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Understanding Mammogram Guidelines

When is a good time to get a mammogram?

When you are 40? Or is it 50? And what if you have a family history?



Heidi Grondahl, WHNP

Earlier this year, The American College of Physicians (ACP) issued new breast cancer screening guidelines for average-risk women under the age of 50 with no symptoms of breast cancer.

The recommendations, which were printed in the *Annals of Internal Medicine* in April, said that at the age of 40, women should speak with their primary healthcare provider about the benefits, harms, and personal preferences of screenings. Mammogram screenings should otherwise start at the age of 50 and annually up to the age of 74.

The ACP noted that women at a higher risk of breast cancer or anyone with prior abnormal screening results should get screened before the age of 50.

However, the American College of Radiology (ACR) and Society of Breast Imaging (SBI) disagree, saying in a statement that these recommendations “may result in up to 10,000 additional, and unnecessary, breast cancer deaths in the United States each year.” The recommendations could also likely result in “thousands more women enduring extensive surgery, mastectomies, and chemotherapy for advanced cancers.”

“It seems like when you just get it figured out how often you need to return for a mammogram or a pap smear, they go ahead and change the rules,” said Heidi Grondahl, WHNP, a member of the Family Medicine team at Trinity Community Clinic – Western Dakota, in Williston. “Nowhere is this more prevalent than in screening guidelines; and there are many – one for each body part, it seems.”

The decision on when to get a mammogram should be made following a discussion between the patient and their healthcare provider, she said, adding that the need for a mammogram is somewhat individualized. “While we have guidelines, there are personal factors that we must consider as well in deciding when to start, finish, and how often we are doing screening.”

At the same time, she understands the concern about getting a mammogram too early because “you can over-intervene, and that can be harmful.” Mammograms may be harder to read if you are pre-menopausal, as breast tissue tends to be far denser, “and the tests aren’t as accurate,” she added.

According to the Centers for Disease Control and Prevention (CDC), screenings carry the risk of false positive tests, which can lead to more tests, thus more of an expense, not to mention the invasiveness, time, and/or anxiety.

With the balance of the harm versus the help of frequent mammograms, the topic “becomes more an of emotional argument,” Grondahl said.

However, certain risk factors – having a significant family history of certain cancers (breast and ovarian) – would understandably lead to a person getting screened earlier.

Overall, Grondahl suggested seeing your provider for a yearly health maintenance exam. “This is the best time to talk about the screenings you are due for and it is one exam that most insurances pay in full, without additional cost to you.”

To schedule a mammogram, please call Trinity Health’s Breast Imaging Center scheduling line at 701-857-2640; for mammogram services at Trinity Community Clinic – Western Dakota, in Williston, call 701-774-0810. Referrals are not needed for mammograms.



Flu Shots Available

Flu shots will be available at Trinity Health starting mid-October.

Clinics for these shots will be available at several locations within Trinity Health, including FirstCare Walk-In Clinic and Trinity’s Pediatric department, both located at Health Center – Medical Arts; Trinity Health South Ridge; Health Center – Town & Country, Ste 104; your primary care provider’s office; and Trinity Health’s rural clinics. In addition, pediatric flu shot clinics will be held October 26, November 9, November 23, and December 14, from 9:00 a.m. to 2:00 p.m., in Pediatrics at Health Center – Medical Arts, 3rd floor.

The best way to prevent flu is through annual vaccinations. These vaccinations, which should be received by everyone six months of age or older, can reduce flu illnesses, doctor visits, and missed work and school, as well as prevent flu-related hospitalizations.

Those who are at high risk from flu include people 65 years and older; people of any age with certain chronic medical conditions, such as asthma, diabetes, or heart disease; pregnant women; and children younger than five years, but especially those younger than two years old, the Centers for Disease Control and Prevention said. For those 65 and older, a high dose flu vaccine is available. Terry Altringer, Pharm.D., Supervisor of Pharmacy Clinical Services at Trinity Health, noted that a supply of nasal spray flu vaccine (i.e. Flumist) will be available for patients who have an aversion to needles.

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Hearing Loss on the Rise



The statistics are shocking. More than half of the 36 million Americans with hearing loss are under the age of 65 – over four times the population of New York City.

Hearing loss is an increasing health concern that is often preventable. In response to the growing number of Americans experiencing hearing loss, the American Academy of Audiology established October as National Audiology Awareness Month.

“Hearing loss can be caused by exposure to loud noises, ear infections, trauma, ear disease, harm to the inner ear and ear drum, illness or certain medications, cardiovascular disease, diabetes, or deterioration due to the normal aging process,” explained Tricia Nechodom, AuD, PASC, a clinical audiologist with Trinity Health. The amount of noise Americans are exposed to today plays an important role in the recent increase of hearing loss across the nation. It is no longer just a health concern for seniors.

Taking time to see an audiologist for regular hearing screenings, as well as knowing the signs of hearing loss, can protect your hearing. National Audiology Month is a perfect time to make an appointment with an audiologist.

Signs of Hearing Loss

Have you stopped going to restaurants and social gatherings? Do you keep to yourself when in noisy environments? If you answered yes, you may have a hearing problem.

Some telling signs of hearing loss are:

- Trouble hearing conversation in a noisy environment such as restaurants

- Difficulty or inability to hear people talking to you without looking at them
- A constant pain or ringing in your ears

On average, most Americans don't know how to recognize the first signs of hearing loss or which health professional is qualified to diagnose and treat the condition. If you think

you may have a hearing loss, you should see an audiologist, a licensed and clinically experienced health-care professional who specializes in evaluating, diagnosing, and treating people with hearing loss and balance disorders.

