

PROUD TO BE A MEMBER OF THE MAYO CLINIC CARE NETWORK

RECIPIENT OF THE AHA'S STROKE GOLD PLUS QUALITY ACHIEVEMENT AWARD

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MyChoice Health Checks

As we enter 2019, people often make a New Year's resolution to better their health. It may involve getting more exercise or eating right. One way to get started on a healthier you in 2019 is to get checked out – specifically through Trinity Health's MyChoice Health Checks, a menu of low-cost health screenings that can give you peace of mind in '19.

MyChoice Health Checks includes screenings for: Abdominal Aortic Aneurysm (AAA), Carotid Artery, Coronary Artery Calcium Scoring, Electrocardiogram (EKG), and Peripheral Artery Disease (PAD). Patients can get one or all of the screenings done, depending on the health issues they feel they may have. It's their choice.

"This is the best deal in healthcare," explained Jim Coffin, RT(R), CT, ARRT, imaging services director with Trinity Health. "We have board-certified physicians interpreting the studies, and licensed and registered technologists performing the studies. I have recommended this to many of my own family members and friends." Imaging technology provides earlier disease detection and promotes timely care, Coffin added.

MyChoice Health Checks can help identify hidden issues that – if left untreated – can lead to serious health problems:

Abdominal Aneurysm: Abdominal Aortic Aneurysm (AAA) is when the aorta, the largest artery in the body, stretches and balloons in the abdomen, possibly rupturing. Symptoms can include abdominal pain or back pain that is severe, sudden, or constant; clammy skin; dizziness; nausea and vomiting; or rapid heart rate.

Stroke: For those at risk of stroke or heart disease, or who have a family history of stroke or heart disease, the Carotid Artery Disease screening looks for build-up of plaque in the carotid

arteries. Symptoms could include sudden severe headache, dizziness, blurred vision, sudden weakness, or numbness in the face or limbs.

Heart Attack: Coronary Artery Calcium Scoring can detect developing plaque/calcium in the coronary arteries, which can lead to a heart attack.

Heart Disease: An electrocardiogram can screen for signs of heart disease. An EKG can check your heart rhythm, see if you have poor blood flow to the heart muscle (ischemia), diagnose a heart attack, and check for abnormalities such as thickened heart muscle.

Painful Legs and Feet: Hardening of the arteries in the legs, due to plaque, can diminish blood supply and cause pain in the legs and feet. The Peripheral Artery Disease (PAD) screening is available to check for PAD.

These screenings, which can be performed at any time of year, are followed up by a letter from the interpreting radiologist or cardiologist, with some requiring additional evaluation which might be offered and

Abdominal Aortic Aneurysm (AAA) \$35
Carotid Artery \$35
CT for Calcium Scoring \$60
Electrocardiogram (EKG) \$20
Peripheral Artery Disease (PAD) \$35

supervised by a nurse practitioner. All screenings are performed at Trinity's Advanced Imaging Center, located at Health Center – Town & Country, 831 South Broadway.

If you think that you have one (or more) of these diseases, please consult with your primary care physician. Otherwise, to schedule a screening, call Trinity Health's Imaging Scheduling Line at 701-857-3220. For more information, visit trinityhealth.org and type MyChoice Health Checks."



Get Moving!



Dawn Mattern, MD
Sports Medicine

Are you in need of a New Year's Resolution? Dawn Mattern, MD, with Trinity Health Sports Medicine, has just the idea: get moving!

"Moving more is a good resolution, and it can be attained," she said. "We can do things that help us check that goal off our list."

In mid-November, the federal government's recommendations for physical activity were updated, due to the review of several years of new research. The *Journal of the American Medical Association* published the guidelines, which recommend that moving "anytime, anywhere, and by any means that you get active" can improve one's health, as Adm. Brett Giroir, assistant secretary of health at the Department of Health and Human Services, said in a release.

"I think it's catching up to the evidence and knowledge that physical activity is something good for our health," Dr. Mattern said.

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Hand Therapist Achieves Certification

Amanda Hetzler, MOT, OTR/L, CHT, a hand therapist with Trinity Health, has achieved national certification from the Hand Therapy Certification Commission (HTCC). Her achievement brings the number of nationally certified hand therapists practicing at Trinity Health to three.

To become nationally certified, therapists must have at least three years of clinical experience and over 4,000 hours in direct hand therapy practice. They then must pass a rigorous exam, which tests a therapist’s knowledge of advanced theory and practice in upper quarter rehabilitation.


Originally from Louisiana, Amanda received her occupational therapy and hand therapy training in Florida, including a bachelor’s degree from the University of North Florida and a Master of Occupational Therapy from the University of St. Augustine for Health Sciences. She practiced in Louisiana and Florida prior to joining Trinity Health last year.

A member of the American Occupational Therapy Association and the American Society of Hand Therapists, she’s married to Hallie Hetzler, a member of the active duty military at Minot Air Force Base.

Hand therapists work with patients affected by a variety of conditions affecting the hand, wrist, and upper extremity. There are over 6,000 certified hand therapists in the United States.



