

Trinity Health is committed to sharing the latest information about the Coronavirus. We continue working to keep our staff, patients, families, and community safe. Please visit trinityhealth.org/coronavirus for vaccine updates.

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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.



Mir Rauf Subla, MD, FACC, FSCAI

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 worsening 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 10 percent of individuals diagnosed with heart failure die within 30 days. He added that 20 to 30 percent live one



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 Tripodina. “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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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 child, 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.



Trinity Health Welcomes Psychiatrist

Trinity Health is pleased to announce the addition of Elizabeth Ohiku, MD, MS, BSN, to our team of behavioral health providers.

Dr. Ohiku is board-certified in General and Child-Adolescent Psychiatry. She is uniquely qualified to address the full range of emotional and behavioral health issues affecting children and adolescents, utilizing the latest therapies and interventions.

She completed her medical degree and general psychiatry residency at the University of Illinois College of Medicine at Chicago. She completed her fellowship in Child and Adolescent Psychiatry at Tulane University School of Medicine, New Orleans. Dr. Ohiku has practiced psychiatry with special populations including forensic adults and juveniles, school based mental health, veterans, the intellectually disabled, and severely mentally ill individuals. At one point, she oversaw the establishment of psychiatric services at Richmond State Supported Living Center in Texas, a residential facility for adults with intellectual and developmental disabilities. Dr. Ohiku is a Fellow of the American Psychiatric Association.

Dr. Ohiku is based at Health Center – Riverside, 1900 8th Ave SE, Minot. For appointments or consultations, please call 701-857-5998.



Elizabeth Ohiku, MD, MS, BSN



Community Kindness

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.



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- Fractures, orthopedic trauma
- Pediatric orthopedics
- Osteoarthritis
- Conditions involving ligaments, tendons, and muscles



Trinity Hospital Gift Shop

Flowers and Gifts

701-857-5205

Eagle Award Winners



Jayme Burman, CNM Midwifery



Sarah Howard Diabetes Education



Diane Schmidt-Krings, MD Anesthesiology

Not pictured: Kerry Hansen, Pharmacy



Heart Failure continued from page 1

year, and 45 to 50 percent live five years.

Trinity Health Cardiology includes Valentine Chikwendu, MD; Ahmad Daraghmeh, MD; Mir Rauf Subla, MD; Samir Turk, MD; and Amanda Weidler,

FNP-C. Their offices are located at Health Center – Medical Arts, 400 Burdick Expy E, Minot. For more information or to schedule an appointment, please call 701-857-7388.

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 fell 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.fdh.u.org respectively.

Dr. Mattern Board Certified in Lifestyle Medicine

Dawn Mattern, MD, FAMSSM, a Family Medicine/Sports Medicine specialist with Trinity Health, has been certified as a Diplomate of the American Board of Lifestyle Medicine (ABLM).



Dawn Mattern, MD, FAMSSM

Lifestyle medicine is a medical specialty that employs evidence-based therapies such as physical activity, nutrition, adequate sleep, and stress management to address chronic illness. To become certified, doctors must pass a board exam and demonstrate competency in the practice of lifestyle medicine.

Dr. Mattern is a longtime advocate of exercise and other healthy behaviors as a first-line approach to treating and preventing many chronic diseases.



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 life, 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.

Occupational Medicine Services
trinityhealth.org/occmcd



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/>

MASKS & FACE COVERINGS

DON'T:

Leave your nose uncovered

Leave your chin uncovered

Leave excess room around your nose, chin or cheeks

Remove your mask to talk or "store" it under your chin

Modify your mask or use masks with any openings

DO:

1 Extend the bottom of the mask under your chin

2 Make sure the top of the mask sits on the bridge of your nose

3 Ensure there are no gaps along your cheeks

Joint Information Center

Pastoral Care Achieves Milestone

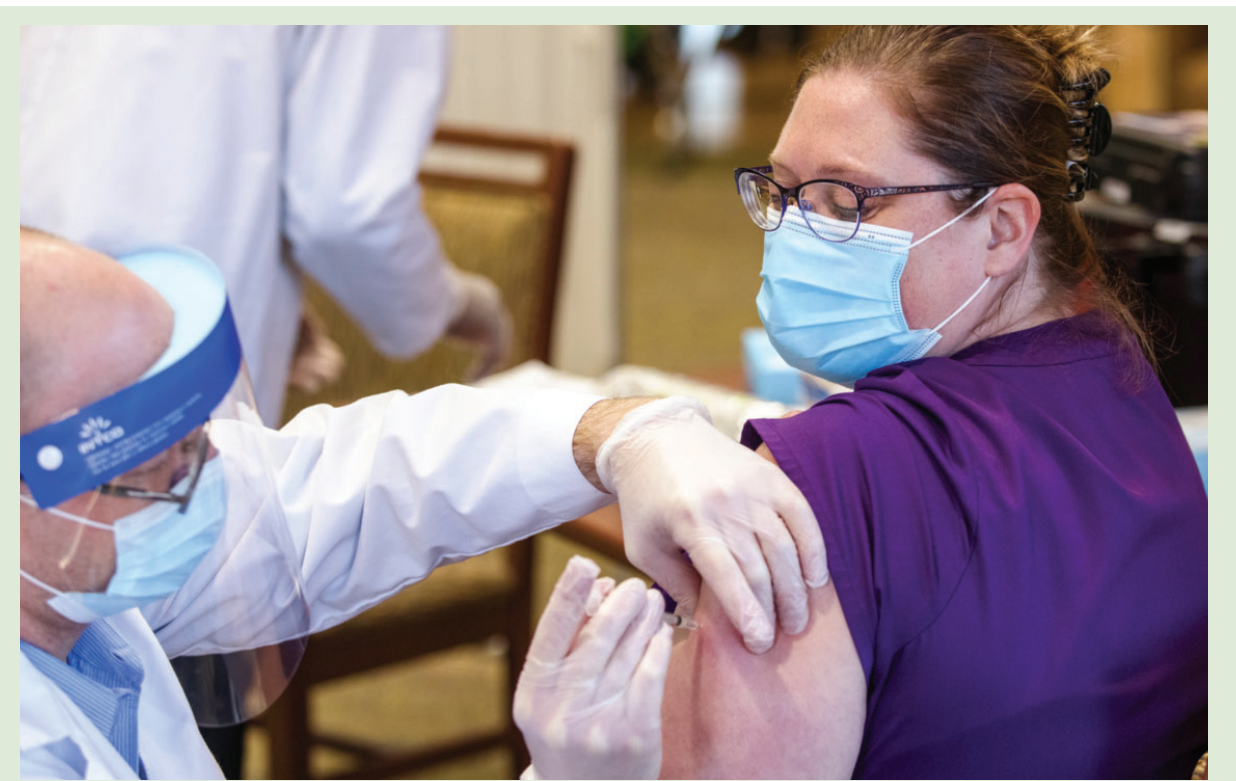
Trinity Health Chaplains Brian Krebs, BCC, and Mike Parker, BCC, have achieved board certification with the Spiritual Care Association, an international professional organization that establishes quality indicators for spiritual care providers.

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 Robyn 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 Homes Receives Vaccines

Residents and staff at Trinity Homes received their first vaccinations for COVID-19 in mid-January.

Jennifer Mitchell, director of Clinical Excellence and Resident Safety, says 100 residents and 100 staff were slated to receive the Pfizer vaccine during this initial round of immunizations. CVS Pharmacy administered the doses.

Mitchell, who was the first staff member to roll up her sleeve, says the vaccine’s arrival is a day residents and staff have been eagerly awaiting. “People that I’ve talked to have been very much looking forward to this day in anticipation that it will help us get back to some normalcy in terms of visits and families being able to be together. Our reaction is one of relief that there is an end in sight for us,” she said.

Mitchell stressed that getting back to normalcy will take time as nursing homes await direction from federal authorities and the North Dakota Department of Health. “After we are vaccinated it won’t mean people can come in for visits right away,” 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 region is still grappling with a pandemic that is continuing and even spiraling in many areas. They urge that behaviors like wearing a mask and practicing social distancing are important as ever.

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.

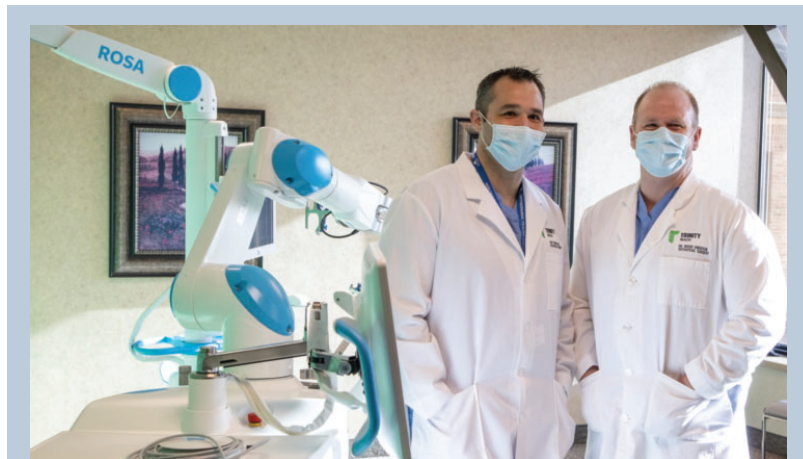
Kelsey Artz, AuD

Jerrica Maxson, AuD

Tricia Nechodom, AuD

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 with stress, caffeine intake, aspirin intake, and some prescription medications have tinnitus listed as a side effect.”

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Cody Pehrson, MD, and Brent Knudson, DO, orthopedic surgeons with Trinity Health, stand with the ROSA Knee System, which robotically assists with knee replacement surgeries.

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.