The first step in treatment of a hearing problem is a hearing evaluation, which will determine the degree of hearing loss and what can be done. Although most hearing loss is permanent, an audiologist can determine the best treatment, which may include hearing aids, assistive listening devices, and hearing rehabilitation.

Trinity Health's audiologists have a variety of specialties to include, but not limited to:

- Hearing evaluations
- Hearing aids and assistive listening devices
- Cochlear implant services
- Communication needs assessments with speech-in-noise testing
- Balance testing

Trinity Health Audiology includes: Kylie Harris, AuD, CCC-A; Jerrica Maxson, AuD, CCC-A; and Tricia Nechodom, AuD, PASC. They are based at Health Center – West, 101 3rd Ave SW, Suite 203, Minot. Please call 701-857-5986 for

appointments or consultations.

For more information, visit: www.trinityhealth.org/services/ear-nose-throat/audiology.



Tricia Nechodom, AuD, PASC



Jerrica Maxson, AuD, CCC-A



Kylie Harris, AuD, CCC-A

'Drugs and Genes' Event Updates Community on Individualized Medicine

Individualized medicine, the concept of tailoring medical care to a patient's genetic makeup, will be the focus of a community education event October 1 at 7:00 p.m. at Health Center – Riverside, 1900 8th Ave SE, Minot.

Experts from the Mayo Clinic Center for Individualized Medicine will present “Individualized Medicine: Drugs and Genes,” an update on how individualized medicine is benefitting patients with better diagnoses, earlier interventions, and more effective drug therapies.

Trinity Health, a member of the Mayo Clinic Care Network, is hosting the event, which is free and open to the public. Refreshments will be served. Registration is not required but preferred by calling Trinity's Community Education Department at 701-857-5099.

As a member of the Mayo Clinic Care Network, Trinity Health has special access to Mayo Clinic expertise, and our physicians can consult directly with Mayo specialists when they feel it would benefit the patient. Other benefits include Health Care Consulting, patient education materials, and the opportunity to host community events featuring Mayo Clinic experts.

“We're excited to bring this event to the community to explore what is one of the most promising fields in healthcare today,” said Trinity Health President/CEO of John M. Kutch. “Individualized medicine has the potential to transform the way we deliver care and is already having an impact on the types of therapies we provide.”

Scheduled to speak are Eric Matey, PharmD, RPh BCACP, and Tammy McAllister of the Mayo Clinic Center for Individualized Medicine, which has been at the forefront of efforts to translate genomics-based research into clinical practice.

McAllister will present an overview of individualized medicine and Dr. Matey will discuss pharmacogenomics and how it is changing the “one-size-fits-all” approach to drug treatment.

“Pharmacogenomics is a valuable tool in conjunction with other clinical assessment, that lets providers predict, based on an individual's genomic blueprint, which medications might be effective, and which are likely to produce an adverse reaction,” Dr. Matey said. “In general, the goal of individualized medicine is to improve the effectiveness of medications and decrease what I call the trial-and-error approach.”

Pharmacogenomics, according to Matey, is already being used in multiple specialties as well as in primary care settings, with applications available for pain management, mental health, cardiology, urology, and transplant medicine.

A graduate of the Howard University School of Pharmacy, Dr. Matey has been a member of the Mayo Clinic pharmacy staff since 2004. He's been instrumental in the implementation of a pharmacogenomics consult service at Mayo Clinic and is the pharmacogenomic residency program director for the Mayo Clinic program. As one of three pharmacogenomics pharmacists, he consults with patients and collaborates with providers to improve patients' medication experience. He's also involved in a number of pharmacogenomic practice improvement pilots with various departments at Mayo Clinic to assess the utility of pharmacogenomics testing in various patient populations.

A Mayo Clinic associate for seven years, McAllister serves as operations administrator within the Mayo Clinic Department of Clinical Genomics and the Center for Individualized Medicine. She oversees the Center's translational programs and education program, with a primary responsibility of assisting in the integration of genomic medicine into the Mayo practice. She holds a master's degree in Health and Human Services Management from St. Mary's University of Minnesota.

Visit our website at trinityhealth.org

Trinity Health Speaker's Bureau

Call Community Education at **701-857-5099**
to check for available dates and topics.



HealthTalk

Marketing Department
Trinity Hospital – St. Joseph's
407 3rd St SE
Minot, ND 58701
Toll free in ND: 800-247-1316

Visit our website:
trinityhealth.org
Join us on Facebook:
facebook.com/TrinityHealth.ND

Pharmacy App Assists with Refills

Ordering a refill of your prescription doesn't have to be a hard task – and now, it is even easier, as easy as pushing a button.

Through the My Community Pharmacy app, KeyCare Pharmacy and B&B Northwest Pharmacy patients can easily request refills for their prescriptions or a prescription transfer from another pharmacy, explained Loralee Feininger, Pharm.D., RPH, charge pharmacist at KeyCare Pharmacy, one of Trinity Health's two retail pharmacies. "It is a way for patients to ask us to fill a medication electronically, rather than waiting on hold via a phone call."

The app is available for patients who utilize KeyCare Pharmacy, located on the second floor at Health Center – Medical Arts, 400 Burdick Expy E, Minot, and B&B Northwest Pharmacy, located on the first floor at Health Center – East, 20 Burdick Expy E, Minot.

