the north side of the town, and a boil order forced Trinity to rely on a mobile water purification system for its hospitals and Health Center – Medical Arts. Then there was the human cost. Like other residents of the community, many Trinity Health employees were burdened by the stress of having lost their homes. “It helps to have a top notch staff,” Sather added. “When I came to work the morning the dikes were topped, half of the ER staff had lost their homes that morning. But they were in the ER working and taking care of their neighbors.”

Colorectal cancer is the third-leading cause of cancer deaths in North Dakota, but it does not need to be. Colorectal cancer, if detected early, can be effectively treated and cured. The uninsured, underserved and disparate populations are the least likely to receive these screenings.

Trinity Health has received a grant from the North Dakota State Health Department that will help provide no-cost colorectal cancer screenings for eligible North Dakotans. According to the grant proposal, which was submitted in October, the $105,000 grant will help supply 50 screening colonoscopies during the 2013-2015 biennium, to those who are medically uninsured or uninsured.

A colonoscopy is an endoscopic examination of the large bowel and the distal part of the small bowel. Colonoscopies provide a visual diagnosis, as well as granting the opportunity for biopsy or removal of suspected colorectal cancer lesions. It is estimated that about 242 colonoscopies are performed monthly, and 2,910 annually at the Trinity CancerCare Center.

Early detection is vital—over 90 percent of all cases of colon cancer can be prevented with recommended screening. Despite its high incidence, colon cancer is one of the most detectable and, if found early, most treatable forms of cancer. Trinity Health Inc., in 2013, Jodi Smith noted, “It is our hope through this State funding we are able to provide necessary screening to individuals throughout the region who would otherwise not receive them.”
The chapel at Trinity Homes was packed with residents and military staff as the Friends of Veterans helped commemorate Veterans Day, on November 16, 2013. The Friends of Veterans was founded to assure a link between the military of today and the military of the past, explained Sr. Andrew Magathan, of Minot Air Force Base, president of the Friends of Veterans Association. In addition to visiting veteran residents at Trinity Homes, the group also hosts programs there during veterans-related holidays, such as Veterans Day and Memorial Day, for example. As Magathan said during his address that day, “It is a great privilege for us to honor those who fought, from Bunker Hill to Baghdad,” said Sr. Andrew Magathan, president of the organization.

Veterns Honored by their Friends

About Veterans Day

Veterans Day was proclaimed as a holiday by U.S. President Woodrow Wilson on November 11, 1919. It was known as Armistice Day, to mark the armistice which had led to the end of World War I and to honor “those who died in the country’s service” and with gratitude for the victory both because of the thing from which it has freed us and because of the opportunity it has given American to show her sympathy with peace and justice in the councils of the nations.”

In 1954, Congress amended the original act, replacing “Armistice” with “Veterans,” and it has been known as Veterans Day since.

At Trinity Health, giving is ingrained in our culture, and one of the most rewarding — not to mention fun — aspects of our jobs. Trinity Health maintains a special tradition whereby many of our employees choose to contribute a portion of their salary to help support Trinity’s mission. We are proud of the fact that, not only do our employees work tirelessly to provide tremendous care and services to our patients, but that we believe in our mission strongly enough to contribute monetarily in support of the Trinity Health Employee Giving Program. Hence we began the Trinity Health Employee Giving Program (PRIDE) back in the early 1980s. When our giving program began in the early 1980s, several hundred employees raised nearly $3,000. Today, more than 800 employees participate in the campaign, and to date, over $1.2 million has been raised! This past year (2013), PRIDE has granted over $63,000 to aid Trinity Health employees who are experiencing a personal hardship and to various Trinity facilities to assist our employees in providing optimum care to our community. “One hundred percent of the funds we hand out to the employees or various departments comes from personal donations from the employees themselves,” said Jodi Smith, Director of the Trinity Health Foundation. In 2013, PRIDE has awarded 10 facility grants, including:

- SurgiChair, for Trinity Regional Eye Care – Minot Center
- A bench and picnic table, TH – Western Dakota
- Education Registrations, for the Kenmare Hospital, Trinity Homes, Business Office
- Quiet Heart Music, for Pastoral Care
- Bladder Scanner, for Trinity Regional Eye Care – Minot Center
- Computer Equipment, for RehabCare
- A wireless alarm, for Kenmare Hospital

PRIDE has also awarded 26 employees funding through hardship requests which involved:

- 18 employees facing medical, injury or illness
- 6 employees with the death of a family member
- 2 employees with financial hardship

Even when you can’t visit your friend in the hospital, you CAN send a greeting and let them know you’re thinking about them. Simply ‘click’ on www.trinityhealth.org and visit our website at www.trinityhealth.org to send a gift or some flowers with your message – call the Gift Shop at (701) 857-5205 and have a special package delivered to the patient room with your eGreeting!

