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Patient Invitations Signal Next Phase of Vaccine Rollout
Older patients most at risk of developing severe illness from COVID-19 should be on the lookout for a special invitation from Trinity Health.

Trinity Health has begun sending invitations for vaccine appointments to patients based on North Dakota’s published breakdown of Priority Groups as part of a phased-in approach to distributing the coronavirus vaccines in the state.

“Currently, we are identifying and contacting at-risk Trinity Health patients who are 75 and older throughout our region,” said Marketing Director Karim Trippodina. “Anyone who receives an invitation via text, email, or voicemail should respond immediately. Vaccine supply is limited so we are scheduling appointments for confirmed responses only from the invitations we send out.”

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How to Spot Heart Failure

When the heart fails, it doesn’t quit altogether. Instead, the heart isn’t pumping as well as it should be, meaning that the body may not be getting the oxygen it needs.

Heart failure, as defined by the American Heart Association, “is a chronic, progressive condition in which the heart muscle is unable to pump enough blood to meet the body’s needs for blood and oxygen.”

This disease is “very common,” said Mir Rauf Subla, MD, FACC, FSCAI, an interventional cardiologist with Trinity Health. In fact, according to the Centers for Disease Control and Prevention (CDC), about 6.2 million adults in the United States have heart failure.

There are certain medical conditions that can increase risk for heart failure, including coronary artery disease, diabetes, high blood pressure (hypertension), obesity, other conditions related to heart disease, and valvular heart disease, although Dr. Subla noted that hypertension is the most common cause.

The risk of heart failure can be increased by unhealthy behaviors, especially for those who have one of the medical conditions mentioned above. Those unhealthy behaviors include smoking tobacco; eating foods high in fat, cholesterol, and sodium; not getting enough physical activity; and/or excessive alcohol intake.

According to the American Heart Association (AHA), the most common symptoms of heart failure to track are:

• Any shortness of breath and any weakness in your ability to do your regular activities.
• Your heart rate: To make up for the loss in pumping ability, your heart may start to beat faster. This can lead to heart palpitations. You may feel like your heart is racing or throbbing.

• Many people are first alerted to worsening heart failure when they notice a weight gain of more than two or three pounds in a 24-hour period or more than five pounds in a week. It’s a good idea to track your weight and check in with your doctor if you notice sudden changes. Make sure you know the amount of weight gain your healthcare provider considers to be a problem for you.
• Any swelling from fluids collecting in your body—most often in the ankles, lower legs, and feet—and especially if you notice any increase in swelling.
• Blood pressure: It’s important to track blood pressure and to know your numbers.
• Changes in the makeup of your blood, such as the amount of sodium (too much) or oxygen (too little), can result in confusion or changes to your mental state. You may have some memory loss or worsening symptoms of depression or sadness, which may be related to changes in your body’s ability to compensate for the heart failure. These symptoms may be first noticed by others in your family, so it may be helpful to invite their feedback.

Should a person feel any of these symptoms, “They should talk to their primary care physician and get an echocardiogram (EKG) done,” Dr. Subla said. “Then, if they have problems, they should go to their cardiologist.” There, he added, “we evaluate the symptoms and do various blood tests and stress tests, if needed. Depending on the cause, it can be cured.”

With medication and lifestyle changes, steps can be taken to manage heart failure. Dr. Subla said, advising that the best ways to avoid heart failure are to quit smoking (or never start), eat a diet low in fat, cholesterol, and sodium, and, if it is safe for the patient to exercise, get at least 60 minutes of aerobic activity daily.

While heart failure is not necessarily fatal, Dr. Subla noted that about 18 percent of individuals diagnosed with heart failure die within 30 days. He added that 20 to 30 percent live one
Parents Welcome New Year’s Baby

As Sarah and Matthew Yager arrived at Trinity Hospital in the early morning hours of December 31, they had no idea that their child would be the New Year’s Baby for 2021.

