

Trinity Health is committed to sharing the latest information about the Coronavirus. We continue working to keep our staff, patients, families, and community safe. For visitor restrictions and more information on how we are preparing, please visit trinityhealth.org/coronavirus.

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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.

“Us North Dakotans, 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 body,” Dr. Mattern said. “You can lift your body. You can do sit-ups or pull-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.)



Dawn Mattern, MD

“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
- acsm.org/read-research/newsroom/news-releases/news-detail/2020/03/16/staying-physically-active-during-covid-19-pandemic
- exerciseismedicine.org/support-page.php/stories/?b=892
- exerciseismedicine.org/assets/page-documents/EIM_Rx%20for%20Health%20Staying%20Active%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



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.” The 3D printing community have stepped forward offering an abundance of 3D masks and shields.

As of mid-April, a total of 2,441 sewn masks have been received. “The contribution of homemade

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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.

The following clinics implemented these guidelines: Health Center – Medical Arts, Health Center – East, Health Center – West, Health Center – Town & Country, Health Center – Riverside, Health Center – Plaza 16, Trinity Health South Ridge, Trinity Health East Ridge, and the dialysis clinic at Trinity Hospital – St. Joseph’s, all in Minot; the Trinity Community Clinics in Williston, Velva, Mohall, Kenmare, Garrison, and New Town; and the dialysis clinic in Belcourt.

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 at 701-857-7817. If a visit is required, they will be scheduled for an appointment, most likely the same day.

Business Services

Trinity Health Business Services has discontinued walk-in service at its Town & Country Center office.

Business Services staff will continue to be available by phone to assist customers and accept payments. Persons may call the office at 701-857-5105 during regular business hours – 8:00 a.m. to 5:00 p.m., Monday through Friday. People with matters that cannot be handled by phone may be scheduled for an appointment with a financial counselor. Patients will be screened for respiratory symptoms upon arrival. Appointments will be rescheduled if the patient or representative is symptomatic.



Even when you can't visit your family or friend in the hospital, you CAN send a greeting and let them know you're thinking about them.

Simply 'click' on trinityhealth.org

Send a gift or some flowers with your message – call the Gift Shop at **701-857-5205** and have a special package delivered to the patient room with your **eGreeting!**



Let our staff help you select a healthcare provider right for you.

Please feel free to leave a message after hours and your call will be returned the next regular business day, or email us anytime at DR4U@trinityhealth.org

Virtual Doc Walk

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is Medicine Month with a walk around the park.

The COVID-19 pandemic necessitates a change to the normal format this year.

“There’s no virus that’s going to stop us from walking,” Dr. Mattern said. “I don’t want to give it up. I can’t!”

With that said, the first ever Virtual Doc Walk will be held. During the month of May, members of the public who go out for walks can take pictures of themselves doing so and post them on Facebook or Instagram with the hashtag #VirtualDocWalk.

The Minot Park District, on their Facebook page, has said it supports “the power of parks and open spaces as essential resources for health and wellness and understands that people may have questions and concerns about visiting parks, trails, or open spaces at this time.”

While using parks, the Minot Park District asks that citizens:

- Do not use trails if you are exhibiting symptoms.
- Follow CDC guidelines on personal hygiene prior to visiting a park or trail.
- 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.
- If you are on a playground or are using outdoor fitness equipment, please practice social distancing and use your own hand sanitizer when you are done.

For more information, visit minotparks.com/.



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

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 reach 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 Kruse, 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.

Occupational Medicine Services
trinityhealth.org/occmcd

Masks continued from page 2

masks has been amazing. The masks have been deployed across our health system. Since the sewn masks are laundered daily and reused, this has helped us preserve the medically approved masks for the most critical areas within the hospital. We are grateful for any masks received and continue to receive."

Schwan added that cloth surgical-type masks can be dropped off at Ward County Emergency Management, located in the Ward County Courthouse. Please visit <https://www.co.ward.nd.us/530/Surgical-Mask-Patterns>.

Erica Erck, RN, Trinity's cardiac program coordinator, led the team that researched the 3D masks and obtained specifications online, thanks to a group of doctors from Billings, Montana. From there, it was a matter of tweaking the specifications and developing a policy for distributing and using the masks.

"This is going to be game-changing for us and for other medical facilities," Erck said. "We'll use them as a bridge to ensure that we have enough masks to ride out this pandemic. Plus, the face shields can be wiped down, so they'll be getting many uses."