Instructions on how to download the app can be found at www.keycarepharmacy.com and www.bbnwpharmacy.com. Once the app is downloaded, patients add their medications to their log. When a patient needs a refill, they select the appropriate medications and push a button to send a message to the pharmacy. These refill requests go into a queue for pharmacy staff, Feininger explained. "We can tell where the refill request is coming from, and the pharmacy takes appropriate action from there." (Feininger not only speaks as charge pharmacist,

Refill Your Prescriptions Anywhere, Anytime

- 1 Download Our Free Mobile App**
Search for My Community Pharmacy in the App Store or on Google Play (Publisher: Cardinal Health)
- 2 Keycare Pharmacy**
Simply enter your zip code to find us
- 3 Refill Anytime**
Submit a refill quickly and easily

KeyCare Pharmacy
400 Burdick Expressway East
Minot ND 58701 • 701-857-7900

TRINITY HEALTH

Flu Shots Available

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The flu season can start as early as October. Since the flu shot takes about two weeks to activate, it is a good idea to get your flu shot sooner rather than later, Altringer advised.

"Make plans to get vaccinated early in fall, before flu season begins," the Centers for Disease Control and Prevention said on their website. The CDC recommends that people get their flu vaccinations by the end of October. "Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout flu season, even into January or later."

Flu season is common during the autumn and winter months, with activity beginning to increase in October and November, peaking between December and February, and ending as late as May. Last year, the flu season was the longest in 10 years, according to the CDC; activity began to increase in November, peaked in mid-February, and returned to normal by mid-April.

According to the North Dakota Department of Health, there were no reported cases of influenza, as of mid-September. Between 531,000 and 647,000 people were hospitalized due to influenza in the United States during the 2018-19 flu season, the state department said.

On a week-by-week case list, the number of laboratory-identified influenza cases began to spike toward the end of December and the beginning of January, with cases increasing heavily by February.

In North Dakota, Ward, Burleigh, and Cass counties reported the highest number of cases.

For more information on flu, as well as the availability of when and where flu shots are available at Trinity Health, visit trinityhealth.org/influenza.

Flu Shots Available*

- **FirstCare Walk-In Clinic, Health Center – Medical Arts**, 400 Burdick Expy, Minot; Monday - Friday 8:00 a.m.-6:00 p.m., Saturday and Sunday 9:00 a.m.-5:00 p.m.
- **Trinity Health South Ridge**, 1500 24th Ave SW, Minot; Monday-Thursday 9:00 a.m. - 4:00 p.m. Friday 9:00 a.m.-12:00 p.m.
- **Health Center – Town & Country**, Ste 104, , 831 S Broadway, Minot; Monday-Friday 9:00 a.m.-4:00 p.m.
- **Pediatrics, Health Center – Medical Arts**, 3rd floor, 400 Burdick Expy, Minot; Monday - Friday 8:00 a.m. - 4:00 p.m.
- **Your Primary Care Provider's Office**
- **Trinity Health Rural Clinics**

* Children under 3 years of age should see their pediatrician. We bill all verified insurances. Please bring a copy of your insurance card. \$55.00 for regular dosage, \$80.00 for high-dose vaccine, \$80.00 for FluMist (nasal inhalation).

but also as a patient. "I use the app myself to know how it works."

Additionally, patients for the two pharmacies may also sign up at the pharmacy for notification that a prescription is ready, via text messaging, e-mail, and/or an automated phone call.

Often, patients are unaware when exactly prescribers send prescriptions to the pharmacy, so "sending out a message alerts the patient that their medication is ready for pick-up," Feininger said. "It's better communication all around, especially when they know medication is here waiting."

The messages are non-descript, with a general "your prescription is ready" message, to avoid HIPAA violations, Feininger said.

Signing up for the messaging feature also allows the pharmacy to message the patient that certain maintenance medications are due to refill. "This can be a great reminder to keep on track and not run short of medication," she said.

Patients can also opt out of using the app and/or messaging feature if they do not like it. "I encourage people to try, both the app and the messaging," Feininger said. "I think both are actually really great. We've had positive feedback. Many people like the option of electronic communication to save time. Please talk with staff from our pharmacies for details."

Eagle Award

Krista Talley, RN, a nurse with Trinity Health, and Joel Woodruff, MD, of the University of North Dakota School of Medicine – Minot and a resident physician at Trinity Health, received the Minot Area Chamber of Commerce's Eagle Award for Excellent Customer Service in August. They were nominated by the same patient for providing wonderful care.



Krista Talley, RN



Joel Woodruff, MD



Tough Enough To Wear Pink

Jeff Bliss, left, with The Zoo, talks to Badie Alakech, MD, a pathologist with Trinity Health, about the role pathology plays in cancer care, during the Tough Enough to Wear Pink remote on September 5.

Radiation Therapist Receives National Award



Tanya Burke, BSRT(R)(T), a radiation therapist at the Trinity CancerCare Center, has become the first radiation therapist in the United States to receive a prestigious award. Beekley Medical, a Connecticut-based manufacturer of medical devices, presented Tanya with its 2019 RT Empower Award in a ceremony August 21 at the CancerCare Center.

Beekley Medical established its Empower Award as a national initiative to recognize professionals in various cancer care disciplines for their efforts to improve care for patients and their families. This is the first year the award has been presented to a radiation therapist.

RaNelle O’Keeffe, BSRT(R)(T), Radiation Oncology Manager at the CancerCare Center, nominated Tanya, praising her for her community involvement and leadership in implementing new technologies that the center has acquired in past years, including the TrueBeam linear accelerator and Vision RT guidance system.

“Her focus has always been on the patient,” O’Keeffe said. “Tanya provides the daily support cancer patients need. She’s been involved in many community activities – giving presentations at local high schools and participating in fundraisers. She deserves the Empower Award because she has been committed to our cancer care and the community for 20 years.”

Queenee Alcedo, a senior account manager with Beekley Medical, presented the award, describing Tanya as an unsung hero who embodies their mission to provide the best in patient care.

In accepting the honor, Tanya used the occasion to celebrate her colleagues and patients. “Their courage inspires us,” she said. “Because of them, we’re motivated to make sure they have the best possible outcome.”

Programs Available for Cancer Patients



At the Trinity CancerCare Center, programs are available for patients during and following treatment.