Visit our website at www.trinityhealth.org
Tiffany Dixon

“For almost two years, we have worked with Tiffany on a major medical bill denied by our healthcare coverage,” the nomination form said about Tiffany Dixon, coordinator of Trinity Health’s Business Services. “We tried every avenue of appeal in an attempt to get the insurance to cover the physician-ordered procedure. Throughout this period, Tiffany was available to counsel and sympathize with our dilemma and to suggest further courses of action. When it became apparent we had reached the final denial and the sizeable amount would be our responsibility, Tiffany approached her supervisors on our behalf (and, unknown to us!) and acquired a sizeable reduction to our billing that made it manageable for our budget. Tiffany was, at all times, friendly, compassionate, kind, caring and interested in helping us. She is an asset to Trinity Health and a valuable member of the Minot community. We are proud to have known her!”

Melissa Eggen, LPN

“Two and a half weeks after surgery complications arose that required immediate attention, with all doctors in surgery that day, Melissa, as a truly dedicated professional, came forward, evaluated the problem and took necessary medical steps to assist me until a doctor could see me,” a patient wrote about Melissa Eggen, LPN, from Trinity Surgical Associates. “She explained everything carefully and professionally. She is/was very knowledgeable and compassionate.”

“The next morning at 8:30 a.m., she called to check on me. She had already discussed the situation with my surgeon and made arrangements for me to see him that morning. I have had to go back to the doctor several times since then and although she is not my surgeon's nurse, she has aided me each and every time I’ve been there. She truly has gone above and beyond all my expectations. She is my hero!”

The awards were given out at a small ceremony at the Minot Chamber of Commerce on December 10.

"Both Tiffany and Melissa embody what all of us at Trinity Health strive for every day - to exceed the expectations of our residents and patients," said John M. Kutch, Trinity President and CEO. "They are very deserving of this special Eagle Award, and we all congratulate them."
Debbie Triggs, a crafter and resident at Trinity Homes, holds one of the pillowcases she made for the Trinity Homes Crafters Bazaar, held there on December 10.

“It takes me an hour to do a pair,” Triggs said of her pillowcases. She had made 20 to 30 sets and, mid-sale, only two were left. “Those were very good sellers, and the cookies are going very well too,” she said, noting that she made chocolate chip and peanut butter cookies, as well as chocolate chip cookies with pecans and chocolate chunks. The bazaar was the first sale of craft items made by Trinity Homes residents and volunteers, banding together as The Crafters. Lois Zahn, Volunteer Services Coordinator for Trinity Homes, said that another craft bazaar will be held in the spring, sometime after Easter.

The proceeds from the sale go back to the Trinity Homes Residents Fund.

Lois Zahn, Volunteer Services Coordinator at Trinity Homes, assisted by Jamie Miller and Bill Kloss, from Plant Operations, installed an outdoor nativity scene (presented by an anonymous donor) on the east patio. Miller and Kloss worked in the cold weather and went after pallets just to create the right view so residents from inside could enjoy the nativity scene. Sally Hand coordinated a group of friends and family to help the activity staff in decorating a number of trees. Kim Frederickson, activity coordinator, created unique ornaments for the tree on 2 South. Along with the residents, they made picture frames out of pretzels to surround the photos of each resident on the floor.

Trinity Health would like to wish its patients, staff and the community a very Merry Christmas and a Happy New Year!
Community Events

Bowls for Babies, a fundraising event for the March of Dimes, was held at the Grand Hotel, on Nov. 16. There, patrons paid a $15 admission, selected a bowl [made locally], and enjoyed soups from local restaurants, keeping the bowl as a souvenir of their support. Trinity Health was a local sponsor for the event.

Trinity Health had a booth at the annual Showcase of Business, sponsored by the Minot Area Chamber of Commerce, on Nov. 21. Tricia Nishikawa, AuD, and Jerrica Marcon, AuD, audiologists with Trinity, were on hand to give information about Soundgear™.

In November, Robyn Gust, Trinity Health Sports Medicine Manager, spoke to the Healthcare Explorer Post students on life as an Athletic Trainer. The seniors in Minot State University’s Sports Medicine program told the students why they chose that field and then showed them how to splint an injury — even using everyday items like a notebook, baseball glove and pillow as a splint.

Darren Armstrong, MSM, Director of Therapy Services with Trinity Health, speaks with visitors at Trinity Community Clinic-Velva during the clinic’s open house on December 18.

An anonymous regional business recently donated 60 turkeys toward the Trinity Turkey Drive 2013. Trinity Health has committed to collecting donations in order to provide turkeys for this year’s Horn of Plenty. Hal Smith, director of the Trinity Health Foundation, and Seth Lesher bring in the donated turkeys on Nov. 25.

Volunteers at Trinity Health were guests at a Christmas party, held by Trinity, on Dec. 7, at the Grand Hotel.

Trinity Health staff was on hand to perform employee wellness screenings – blood screenings and cholesterol/glucose screenings – at SRT on Dec. 12.

Members of the Healthcare Explorer Post yarded volunteers in constructing food baskets and choosing toys for the Horn of Plenty on Dec. 11. You can learn more about the Horn of Plenty and Trinity Health’s role in it by reading the story on page 8.
Trinity Employees “Give Back” to Community

For the second year in a row, fundraising efforts from Trinity Health employees and community members has supplied 100% of the turkeys for the Horn of Plenty.

