HealthTalk

MAY 2020

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Masks – Printed or Cloth – Needed and Appreciated

Medical facilities across the country are scrambling to prevent looming shortages of personal protective equipment (PPE) amid the COVID-19 pandemic. During times like this, Trinity Health has learned that the public is quite generous by empowering their creative and crafty skills to help provide for the local healthcare community. “Many people across Trinity Health’s service area have contacted the organization, offering to sew masks, print 3D masks or face shields, and offer other assistance,” said Randy Schwan, Vice President of Mission Integration at Trinity Health. “After researching alternatives and exploring different patterns and designs, Trinity Health has adopted a policy approving donations of 3D printed masks and face shields.”

“Dr. Mattern and I have both been impressed by the abundance of 3D masks and shields. As of mid-April, a total of 2,441 sewn masks have been received. "The contribution of homemade 3D masks and shields is beneficial, too. And if you have something at home to use as a weight for your body. You can do sit-ups or push-ups. Getting up from a chair is the all-time greatest exercise. If you want to do chair squats, that’s a great exercise. Dr. Mattern added that finding something at home to use as a weight is beneficial, too. And if you have exercise equipment at home, that is even better. (It’s time to dig out the treadmill.)"

Exercising and Social Distancing

COVID-19 may keep many indoors and away from others, but that is not an excuse to forego exercising.

"My hope is they aren’t just sitting on the couch and watching Netflix or Hulu all day," said Dawn Mattern, MD, a board-certified healthcare provider in Family Medicine and Sports Medicine with Trinity Health. "I hope they get up and move because exercise is so important for so many reasons, especially now."

Dr. Mattern reasons that with coronavirus, "which we don’t have a whole lot of ways to treat or prevent," the best form of medicine is "to be really healthy going in," she said.

According to the American College of Sports Medicine, moderate-intensity physical activity is associated with better immune function. Additionally, regular physical activity can help reduce feelings of stress or anxiety.

"In North Dakota, we wake up in March and want to get out and do things," Dr. Mattern said. "And when we can’t do those things, we start to feel unhappy. Exercise is medicine for mental health."

If you find yourself sequestered in your home, either because you are practicing social distancing – and if you are, good for you! – or your gym is closed, there are ways to maintain an exercise routine.

"The big thing at home is you have your whole body," Dr. Mattern said. "You can lift and exercise your lower body, back, or hands and arms. There are some incredible yoga workouts on YouTube. I absolutely live for them," Dr. Mattern said. "You can find ones that are full body, lower body, back, or hands free."

She added that with technology at our fingertips, we should be able to find many health-related activity demonstrations that we can watch and learn at home. The Centers for Disease Control and Prevention recommend that adults get 150 minutes of exercise each week. As for children, it is recommended they get 60 minutes a day, Dr. Mattern said.

"The big thing about exercise is it doesn’t have to be a 30-minute block," Dr. Mattern said. "If I work from home, I can work for 45 minutes, and I can take five minutes to exercise, and then go back to my work." Not only does that help you get your minutes in, but it can also break the monotony of work. It also helps keep you active if you find yourself sitting at a desk in your office (home or work).

Dr. Mattern recommends these websites for more information on exercise at home and at social distance:

• heart.org/en/healthy-living/fitness/getting-active/25-ways-to-get-moving-at-home-infographic
• exerciseismedicine.org/support_pag.php/stories/?b=892
• exerciseismedicine.org/assets/page_documents/EIM_Rx%20for%20Health%20Staying%20Healthy%20During%20Coronavirus%20Pandemic.pdf

Virtual Doc Walk

At the beginning of each May, Dr. Mattern hosts the annual Doc Walk, where members of the community gather at Oak Park to kick off Exercise continued on page 2

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Visitation Restrictions

Trinity Health

All visitation is suspended with very few exceptions. Visitors to the main hospital campus, Trinity Hospital, 1 Burdick Expressway W, are encouraged to use the south entrance. All entrances to Trinity Hospital – St. Joseph’s, 407 3rd Street SE, are locked except for the main (west) entrance.