At 8:05 a.m. on January 1, Trevor Yager entered the world at 7 pounds, 10 ounces. Sarah’s due date was January 7, but it appeared that the adorable Trevor wanted to come early, in style. “Just in time,” Sarah Yager said with a laugh.

Along with the honor of being the first baby born at Trinity Hospital in the new year, as well as Sarah and Matthew’s first baby, Trevor and his parents received a gift basket from the Trinity Health Auxiliary. The Auxiliary traditionally presents a basket to the family of the New Year’s Baby.

The Yagers, who live on Minot Air Force Base, have lived in the area since June 2020, when Matthew was stationed here. Sarah is employed with Trinity Health as an office assistant in patient registration with the laboratory at Health Center – Medical Arts.

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The Yagers, who live on Minot Air Force Base, have lived in the area since June 2020, when Matthew was stationed here. Sarah is employed with Trinity Health as an office assistant in patient registration with the laboratory at Health Center – Medical Arts. First District Health Unit has also been working to vaccinate other groups in Phase 1A, by appointment only. People in Phase 1A can call their local First District Health Unit office to make an appointment. The next phase, Phase 1B, focuses mainly on older adults.

“Vaccine continued from page 1 Until now, Trinity Health teams have been involved in vaccinating healthcare workers, long-term care residents and staff, and others who fall within Phase 1A of Priority Groups identified by the North Dakota Department of Health (NDDoH). First District Health Unit has also been working to vaccinate other groups in Phase 1A, by appointment only. People in Phase 1A can call their local First District Health Unit office to make an appointment. The next phase, Phase 1B, focuses mainly on older adults.

“As vaccine becomes available we will act quickly to dispense every dose by contacting patients who fit the criteria at the time,” Tripodina said. “Because we follow the state’s plan based on priority groups, Trinity Health will not maintain a waiting list of patients who want the vaccine. We advise people not to call their provider for a vaccination appointment but rather to wait until we contact them directly.”

Pharmacy

Not pictured: Kerry Hansen, Pharmacy

The student council at Jim Hill Middle School, Minot, recently held a fundraiser called Pennies for Medical Professionals. From this, they donated $800 to Trinity Health, Trinity’s Community Kindness Committee implemented this in $5 gift cards for employees to use for lunch in the Trinity Hospital and Trinity Homes cafeterias.

Vaccine continued from page 1

Until now, Trinity Health teams have been involved in vaccinating healthcare workers, long-term care residents and staff, and others who fall within Phase 1A of Priority Groups identified by the North Dakota Department of Health (NDDoH). First District Health Unit has also been working to vaccinate other groups in Phase 1A, by appointment only. People in Phase 1A can call their local First District Health Unit office to make an appointment. The next phase, Phase 1B, focuses mainly on older adults.

“As vaccine becomes available we will act quickly to dispense every dose by contacting patients who fit the criteria at the time,” Tripodina said. “Because we follow the state’s plan based on priority groups, Trinity Health will not maintain a waiting list of patients who want the vaccine. We advise people not to call their provider for a vaccination appointment but rather to wait until we contact them directly.”

NDDoH recently updated the phases in which patients will be selected for vaccination, which is available along with other information about the state’s vaccination plan at www.health.nd.gov/covid-19-vaccine-information. Trinity Health and First District Health Unit also have resources available about their vaccination process at www.trinityhealth.org/COVIDvaccine and www.fduh.org respectively.
Hope and Healing

Individuals who have been impacted by grief and loss can take part in a bereavement support group available through Trinity Health. Presented by Trinity Health Hospice, “Hope and Healing” is a series of sessions for people who have experienced the death of a friend or loved one.

“Sessions will explore the phenomenon of grief, examine the mourning process, and identify self-care strategies to promote healing,” said Michele Anderson, LMSW, a social worker with Trinity Health Hospice who is leading the sessions.