Amanda Hetzler,
MOT, OTR/L, CHT



City Honors Lifesaving Efforts

The Minot City Council took time out of its regular meeting on December 3 to recognize EMS staff involved in saving the life of a 21-year-old woman who went into cardiac arrest outside Trinity Health South Ridge.

The patient was on her way to see her provider, Ginger Strand, when she collapsed in the parking lot. Mosope Osiyale - an MSU nursing student and Trinity Health CNA – called 911 and initiated CPR. Ginger and medical assistant Cassie Podoll continued CPR. Ginger called for an AED and nurse manager Christi Keller connected it to the patient and delivered a shock.

Firefighters arrived and took over rescue efforts, and Community Ambulance loaded the patient in the ambulance where further interventions were undertaken before transport to the Trinity Emergency/Trauma Center.

At the meeting, Community Ambulance personnel Christopher South, Carter Gage, and Shayanna Tescher were honored, along with Fire Department staff Devin Walter, Philip Anderson, Travis Elich, and Jason West. All received the American Heart Association’s Heartsaver Hero Award. And, proving you don’t need a medal to be a hero, Ginger Strand, Cassie, Christi, and the clinic team, received warm hugs from the patient and family, who are all doing well.

Grief Support

A support group for those suffering from grief will meet every Tuesday, starting February 12, for the next eight weeks, through April 2. Meetings take place Tuesdays from 6:00 to 8:00 p.m., in the second-floor conference room at Trinity Hospital – St. Joseph’s, Minot. A daytime group will meet every Thursday, from February 21 through April 11, from 2:30 to 4:30 p.m., in the same location.

The group is geared toward anyone who has suffered a loss, be it a family member or friend, explained Tim Starks, MSW, LCSW, social worker for Trinity Hospice, who leads the group. The curriculum includes “covering the holidays, working through feelings, just getting your story out there. It’s more about people supporting each other and listening, that there are other people going through the same thing they are, and they can understand each other.”

Starks encourages participants to attend every group meeting. “There is a curriculum that we go through,” he said. “The best benefit comes from being able to attend every one of them.”

There is no cost to attend. Because space is limited, please call the Trinity Health Hospice office at 701-857-5082 to register.

Moving

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Being physically active is one of the most important actions individuals of all ages can engage in to improve their health, the JAMA report said. It adds that “approximately 80 percent of U.S. adults and adolescents are insufficiently active.”

“A lot of people use time as an excuse,” Dr. Mattern said. “They say ‘I don’t have time to do it.’”

However, there is time, even if it’s for a few minutes.

“They want you to walk or take the stairs to your meeting,” she said. “Don’t sit down for the entire meeting. Get up, stand, walk around the conference room. It really just emphasizes moving instead of sitting like a lump of coal.”

The pending winter weather shouldn’t be an excuse either. “Even at home, there are lots of different ways to stay active,” Dr. Mattern said. “Cleaning and doing chores count. A lot of us can walk within the home. The new thing about the guidelines is we don’t have to have ten-minute blocks. You just have to get up and move.”

The new guidelines include the following:

Children

- Every day: active play for preschoolers throughout the day.
- Every day: 60 minutes of aerobic physical activity for children.
- Three days a week: muscle-strengthening and bone-strengthening (i.e. jump roping or running) activities for children.

Adults

- Every day: move more, sit less. Remember, something is better than nothing.
- Every week: at least 150 to 300 minutes of moderate to vigorous aerobic activity throughout the week.
- 2+ days a week: muscle-strengthening activities that use all major muscle groups.

Older adults

- Follow the guidelines for adults.
- Each week: balance training, as well as aerobic and muscle-strengthening activities.
- Each week: If you can’t complete 150 minutes of aerobic activity due to chronic conditions, do as much as your abilities allow.
- If you have chronic conditions, learn how those affect your ability to do physical activity safely.

“I really like the fact they say just move,” Dr. Mattern said. “If you can’t make 30 minutes, just do something. Move and get some minutes.”

That activity can be achieved any way you know how. “Park farther from work. Walk maybe to a further coffee machine at work. Stand a little bit at work. Take the dog for a walk. Anything,” Dr. Mattern suggested. “It doesn’t have to be at a gym with a professional trainer. You don’t have to get so sweaty you have to take a shower. You just have to move.”

As for Dr. Mattern, she does squats and stretches between patients, just to keep moving.

“I think the body needs to do that. It works better when we are moving,” she said. “These guidelines are all attainable for everybody. Don’t be afraid to count ‘I walked my dog.’ ‘I shoveled the driveway.’ That’s what we’re trying to count. I just want you moving.”

2018 In Review

Say Goodbye to Floaters

Floaters are “consolidations of the vitreous that occur with age,” explained Mark Raymond, MD, an ophthalmologist with Trinity Regional Eyecare – Western Dakota, in Williston. As a person ages, he said, vitreous separates from the retina and forms into clumps, which are perceived in the vision as a floater.

Having floaters is a part of the natural aging process, Raymond said.

“We all go through it sooner or later.” The National Eye Institute

stated on its website that floaters “are more common in people who are very nearsighted, have diabetes, or who have had a cataract operation.” However, trauma, inflammation, or bleeding of the eye can cause premature floaters, Raymond added.