Through the CancerCare Center’s Survivorship Program, patients are given the opportunity to recover, physically and emotionally, while receiving treatment or post-treatment.

“I feel that the groups are very beneficial to our patients as it allows them to express their emotions and thoughts regarding their diagnosis and treatment in various ways besides traditional talk-therapy groups,” explained Cassandra Hemphill, LMSW, an oncology social worker at the Trinity CancerCare Center.

- **Look Good, Feel Better** – This program provides a hands-on workshop to help cancer patients manage appearance-related side effects of cancer treatment. “A lot of times, we have patients who struggle with ‘how do I deal with losing my eyelashes or eyebrows,’ and they’ll teach how to manage those losses,” Hemphill said, remarking on how patients can lose hair due to treatment options such as chemotherapy. The program is open to women age 18 or older who are currently undergoing cancer treatment, are about to undergo cancer treatment, or recently completed cancer treatment.

- **Yoga** – A “gentle yoga session” for cancer patients and their family members is available at the CancerCare Center. The sessions are an hour long and led by certified yoga instructors, Hemphill said. “No experience is needed, and we provide a yoga mat if you don’t have one of your own.”

- **Painting Through the Pain** – This program offers five weeks of art therapy for cancer patients. Studies have shown that art therapy can provide a form of emotional support and a means of communicating difficult feelings about a patient’s cancer experience. The artwork done by the patients is hung in the hallway at the CancerCare Center for other patients and families to view.

- **Writing Through Cancer** – Similar to the art therapy group, a journaling program is available for cancer patients. No writing experience is necessary, Hemphill said. This program starts in October.

All programs are available to cancer patients free of charge, thanks to funding from the Trinity Health Foundation. For more information, or to RSVP, please contact Cassandra Hemphill at the Trinity CancerCare Center by calling 701-857-2829.

Trinity Health Introduces Neil Arya, MD

Trinity Health is pleased to announce the introduction of Neil Arya, MD, a member of our Emergency Medicine team.

Dr. Arya provides immediate care to people with emergent and life-threatening illnesses and injuries, including heart attack and stroke.

Originally from Montreal, Quebec, Canada, Dr. Arya earned his Doctor of Medicine degree from Avalon University School of Medicine in Netherland Antilles. He completed his residency in Family Medicine at the University of North Dakota Center for Family Medicine in Minot and following residency training did a year-long fellowship in Emergency Medicine at Baptist Health Hospital, Fort Smith, AR.

His experience includes volunteer service tutoring students and coordinating activities for developmentally challenged children.

Dr. Arya is based at Trinity Hospital, 1 Burdick Expy W, Minot.



Neil Arya, MD

**3D mammogram today.
Enjoy more tomorrows.**

Schedule yours. Call 701-857-2640.

One woman in eight will be diagnosed with breast cancer in her lifetime. At Trinity Health, we’re making more possible to ensure more women are survivors. Our 3D mammography screenings are the very latest in detecting cancer earlier while delivering a more comfortable experience. Whether you have a family history or not, having a mammogram can save your life.

To schedule your 3D mammogram, call 701-857-2640.
Learn more at trinityhealth.org/screenings.

MAKING MORE POSSIBLE



Prescription Refill

B&B Northwest Pharmacy 701-838-2213

KeyCare Pharmacy 701-857-7900

Fuel the Fight

The second annual Fuel the Fight event will take place at the Dakota Square Arco (formerly Tesoro), 1520 24th Ave SW, Minot, on Friday, October 11.

This event, which helps assist patients with the cost of transportation to and from oncology treatments at Trinity CancerCare Center, will take place all day during store hours, 6:00 a.m. to 11:00 p.m., explained Al Evon, director of the Trinity Health Foundation, which will be hosting the event.

During store hours that day, a customer who purchases eight gallons of gas or more can enter the drawing for prizes, including the grand prize of \$50 in gas per week for 52 weeks, a value of \$2,600. Other prizes include Flower Central's flower of the month for a year; Bottineau Winter Park package; four tickets to the Women's Business Summit; pillows donated by Conlin's Furniture; and an autographed photo of a Minnesota Timberwolves player.

There will also be a silent auction, a dunk tank, and more. Arco is also donating a portion of their sales for the day.

Patients from 19 counties travel to the CancerCare center, with 7 percent of patients traveling 200 miles or more round trip for treatment at the CancerCare Center, according to a survey of patients.

"Considering our large rural service area, it is not uncommon for patients to travel more than 100 miles round trip for their cancer treatment," Evon said. "The survey found that the cost of transportation was a barrier for them to get their treatment."

According to this same survey, 57 percent of patients travel 50 miles or less; 7 percent travel 51 to 100 miles; 11 percent travel 151 to 200 miles; and 18 percent travel 101 to 150 miles, all round-trip distances.

To help oncology patients overcome travel cost as a potential barrier to receive treatment, Trinity Health Foundation offers gas vouchers for patients. "This month, we've assisted patients with \$2,500 in gas vouchers," Evon said. "We averaged \$1,000 a month in fuel voucher assistance in 2018. This year, we're projecting an average of \$1,500 a month."



Silent Auction Items

The silent auction will run from 11:00 a.m. to 7:00 p.m., and will include the following items:

- Traeger Grill, provided by Scheels
- Remote started kit, provided by the Stereo Shop
- Four tickets to the Detroit Lions v. Minnesota Vikings game, at the U.S. Bank Stadium (Section 118, Row 40, Seats 16-19), provided by Coca Cola
- Autographed Jan Stenerud Football
- Signed and numbered replica of Rogue 1 Death Trooper Helmet
- Art print, provided by Bill Bren



Germ Zapping Robots Keeping Up the Good Work

Trinity Health has seen a 43 percent reduction in infection rates, with the assistance of the Xenex Germ Zapping Robots since their implementation in April 2016.