The 3D masks will be used in place of a surgical mask, not a respirator-type N95 mask, Schwan said.

Trinity Health is in need of as many sewn masks that people are willing to make for all of our staff.

For more information or questions about 3D masks and face shields, please visit trinityhealth.org/3DPPE.

Promotions at Trinity Health Western Dakota

Trinity Health is pleased to announce the promotion of Tessah Richardson to Regional Director of Trinity Health Western Dakota. Located in Williston, Trinity Health Western Dakota houses Trinity Community Clinic – Western Dakota and Trinity Regional Eyecare – 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.



Maria Madsen

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



One day soon, you may see a doctor who looks as though they are getting ready to hit the slopes. Framing their faces are large, ski goggles which may look out of place in a hospital setting, but in the long run, they can help protect them during the COVID-19 pandemic.

Goggles for Docs is an effort to get used or new goggles into the hands of healthcare workers as they treat COVID-19 patients. As of mid-April,

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TRINITY HEALTH AUXILIARY HEARTS CLUB
INVITES YOU TO



A YOGA AND MIMOSA BRUNCH PARTY

05.9.20

8:30 A.M.

ELEVATION

1912 VALLEY BLUFFS DRIVE • MINOT

1 - HR YOGA SESSION
INSTRUCTOR:
LUCY TEMPLER

BRUNCH

MIMOSA TASTING

\$30/TICKET • SPACE IS LIMITED • MATS WILL BE PROVIDED
REGISTER ONLINE: TRINITYHEALTH.ORG/SPRINGBBB
INFORMATION: SHERRY AT 701-857-5221

ELEVATION



Prescription Refills

B&B Northwest Pharmacy
701-838-2213

KeyCare Pharmacy
701-857-7900

Download the App

keycarepharmacy.com or bbnwpharmacy.com

Trinity Health Welcomes Hematopathologist to Team



Kamalpreet Parmar, MD

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.

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Stay Well. Stay Strong.

together. supporting each other.



Visit our website at trinityhealth.org

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 and seek treatment in a timely manner," 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 people being more aware." She said there is a catch-22: Patients are recognizing the signs and symptoms of a stroke and acting on them appropriately; unfortunately, at the same time, stroke is still happening.

When it comes to recognizing the signs of a stroke, it pays to **BE FAST**, an acronym for what to look for if you are having a stroke.

- B** – Balance: Sudden changes in balance
- E** – Eyes: Sudden changes in vision, such as blurred vision or loss of vision
- F** – Face: Facial drooping
- A** – Arm: Can't maintain arm elevation, starts to drift down
- S** – Speech: Slurred speech or difficulty getting the right words out
- T** – Time: Call 9-1-1!

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**

Men's and Women's Hearts Golf Scramble

Monday, May 18, 2020

Vardon Golf Club, Minot

Registration: 12:00 p.m.

Tee-Time: 1:00 p.m.

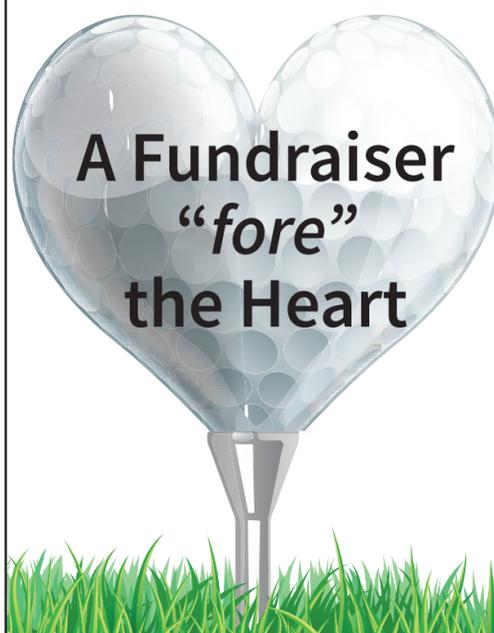
• \$450/team of 4

• 2 golf carts

• Lunch Provided

Team Registration: call Sherry Maragos 701-857-5221 or register online at trinityhealth.org/heartgolf

Shoot a Hole-in-One for \$10,000 or other fabulous prizes!



Trinity Health Auxiliary
Hearts Club

Thank you to the following sponsors:

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JE Dunn Construction
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Sertoma Club of Minot
SRT Communications, Inc.
TEG Architects
TJE Entertainment
Uncle Maddio's Pizza
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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 I 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. 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 appointment, and, yes, there is a charge for a telehealth visit.