The first sessions will begin on February 11 and will be held every Thursday for six weeks through March 18. Future sessions will be held June 10 through July 15 and October 7 through November 11. Sessions will be held 6:30 p.m. to 8:00 p.m., at the Trinity Health Hospice office conference room, located at Town & Country Center, 831 S Broadway, Minot.

“Grief is a normal response to loss during or after a disaster or other traumatic event,” the Centers for Disease Control and Prevention advised on their website. “Grief can happen in response to loss of a loved one, as well as to drastic changes to daily routines and ways of life that usually bring us comfort and a feeling of stability.”

Common grief reactions include:
- Shock, disbelief, or denial
- Anxiety
- Distress
- Anger
- Periods of sadness
- Loss of sleep and loss of appetite

The CDC recommends, among other coping mechanisms, connecting with others to help cope with feelings of grief after the loss of a loved one.

To pre-register, please call the Hospice office at 701-857-5039. Registration ends the day prior to the beginning of the first session. Anderson noted that the meetings will have a limited number of participants and COVID-19 precautions will be implemented.

Trinity Health Continues Face Covering Requirements

While the pandemic continues, Trinity Health requires all individuals to wear a face covering or mask at all times in Trinity Health facilities. The masking and visitation policies apply to all Trinity Health facilities in Minot, Belcourt, Devils Lake, Garrison, Kenmare, Mohall, New Town, Velva, and Williston.

The masking requirement is based on guidance from the Centers for Disease Control and Prevention (CDC) that says the use of cloth face coverings can slow the spread of coronavirus and prevent people who have COVID-19 and do not realize it from transmitting the virus to others.

A cloth face covering provides a safeguard against spreading COVID-19, regardless of symptoms. They can be fashioned from household items or made at home from common materials.

To keep our community safe from COVID-19, we must remain diligent in maintaining the best practices proven to slow the virus’s spread, including wearing face coverings. Although the statewide mask mandate has expired, we’re continuing our mandatory masking policy at all our facilities until further notice. For more on our masking policy, visitation guidelines, and COVID-19 testing and vaccine information, visit: https://www.trinityhealth.org/coronavirus-information.

Pastoral Care Achieves Milestone

Trinity Health Chaplains Brian Krebs, BCC, and Mike Parker, BCC, have achieved board certification with the Spiritual Care Association, an international professional organization that establishes quality indicators for spiritual care providers.

Chaplain Mark Henson, BCC, director of Trinity Health Pastoral Care, says the achievement represents a benchmark for the department. “Now all Trinity Health chaplains are board-certified through professional chaplain certifying organizations,” he said.

Board certification is a rigorous process that involves meeting performance standards in areas essential to chaplaincy care. Candidates must pass a comprehensive written exam or be questioned by a certifying committee. Continuing education is required on an annual basis to maintain their credential.

Board certification is a requirement to be employed in Trinity Health’s Pastoral Care department. Chaplain Robin Crosby, BCC, was board certified in December 2019 with the Association of Professional Chaplains (APC). Chaplain Henson has been board certified with APC since 2002.

Approximately 10,000 chaplains are board certified with six recognized chaplain certifying organizations worldwide. Certified chaplains are employed in healthcare, corrections, fire, police, military, and other settings where the spiritual care of people is considered important.
Trinity Health Speaker’s Bureau
Call Community Education at 701-857-5099 for available dates and topics.

Don’t Ring in The New Year with Tinnitus

Over 50 million Americans, or about 15 percent, experience some form of tinnitus, which has become a common health condition in the country. Mayo Clinic defines tinnitus as the sensation of hearing sound when no external sound is present. Symptoms can present in different forms, including ringing, buzzing, roaring, clicking, hissing, or humming. According to the American Tinnitus Association, roughly 20 million people struggle with burdensome chronic tinnitus, while 2 million have extreme and debilitating cases.