The solution for floaters, which is now available at Trinity Regional Eyecare – Western Dakota, is YAG laser vitreolysis, which breaks up the floaters in a 10-minute, in-office procedure.

The procedure is similar to a standard eye exam: a patient would sit in the chair while the doctor looks in the eye with a slit lamp, a biomicroscope. Prominent floaters are identified and obliterated with the laser. (January 2018)

Scholarships for Cardiopulmonary Rehabilitation are Now Available

A scholarship fund has been established by the Trinity Health Foundation to assist cardiopulmonary patients with attending cardiopulmonary rehabilitation sessions.

Up to \$15,000 per year has been established for these scholarships. The scholarships provide 12 sessions of cardiopulmonary rehabilitation for patients who are uninsured and cannot meet the financial requirement for rehabilitation, explained Heidi Zaderaka, RRT, manager of Trinity’s Cardiopulmonary Rehabilitation program.

In the past, she said, some patients have turned away from cardiopulmonary rehabilitation because it wasn’t “realistic, financially.” (February 2018)

In the past, she said, some patients have turned away from cardiopulmonary rehabilitation because it wasn’t “realistic, financially.” (February 2018)

Healthy Hearts Club Donates \$25,000 for Building Fund

The Trinity Health Auxiliary Healthy Hearts Club has raised \$25,000 for the Trinity Health Heart Center, part of Trinity Hospital’s plans for a cardiac care center at the new medical park in southwest Minot. At the club’s Hearts Gala on February 9, the check was presented.

“Since performing North Dakota’s first open heart surgery in 1968, Trinity’s heart program has been a pioneer in cardiac care, characterized by a level of progress and innovation unusual in a rural area like ours,” said Sherry Maragos, event coordinator for the Healthy Hearts Club and director of Volunteer Services at Trinity Hospital. “It is truly an honor to recognize this outstanding program and raise money for its benefit and the benefit of its patients.” (March 2018)

Balloon Device Gives Severely Injured Patients a Fighting Chance

Just in time for trauma season, doctors at Trinity Health have adopted a new technique that can stop fatal bleeding with a simple balloon device.

Gary Wease, MD, a general surgeon and director of Trinity’s Trauma Program, said the ER-REBOA™ Catheter is now available to surgeons and emergency physicians as a lifesaving tool in cases where patients are at risk of bleeding to death due to massive blood loss that can’t be stopped with compression.

“Acute internal hemorrhage is the leading cause of death in trauma patients,” Dr. Wease noted. “The sooner we can intervene, the better. With the REBOA, we have a less invasive way to achieve immediate hemorrhage control so the patient can be stabilized and sent to the operating room for definitive treatment.”



Traditionally, the only option doctors had to stop uncontrolled bleeding was to perform a thoracotomy, a major surgery that involves making a large chest incision, opening the rib cage, and putting a clamp on the aorta – the body’s main artery. What the ER-REBOA Catheter offers is a minimally invasive alternative to this method, using a technology similar to the technique cardiologists use to open arteries of the heart. (May 2018)

Trinity Health Celebrates Future Regional Health Facility with ‘Breaking More Ground’ Event

Citing the importance of healthcare to the personal and economic well-being of North Dakotans, Trinity Health hosted a “Breaking More Ground” event on September 20 to celebrate ongoing construction of its new regional healthcare campus and medical district. Community members gathered at the site of construction to



hear about the project’s scope and significance, view a display of project renderings, and enjoy a community picnic.

President/CEO John M. Kutch called the occasion an exciting day for the future of Trinity Health, the Minot community, and northwestern North Dakota. “This project is not really about building or buildings. It is about people,” Kutch said. “It’s about fulfilling our mission to improve the health of the people, the community, and the region we serve. This represents our vision, our dream, and our future. It also embodies Trinity Health’s commitment to provide the highest quality healthcare to the people who entrust their care to us.”

Scheduled for completion in 2021, the \$350-million-dollar venture will provide the region a 21st century healthcare complex that offers a wide spectrum of advanced, patient-centered healthcare services. A six-story hospital tower will offer advanced cardiac, neurosurgical, and orthopedic care, and will include 200-plus private rooms, state-of-the-art surgical suites, a behavioral health section, and an emergency/level II trauma center with 24 treatment bays. Also planned is a medical office building for hospital-based specialists and other providers, plus a host of other patient- and family-friendly services and amenities.

Trinity Health also used the occasion of its groundbreaking to unveil a new corporate brand identity. The new logo is a “living green” leaf design in the shape of a T, with the tagline, Making More Possible. “Trinity Health is reinventing itself every day, creating continued processes of improvement; thus, allowing us to make more possible,” Kutch added. “In fact, making more possible has become ingrained in our ServiceFIRST culture and how we operate each day.”

The public may keep tabs on construction progress by logging on to Trinity Health’s live cam website at www.trinityhealth.org/livecam. (October 2018)



FirstCare Walk-In Clinic

Monday – Friday

8:00 a.m. – 8:00 p.m.

