Taylor Erdmann, of Newburg, right, works with the dexterity of his left hand, as Danielle Sandstrom, MOT, OTR/L, CHT, a certified hand therapist with Trinity Health, observs. Erdmann suffered neuromuscular damage to his left arm after carbon monoxide poisoning. His work with hand therapy led to major improvement.

Erdmann, who has a neuropathy. "We see anybody who has a type of injury that may not necessarily require surgery, explained Danielle Sandstrom, MOT, OTR/L, CHT, a certified hand therapist with Trinity Health’s occupational therapy department. “We see anybody who has a repetitive strain injury, maybe a fracture, a dislocation in a finger joint, or even a shoulder injury,” Sandstrom said. “We see tendon injuries and repairs, osteoarthritis, sports-related injuries in the upper extremity, rheumatoid arthritis, patients who have burns, and anybody who has a neuropathy.”

Taylor Erdmann of Newburg is one of those patients. In April 2017, he suffered an upper extremity loss when the neuromuscular system in his arm deteriorated after he suffered carbon monoxide poisoning, he was laying on his left arm for 16 hours, during which time, he damaged tendons and nerves.

After a little under a week in the hospital, Erdmann began the therapy process. "I got to start therapy shortly after to get my nerves to wake up and my hand to start working again," he said, noting that from May to December, he attended hand therapy twice a week for hour-long sessions. "Then, I got down to once a week, and then once every two weeks," he added. The length of time that patients participate in hand therapy also varies, depending on the patient’s diagnosis.

"Some patients may come for a one-time appointment to be instructed on a home program, or to be placed in a splint for protection," Sandstrom explained. "Other patients can be scheduled for therapy twice a week for four to eight weeks." On December 21, 2017, Erdmann traveled to the Mayo Clinic and had tendon transfer surgery performed. In February 2018, Erdmann returned to Trinity for hand therapy. "Dani was the lucky one to get my hands working again," he said. "Patients are often referred from a provider, such as an orthopedic or hand surgeon, after surgery or after any type of injury that may not necessarily require surgery, explained Sandstrom added. Therapies can vary, depending on the injury and the patient’s goal. Some examples of treatment methods:

- Exercise
- Joint protection instruction, more for arthritis
- Manual therapy
- Modalities
- Custom splints, basically for post-op or post-injury, for protection
- Scar management
- Sensory reduction
- Training in activities of daily living, with use of assistive devices (such as opening a toothpaste cap, brushing hair, peeling potatoes)
- Wound care
- Desensitization and compression therapy

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Sandstrom did scar massage, as well as an ultrasound for scar management and swelling, with Erdmann in the initial acute phase. Then, during his therapy, Erdmann completed several physical tasks that involved him using his hand. He would take clips, each with different resistances, and put them on a "laundry board." Other exercises helped with his basic range of motion and stretching, including weighted exercises to help with his wrist, forearm, elbow, and shoulder.

Since he started hand therapy, Erdmann has seen major improvement. "My doctor at Mayo who did the surgery said I’m eight to nine months ahead of schedule." In addition to hand therapy which is located at Health Center-West, Erdmann also completes exercises – stretches, at home. "I use my hand as much as possible," he said. Erdmann credits the rest of hand therapy team – Nicole Kutch, OTR/L, CHT, CLT, Amanda Hettler, OTR/L, and Kara Thomas, OTR/L – with also helping with his recovery. "My doctor at Mayo who did the surgery said I’m eight to nine months ahead of schedule." In addition to hand therapy which is located at Health Center-West, Erdmann also completes exercises – stretches, at home. "I use my hand as much as possible," he said. Erdmann credits the rest of hand therapy team – Nicole Kutch, OTR/L, CHT, CLT, Amanda Hettler, OTR/L, and Kara Thomas, OTR/L – with also helping with his recovery. Hand therapy is "working great," he said, noting that he has about one month to go. "I recommend it to anybody. From what I started with to what I’ve got now, it’s pretty awesome."
In memory of
Rhonda & Stephen Zimny
Prace & Patricia Ramsdell
CANCERCARE CENTER

Prace & Patricia Ramsdell
CANCER EXERCISE REHAB
University of North Dakota

United Community Bank
Stonebridge Farms of Minot
Rockstar Real Estate Inc.
Renae & Roger Gjellstad
Pringle & Herigstad, P.C.