Tinnitus can come from a variety of reasons, including exposure to high noise levels, hearing loss, or exposure to toxic medications, explained Jerrica Maxson, AuD, CCC-A, an audiologist with Trinity Health. “It becomes more noticeable if you are fatigued, if you are dealing with stress, caffeine intake, aspirin intake, and some prescription medications have tinnitus listed as a side effect.”

Trinity Homes Receives Vaccines

Residents and staff at Trinity Homes, a 128-bed skilled nursing facility, have received their first doses of the Pfizer COVID-19 vaccine.

“After we are vaccinated it won’t mean people can stop wearing masks or practicing social distancing,” she said. “Things may not change for months.”

Leading up to this was a flurry of interactions by nursing home staff to obtain consents directly from residents or, in some cases, from family members.

Employees at Trinity Homes have battled for months on the front lines, working hard to keep residents and themselves safe. They initiated alternate ways of communicating and keeping residents engaged, even establishing the center’s own exclusive TV channel with a variety of content and programming.

Authorities caution that although the vaccine rollout is good news, the pandemic is far from over.

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Orthopedists Offer Robotic Knee Surgery

Orthopedic surgeons at Trinity Health have performed the region’s first total knee replacement using robotic technology. Brent Knudson, DO, performed the surgery January 11 using Trinity Health’s new Zimmer Biomet ROSA® Knee System.

ROSAs, which stand for robotic surgical assistant, brings an extra measure of precision to total knee replacement, with features that help a surgeon assess soft tissues and refine bone resections to facilitate positioning of the knee implant during surgery. The result is a more balanced, custom-fitting knee design that produces a better outcome for patients.

“Getting a precise knee implant fit is important to a patient’s comfort and overall experience,” Dr. Knudson said. “ROSAs Knee uses data collected before and during surgery to provide details related to the patient’s unique anatomy that are pertinent to the implant fit. By using that data to make more informed decisions during surgery, we can carry out a personalized surgical procedure and position the implant based on a patient’s individual needs.”

ROSAs Knee uses a camera and optical trackers attached to a patient’s leg to know exactly where the knee is in space—much like a detailed global positioning system. If the leg moves even a fraction of an inch, the robot can tell and adjust accordingly. This helps ensure that the plan the surgeon puts into place is executed as intended.

“Things may not change for months.”

Trinity Health Orthopedics has instituted to personalize surgical procedures for patients.”

Both surgeons emphasized the robot doesn’t operate on its own, but moves only when the surgeon prompts it. The addition of robotic technology is one of several improvements Trinity Health Orthopedics has instituted to establish Trinity as the leader in same-day joint replacement surgery.

Information about the ROSA Knee System and how people with knee pain can benefit is available by calling Trinity Health Orthopedics at 701-857-5500.
Tinnitus continued from page 4

Recent research across the world is exploring the impact of the COVID-19 pandemic on tinnitus, Hill said. “Some students are discovering COVID-19 initiation of tinnitus and COVID-19 symptoms exacerbating tinnitus,” she noted. “The social and emotional consequences of the pandemic have made pre-existing tinnitus more bothersome for some of the population. Factors like loneliness, depression, medical worries, and lack of exercise have been noted to impact pre-existing tinnitus.”

If someone has newly developed tinnitus, or if their existing tinnitus has now changed and is causing concern, “they should let their physician know and seek a hearing evaluation,” Mason said. “An evaluation should not be delayed if the tinnitus pulses.”

Mason said that with a hearing evaluation, audiologists can rule out hearing loss and can make any necessary referrals if there are concerns with the hearing evaluation.

A hearing evaluation includes various hearing tests, including tympanometry to assess the outer ear or middle ear and stapedius emission screening to measure outer hair cell activity.