In all, a total of 94 infections, including C. Difficile, MRSA, and VRE, have been avoided in the past three years.

The Xenex Disinfection System disinfects surfaces using ultraviolet light hundreds of times more intense than sunlight. Once a room is cleaned, a member of the Environmental Services staff brings the robot into the room, begins the automated sequence, and then leaves the room. The robot then uses the ultraviolet light to destroy bacteria and other pathogens in a matter of minutes.

By no means does the robot substitute the work of the hospital's Environmental Services staff, who help to keep the hospital clean and safe. Instead, the use of the robots has helped maintain the standards of disinfection.

"Housekeeping has to do their cleaning and disinfection," explained Sue Niebuhr, RN, coordinator of Trinity Health's Infection Prevention and Control department, noting that the robot would not be able to obliterate the bacteria without staff diligence. "This is just another layer of protection for patients."

The hospital strives to maintain its 100 percent goal of disinfecting Intensive Care Unit and Progressive Care Unit rooms following the discharge or transfer of a patient, Niebuhr explained. "If there's a patient in a room in ICU and they are transferred to the floor, we clean the room and then run the robot in that room. Every time a patient is discharged or transferred out of ICU, we use the robots in those rooms."

The robots are also used on the medical and surgical floors at Trinity Hospital, she added. "Anytime somebody is discharged and has a multi-drug resistant organism and they were in that room, we clean those rooms and run the robots."

A multi-drug resistant organism can be difficult to treat, due to limited choices of antibiotics available, hence the importance of the robots, Niebuhr said. "We don't want to spread those organisms to additional patients."

The Xenex Germ Zapping Robots were brought to Trinity Hospital with funds made available by the Trinity Health Foundation, in order to offer an extra measure of protection of the hospital's routine cleaning procedures.

Family Birth Center Launches Breastfeeding Program

Trinity Health used National Breastfeeding Month to announce a new program aimed at promoting breastfeeding success among moms who give birth at Trinity Hospital.

Trinity Health's Family Birth Center has implemented an inpatient lactation program with an expanded lactation team that will provide education and support to help new mothers become more comfortable with breastfeeding.

"We've developed a formalized inpatient lactation program for our newly delivered moms and their breastfeeding infants," said Sascha Demory, CBC, a Certified Breastfeeding Counselor and Nurse Educator with Trinity Health. "A designated nurse who is certified in lactation management and training will visit breastfeeding families during their stay to support a strong start to the breastfeeding relationships."

Demory noted that a strong start to breastfeeding gives women the tools they need to establish a robust milk supply and to experience a sense of empowerment, so they may continue nourishing their baby with the milk their body has created. "It's so amazing," she declared.

The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months of a baby's life, and continued breastfeeding until

12 months in addition to other food. Studies show that breastfeeding provides children with a healthier start to life, with reduced risk of infections and other diseases such as diabetes and obesity later in life.

The 2019 Theme for National Breastfeeding Month from the United States Breastfeeding Committee is "Support Changes Everything," reflecting the reality that families, friends, communities, clinicians, healthcare leaders, employers, researchers, and policymakers all play an important role in supporting breastfeeding families.



Sascha Demory, CBC, left, a Certified Breastfeeding Counselor and Nurse Educator with Trinity Health, talks about National Breastfeeding Month on the Trinity Hospital Skyway on August 20.



**Trinity Hospital
Gift Shop**
Flowers and Gifts
701-857-5205

National Physical Therapy Month

October is National Physical Therapy Month and Trinity Health is recognizing the importance of the profession and raising awareness of the benefits of the profession.

Physical therapists graduate with doctorate degrees and are experts in the musculoskeletal system and movement. They optimize quality of life through prescribed exercise, hands-on care, and patient education. The American Physical Therapy Association (APTA) is urging people to choose therapy for improving mobility, managing pain, and recovering from injury as an alternative to opioids or surgeries.

Physical therapy has evolved to include specialties in vestibular and balance, hand therapy, incontinence and pelvic pain, lymphedema, pediatrics, and manual techniques such as dry needling and manipulations – all services offered at Trinity Health’s outpatient clinic.

The APTA is also placing an emphasis on fall prevention in the profession. One in four older adults fall each year and there are preventative measures that can be taken. Physical therapists are trained to assess fall risk, improve home safety, and provide safe exercises and balance training. “In order to improve balance, you have to challenge your balance,” said Jessica Fossen, DPT, a physical therapist at Trinity Health. “Often people who experience a fall develop a fear of falling and this spirals into decreasing activity which leads to more weakness and worsening balance and an even higher risk of falling. Unless these individuals do something, the cycle will continue, and a fall becomes inevitable.”

Physical therapists at Trinity Health also assess a patient’s mobility to ensure a safe return home after a hospitalization or need for further therapy after leaving the hospital. The field of physical therapy continues to grow with more than 209,000 therapists currently practicing in the United States. Physical therapists help decrease pain, increase strength, and improve mobility and independence and play an important role in wellness and aging.

Talk with your primary healthcare provider if you believe you could benefit from physical therapy services. Trinity Health Physical Therapy includes inpatient physical therapy, where physical therapists work with patients of all ages in the hospital, outpatient physical therapy, and pediatric therapy for patients up to the age of 21.

For more information on Trinity Health Physical Therapy department, visit: <https://www.trinityhealth.org/services/rehabilitation-and-therapy/physical-therapy/>, or call 701-857-5286.

Golf for Life Raises \$30,000



On August 19, the Trinity Health Foundation held its 7th Annual Golf for Life Men’s Golf Tournament to support CancerCare Center patients. The tournament, which was held at the Souris Valley Golf Course, was very competitive. The first-place team shot a 56, second-place shot a 57, and third-place shot a 58. This year’s event raised \$30,000.