Weekends & Holidays

9:00 a.m. – 5:00 p.m.

**No Appointments Necessary
Health Center – Medical Arts, Minot**

Cervical Cancer Can Be Prevented

Cervical cancer, the cancer of the lower part of the uterus (womb), is the second-most common cause of female-specific cancer behind breast cancer.

The American Cancer Society estimated that in 2018, about 13,240 new cases of invasive cervical cancer would be diagnosed and about 4,170 women would die from it.

Cervical cancer is also preventable.

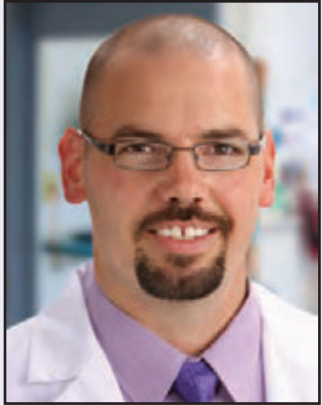
Like mammograms and self-breast exams with breast cancer, David Amsbury, DO, an OB/GYN with Trinity Health, said that staying up to date with Pap smears and following recommended guidelines is integral to preventing cervical cancer.

“Cervical cancer is something that no woman should have to die from,” Dr. Amsbury said.

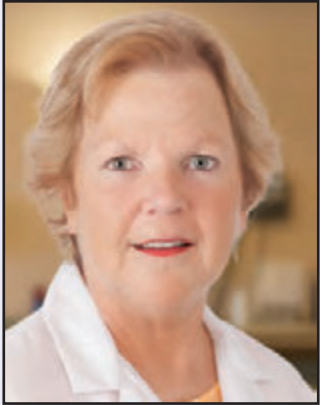
Early vaccination, along with regular Pap smears and HPV testing when recommended, is now the best way to prevent cervical cancer, the Foundation for Women’s Cancer said.

The Papanicolaou test, known more commonly as a Pap smear, is a method of cervical screening used to detect potentially pre-cancerous and cancerous processes in the cervix. The Foundation for Women’s Cancer states that since its inception in the 1940s, the Pap smear has reduced deaths from cervical cancer by more than 70 percent.

“It is hoped with wide-spread vaccination and improved screening strategies, fewer and fewer women will be affected by cervical cancer and pre-cancers in the future,” the organization stated on its website. It added that cervical cancer was once one of the most common causes of cancer deaths for American women.



David Amsbury, DO



Margaret Nordell, MD

Trinity Health, stated, young women who were still going through the maturation process would be tested and given false positives, leading to unnecessary surgeries.

After the first Pap smear, women are encouraged to get one every three years from between the ages of 21 to 29, unless recommended otherwise.

From the ages of 30 to 65, the testing would be done every three years or every five years if combined with HPV testing. From the age of 65, recommendations suggest against screening for those women who are not at a high risk for cervical cancer.

“High risk, in general, refers to people who have had a history of abnormal Pap smears or multiple sex partners, as that is how you get exposed to HPV. Those are your two high risk groups,” Dr. Amsbury said.

He added that if a woman gets the HPV vaccine at a younger age, it is theoretically protecting them from cervical cancer later in life. “You are now vaccinated against those high-risk strains of HPV.”

The vaccination referred to is an HPV vaccine called Gardasil, which is recommended by the Centers for Disease Control and Prevention (CDC), the Advisory Committee

on Immunization Practices, and the North Dakota Department of Health. Routine HPV vaccination is recommended for all 11- to 12-year old girls. Catch-up vaccination is also recommended for females ages 13 to 18, and for adults 19 to 26 who were not previously vaccinated.

Amsbury recommends that, if you are a younger person, the Gardasil vaccine should be discussed with a physician.

According to the CDC, risk factors for cervical cancer include smoking, having HIV or another condition that makes it hard for your body to fight off health problems, using birth control pills for a long time (five or more years), having given birth to three or more children, or having several sexual partners.

“HPV virus causes the most of these cervical problems,” Dr. Nordell said. It wasn’t until the 1980s that HPV was identified in cervical cancer tissue, implicating it in virtually all cervical cancers. “We don’t know how the HPV virus is out there, but the way to take care of cervical cancer is to get a Pap smear and treat it accordingly.”

As cervical cancer progresses, symptoms can include vaginal bleeding after intercourse, between periods, or after menopause; watery, bloody vaginal discharge; and pelvic pain or painful intercourse.

Depending on its stage, treatment for cervical cancer can vary.

Trinity Health’s obstetrics and gynecological providers deal with the surgical care of women and their children during pregnancy, childbirth, and the postnatal period. For more information, visit trinityhealth.org/gynecology.

Minot PD Gives Back to CancerCare Center

During the months of October and November, the Minot Police Department raised \$2,023 for the Trinity CancerCare Center. On December 11, the department presented those funds to Shane Jordan, director of the CancerCare Center, in the name of the CancerCare Center’s Patient Assistance Fund.

In October, the police department raised funds through the Pink Patch Project, in which police officers paid to wear a special patch on their uniform. The following month, their facial hair policy was relaxed to allow for “No-Shave November,” where police department employees would “attempt their best” to grow their facial hair; again, the police officers fundraised by paying to participate.