Options for intervention vary depending on how each patient experiences tinnitus, as well as accompanying symptoms, such as hearing loss. While tinnitus cannot be treated, there are tools that can help to manage it, Mason said. “For some people, managing caffeine can be very helpful. Whether hearing loss exists or not, hearing aids with tinnitus masking technology have been very effective at minimizing the impact of tinnitus. Most of our hearing aid users who report tinnitus before getting hearing aids no longer notice it or have a significant reduction in the handicap it is causing, with regular hearing aid use.”

Additionally, masking noises to distract from the tinnitus can help. “Most people notice their tinnitus when it’s quiet,” Mason said, noting that this sensation is felt when a person goes to bed, reads, or works at the computer. “It can really be helpful to add a low level, quiet noise in the background to help distract from the tinnitus.”

Trinity Health Audiology, which includes Kelsey Artz, AuD, Jessica Masson, AuD, CCC-A; and Tricia Nechodom, AuD, PASC, is located at Health Center - West, 101 3rd Ave SW, Ste 203, Minot. For more information or to schedule an appointment, please call 701-857-5986.

With primary open-angle glaucoma, the eye does not drain fluid as well as it should. The American Academy of Ophthalmology explained on its website. As a result, eye pressure builds and starts to damage the optic nerve.

The second form of glaucoma – angle-closure glaucoma, also known as closed-angle glaucoma or narrow-angle glaucoma – occurs when the iris (the part of the eye that controls the size of the pupil to let light into your eye) is very close to the drainage angle in the eye. The iris can end up blocking the drainage angle, the AAO explained. “When the drainage angle gets completely blocked, eye pressure rises very quickly.”

“One of the devious things about glaucoma, particularly primary open-angle glaucoma, is that typically your central vision is the last area of the vision to be affected,” Dr. Hill said. “This means that you can sustain severe – and irreversible – peripheral vision loss before you notice a significant change in your vision.”

This change is “almost always gradual, painless loss vision without any outward signs that anything bad is happening to the eyes,” he said. “This highlights the importance of getting an annual eye exam, whether you wear glasses or not. If there is any known family history of eye problems or vision loss – glaucoma, in particular – a professional eye exam is essential.”

The risk for glaucoma increases with age, affecting most commonly those 40 years of age and over. A person’s family – particularly African heritage and/or a positive family history of glaucoma in a first or second-degree relative – also plays a part. “There are several other factors that have been shown to increase risk for progression that can be measured in the eye clinic,” Dr. Hill said.

However, the primary risk factor that seems to contribute most is eye pressure.

“This is a risk factor over which we can have the most control,” Dr. Hill explained. “Nearly all treatments that have proven to be effective in the literature can only be prescribed or performed by an eye professional.”

Treatment begins with topical eye drops, a laser procedure, or a combination of both, all performed in eye clinics. “Cataract surgery, in combination with additional eye pressure-lowering procedures, including the iStent and Hydrus microstent, can also be used to decrease lower eye pressure,” Dr. Hill said. “In more advanced cases of glaucoma, procedures involving external shunt devices can further lower eye pressure and slow the progression of glaucoma vision loss.”

These treatments are currently available at Trinity Regional EyeCare.

“Glaucoma is a disease that I like to catch early,” Dr. Hill said. “With the current technology available in the world, we are unable to recover vision that is lost to glaucoma damage. However, we can dramatically slow the process.”

Dr. Hill noted that he has seen patients for the first time presenting in the late stages of glaucoma disease and vision loss. “While there is still much that can be done,” Dr. Hill said, “the earlier we can catch it, the better the outcome will be.”
Foundation Nursing Scholarship Recipients Selected

In late December, the Trinity Health Foundation’s Scholarship Committee met and selected 11 nursing students to receive scholarships for the 2020-21 year. Scholarships are usually presented at a banquet held in January; however, due to the COVID-19 pandemic, the banquet has been postponed for now and may be held this spring, said Al Evon, director of Trinity Health Foundation.