Event participants were treated to a breakfast of donuts provided by Bearscat Bakehouse, coffee provided by Classic Rock Coffee, lunch catered by LBJ Texas Barbecue, and dinner provided by Dickey’s Barbecue Pit.

Team prizes were awarded to: CliftonLarsonAllen (S. Jordan, J. Heilman, J. Hanson, and C. Anderson), first place; Presort Plus (K. Nordmeyer, A. Zorn, M. Jangula, and J. Davis), second place; Paradiso Mexican Restaurant (R. Cook, R. Bye, S. Fundingsland, and J. Zimmerman), third place; and Dickey’s Barbecue Pit (A. Lee, D. Forthun, B. Eder, and C. Frank), last place. Individual prizes were awarded to Rolan Bye for straightest drive, Kyle Nordmeyer for closest to the pin, and Michael Waite for longest putt.

The Trinity Health Foundation is grateful to the many sponsors and participants who made our Golf for Life Tournament a great success. Many patients will benefit from the funds that were raised as lives will be saved, people will be healed, and families will have hope.

The Foundation would like to thank and recognize the following for their

assistance with the Golf for Life Men’s Golf Tournament: First International Bank & Trust, T-Shirt Sponsor (\$3,750); Dickey’s Barbecue Pit, Towel Sponsor (\$2,750); CliftonLarsonAllen, Water Bottle Sponsor (\$2,750); Healthcare Claims Management, Bag Tag Sponsor (\$1,750); Morelli’s Distributing, Inc., Vaaler Insurance/HGIS & Covery’s, Green & Tee Sponsor (\$1,500); Braun Intertec, Dakota Square Tesoro, Edward Jones – Mark Kohlman, Executive Air Taxi Corp., First Western Insurance, Jerry’s Repair & Alignment, Pringle & Herigstad, P.C., SRT Communications, Team Rockstars, TEG Architects, and UND School of Medicine, Fairway Sponsor (\$1,000); Digital Technology, Inc., Financial Healthcare Resources, Minot Daily News, Northland Concrete & Masonry, and Stonebridge Farms of Minot, Birdie Sponsor (\$750); and Allstate Benefits/Keeler & Associates, beer sponsor.

Door prizes and silent auction items from: Acme Tools, Applebee’s, Badlands Restaurant & Bar, Cash Wise, Chicago Bears, Denny’s, Denver Broncos, Gourmet Chef, Masana Portrait Artwork NYC, Minnesota Timberwolves, Minnesota Twins, Minnesota Vikings, Minnesota Wild, Minot Family YMCA, Napa Auto Parts, Northwest Tire, Picaboo, Roughrider Golf Course, Ruby Tuesday, Scheels, Sleep Inn & Suites, Taco Johns, Total Nutrition, Trinity Health, and Uncle Maddio’s Pizza.

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Advisory Council Gives Voice to Patients, Families

Trinity Health has established a Patient and Family Advisory Council as part of its commitment to provide patient-centered care that meets the highest standards.

Karen Zimmerman, Chief Nursing Officer and Vice President of Patient Care, said the council’s purpose is to help identify opportunities for improvement within Trinity Health’s organization and facilitate communication between healthcare professionals and the community.

“Patients and their families generally have the best perspective when it comes to the care they receive,” Zimmerman said. “Our purpose is to ensure that their point of view and experience is not only heard but integrated into the design and delivery of optimal service with the goal of promoting quality, safety, and satisfaction.”

Zimmerman said the PFAC presents an additional opportunity to hear the voices of patients and families. Trinity Health staff already receive regular listening skills training, and the organization has long given weight to the feedback receives from patient surveys.

The council, comprised of patients, family members, and healthcare professionals, held an initial meeting and orientation in early August. Regular meetings will be scheduled every other month.

FirstCare
Walk-In Clinic

Health Center – Medical Arts, Minot

Monday-Friday
8:00 a.m.-8:00 p.m.

Weekends & Holidays
9:00 a.m.-5:00 p.m.

No Appointments Necessary

Physician Assistants Play Important Role

Her name may be misleading, but Lori Dockter, PA-C, is not a doctor.

While many in the medical profession, as well as patients, have teased her on her rather misleading name, the credentials after her name say it all.

“I’m not a doctor,” she said. “I’m a physician assistant.”

According to the American Academy of Physician Assistants, physician assistants are medical professionals who diagnose illnesses, develop and manage treatment plans, prescribe medications, and often serve as a patient’s principal healthcare provider. They have played an important role in the growing field of healthcare over the past 50 years.

“We all see patients,” said Dockter, who has been a physician assistant with Trinity Health Ob-Gyn for the past 24 years. “We all diagnose and treat within our scope of practice, depending on which specialty we decide to specialize in. I’m in women’s health, so obviously I don’t treat men or children. We, as physician assistants, collaborate closely with physicians to provide appropriate patient care and to provide referrals when necessary.”

Physician assistants graduate from an accredited physician assistant program, pass a certification exam, maintain 100 hours of continuing medical education every two years, and pass their national recertification exam every 10 years.

Most physician assistant schools in the country are designed around the medical model, explained Abbey Ruland, PA-C, a physician assistant and family medicine provider based at Trinity Community Clinic – New Town. “They look at medical

school and make it just like that, but shorter.”

Ruland attended physician assistant school at the University of Nebraska Medical Center, in Omaha, where she received her Master of Physician Assistant Studies. “We just smashed it all into one semester over what they would do in two semesters,” she said, noting that clinical rotation lasted 13 months, rather than two years. And without a residency program, “which provides a learning curve,” she noted.