People’s State Bank of Velva
North Prairie Rural Water

Norsk Hostfest Association
Masana Portrait Artwork NYC
Market Place Foods
Knowles Jewelry
Kimberly Bloms
I. Keating Furniture World
First Western Bank & Trust
First International Bank & Trust
Edward Jones - Mark Kohlman
Dawn & William Evenson
CliftonLarsonAllen, LLP
Blue Cross Blue Shield -
Ackerman-Estvold

Dee Dee & Terry Kraft
In memory of Cheryl Eshenko
Jeff & Sandee Michalenko
Andrea Ladner
Kathy & Doug Larson
Esther Ruelle
Keith & Brenda Vollmer
Bonnie Holmen
In memory of
In memory of
Linda & Stan Savelkoul
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Summer Programs Offer Fun and Therapy for Special Needs Kids

Trinity Health's Pediatric Therapy is offering several great programs this summer for children with special needs. The groups, geared to children ages toddler to middle school, are designed to promote social interaction and skill building within a fun, motivating environment.

"Groups can be very beneficial for many reasons," said Krystal Butgereit, MOT, OTR/L, a pediatric occupational therapist. "They give children an opportunity to generalize skills learned during individual treatments in a group setting, and to have a peer model to learn from or teach mastered skills to." The following sessions will begin the first week of June and extend through most of the summer:

Learning in Action (Ages 4 to 6) – Improves skills necessary to be successful in a school environment, including social/language, fine motor, visual motor, and visual perceptual skills. Meets Tuesdays, June 5 – August 7.

Self-Regulation (Ages 6 to 9) – Encouraging control of emotions and impulses and by gaining self-regulation (Ages 6 to 9) – Fosters independence by extending through most of the summer:

From or teach mastered skills to.

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Two new programs designed to promote social interaction and skill building within a fun, motivating environment.
Four associates from Trinity Health, including the nominee, received the Eagle Award.

**Al Evon, Director, Trinity Health Foundation**

A visitor to the ICU was with her daughter, a toddler who was getting cranky. It was past her bedtime and she had been crying for a long time. The security guard approached her, the nominator stated. "It was such a wonderful play with a little girl a stuffed animal to the security guard gave the guard approached her, the her bedtime and she had been getting cranky. It was past her daughter, a toddler who was crying. A visitor to the ICU was with her daughter, a toddler who was crying. The security guard gave the child a stuffed animal to play with."

**Teresa Berntson-Hynson, with KeyCare Pharmacy, received the Eagle Award. The nomination form was completed by a customer who appreciated Berntson-Hynson’s assistance during a trip to the pharmacy in November. According to the form, the customer was happy to have her medication refilled. "It was so kind and helpful. She does everything in her power to make sure that your stay is great and easy. The burden of worrying about your loved one is reduced. They need to have someone like Judy in this world." **

**Cody McManigal, Donor Relations Coordinator, Trinity Health Foundation**

A misplaced stuffed animal was found. Cody McManigal, Donor Relations Coordinator, Trinity Health Foundation, received the Eagle Award. The nomination form was completed by a customer who appreciated McManigal’s assistance during a trip to the pharmacy. The customer was happy to have her medication refilled. "It was so kind and helpful. She does everything in her power to make sure that your stay is great and easy. The burden of worrying about your loved one is reduced. They need to have someone like Judy in this world."

The Trinity Health Foundation has a total of four associates who were honored with the Minot Area Chamber of Commerce’s Eagle Award.

**Teresa Berntson-Hynson**

"I thanked the security guard, gesture," the nominator stated. "It was such a wonderful play with a little girl a stuffed animal to the security guard gave the guard approached her, the her bedtime and she had been getting cranky. It was past her daughter, a toddler who was crying. A visitor to the ICU was with her daughter, a toddler who was crying. The security guard gave the child a stuffed animal to play with."

**Al Evon**

"I was here for almost two weeks while my loved one was in the hospital. Having a place to stay right across the hospital is so convenient, but the biggest blessing was the lady who runs the Guest House. She is so kind and helpful. She does everything in her power to make sure that your stay is great and easy. The burden of worrying about your loved one is reduced. They need to have someone like Judy in this world."