The students are: Melissa Eggan and Jill Erickson from Dakota College at Bottineau; Brian Murchie and Brooke Nelson from Minot State University; Kaylie White from North Dakota State University; Jazlyn Brossart from North Dakota State University; Brooke Peterson, from the North Dakota State University, Bismarck campus; Kendall Getreu from Seminole State College of Florida; Christina Bingham from University of Mary; and Brooke Peterson from Dakota College at Bottineau.

Each student will receive $3,300 to assist them with their education.

Glaucoma

be done to slow progression, I know that I can do much more the earlier I see the possibility that glaucoma is developing. Please do not miss the opportunity to preserve your eyesight!"

If eye pain, redness, and blurring of vision present, contact an eye clinic promptly.

“Anything that causes eye pain, redness, or blurring that persists for more than a few minutes should prompt a phone call to the nearest eyecare provider,” Dr. Hill said. “There are innumerable treatable causes of vision blurring, eye redness, or pain. Please get evaluated if you notice any of these symptoms.”

Ophthalmologist Darren Hall, MD, Evelyne Kindy, MD, Darrrell Williams, MD, and Chad Wolkoff, are based at Trinity Regional Eyecare – Minot Center, located at Health Center – Plaza 16, 2815 16th St SW, Minot. For appointments or consultations, please call 701-857-3500.

Ophthalmologist Mark Raymond, MD, is based at Trinity Regional Eyecare – Western Dakota, located at Trinity Community Clinic – Western Dakota, 1321 W Dakota Pkwy, Williston. For appointments or consultations, please call 701-572-7641.

Ophthalmologist Robert A. Dicken, MD, is based at Trinity Regional Eyecare – Devils Lake, located at 404 Hwy 2 E, Devils Lake. For appointments or consultations, please call 701-662-4085.

According to Mayo Clinic, these self-care steps can help detect glaucoma in early stages:

• Get regular dilated eye examinations. Regular comprehensive eye exams can help detect glaucoma in its early stages, before significant damage occurs. As a general rule, the American Academy of Ophthalmology recommends having a comprehensive eye exam every five to 10 years if you are under 40 years old; every two to four years if you are 41 to 50 years old; every one to three years if you are 51 to 60 years old; and every one to two years if you are older than 65. If you are at risk of glaucoma, you’ll need more frequent screening. Ask your doctor to recommend the best screening schedule for you.

• Know your family’s eye health history. Glaucoma tends to run in families. If you’re at increased risk, you may need more frequent screening.

• Exercise safely. Regular, moderate exercise may help prevent glaucoma by reducing eye pressure. Talk with your doctor about an appropriate exercise program.

• Take prescribed eyedrops regularly. Glaucoma eyedrops can significantly reduce the risk that high eye pressure will progress to glaucoma. To be effective, eyedrops prescribed by your doctor need to be used regularly even if you have no symptoms.

• Wear eye protection. Serious eye injuries can lead to glaucoma. Wear eye protection when using power tools or playing high-speed racket sports in enclosed courts.

Source: Mayo Clinic

FirstCare Walk-In Clinic

Monday-Friday 8:00 a.m.–5:00 p.m.
Weekends & Holidays 9:00 a.m.–5:00 p.m.
No Appointments Necessary

Health Center – Medical Arts, Minot
Safety depends on everyone wearing a face covering. Please remember to bring yours.

continued on page 7

Melissa Eggan
Dakota College at Bottineau

Jill Erickson
Dakota College at Bottineau

Brian Murchie
Grand Canyon University

Sarah Emswalter
Minot State University

Noah Grant
Minot State University

Brooke Nelson
Minot State University

Kaylie White
Minot State University

Jazlyn Brossart
North Dakota State University

Brooke Peterson
North Dakota State University

Kendall Getreu
Seminole State College of Florida

Christina Bingham
University of Mary

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Helping Hands with Hospice

Hospice care provides comprehensive and compassionate care for someone with a life-limiting illness. Trinity Health Hospice involves a team-oriented approach for medical care, pain management, and emotional and spiritual support tailored to the patient’s needs and wishes.