Visitors who fall within an exception category will be required to undergo a screening upon entering either hospital. Anyone showing signs of respiratory infection will not be allowed to enter. Visitors under the age of 18 will not be permitted. Exception categories include visits to the following hospital departments:

- Pediatric Unit – limit one parent or legal guardian
- Family Birth Center – limit one support person
- Newborn Intensive Care Unit (NICU) – limit two parents who must remain in the room for duration of the visit.
- End-of-life – no more than three visitors at a time who must remain in the room for duration of the visit.
- Patients undergoing surgery or procedures – one support person before and immediately after procedure.
- Patients requiring a home caregiver to be trained – must remain in the room for duration of the visit.

Trinity Homes

Visitation is restricted to residents receiving end-of-life care. Immediate family members only. No other visitors will be allowed. No visitors under the age of 18 will be permitted, and no pets will be permitted. All visitors must wear a mask at all times, perform frequent hand hygiene, and restrict visitation to their family member’s room. Social distancing should be practiced, including keeping a distance of at least six feet apart, no hugging, hand shaking, or contact with residents.

Clinics

Trinity Health is restricting entry to all of its patient care facilities, including outlying clinics.

Access to clinic buildings in Minot and at Trinity’s rural health clinics will be limited to a single-entry point. Patients and those accompanying them will be screened as they enter for respiratory illness and travel.

The majority of visitors accompanying patients will be restricted from entry with a few exceptions, including a caregiver providing wheelchair transport, a power-of-attorney representative, and a parent accompanying a minor child.


FirstCare Walk-In Clinic

Trinity Health has implemented a call-first policy for the FirstCare Walk-In Clinic. The appointments-only policy is in accordance with guidelines issued by the Centers for Disease Control and Prevention and the North Dakota Department of Health.

Patients who wish to be seen by a FirstCare provider must call the clinic ahead of time. (If this is not possible, users should find an alternate location or depart that space.)

When using parks, the Minot Park District asks that: consumers:

- While using parks, the Minot Park District asks that citizens:
  - Do not use trails if you are exhibiting symptoms.
  - Prepare for limited access to public restrooms, portable restrooms, or water fountains.
  - Observe CDC's minimum recommended social distancing of six feet from other individuals at all times. (If this is not possible, users should find an alternate location or depart that space.)
  - While on trails, warn other users of your presence and step aside to let others pass.
  - For more information, visit minotparks.com.
Community Kindness

Minot is a generous community in ordinary times. The recent outpouring of support has been especially humbling in these extraordinary times. So far, the community has done so much, whether it is donating lunches or much-needed PPE to the healthcare professionals working on the front line to help protect the community against COVID-19. To address this outpouring of generosity, Trinity Health has established a public email inbox for those wishing to submit an offer to help, whether that offer is equipment, supplies, food, or discounts for our workforce. Simply send an e-mail to communitykindness@trinityhealth.org and a team member will follow up and help coordinate the logistics. You can also call 701-857-5643. Thank you for your kindness and spirit of generosity as we all fight COVID-19 together.

Trinity Health Thanks You

A Thank You to the Somervilles

Two healthcare workers at Trinity Hospital receive subs on April 2. Thanks to the generosity of the Somerville family (Daryl, Machele, Kate, and Molly; Devin, Kathy, Derek, and Amanda; and Dean and Diana), employees at Trinity Health received free subs from Subway.

Girl Scout Cookies Donated

Trinity Health Foundation would like to thank Girl Scouts Dakota Horizons for their extremely generous donation of 600 boxes of Girl Scouts Cookies to the residents and staff at Trinity Homes. During these trying times, the residents of Trinity Homes are not allowed to have any visitors and are confined to their rooms for their safety. The hope is that by providing the residents with a box of cookies, their days will be a bit brighter.

Margarita Nieskes, Community Development Specialist for Girl Scouts Dakota Horizons (pictured on the right), wanted to provide the staff at Trinity Homes boxes of cookies so they know they are not alone and are appreciated for taking care of the most vulnerable population.

We are humbled by the support from our community!

Trinity Homes Receives Easter Bags

When their practicum was cut short due to COVID-19, nursing students at Minot State University were tasked with finding volunteer opportunities to complete their hours. Senior nursing students Kali Swenson, left center, and Kate Zimmerman, right center, reached out to Rhonda Walter, Trinity Homes administrator and Vice President of Senior Services & Care Coordination, with an idea to bring joy to Trinity Homes residents who have been socially isolated during this time. This idea was to make Easter bags for each resident to show they are loved and bring joy to their day.