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May Happenings

Annual Doc Walk
Dr. Diane Mattern, with Trinity Health’s Sports Medicine department, leads the annual Doc Walk at Oak Park on May 2.

Salute to Seniors
Educational booths about Trinity Regional EyeCare Center, stroke, cardiopulmonary rehabilitation, and Trinity Homes were set up at Salute to Seniors at the Minot Municipal Auditorium on May 8.

Hands on Health
Students from several local elementary schools participated in Hands on Health, an educational workshop that teaches children about several aspects of healthcare careers, from May 7-11.

Healthcare Week Celebration
Trinity Health employees in Minot enjoyed a picnic to celebrate Healthcare week, May 7-11.

Minot FBLA Students Donate to CancerCare Center
Annie Scheeler, a ninth grade student, and Becca Tschetter, Ashlyn Freeman, and Adriana Bakk, tenth grade students and members of the Future Business Leaders of America (FBLA) at Minot High School – Central Campus, donated items to the Trinity CancerCare Center on May 4.

The items, which included mints, lotion, chapstick, socks, hats, and blankets, were donated by students at the school. These items address the different needs that patients at the CancerCare Center face during their treatment, said Shane Jordan, director of the Trinity CancerCare Center, pictured at the far right. “All of these will be wonderfully accepted and appreciated.”

National Nurses Day
Nurses helped make and serve ice cream sundaes to staff on National Nurses Day on May 8.

Trinity Health’s Speaker’s Bureau
Call Trinity Health’s Community Education Department at 857-5099 to check for available dates and topics.
Help Migraines Migrate with Botox®!

Over one billion people in the world, including 36 million living in the United States, have migraines. A migraine, a headache which is usually severe and often limited to one side of the head, is a common condition. It is a primary headache disorder which can occur with or without an aura – that is, the feeling you get when you know a headache is coming: your ears are ringing or light makes you cringe, for example. A migraine patient with aura can experience visual symptoms, including seeing a flash of lights and bright spots in their visual field before they develop a headache.

A headache is one symptom of migraine, explained Bahram Nico, MD, a neurologist with Trinity Health. Other symptoms may include nausea, vomiting, fatigue, irritability, light sensitivity, noise sensitivity, blurry vision, and, in extreme cases, balance problems, weakness, numbness and tingling, and stroke-like symptoms.

“Migraine is a complicated disease,” Dr. Nico said. “A lot happens in the brain, which results in pain and other symptoms. Nerve cells in the brain become sensitive and easily excitable, which results in pain and other symptoms.”

Migraine is usually a hereditary brain abnormality, but it can occur in other settings, including after head trauma. “The family history of migraine headache is by far the most strong indicator of developing migraine in the future,” he explained. However, having the gene does not mean you will have headache. “A combination of genetic predisposition and environmental factors play a role on the pathophysiology of migraine.”

“Triggers like stress, lack of sleep, alcohol, bright light, high, low, sound, and foods that potentially can trigger headaches, such as food containing preservatives like sodium glutamate and nitrate, are also factors. If you believe you have migraine, you should contact your primary care provider.”

Primary care providers will be the first to treat the patient,” Dr. Nico explained. “If headache is happening less frequently, the patient will be provided some medications – such as ibuprofen, Advil™, Aleve™, Immitrex™, and Excedrin™ – to take at the onset of headache in order to treat that. If the patient is having episodic migraine headache every couple of months, then there is no need for preventative therapy. All the patient needs to do is take one of the abortive therapies at the onset of headache.”

However, if headache is happening more frequently or becomes disabling, a patient should be referred to a neurologist, who will recommend preventative therapy. One such preventative therapy is botulinum toxin, or Botox®. While renowned for its use in cosmetic treatment, specifically for the reduction of facial wrinkles, Botox® can also be used for migraine. In 2010, the Food and Drug Administration approved intramuscular Botox® injections for prophylactic treatment of chronic migraine headache.

“Only patients with chronic migraine headache would be qualified for Botox® injection,” Dr. Nico explained. “We have a strict definition for chronic migraine headache. We call it chronic migraine if headache has been going on for more than 15 days per month, at least in the last three months. Headache duration should be more than four hours per day. There should not be any other explanation for headache beside migraine.”

The Botox® reduces the expression of certain pain pathways involved in migraine headache. “Basically, Botox® makes the brain less excitable,” he added.