Volunteers play an important role with Hospice patients by providing ongoing medical and emotional support, companionship to help hospice patients and their families. The duties that hospice volunteers provide “depend on the needs of the family,” explained Brenda Boehler, Volunteer Coordinator for Trinity Health Hospice. They can provide emotional and spiritual support or respite, so the caregiver can have a rest time or run errands away from the home. “They can play cards, read, sing, walk the dog, shovel snow, or help with yard work. Veteran to Veteran services are also needed,” she said. Additionally, volunteers can do work within the Hospice office such as assisting with meetings, filing, and phone calls. No special skills or experience are needed.

“Volunteering does mean so much to the patients and the families we serve,” Boehler said, adding there is “always a need” for Hospice volunteers. If you are interested in becoming a volunteer with Trinity Health Hospice, or for more information, please contact the Hospice office at 701-857-5082 or e-mail brenda.boehler@trinityhealth.org.

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Amber Emerson, RN

Preventing Burns

Every 60 seconds, someone in the United States sustains a burn injury serious enough to require treatment.

That startling statistic from the National Fire Protection Association should be enough to spur people to take action in prevention burns, which can be an easy task as burns are mainly preventable.

Thermal sources, including fire, hot liquids, steam, and contact with hot surfaces, are the most common causes of burns, according to the American Burn Association.

Childhood burn prevention

According to the Centers for Disease Control and Prevention (CDC), 300 children (those age 19 and under) are treated in emergency rooms for burn-related injuries every day; of them, two children die because of being burned.

Amber Emerson, RN, Trinity Health Trauma Services and coordinator of Safe Kids Minot, noted the best ways to prevent childhood burns, which include:

- Be sure with any gas fireplace there is a safety screen in place, being especially vigilant when visiting other homes
- Keep cords for appliances such as coffee pots and fryers away from countertop edges, where little hands might be able to reach them, same with hot food, keep to the back of the counter
- Avoid holding a child while cooking
- Teach children to stay a safe distance from the stove/ cooktop
- Make sure smoke detectors are working
- Teach kids how to cook safely

The CDC noted that younger children are more likely to sustain injuries from scald burns that are caused by hot liquids or steam, while older children are more likely to sustain burns from flame burns that are caused by direct contact with fire.

Electric Burns

The most common causes for electrical fires include incorrectly installed wiring; overloaded circuits and extension cords; defective or improper plugs, switches, and outlets; and misuse and poor maintenance of lighting.

Electrical issues can be detected before danger hits, Emerson said.

These issues include:

- Flickering or dimming lights
- Switches or outlets that are hot to touch and/or emit an acrid odor
- Discolored cords, outlets, and switch plates
- Repeatedly blown fuses and tripped circuit breakers

If you experience any of these signs, contact a licensed electrician.

To help prevent electrical fires:

- Don’t run cords under carpeting, bedding, clothes, or keep them in metal materials; also avoid placing cords across doorways or frequently traveled areas.
- Don’t overload outlets or use extension cords in place of outlets.
- Call an electrician to install additional outlets as necessary.
- Ensure plugs fit snugly in outlets to prevent shock and excess heat.

How to Treat Burns

If you suffer a minor burn:

- First cool the burn under cool, running water, or apply a cool – not cold – compress until the pain eases. (Do not use ice as that can cause further tissue damage.)
- Then, remove any rings or other tight items before any swelling occurs.
- Leave blisters intact as they protect against infection. If the blister breaks, clean the area with water and apply antibiotic ointment. If a rash would occur, stop using the ointment.
- Cover the burn with a sterile gauze bandage and wrap it loosely to avoid pressure on the burn.
- Take an over-the-counter medicine to relieve pain
- Consider getting a tetanus shot
- Use a moisturizer and sunscreen until wound is healed.