The Patient Assistance Fund is used to help support patients as they undergo cancer related services. The major barrier we find with patients seeking cancer services is out-of-pocket expenses, most specifically travel, Jordan noted. “We provide cancer care to a large area,” Jordan said, noting that a good number of patients travel a roundtrip distance of 50 or more miles for treatment. “Having treatment multiple days each week causes that mileage to add up very quickly.” Other items patients can find assistance with are wigs, gift cards, and compression garments which sometimes are not covered by insurance.

“We want these patients focused on receiving the treatments necessary to help them, and the expenses – such as gasoline – should be the last thing they need to worry about,” he explained.



Staff from the Minot Police Department raised \$2,023 for the Trinity CancerCare Center’s Patient Assistance Fund. The check was presented to Shane Jordan, director of the CancerCare Center, on December 11.

Trinity Welcomes New Cardiologist

Trinity Health is pleased to announce the addition of Ahmad H. Daraghmeh, MD, FACC, to our team of cardiologists.

Dr. Daraghmeh is a board-certified invasive cardiologist and an expert in advanced cardiac imaging. As a Registered Physician in Vascular Interpretation (RPVI®) and with board certifications in Internal Medicine, Cardiac CT, echocardiography, and cardiac nuclear medicine, he is well-equipped to provide comprehensive diagnosis and treatment to patients with the full range of cardiovascular conditions.

A graduate of Al-Quds University Medical School in Jerusalem, Dr. Daraghmeh completed his Internal Medicine residency at Memorial Hospital of Rhode Island – Brown University. He did his Cardiology fellowship at Providence Hospital and Medical Center in association with Michigan State University, where he was named Chief Cardiology Fellow for the 2014-2015 academic year. After a year of service with Doctors Without Borders, he practiced at Kansas Medical Center and Cypress Heart Cardiology in Wichita and served as a clinical assistant professor at KU medical School prior to joining Trinity Health. He is dedicated to providing patient-centered, evidence-based care, responsive to a patient’s concerns.

Dr. Daraghmeh is located in Health Center – Medical Arts, 4th floor, 400 Burdick Expressway E, Minot. For appointments or consultations, please call 701-857-7388.



Ahmad Daraghmeh, MD, FACC

Occupational Medicine

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With seven locations across northwest North Dakota, we offer employers care that is both efficient and convenient.

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Velva



Let our staff help you select a health care provider right for you. Please feel free to leave a message after hours and your call will be returned the next regular business day, or email us anytime at DR4U@trinityhealth.org.



Peggy Kallias, bakery manager at the Arrowhead MarketPlace location; Craig Heupel, store manager of the main MarketPlace; Shane Moe, store director of Arrowhead MarketPlace; Al Evon, director of the Trinity Health Foundation; and Russell Gust, manager of the Trinity Health Exercise Physiology department.

Check Presented for Exercise Rehab

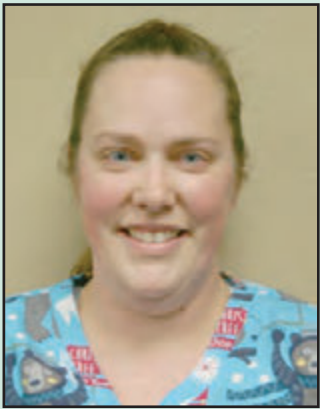
The money raised from the Power of Pink cake auction held on October 10 was presented to Trinity Health on December 6. A total of \$10,808.27 was raised through the auctioning of 52 cakes, which fetched anywhere from \$100 to \$1,200.

The funds will be used to help provide Minot Family YMCA memberships to patients in the Trinity Cancer Exercise Rehabilitation Program, which helps cancer patients fight the fatigue that often occurs during cancer treatment. Since the program began in 2008, approximately 540 patients have been seen, with an average of about 50 a year, said Russell Gust, MS, CSCS, ACSM-CET, manager of Trinity Health’s Exercise Physiology department.

Eagle Award

Tiffany Smith, LPN, with Trinity Health Pediatrics, recently received an Eagle Award for Excellent Customer Service from the Minot Area Chamber of Commerce.

“It is difficult to describe one specific incidence in which Tiffany deserves to be nominated for this award,” the nomination letter said. “Tiffany ALWAYS exemplifies an excellent attitude, and she excels above and beyond in caring for my son in Trinity Health Pediatrics. Tiffany is always patient, kind, caring, empathetic, and compassionate. Tiffany also possesses excellent qualities and knowledge of an outstanding nurse. Tiffany is so deserving of this award. She is most definitely an ‘Eagle’.”



Tiffany Smith, LPN

NEED A PRESCRIPTION REFILL?

B&B Northwest Pharmacy
701-857-5437

KeyCare Pharmacy
701-857-7900

A FUNDRAISER FOR THE HEART

Denim & Diamonds

BLUE JEAN EVENT OF THE YEAR!