Now physician assistants can work more easily. On August 1, 2019, the North Dakota Legislature passed legislation where physician assistants no longer need supervisory contracts, which was “huge for our profession,” Dockter noted.

Previously, physician assistants needed to be licensed under a physician, who would then sign a supervisory contract, Ruland explained. “It seems fine and dandy, but it can get a little hairy when you’re working in a smaller place” – such as Trinity Community Clinic – New Town, where she and her colleague, Jill Trulson, FNP-C, a nurse practitioner, are the sole providers.

“It’s a lot of hoops to jump through just to provide care where people desperately need care,” Ruland said, noting that the issue is “huge,” especially in North Dakota where there are a lot of rural areas. Lessening these limitations “opens up access to care as much as possible,” she added.

There are a little more than 300 physician assistants licensed in North Dakota, Ruland said. (Trinity Health has 11 physician assistants included amongst its Trinity Medical Group.) Overall, there are 131,000



Lori Dockter, PA-C



Abby Ruland, PA-C

physician assistants in the United States, providing care to more than 400 million patients per year. “We make up a big chunk of the healthcare providers in North Dakota,” she noted. “It’s nice to remove the barriers for over 300 practitioners.”

While offering care to the community, Ruland noted that there is still a little confusion as to what a physician assistant is and what they do. She said that when she first started her career, she saw some of that confusion. However, she noted, patients are now more knowledgeable about the difference between physician assistants and nurse practitioners.

“In their eyes, we do the same thing. It’s just that we got there differently. PAs, NPs, and doctors, it’s become so more commonplace for PAs and NPs to be working on clinics, and even in specialty clinics, to help out with the team of doctors who work there,” she said. “Most people are not too leery about it, to be honest. I think most patients are happy to see someone who cares about them. As long as you’re listening to the patient and providing the best care, they will be thankful to see you.”

Medical Sonography Program

Starting in January 2020, Trinity Health will offer a Diagnostic Medical Sonography Program, a comprehensive, high-quality education program that will graduate competent entry-level sonographers for the healthcare community.

Sonography, or ultrasound, is a diagnostic medical procedure that uses high frequency sound waves to produce images of organs, tissues, or blood flow inside the body. This procedure can be used to examine the abdomen, breasts, female reproductive system, prostate, heart, and blood vessels.

With rapidly developing technologies and increased use of diagnostic sonographic procedures, growth in this profession is projected to continue in the future with employment opportunities for qualified sonographers in a variety of settings nationwide. Sonographers can choose to work in clinics, hospitals, private practice physician offices, public health facilities, laboratories, and other medical settings performing examinations in their areas of specialization.

The mission of the program is to educate and cultivate talented sonographers from the local area, said Amy Hofmann, MBA, RDMS, RT(R)(CT), program director of the Diagnostic Medical Sonography Program.

Trinity Health’s Radiology department has been a clinical training site for many years for two out-of-state ultrasound programs. “With that experience, we’ve developed the confidence that we are a very strong clinical site for those training programs. However, when we have hired these well-trained candidates, they often move back to their home state area after gaining clinical experience here with us,”

explained Jim Coffin, RT(R), CT, ARRT, director of Radiology. “Our vision is to attract great local students and create excellent sonographers that will likely stay in and around our location. This will be good for Trinity Health, Minot, and our surrounding rural communities.”

Didactic education will take place in designated classroom space on the Trinity Health campus, led by Hofmann, and clinical education takes place in the Radiology, Vascular Medicine, and Ob-Gyn. State-of-the-art ultrasound scanners are available at various department scanning stations throughout the campus.

Graduates from the 18-month program receive a Certificate in Diagnostic Medical Sonography (DMS). Through a consortium agreement with the Dakota College at Bottineau, students will also receive an Associate of Applied Science from DCB.

Students in this program need to complete college level prerequisite classes prior to acceptance in the sonography program.

Applications for this program are being accepted through early October. “We will be doing interviews with qualified applicants and making acceptance decisions later this fall,” Hofmann said, adding that starting next year, the school will begin to accept applications July through September.

To apply, visit <https://www.trinity-health.org/trinity-health-careers/dmsprogram/>.

Power of PINK Cake Auction Set for October 9

The Power of PINK cake auction, which benefits Trinity Health’s Cancer Exercise Rehabilitation Program, will take place on October 9, at North Hill MarketPlace Foods.

Since the 1990s, MarketPlace has participated in a cake auction – most recently, the auctions have benefited the exercise rehabilitation program – in which local businesses and organizations decorate cakes, which are then auctioned off.

Through the Cancer Exercise Rehab Program, cancer patients can minimize fatigue, which is felt while undergoing cancer treatment, by circuit training twice a week for 12 weeks at the Minot Family MCA. The money raised helps fund the Cancer Exercise Rehabilitation Program. More than 570 patients have completed the program, at no charge to them.

A little more than \$10,800 was raised in last year’s auction, which saw 50 cakes auctioned off.

Cake decoration will begin at 3:30 p.m., with the auctioning of the cakes starting at 4 p.m.

Teams interested in participating in the cake auction should sign up by calling Peggy Kallias at the North Hill MarketPlace Foods at 701-509-2209.



A Trinity Health team decorates a cake in 2018.

The Reach of the Foundation

Trinity Health Foundation's five-year strategic plan has been making headway in helping the community, so much that two of the goals have been achieved early.



Al Evon

According to Al Evon, director of the Trinity Health Foundation, these goals include funding a minimum of 10 proposals submitted by other entities in the region served by the Foundation, as well as funding at least 10 new initiatives.