- If you suffer a major burn, or if it covers a large portion, it is best to be seen by a medical provider.

In 2018, Trinity Health partnered with Regions Hospital, a nationally recognized burn center in St. Paul, MN, to acquire devices called Teleburn iPads that provide initial assessment, treatment advice, and follow-up care for burn patients brought to Trinity Health’s Emergency/Trauma Center.

As with any preventable injury, one of the main keys is to stay focused on the task at hand. Be sure to have working smoke detectors, as well as a fire safety plan, so that all the family members know what to do in case of a fire.

Nursing continued from page 6

Additionally, because the Nursing Scholarship Fund is a qualified endowment per the North Dakota Century Code, North Dakota residents, businesses, and financial institutions may qualify for a tax credit on the value of a current or planned gift to this endowment.

* Trinity Health Foundation is grateful to all who support us financially, * Even said. “Your gift positively impact the health and wellness of the people in north central and northwestern North Dakota and help to save and change lives.”

Join us on Facebook: facebook.com/TrinityHealth.ND

trinityhealth.org

Appreciation Parade

Trinity Health is honored by the appreciation being shown to us by our communities. Burlington Rural Fire Department and other local agencies held an appreciation parade on December 31. The parade went past Trinity Hospital, Trinity Hospital—St. Joseph’s, and Trinity Homes. Michael Bossie, a firefighter and EMT captain of the Burlington Rural Fire Department, put the parade together as he saw the heartache that COVID-19 has caused. Please thank them for their encouragement.

Prescription Refills

B&B Northwest Pharmacy
701-838-2213

KeyCare Pharmacy
701-857-7900

Download the App keycarepharmacy.com
or bbnwpharmacy.com

HEALTH TALK
TRINITY HEALTH
7 • FEBRUARY 2021
Let Trinity Health Trauma Services train you in the life-saving steps to stop severe bleeding. STOP THE BLEED® and save a life.

Learn about heart healthy label reading. These classes are offered free-of-charge as part of Trinity Health’s community benefit mission, but registration is typically required. If you have questions, please call 701-857-2352. Sign up for classes at: trinityhealth.org/familybirth_registration.

Learn About Signs of Labor, What to Expect in Labor, Comfort Measures, Postpartum Cares, Newborn Care and Routines, and Much More! Enrollment is limited. Registration is required. The classes will be held virtually.

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Events may be postponed or canceled due to the coronavirus. Please watch our calendar at trinityhealth.org/events for up-to-date calendar changes.

For the latest updates, check online at trinityhealth.org.

Prepared Childbirth Classes
February 6, March 13, April 10, May 8, and June 12
Learn about signs of labor, what to expect in labor, comfort measures, postpartum cares, newborn care and routines, and much more! Enrollment is limited. Registration is required. The classes will be held virtually.

Check Out Our Progress
Every day, great progress is being made at the site of our new medical campus.
Check it out for yourself with our live cameras at trinityhealth.org

Learn what to expect in labor, comfort measures, postpartum cares, newborn care and routines, and much more! Enrollment is limited. Registration is required. The classes will be held virtually.

Mobile Mammography
February 1 — Trinity Community Clinic – Mohall, 745-6841
February 2 — Kenmare Community Hospital, 385-4296
February 9 — Trinity Community Clinic – Velva, 338-2066
February 10 — Trinity Community Clinic – Garrison, 463-2626
February 11 — CHI – Devils Lake, 662-8662
February 24 — St. Luke’s Hospital – Crosby, 965-6439
February 25 — Tioga Clinic, 664-3368
February 26 and 27 — Northland Health Center – Bismarck, 720-4347

Prepared Childbirth Classes
February 11, March 13, April 10, May 8, and June 10
Learn about all things breastfeeding: positions, latch, skin-to-skin contact, how to know baby is getting enough, and more! Enrollment is limited. Registration is required. The classes will be held virtually.

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