In order to see if it will work for the patient, Botox® is injected three times. “A one-time injection is not enough,” he said. “The patient will need to get injections every three months.”

Botox® is mixed with a preservative-free normal saline and with a very tiny needle, a few units are injected into the muscles around the forehead, above the eyes, in the temporal area, the back of the head, the neck, and the shoulders. While Botox® does not eliminate the headache completely, Nico explained that it can reduce the headache frequency and intensity significantly.

“You still need to avoid triggering factors,” he added. “Try to sleep on time and avoid sleep deprivation or sleeping longer than usual. You need to eat on time and avoid foods that potentially can trigger headaches, such as food containing preservatives like sodium glutamate and nitrate.”

Trinity Health’s neurology department includes Bahram Nico, MD, Rosina Medel, MD, and Mary Sadler, FNP-C. Their office is located at Health Center – East, Suite 303, 203 Burdick Expressway West. For appointments or consultations, call 857-5421.
Germ-Fighting Robots Enhance Infection Control

A germ-fighting robot that uses ultraviolet light to sanitize rooms at Trinity Hospital is giving a boost to the hospital’s infection control program.

Trinity Health deployed two Xenex LightStrike® Germ-Zapping Robots® two years ago as part of its ongoing efforts to reduce the risk of healthcare-associated infections (HAI) – infections that patients acquire while receiving treatment in a hospital, such as Methicillin-resistant Staphylococcus aureus (MRSA), Vancomycin-resistant enterococci (VRE), and Clostridium difficile (C. diff).

Sue Niebuhr, coordinator of Trinity Health’s Infection Prevention and Control program, says an analysis of data from the first year of using the robots shows that HAI infection rates declined by almost half.

“We experienced an average 47 percent reduction in HAI after adding UV disinfection to our cleaning protocols,” Niebuhr said. “MRSA infections were down by 39 percent. These results are in line with what other hospitals around the country have experienced and other research studies have indicated.”

The Xenex robotic system is able to disinfect surfaces in just five minutes using germicidal UV-C light, which is hundreds of times more intense than sunlight. The system has been shown to be extremely effective in eliminating viruses, bacteria, and other pathogens on surfaces that could pose a health risk to patients.

“We’re constantly looking for ways to enhance our infection control efforts. These early results are encouraging and we look forward to continued improvements in the future.” Niebuhr said.

Patient safety is always our first priority,” Niebuhr said. “We’re constantly looking for ways to enhance our infection control efforts. These early results are encouraging and we look forward to continued improvements in the future.”

The Centers for Disease Control and Prevention has urged healthcare providers to intensify their efforts in the fight against multi-drug-resistant organisms. Trinity Health was already following best practices recommended by the CDC for curbing infections. However, with funds made available by the Trinity Health Foundation, the hospital decided to add the Xenex system to its routine cleaning procedures as an extra measure of protection.

Behavorial Health Specialist Joins Trinity Community Clinic – Western Dakota

Debra Lukenbill, PMHCNS-BC, a board certified clinical nurse specialist in psychiatry and mental health, has joined Trinity Community Clinic – Western Dakota, in Williston.

Debra provides client-centered care to help people manage the full range of mental health problems, with holistic treatment options that include pharmacological intervention, lifestyle changes, and psychotherapy. A member of the American Psychiatric Nurses Association, Debra earned a Bachelor of Science in Nursing from the University of North Dakota, Grand Forks, and returned to UND to complete a master's degree in Family Nurse Practice. She received a post-graduate certificate in Psychiatric and Mental Health Nursing from the University of Minnesota, Minneapolis/St. Paul. She has practiced in the mental health field in Williston since 2001.

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A lifelong Williston resident, Debra and her husband have two children, four grandchildren, and a great-grandchild. For appointments or further information, call 857-5099 or (800) 707-1546.

Nationally approved, medically accurate training program designed for 11 years old and older.

Safe Sitter® teaches adolescent babysitters how to handle crises, how to keep their charges secure, and how to nurture and guide a young child. Safe Sitter® babysitters help children stay safe and sound while their parents are away.

Safe Sitter® babesitters help children stay safe and sound while their parents are away. During this one-day course, students listen, practice, role-play — and learn an array of topics including: • Choking and rescue breathing • Safety for the sitter • The business of babysitting • Accident management • Child development • CPR

2018 Summer Class Schedule

May 30 • June 7 • June 13 • June 19 • June 28

July 10 • July 12 • July 19 • July 30 • August 2 • August 9

Please call 857-5099 to register.