February 9, 2019 ~ 6:30 p.m.
Clarion Hotel, Minot, ND
Featuring
Danny Elvis and the Legends

Trinity Health Auxiliary
Healthy Hearts Club

Dinner Buffet
Silent Auction

Tickets ~ \$50
after January 15 ~ \$75
Trinity Hospital Gift Shop
trinityhealth.org/auxiliarygala
or call Sherry 701-857-5221

Oh, Christmas Tree

For the first time at Trinity Homes, residents gathered to express their artistic side through painting.

LaDonna Finnicum, from Gallery on the Go, led a group of 13 residents on December 14. The painters painted something simple – and something festive — a Christmas tree, on 11x14 canvas.

Finnicum, who has done this for three-and-a-half years, has demonstrated painting at assisted living homes before – and to a rousing success.

“Lois surprised me with the turnout,” Finnicum said, adding that she was expecting just a small handful. “This is the largest crew I’ve done, as far as seniors go.”



LaDonna Finnicum instructs the residents on how to paint the project, a Christmas tree.



Residents at Trinity Homes gathered to paint on December 14.

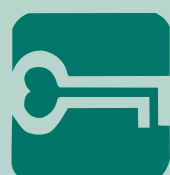


Caroling for the Convalescing

A group of carolers from Minot Air Force Base filled the Trinity Hospital hallways with music on December 8.

View our New Regional Healthcare Campus & Medical District Construction.

Go to trinityhealth.org and click on the link



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Main Showroom

530 20th Ave SW

Monday-Friday

8:30 a.m.-5:00 p.m.

Satellite Showroom

Health Center – Medical Arts

Monday-Friday

9:00 a.m.-8:00 p.m.

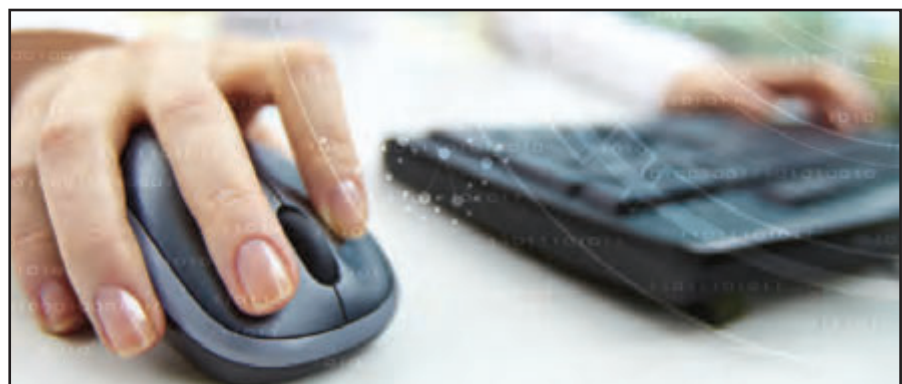


VISION
Galleria
Affiliated with Trinity Health

Glasses • Contacts • Frames

Plaza 16
2815 16th St SW
Minot, ND
701-857-7440

Trinity Health – Western Dakota
1321 W Dakota Pkwy
Williston, ND
701-774-8785



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eConnect

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- **Request appointments**
- **View your test results**
- **And more**

To sign-up for MyTrinity Health eConnect, stop by any Trinity registration desk or your physician’s office. (ID verification required).