Through the strategic plan, thus far, more than \$2.5 million has been awarded to help improve health and wellness in the community. "More than 300 proposals have been funded since Trinity Health Foundation enacted its strategic plan," Evon said. "The Foundation is also continuing several of the initiatives that were begun before the strategic plan went into effect, such as

providing nursing scholarships, supporting programs for CancerCare patients and survivors, and partnering with KHRT/the Horn of Plenty to assist families in need."

The proposal funded for other entities include:

- A new training room for Minot High School
- Sponsorship of the iCan Bike Program, provided by the Ann Carlsen Center
- Sponsorship of the National Cancer Survivor's Day Luncheon for Relay for Life
- Adaptive fitness equipment at Minot Family YMCA
- Sponsorship of team travel to conference for Minot High HOSA Chapter
- Shade for seating areas at the games, Dream Catchers
- Sponsorship of a student nursing conference and travel to an event, MSU Student Nurses
- A blood drive sponsorship for the Minot High JV/Varsity dance teams

- A matching gift for playground equipment for the Surrey Park District
- Additional fencing for the Magic City Youth Baseball's Cal Ripken Field at the Jack Hoeven baseball complex

The new initiatives include:

- Cardiopulmonary rehabilitation scholarship
- Diabetes patient care packages
- Hospice patient care packages
- Sponsorship of Cancer Survivorship Luncheon
- CancerCare Writing Program
- Gas vouchers for CancerCare patients
- Sponsorship of pediatric therapy events (days at the Roosevelt Park Zoo and Magic City Discovery Center for children with special needs and their families)
- Hospice memorial tree planting

While the Foundation board decides how the funds are used, Evon noted that the actions of the donors are instrumental in the Foundation's mission of helping others.

"The heroes are the donors who give to the foundation to support improving health and wellness and positively impacting lives in our region," Evon said. "If it were not for the donors, we could not do the work we do. The Foundation is merely the vehicle used by many generous donors."

To learn more about Trinity Health Foundation, including how to donate, visit <https://foundation.trinityhealth.org>. You can also follow Trinity Health Foundation on Facebook (@TrinityHealthNDFoundation) and Instagram (Trinityhealthndfoundation).



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C O M M U N I T Y

CALENDAR

For the latest updates, check online at trinityhealth.org

Events

October 4-6 – The Minot Y's Men's Rodeo will be held at the North Dakota State Fairgrounds' All Season Arena, with the Tough Enough to Wear Pink night on Friday, October 4. (Fans are asked to wear pink that night, in recognition of those who have fought cancer, as well as those fighting it presently.)

October 8 – Kayla Cole, RDN, LRD, Clinical Dietitian, will present about "Healthy Eating and Snacking" during Healthy Hour at 10:00 a.m., at The View, and then at Wellness Hour at 2:00 p.m., at The Wellington.

October 8 – Join a clinical dietitian as they host a Grocery Store Tour at the original MarketPlace Foods, 1930 S Broadway, at 6:00 p.m. The topic is "How to Read a Food Label." Space is limited, so please RSVP by calling 701-857-5268.

October 16 – Trinity Health will perform cholesterol screenings, body composition, blood pressure, and height and weight checks at the Northrop Grumman Employee Wellness Fair, from 2:00 to 4:00 p.m.

October 16 – The Stroke Support Group will meet at Health Center – Riverside, 1900 8th Ave SE, Minot, at 7:00 p.m. The support group, which meets the third Wednesday of each month, is for stroke patients and their caregivers. For more information, call Jerilyn Alexander, RN, Stroke/STEMI coordinator, at 701-857-2449.

October 26 – A pediatric flu clinic will be held in Trinity Health's Pediatrics department, located at Health Center – Medical Arts, third floor, from 9:00 a.m. to 2:00 p.m.

October 29 – Kayla Cole, RND, LRD, Clinical Dietitian, will discuss "Healthy Eating" at the Nedrose School after-school program.

Tough Enough to Wear Pink radio remotes will be held at the following locations: **October 1** – Home of Economy, 11:00 a.m. to 1:00 p.m.; **October 3** – TCCU, 11:00 a.m. to 1:00 p.m.; **October 4**, Country Financial, 11:00 a.m. to 1:00 p.m.; **October 5** – Ryan Chevrolet, 9:00 a.m. to 11:00 a.m., and Superior Nutrition, 12:00 to 2:00 p.m.; and **October 11** – Prairie Federal, 11:00 a.m. to 1:00 p.m.

Mobile Mammogram Schedule

October 1 and 2Tioga Clinic, 664-3368
October 9.....Trinity Community Clinic – New Town, 627-2990
October 22CHI – Devils Lake, 662-8662
October 23Trinity Community Clinic – Velva, 338-2066
October 28Kenmare Community Hospital, 385-4296 (Sheryl)
October 29St. Luke's Hospital – Crosby, 965-6349
October 30Northland Community Health Center – Turtle Lake
448-9225

Prepared Childbirth Classes

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

SATURDAYS: October 12, November 9, and December 14
9:00 a.m. to 4:00 p.m., in the Prepared Childbirth Classroom,
Health Center – Riverside Education Center, 1900 8th Ave SE, Minot.

Breastfeeding Basics

October 10, November 14, and December 12
Offered by Laureen Klein, RN, BSN. Meets from 7:00 to 9:00 p.m.,
Health Center – Riverside Education Center, 1900 8th Ave SE, Minot.

These classes are offered free-of-charge as part of Trinity Health's community benefit mission, but registration is typically required. To sign up for classes, visit trinityhealth.org/services/womens-health.

Family Birth Center Tours

Expectant mothers are invited to attend a formal group tour/education/Q&A session at Trinity Hospital'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. Tours of the Family Birth Center are also available every Sunday at 2:30 p.m. and Tuesdays at 7:30 p.m. If you are interested in taking a tour, come to the Family Birth Center on those days/times.