All classes are held 8:30 am-3:30 pm

Health Center – Riverside, Education Center, 1900 8th Avenue SE

Due to the high demand for this class, the course fee of $50 must be paid in advance. Please register by calling the Trinity Health Community Education Department at 857-5099 and then mail your check (payable to Trinity Health) to Trinity Health Community Education, P.O. Box 5020, Minot, ND 58702.

Payment must be received in advance to confirm your participation in the course.

FirstCare Walk-In Clinic

Health Center – Medical Arts, Minot • No Appointments Necessary

First Care Walk-In Clinic
**Trinity Staff Recognized**

The DAISY Foundation was established in 1999 by the family of J. Patrick Barnes who died of complications of the auto-immune disease Idiopathic Thrombocytopenia Purpura (ITP) at the age of 33. DAISY is an acronym for “Diseases Attacking the Immune System.” During Patrick’s eight-week hospitalization, his family was awestruck by the care and compassion his nurses provided not only to Pat but to everyone in his family. So one of the goals they set in creating a Foundation in Pat’s memory was to recognize extraordinary nurses everywhere who make an enormous difference in the lives of so many people by the super-human work they do every day. The DAISY Award is an international program that rewards and celebrates the extraordinary clinical skill and compassionate care given by nurses every day Trinity Health is proud to be a DAISY Award Partner, recognizing one of our nurses with this special honor each month. Nominations can be made at: http://trinityhealth.org/nursing_daisy.

The BEE Award, which stands for Be Extraordinary Everyday, is for non-nursing clinical staff team members. Anyone can nominate a deserving staff member by filling out the form, which can be found at any reception area.

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**Calendar of Events**

- **June 12** ............Trinity Community Clinic – Mohall, 756-6841
- **June 14** ............St. Luke’s Hospital-Crosby, 965-6349
- **June 19** ............Kenmare Community Hospital, 385-4296
- **June 28** ............Mountrail County Medical Center-Stanley, 628-2505

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**Prepared Childbirth Classes**

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

**SATURDAYS**

- June 2, July 14, August 4, September 8, and October 6

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**Breastfeeding Basics**

Offered by Lauren Klein, RN, BSN. Meets from 7-9 p.m., Health Center – Riverside Education Center, 1900 8th Avenue SE, Minot.

**Mobile Mammogram Schedule**

- June 12 ............Trinity Community Clinic – Mohall, 756-6841
- June 14 ............St. Luke’s Hospital-Crosby, 965-6349
- June 19 ............Kenmare Community Hospital, 385-4296
- June 24 ............Tioga Clinic, 663-3368

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**Family Birth Center Tours**

Expectant mothers are invited to attend a formal group tour of the birthing center with a nurse who works there to assist me.

**Health Checks Now Available**

Potentially life-saving screenings don’t have to be difficult or costly. Trinity Health offers you several health checks for a modest fee:

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

All screenings are performed by licensed technologists using advanced imaging technology. Board-certified radiologists and technologists read all tests.

Please call 857-3220 for an appointment Mon.-Fri.

For more information, contact http://trinityhealth.org/radiology_screening

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**Community News**

- **DAISY Winner**
  - Tamra Innis, RN
  - Cardiology
  - Tamera went out and above the duties as not only a nurse, but also as a person. There was an elderly lady that was found to be outside this winter without shoes (in sandals) when it was freezing and snow-covered. Tamera helped this woman down in first care (not her area to work) and selflessly gave the shoes off her very own feet to this woman. No hesitation or thanks wanted. And they were brand new. It is selfless acts such as these that makes someone the epitome of what we look for at Trinity Health. Tamera is positive, caring, and clearly always willing to go more than the extra miles. Way to go! We are so lucky to have her.

- **BEE Winner**
  - Jeanne Holter, OTA
  - Family Medicine
  - “Jeanne – the lovely lady who assisted me at check-in. What a pleasant experience so early in the AM. Professional, courteous, and caring. I wish everyone did their jobs with pride. I don’t always give compliments but you have to shout from the rooftop to give credit when it is deserved. Thanks you for being there to assist me.”