This fundraising project organized by local radio station KHRT has been supplying many families with food assistance and toys for children during the Christmas season for 30 years now. The decision was made by John M. Kutch, Trinity’s President and CEO, to partner to the Horn of Plenty to help those in the region who are less fortunate.

Fundraising through Trinity began in November. By the end of the efforts, $5,667 had been raised. On December 17, a check for the amount was presented to Dick and Roy Leavitt, organizers of the Horn of Plenty. Members of the Healthcare Explorer post, as well as other volunteers, helped assemble the gift baskets at Horn of Plenty gathering site, located in the Oak Park Shopping Center, Minot. Horn of Plenty needed 351 turkeys this year, so any funding not needed to purchase turkeys will be donated to a local pantry to help meet the needs of the community, said Jodi Smith, Director of the Trinity Health Foundation.

“I think it went exceptionally well this year and people were very generous,” Smith said. “The community came together to be able to provide our friends and neighbors, who are less fortunate, with food and toys this holiday season.”

MedLinePlus Answers Health-Related Questions

An online source can provide excellent educational material about all things medical. MedLinePlus, which can be found at http://www.nlm.nih.gov/medlineplus, offers articles, videos and other information to help answer health-related questions.

“It started out to be a page they made because people were saying that Medline was a resource that was primarily for doctors and healthcare workers,” explained Karen Anderson, librarian at the Angus L. Cameron Medical Library (located in Health Center – West). “The main population didn’t understand what being talked about – it was more esoteric.”

And thus, the MedLinePlus website was born in 1998 with discussions on 22 health topics. As of September 2013, there were over 900 health topics discussed on the website. “They made this website for people, the general population,” Anderson noted. “What has happened over the years is that they put so much information on it that now healthcare providers use it too.”

MedLinePlus features news and information about medical conditions for all genders and ages – men, women, children, and seniors – as well as other tools, such as medical dictionaries, to help educate. Information is linked to outside websites and sources, although quality guidelines are used to ensure the links are authoritative, Anderson explained. “A lot of these are from the National Library of Medicine, as well as other places.”

The video section offers interactive tutorials, as well as actual surgery videos, to help offer a better understanding of how surgeries work. “If a picture is worth a thousand words, a video is worth a million,” Anderson said.

“I always tell people that if I could only take one website with me (to a deserted island), I would take MedLine Plus because it has so much information,” Anderson added. “It’s like a one-stop shopping place – a mall – of information.”

While it is a viable source of information, the information should not be used solely for diagnosis. More links that may be of interest can be found at the library’s website (http://minoct.com/karen/patient.html).

The Angus L. Cameron Medical Library is open to the public and while books cannot be checked out, the public is invited to read and review the materials available there. The library is open Monday through Friday, from 8 a.m. to 4:30 p.m.

COMMUNITY CALENDAR

For the latest updates, check online at www.trinityhealth.org

Prepared Childbirth Classes

Learn about exercise and breathing techniques, labor/delivery, newborn care, newborn feedings, etc. Enrollment is limited.

January 7-27 and February 18-March 10 (Tuesdays)
7-9 p.m., in the Prepared Childbirth Classroom, Trinity Health Center – Riverside Education Center, 1900 8th Ave. SE.

January 1-22 and March 19-April 9 (Saturdays)
7-9 p.m. in the Airmen and Family Readiness Center, MAFB. Please call 723-3050 to register.

January 25, February 1 and February 15 (Saturdays)
9 a.m. – 4 p.m., in the Prepared Childbirth Classroom, Trinity Health Center – Riverside Education Center, 1900 8th Ave. SE.

Family Birth Center Tours

Expectant mothers are invited to attend a formal group tour/education/Q&A session at Trinity Health’s Family Birth Center. This opportunity allows every expectant mother to hear directly from our professional staff about what to expect during your delivery. See www.trinityhealth.org or call 701-857-5380 for detailed schedule.

Breastfeeding Basics

January 15, 5, March 12 and April 16
Offered by Lauren Klein, R.N. ENCC. Meets from 7-8 p.m. in the Prepared Childbirth Classroom, Trinity Health Center – Riverside Education Center, 1900 8th Ave. SE.

These classes are offered free of charge as part of Trinity’s community benefit mission, but registration is typically required. For more information or to register for classes, call 701-857-5319 or 701-857-5319 or 1-800-862-0005.

January 2014

Mobile Mammogram Schedule

January 6............................St. Luke’s Hospital – Crosby, 968-6349
January 7..............................Tioga Clinic, 664-3368
January 8.............................Northland Community Health Center – Turtle Lake 448-9225
January 13..........................Devils Lake Community Clinic, 662-8662
January 14........................Towner County Medical Center-Cando, 968-2522
January 20..........................Trinity Community Clinic – New Town, 627-2900
January 21........................Senior Community Center – Ryder, 721-8186/758-2456, Julie Brandvold
January 22........................Trinity Community Clinic – Mohall, 756-6841
January 27........................Kenmare Community Hospital 385-4296 (Sherry/Kris)
January 28........................Powers Lake, 464-5443 (Ruth Holter)
January 29........................Northland Community Clinic – Rolla 477-3111 (LaRae)

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