46 Dozen Donuts Donated to Trinity Health

The Creative Nest donated 46 dozen donuts from Bearscat Donuts to Trinity Health in April. Tennele Knuse, owner/founder of The Creative Nest, used money from fundraisers to purchase the donuts, which were distributed throughout Trinity Health to show support and appreciation for those working the front lines during the pandemic. Trinity Health would like to thank Tennele for “raising the dough” to fund this generosity.
Promotions at Trinity Health Western Dakota

Tessah Richardson

Richardson started at Trinity Health as Clinic Manager for Trinity Community Clinic Western Dakota in late 2018. Previously, she worked in Human Resources/Development for Halliburton for six years, followed by two-and-a-half years as program coordinator for Family Medicine residents at CHI St. Alexius Health, Williston.

At the same time, Maria Madsen, ABOC, has been promoted to the position of Clinic Manager for Trinity Regional Eyecare – Western Dakota.

Madsen is board certified in opticianry and has 23 years of experience in healthcare, beginning in Humboldt County, California. She began working with the emergency room admissions and physicians for a hospital, as well as working with the diabetes clinic at United Indian Health Service there. Madsen then “found her calling” in optometry in 2002, working as an optician and promoted to marketing/technology manager within the optometry field while still working with patients on a daily basis. In 2011, she moved to Phoenix, Arizona, to work as a practice manager for an optometrist; she worked there until 2018, when she moved to Williston, where she worked as an optician at TRE – Western Dakota, but “was quickly moved to optometric supervisor,” a role she had until taking her new position.

“Both of these professionals have extensive experience in the management arena and medical specialties that they oversee,” said Theresia Swartout, who served as Clinical Director before retiring this year.

Richardson and Madsen assumed their new roles on April 2, 2020.

Goggles for Docs

A board-eligible pathologist, Kamalpreet Parmar, MD, MPH, is fellowship trained in Hematopathology. He specializes in the diagnosis of blood, bone marrow, and lymphoid disorders, with special expertise in diagnosing diseases such as leukemia and lymphoma.

A graduate of the University of Toronto, Dr. Parmar completed a Master of Public Health degree at Dartmouth Medical School in New Hampshire and went on to earn a Doctor of Medicine degree from the University of Queensland, Australia. He completed his residency in Anatomic and Clinical Pathology at the University of Florida College of Medicine in Jacksonville, where he served as chief resident his last year. Following residency training, he completed a fellowship in Hematopathology at the University of Texas Southwestern in Dallas.

Dr. Parmar is a member of the Canadian Association of Pathologists and a junior member of the U.S. and Canadian Association of Pathologists, the American Society of Clinical Pathologists, and College of American Pathologists. His personal interests include physical fitness and music.
Watch for Signs of Stroke, Even During the Pandemic

When it comes to social distancing and staying home, one thing that definitely shouldn’t keep you grounded is if you are showing signs of a stroke. “If you are having symptoms, you still need to come in as soon as possible. The sooner the treatment, the better the outcome,” said Jerilyn Alexander, RN, Stroke Coordinator with Trinity Health.

A stroke occurs when the blood supply to part of the brain is interrupted or reduced, depriving brain tissue of oxygen and nutrients. Within minutes, brain cells begin to die, hence the importance of acting fast as immediate treatment may minimize the long-term effects of a stroke and even prevent death.

Patients that present at Trinity Hospital within 4.5 hours from when symptoms started may be eligible for a clot busting medication called Activase, or tPA, if they are having an ischemic stroke. 85 percent of all strokes are ischemic, which involve the occlusion of blood vessels, while the remaining 15 percent are hemorrhagic, which involve burst blood vessels. Alexander advises calling 9-1-1 and having an ambulance transport you to the hospital, rather than driving yourself or having someone else drive you. “The ambulance can pre-notify the hospital and start medical treatment in the rig on the way to the hospital,” she said. Please be sure to advise of EMS/healthcare providers of any risks for exposure to COVID-19.

Stroke is the fifth leading cause of death, as well as the leading cause of disability, in the United States. It kills 140,000, or one in 20, Americans each year, the Centers for Disease Control and Prevention (CDC) reported. Additionally, more than 795,000 Americans suffer a stroke annually. About 610,000 are first or new strokes; the rest have had a previous stroke.