For more information call: 701-857-3103



**TRINITY
HEALTH**

Horn of Plenty Turkey Drive Exceeds Goal

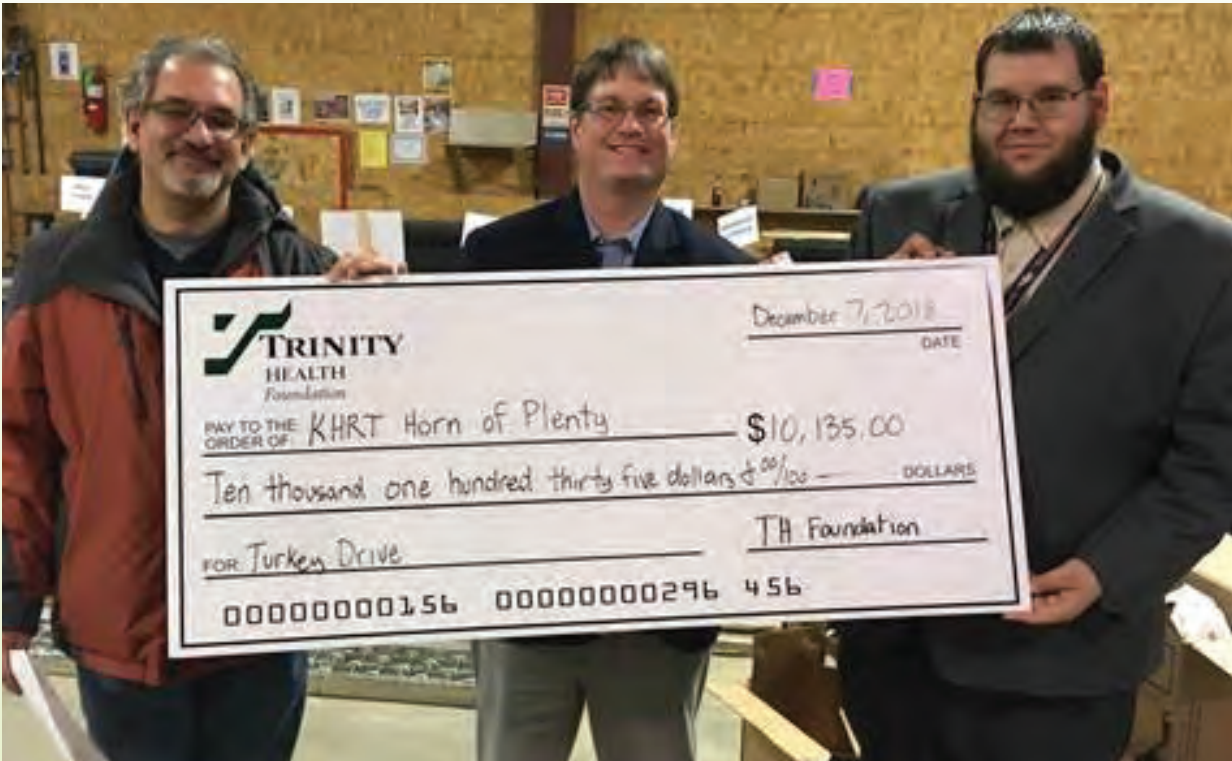
Through the generosity of the season, the Trinity Health Foundation raised a record amount for KHRT’s annual Horn of Plenty campaign. Originally with a goal of \$8,300, the Foundation was able to raise \$10,135. Last year, over \$8,200 was raised, which was a record sum at the time. “This is nearly \$2,000 more than was given last year and eclipsed this year’s funding goal by more than \$1,800,” said Al Evon, director of the Trinity Health Foundation.

The purpose of the Horn of Plenty is to distribute food and gift baskets to less fortunate families in the community during the holiday season.

“You are making more possible for members of our community and ensuring that families will have food and toys for Christmas. Thank you!” Evon said.

The Foundation accepted donations from November 1 through December 6. On December 7, a check was presented to Roy Leavitt with the Horn of Plenty campaign.

The food and toy baskets were assembled with the help of several volunteers, including Miss North Dakota USA and Miss Teen North Dakota USA. On December 18, they were delivered to less fortunate families in the area.



Al Evon, director of the Trinity Health Foundation, and Cody McManigal, donor relations coordinator with the Foundation, presented a check for \$10,135 to Roy Leavitt, left, with KHRT’s Horn of Plenty.



Volunteers gathered to assemble food and gift baskets for families in need as part of the Horn of Plenty project. Trinity Health helped raise \$10,135 for the project.



Trinity Hospital Gift Shop

Flowers and Gifts ~ 701-857-5205

Visit our
website at
trinityhealth.org

[facebook.com/
TrinityHealth.ND](https://facebook.com/TrinityHealth.ND)



TAPP

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- Find all Trinity Health locations
- Search for a medical provider by name or specialty
- View the BabyBytes online nursery
- Search for pharmacies

Simply download the app to your mobile device. It's free!
trinityhealth.org/mobile



Virtual Health Program Gives Patients Access to Burn Specialists

Burn patients at Trinity Health now have the advantage of being evaluated by a burn specialist thanks to a new telehealth program that uses iPad technology to assess burns and manage ongoing care.

Trinity Health recently partnered with Regions Hospital in St. Paul, a nationally recognized burn center, to acquire devices called Teleburn iPads that provide initial assessment, treatment advice, and follow-up care for burn patients brought to the Emergency/Trauma Center.

Trauma Program Manager Rhonda Gunderson, RN, BSN, says the Teleburn iPad is a form of virtual medicine that works much like Skyping over the internet. But instead of talking to a friend or family member, you’re talking to a burn surgeon.

“When we have a patient with a burn injury, there’s a 1-800 number we call that connects us with Region’s burn center,” Gunderson explains. “We provide patient information and request a consult with a burn surgeon. The surgeon calls us back and participates in a virtual face-to-face discussion with our doctors in the ER about how to proceed with the patient.”

The Teleburn iPad gives the burn surgeon an up-close view of the burn. Following specific instructions, a nurse in Trinity’s ER positions the iPad over the burn injury so the specialist can evaluate it in detail.

“The iPad serves as a tool to help us make several decisions,” Gunderson added. “Does the patient need to be transferred to Region’s burn center? Can we manage the injury locally, and if so, what treatment is recommended?”

She says the iPad consults also come in handy for follow-up care. Patients can schedule a clinic visit with a Trinity Health



Emergency physician Scott Knutson, MD, demonstrates Trinity Health’s latest virtual care offering – a Teleburn iPad that lets patients brought to the ER with a burn injury be evaluated by a burn specialist at Region’s Hospital in St. Paul via a secure real-time audio/video consultation. The HIPAA-compliant linkage helps doctors decide whether a patient needs to be transferred to Region’s burn center or can be cared for locally.

surgeon, who then uses the Teleburn iPad to reconnect with the burn surgeon in St. Paul. The burn surgeon evaluates the healing process to see how treatment is progressing.