"I see this is 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 says he doesn't see telehealth going away, even after concerns about COVID-19 have faded.



David Billings, MD



Understanding Celiac Disease and Risk of Illness from COVID-19

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

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 encourage 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. It is reasonable to consider that those with celiac disease, especially older individuals, may be at a small increased risk of worse outcomes with infections with this new virus.

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
 - o Chronic lung disease or moderate to severe asthma
 - o Serious heart conditions
 - o 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.
- Cleaning and disinfecting frequently touched surfaces daily – including tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- Avoiding touching of eyes, nose, and mouth with unwashed hands.
- Covering of mouth and nose with a cloth face cover when in public for anyone over the age of two.

Adapted from www.celiac.org.



Protecting Your Skin

Just because you are social distancing doesn't mean that you can't go out into your backyard to enjoy the nice weather that spring promises.

However, in addition to protecting yourself from COVID-19, it is important to remember to protect your skin.

According to the Centers for Disease Control and Prevention (CDC), skin can be damaged from the sun's ultraviolet (UV) rays in as little as 15 minutes. This is why it's important to keep your skin safe from the sun.

Sunscreen plays an important part in sun protection. Regular daily use of sunscreen with an SPF-15 can reduce your risk of developing squamous cell carcinoma by about 40 percent and lower your melanoma risk by 50 percent, the Skin Cancer Foundation said. In addition, it can also prevent premature skin aging caused by the sun, including wrinkles, sagging, and age spots.

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 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.

Ann Welch, FNP-C, with Trinity Health's dermatology department, advises against making your own sunscreen, noting: "If you make it yourself, how do you stabilize it to make sure it stays safe after its made?"

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.

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.

How: One ounce – or two tablespoons – to entire body for each application. If using a spray sunscreen, apply until an even sheen appears on the skin.

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



Trinity Hospital Gift Shop

Flowers and Gifts

701-857-5205



How Do You Sleep at a Time Like This?

Social distancing can lead a person toward different sleeping patterns, be it more sleep (because now you have time for that catnap) or less sleep (perhaps anxiety about COVID-19 is keeping you awake?). Nonetheless, it can be a change in your sleep patterns. Despite this, the recommendations for adequate sleep for adults has stayed the same – between seven and nine hours per night – and it is important to maintain this, no matter the circumstances.

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. Solid nightly rest strengthens our body's defenses, and studies have even found that 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. For adults and children adapting to work and school at home, good sleep can help them stay sharp.
- Sleep enhances mood. Lack of sleep can make a person irritable, drag down their energy level, and cause or worsen feelings of depression.
- Sleep improves mental health. Besides depression, studies have found that a lack of sleep is linked with mental health conditions like anxiety disorder, bipolar disorder, and Post Traumatic Stress Disorder (PTSD).

To help maintain this prescribed amount of slumber, it is important to set a routine. This can include:

- Set a wake-up time. Set your alarm, say goodbye to the snooze button, and wake up at a fixed time every day.
- Set a wind down time. It is important to set a time to relax and get ready for bed. This can involve things like light reading, stretching, and meditating along with preparations for bed like putting on pajamas and brushing your teeth.
- Set a bedtime. Pick a consistent time to turn out the lights and try to fall asleep.

To maintain quality sleep, Jutta Schmidt, RRT, RPSGT, manager of Trinity Health's Sleep Center suggests the following:

- Abstain from exercise a few hours before bed.
- Keep your room around 65 degrees.
- Sleep in a comfortable bed.
- Don't eat a big meal before bed.



Keeping Hypertension Under Control

Only about half of Americans with high blood pressure keep it under control.

According to Million Hearts 2022, a national initiative to prevent one million heart attacks and strokes by 2022, only 47 percent of people with high blood pressure have their condition under control.



Ahmad Daraghmeh, MD

High blood pressure, or hypertension, is when your blood pressure, the force of your blood pushing against the walls of your blood vessels, is consistently too high, the American Heart Association explains. Over time, high blood pressure causes harm by increasing the workload of the heart and blood vessels, making them work harder and less efficiently.

Ahmad Daraghmeh, MD, a cardiologist with Trinity Health, credits lifestyle as the major cause for a lack of “good and tight control of blood pressure.”