Alexander noted the volume of stroke patients overall has increased, “but I think it’s related to the current pandemic.” About 610,000 are first or new strokes; the rest have had a previous stroke. About 795,000 Americans suffer a stroke annually. When it comes to social distancing and staying home, one thing that definitely shouldn’t keep you grounded is if you are showing signs of a stroke.

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Risk Factors

Stroke has many risk factors, including some that can’t be controlled. These include age, family history, and gender. However, there are lifestyle changes that can be made to help reduce your risk of stroke. These risk factors include:

- **High blood pressure** – Hypertension is the leading cause of stroke, the American Stroke Association said, and is the most significant controllable risk factor.

- **Smoking** – Nicotine and carbon monoxide, which is found in cigarettes, can damage the cardiovascular system, thus paving the way for a stroke, the ASA said.

- **Diabetes** – Diabetes mellitus is an independent risk factor for stroke.

- **Diet** – Diets high in saturated fat, trans fat, and cholesterol can raise blood cholesterol levels; diets high in sodium can increase blood pressure, diets with high calories can lead to obesity.

- **Physical inactivity**

- **Obesity**

- **High blood cholesterol**

- **Carotid artery disease**

Providers Turn to Telehealth During COVID-19 Pandemic

An Ob/Gyn who has delivered thousands of babies, David Billings, MD, is used to having a busy waiting room at his office at Health Center – Town & Country. But these days, except for a handful of patients who need to be seen in person, most of his patient visits are virtual.

Dr. Billings, who also serves as Chief of Surgery, is among dozens of providers across Trinity Health’s system who are using telehealth as a means of caring for patients amid the COVID-19 outbreak.

“It started with the need for social distancing and health authorities urging us to cancel as many non-essential appointments as possible,” Dr. Billings explained. “We also found that some patients were reluctant to come to the clinic because they didn’t want to risk being exposed, so we quickly ramped up our telehealth program.”

Now, instead of delaying the lion’s share of appointments with Trinity Health providers, many patients are given the option of accomplishing them telephonically or via telehealth. Some are phone only visits, but the majority are interactive video (face-to-face). According to Dr. Billings, the transition has been seamless.

“The process we use is that we go through the schedule. Patients who want to keep their appointments will receive a call to see if they have some kind of device like a notebook, iPad, phone, or computer. If they do, we’ll ask if they would like to be seen digitally. If they say yes, we have them download the app and get signed up. If they say no, we have them come in and see a provider in-person. If it’s a free app that you can download from the App Store, it’s very easy for patients.”

Naturally, not every health issue can be handled via telehealth, and that’s fine. “There are things we can’t do,” Billings said. “If a patient is experiencing pain or if something is going on that requires a physical exam, we’ll bring that patient into the office. But for other matters – whether it’s dealing with concerns, questions, or refilling medications, we don’t necessarily need an in-person exam.”

All telehealth visits are recorded in a patient’s health record – the same as with an in-person exam. Providers who are using telehealth as a means of caring for patients amid the COVID-19 outbreak.

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All telehealth visits are recorded in a patient’s health record – the same as with an in-person appointment, and, yes, there is a charge for a telehealth visit.

“I see this as an important option for patients, especially those who don’t want to leave the house or can’t,” Dr. Billings said, adding, “it’s especially beneficial to patients who live in rural areas. Already I’ve had a telehealth visit with a patient who had an issue that led to a consult with a subspecialist at Mayo Clinic, which was also done electronically.”

The obstetrician/gynecologist said he doesn’t see telehealth going away, even after concerns about COVID-19 have faded.
Understanding Celiac Disease and Risk of Illness from COVID-19

By Kayla Cole, RDN, LRD, clinical dietitian with Trinity Health HealthTalk

To date, there have been no studies or reports suggesting patients with celiac disease are at increased risk of severe illness from COVID-19 compared to patients without celiac disease. Data is now being collected in an international adult and pediatric registry called SECURE-Celiac, which can be found on the Celiac Disease Foundation’s website at celiac.org. Trinity Health’s Center for Diabetes Education encourages all celiac patients diagnosed with COVID-19 to have their physician file a report at covidceliac.com.