Gary Wease, MD, a general surgeon and director of Trinity’s Trauma Program, says burns, by their nature, are unique forms of trauma that benefit greatly from expertise that is highly specialized, especially when it involves deeper burns more prone to complications like infection and scarring.

“Burns are evaluated by how deep they are and how large an area they cover,” Dr. Wease said. “If a burn is very deep or covers 20 percent or more of the patient’s body, we usually refer that patient to a burn center. But many burns can be managed very well

locally with various treatments designed to soothe the skin and promote healing.”

Gunderson says taking advantage of virtual care tools like Teleburn iPad achieves two objectives: It promotes patient satisfaction and gives caregivers an added measure of confidence knowing that their care is being guided by physician experts.

“The benefits extend to all members of the healthcare continuum,” she added, “especially patients, who now can enjoy greater convenience and access to specialty services. You can be in Minot, North Dakota, and get the opinion of a burn specialist. And you can have that specialist help manage your ongoing care without the frequent trips to St. Paul.”

C O M M U N I T Y

CALENDAR

For the latest updates, check online at trinityhealth.org

Events

- January 6, 13, 20, 27 — Trinity Health Pediatric Therapy is partnering with Prairie Grit and Gymagic Gymnastics to provide adaptive gymnastics for children (ages 3-10) with intellectual and/or physical disabilities. Call 701-852-4585 to register.
- January 8 — Join a Trinity Health dietitian as she hosts a cooking class, “Healthy Swaps,” from 2:00 to 3:00 p.m., in the Trinity Health Community Conference Room, Town & Country Center, 1015 South Broadway, Minot. The cost is \$10. Space is limited, so please RSVP by calling 701-857-5268.
- January 15 — — Keys to Diabetes Success will be meeting with the theme, “Mindful Eating,” at 5:30 pm, in the Trinity Health Community Conference Room, Town & Country Center, 1015 South Broadway, Minot.
- January 16 — A vein screening clinic will be held at Trinity Community Clinic – Western Dakota, 1321 West Dakota Parkway, Williston, from 12:30 to 4:30 p.m.
- January 16 – The Stroke Support Group will meet at Health Center – Riverside, 1900-8th Avenue SE, Minot, at 7:00 p.m. The support group meets the third Wednesday of each month. For more information, call Jerilyn Alexander, Stroke/STEMI coordinator, at 701-857-2449.
- January 18-20 — The ND EMS Association NW Conference will be held at The Grand Hotel, in Minot. Trinity Health staff who will give presentations include: Christopher South, NREMT-P, Community Ambulance Service; Robyn Gust, ATC, Sports Medicine manager; Sarah Rimatski, RN, BSN, Center for Diabetes Education; coordinator; Rhonda Gunderson, RN, Trauma Services Program manager; Gary Wease, MD, General Surgery and Trauma Medical Director; David Amsbury, DO, OB/Gyn; Scott Knutson, MD, Emergency Medicine; Karen Zimmerman, CNO, Vice President; Jeffrey Sather, MD, Emergency Medicine and Chief of Staff. Trinity also will have informational display on NorthStar Criticair, Community Ambulance, and First Call.
- January 25 — Trinity Health will be sponsoring the MSU Basketball vs. Bemidji State (Women at 5:30 p.m., Mens at 7:30 p.m.), at the MSU Dome.
- January 30-February 1 — Trinity Health will provide free blood pressure checks, and blood glucose and cholesterol screenings for \$15, at the KMOT Ag Expo at the North Dakota State Fair Center.

Mobile Mammogram Schedule

- January 4Premier HealthCare – Devils Lake, 662-8662
- January 7Cognizant, 420-3598 (Joan Bailey)
- January 9St. Luke’s Hospital – Crosby, 965-6349
- January 14Kenmare Community Hospital, 385-4296 (Sherry or Kris)
- January 16.....Trinity Community Clinic – New Town, 627-2990
- January 17Tioga Clinic, 663-3368
- January 30Trinity Community Clinic – Mohall, 745-6841
- January 31..Northland Community Health Center – Rolla, 477-3111
- Northland Community Health Center – Rolette.....246-3391

Prepared Childbirth Classes

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

SATURDAYS
January 5, February 2, March 9, April 13, and May 11
9:00 a.m. to 4:00 p.m., in the Prepared Childbirth Classroom, Health Center – Riverside Education Center, 1900 8th Avenue SE, Minot.

Breastfeeding Basics

January 10, February 14, March 14, April, 11 and May 9
Offered by Laureen Klein, RN, BSN. Meets from 7:00 to 9:00 p.m., Health Center – Riverside Education Center, 1900 8th Avenue SE, Minot.

These classes are offered free of charge as part of Trinity’s community benefit mission, but registration is typically required. To sign up for classes, go to trinityhealth.org/familybirth_registration or call 701-857-5640.

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 and see valuable information in a relaxed environment. We will also provide information on self-care, infant safety, and what to expect during your delivery. See trinityhealth.org/familybirth_SVS or call 701-857-5380 for a detailed schedule.