“We are becoming more sedentary,” Dr. Daraghmeh said, adding that an unhealthy diet regimen and not exercising enough is helping to lead to hypertension becoming more common. (In fact, 68 million, or one in three Americans adults have hypertension.) “You can look at the statistics and see that the obesity rate is getting worse.”

Blood pressure is measured with two numbers. The number on top, or the systolic pressure, refers to the amount of pressure in your arteries during the contraction of your heart muscle. The number on the bottom, or the diastolic pressure, refers to your blood pressure when your heart muscle is between beats.

A normal blood pressure reading would be 120/80 mm Hg. If a person's systolic reading is between 120 and 129 mm Hg and their diastolic reading is 80 or greater, their blood pressure is considered elevated. Should the systolic number be between 130 and 139 mm Hg and the diastolic number be between 80 and 89, that is Stage 1 hypertension. Stage 2 hypertension has a systolic number that is greater than 140 and a diastolic number greater than 90 mm Hg.

Why Should You Control Your Blood Pressure?

- With high blood pressure, you are three times more likely to die from heart disease and four more times likely to die from a stroke.
- Reducing the systolic blood pressure by only 12 to 13 mmHg could reduce stroke by 37 percent, coronary heart disease by 21 percent, deaths from cardiovascular disease by 25 percent, or deaths from all causes by 13 percent.

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 narrower the insides 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 arrhythmia 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 take further action. 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 Valentine Chikwendu, 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 modified droplet precautions,” Niebuhr said. Modified droplet precautions are steps taken to protect patients and those who interact with them; this is done by wearing the appropriate Personal Protective Equipment (PPE), which includes 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 test 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.

Goggles

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27,635 goggles have been donated thus far, with requests coming from 26 states, the District of Columbia, and the province of Ontario.

Maria Madsen, ABOC, Clinic Manager for Trinity Regional Eyecare – Western Dakota, was notified about this initiative by a sales representative, who suggested that TREC– Western Dakota be the first contact in North Dakota for that program.

Madsen signed up, requesting 200 goggles. Within two days of her appeal, she started to receive the goggles, and within five days, “our goal was met.”

TREC – Western Dakota shared the wealth, sending goggles to Trinity Hospital, where they will be stored and distributed as the need arises.

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.

Please do not go straight to the Emergency Room, FirstCare Walk-In Clinic, or your doctor’s office.

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 (Trinityhealthndfoundation).

C O M M U N I T Y

CALENDAR

For the latest updates, check online at trinityhealth.org

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

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

Events

May 5 – Keys to Diabetes Success will present “Healthy Eating” at the Trinity Health Community Conference Room, located at Health Center – Town & Country (1015 S Broadway, Minot), at 5:30 p.m. For more information, call 701-857-5268.

May 9 – Bends, Brunch, and Bubbly, a yoga and mimosa brunch party, sponsored by the Trinity Health Auxiliary, will be held at Elevation (1912 Valley Bluffs Drive, Minot), starting at 8:30 a.m. Tickets are \$30, which includes a one-hour yoga session, brunch, and mimosa tasting. Space is limited. Register online at trinityhealth.org/springbbb.

May 12 – Join a registered Trinity Health dietitian as they lead a grocery store tour at the original MarketPlace Foods (1930 S Broadway, Minot) at 6:00 p.m. The topic will be Celiac Disease/Gluten Intolerance. For more information, or to RSVP, please call 701-857-5268.

May 18 – The Trinity Health Auxiliary will hold the Hearts Golf Scramble at Vardon Golf Club (7101 Co Hwy 15, Minot). Registration is at 12:00 p.m., with a 1:00 p.m. Tee-time. For team registration, call Sherry Maragos at 701-857-5221 or register online at trinityhealth.org/heartgolf.

May 19 – The Breast is Best Support Group will meet at With Room Coffee (400 E Central Ave, Minot), from 12:00 to 1:00 p.m. The support group, which meets the third Tuesday of each month, is a breastfeeding and lactation support group for breastfeeding mothers in the Minot community. (Attendees receive \$1 off a drink of choice.) For more information, call the Family Birth Center at 701-857-5381.

May 20 – 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.

May 30 – Trinity Health, in partnership with First District Health Unit and Minot Fire Department, will be performing Car Seat Checks from 11:00 a.m. to 1:00 p.m., at the Minot Fire Department #1 (2111 10th St SW, Minot). For additional dates and times, call Trinity Health at 701-857-5413.

Prepared Childbirth 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 11, 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.