The Celiac Disease Foundation Medical Advisory Board states that celiac disease patients in general are not considered to be immunocompromised. A small proportion of celiac disease patients with severe malnutrition and weight loss, the rare complication of Type 2 refractory celiac disease, on immunosuppressive medications, or with other serious illnesses, may be at increased risk of severe illness from COVID-19 and should consult with their physicians.

It is important to know that celiac disease is a chronic medical condition in which there appears to be an increased risk of infections with pneumococcal bacteria that cause pneumonia and herpes zoster (causing shingles). In addition, there appears to be increased risk of worse outcomes with influenza infections and an inadequate response to vaccination with hepatitis B. Still, these risks, while measurable in several studies, are small in magnitude. The Celiac Disease Foundation Medical Advisory Board states that celiac disease patients in general are not considered to be immunocompromised. A small proportion of celiac disease patients with severe malnutrition and weight loss, the rare complication of Type 2 refractory celiac disease, on immunosuppressive medications, or with other serious illnesses, may be at increased risk of severe illness from COVID-19 and should consult with their physicians.

The CDC’s most recent list of those at higher risk for severe illness from COVID-19 currently includes:

- People 65 years or older
- People who live in a nursing home or long-term care facility
- People of all ages with underlying medical conditions, especially if they are not well controlled
  - Chronic lung disease or moderate to severe asthma
  - Serious heart conditions
  - Conditions that cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
  - Severe obesity (body mass index [BMI] of 40 or higher)
  - Diabetes
  - Chronic kidney disease and who are undergoing dialysis
  - Liver disease

Avoid COVID-19 infection by practicing careful infection control:

- Social distancing – stay home as much as possible, avoid social gatherings of more than 10 people, and stay at least six feet away from others when in public.
- Frequent hand washing – wash hands with soap and hot water for at least 20 seconds or with hand sanitizer that contains at least 60 percent alcohol, especially after being in a public place or after blowing your nose, coughing, or sneezing.
- Avoiding touching of eyes, nose, and mouth with unwashed hands.
- Cleaning and disinfesting frequently touched surfaces daily – including tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- Wearing a cloth face cover when in public for anyone over the age of two.

The Skin Cancer Foundation recommends the Five Ws (and H) of Sunscreen, which are:

Who: Everyone under the sun, literally. It is recommended that men, women, and children over the age of six months should use sunscreen every day.

What: Broad spectrum SPF 15 or higher; SPF 30 or higher is recommended for a day outdoors. There are two types of sunscreens – physical sunscreen, which blocks and scatters UV rays before they penetrate the skin, and chemical sunscreen, which absorbs UV rays before they can damage the skin.

Where: All exposed skin. At the same time, it is recommended to cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.

When: Every day, 30 minutes prior to going outdoors. Reapply every two hours. Don’t let the clouds fool you; even when it’s cloudy, up to 80 percent of the sun’s UV radiation reaches the earth, the Skin Cancer Foundation said.

Why: Reduce your risk of skin cancer and skin cancer.

According to The National Sleep Foundation:

- Our sleep patterns influence our cognitive and physical functioning, and our body's internal clock, are essential for regulating mood, hunger, energy level, and cause or worsen feelings of depression.

Sleep and our circadian system, our internal body clock, are essential for regulating mood, hunger, our cognitive and physical functioning, and recovery from illness or injury. The latter is most important now, with the COVID-19 pandemic.

According to The National Sleep Foundation:

- Sleep empowers an effective immune system.
- Sleep improves mental health. Besides depression, studies have found that a lack of sleep can make some vaccines less effective.
- Sleep heightens brain function. Our mind works better when we get good sleep, contributing to complex thinking, learning, memory, and decision-making.
- Sleep in a comfortable bed. Adults should limit alcohol to no more than one drink per day for women and two drinks per day for men.

Keeping Hypertension Under Control

Over time, the force and friction of high blood pressure damages the delicate tissues inside the arteries. Alternatively, bad cholesterol forms plaque along tiny tears in the artery walls, signifying the start of atherosclerosis.

"The more the plaque and damage increases, the patients can narrow the inside of the arteries become, raising blood pressure and starting a vicious circle that further harms your arteries, heart, and the rest of your body," the AHA explained on its website. "This can ultimately lead to other conditions ranging from angina to heart attack and stroke."

There are two forms of hypertension: primary (essential) and secondary, Dr. Daraghmeh explained. Primary hypertension "is more of a disease affected by the older population," he said. This includes the hardening of vessels and may cause stiffness of arteries, leading blood pressure to increase in order to profuse to other organs. Secondary hypertension "happens either in young patients or extremely old patients," Dr. Daraghmeh said. "We start looking for underlying medical conditions that can contribute to this elevated blood pressure. There are known causes for secondary hypertension; it is important to search for them in patients at risk."

How to Control Your Blood Pressure

- Check your blood pressure regularly, whether it is at home, at a doctor's office, or a pharmacy. Quit smoking... or don’t start.
- Eat a healthy diet with more fruits, vegetables, potassium, and whole grains, and less sodium, saturated fat, trans fat, and cholesterol (Dash Diet)
- Adults should limit alcohol to no more than one drink per day for women and two drinks per day for men.
- Get active and maintain a healthy weight. Aim for 150 minutes of moderate physical activity every week.
- If you are concerned about your blood pressure, speak to your primary care provider, who will guide you on how to further control it. However, if you have an established relationship with a cardiologist, you can call Trinity Health Cardiology at 701-857-7388 to schedule a telehealth appointment. Trinity’s Cardiology department includes Valentina Chikwenedu, MD; Ahmad Daraghmeh, MD; Samir Turk, MD; and Amanda Weidler, FNP-C.
Xenex Robots Busy

Trinity Hospital has increased the use of their Xenex robots to help disinfect rooms in response to the COVID-19 pandemic. While the Xenex Disinfection System is used to disinfect hospital rooms of patients with multi-drug resistant organism or the flu, it is also used in hospital rooms of patients “that have been tested for or were a known COVID-19 positive patient,” explained Sue Niebuhr, RN, Coordinator of Trinity Health’s Infection Prevention and Control department.

“When a person is admitted, if COVID-19 is suspected and testing has been ordered, the patient is placed in a gown, gloves, mask, and eye protection, and performing hand hygiene, as well as several other protective measures. “It can take at least 48 hours to get those results back. We use modified droplet precautions with every patient until the results are in.”

If the patient’s test result is positive, they will stay in modified droplet precautions; if they are negative, they are taken out of those precautions and standard precautions are followed. Once these rooms are vacant, they are cleaned and the robots are used to disinfect surfaces using ultraviolet light – hundreds of times more intense than sunlight – to destroy bacteria and other pathogens in a matter of minutes.

More recently, the robots have seen an increase in usage in the emergency department, as a number of COVID-19 tests have been performed there, Niebuhr said.

Showing Symptoms?

- If you have a fever 100.4 degrees F or higher
- Cough
- Shortness of breath
- If you recently traveled from an area with widespread or ongoing community spread

Call 701-857-5000.

For more information, check online at trinityhealth.org

Building Hope Golf Tournament Canceled

The Trinity Health Foundation has decided to cancel this year’s Building Hope Women’s Golf Tournament, which was scheduled for June 15, 2020.

“This was a very difficult decision for the Building Hope Committee members to make, but they plan to have the tournament return in 2021 – hopefully bigger and better than ever,” said Al Evon, director of the Trinity Health Foundation.

For more information about future events, such as the Golf For Life Men’s Tournament scheduled for August 17, please visit trinityhealth.org/foundation, or follow the Foundation on Facebook (@TrinityHealthNDFoundation) and Instagram (@TrinityHealthNDF).

Events may be postponed or canceled, due to the Coronavirus.

Please watch our calendar at trinityhealth.org/events for up-to-date calendar changes.

Prepared Breastfeeding Classes

May 9, June 13, July 11, and August 8

Learn about exercise and breathing techniques, labor/delivery, and newborn care, and feedings. Enrollment is limited. These classes are held via teleconference. Class participants will be notified.

Breastfeeding Basics

Health Center – Riverside: May 14, June 18, July 9, and August 13

These classes are offered free-of-charge as part of Trinity Health’s community benefit mission, but registration is typically required. Sign up for classes, at trinityhealth.org/familybirth_registration.

The classes at Health Center – Riverside are held via teleconference. Class participants will be notified.

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 Trinity Hospital’s Family Birth Center are canceled for the foreseeable future.