ROSA, which stands 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. “ROSA Knee uses data collected before and during surgery to provide details related to a 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.”

ROSA 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.

“The decision to undergo a joint replacement can be a difficult one for patients,” said Cody Pehrson, MD, an orthopedic surgeon trained in the ROSA Knee system. “Robotically-assisted technology with its key benefits has the potential to make it an easier choice. It brings together robotic technology with industry-leading knee implants to help us 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.



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Trinity Health – Western Dakota
1321 W Dakota Pkwy, Williston, ND
701-774-8785

Tinnitus

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Recent research across the world is exploring the impact of the COVID-19 pandemic on tinnitus, Maxson said. “Some studies are demonstrating 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, poor sleep, financial 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,” Maxson said. “An evaluation should not be delayed if the tinnitus pulses.”

Maxson 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 otoacoustic 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, Maxson 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 either 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,” Maxson said, noting that this sensation is felt when a person goes to bed, reads, or works at the computer. “It can be really 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; Jerrica Maxson, 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.

Trinity Health Pharmacy Receives Accolades

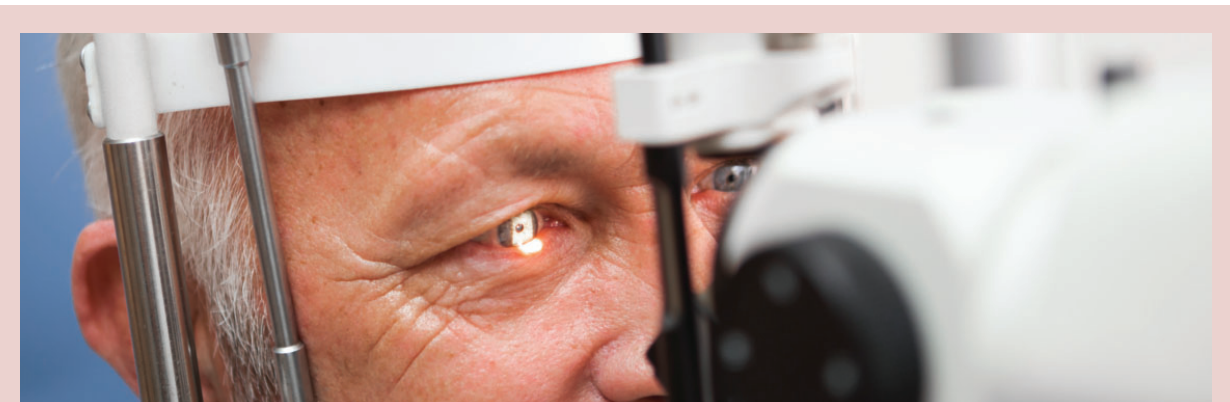


Ramona Sorenson, PharmD and the Trinity Health Ambulatory Care Pharmacy Practice recently received recognition for their work on making valuable contributions towards the advancement of patient care in the practice of pharmacy.

The Trinity Health Ambulatory Care Pharmacy Practice received the Best Practice in Ambulatory Care Development award from the North Dakota Society of Health System Pharmacists.

Sorenson received the Excellence in Innovation award from the North Dakota Pharmacists Association (NCPA).

Pictured with Sorenson, center, are Terry Altringer, Pharm.D., Pharmacy Clinical Services Supervisor, and Carolyn Seehafer, Pharm.D., RPh, Pharmacy Director with Trinity Health.




Guidance on Glaucoma

Behind cataracts, glaucoma is the second leading cause of blindness worldwide. While there are no known ways to prevent glaucoma, if caught early, it can be treated to prevent further damage to vision.


Darren Hill, MD, an ophthalmologist with Trinity Health, described glaucoma as a term used for a broad group of diseases that “result in damage to the optic nerve and subsequent, progressive, and permanent vision loss and dysfunction.”

While there are many contributing factors for glaucoma, high intraocular pressure – the amount of pressure inside the eyeball – is one of the most important risk factors, Dr. Hill said.


Of the different types of glaucoma, which can be caused by a variety of reasons (congenital defects, inflammatory and other eye diseases, or anatomic variations in the structures of the eye), primary open-angle glaucoma is the most common form of glaucoma in the United States, affecting nearly one in 50 Americans over the age of 40, Dr. Hill said, adding that over 100,000 Americans suffer from blindness in both eyes due to this form.



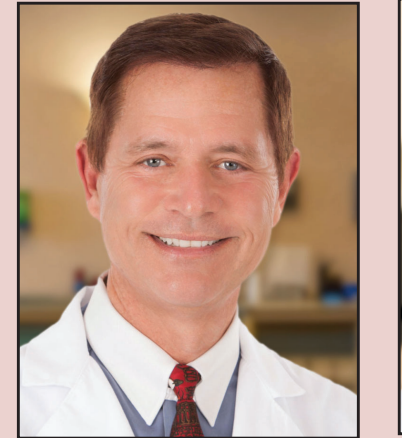
Robert Dicken, MD
Devils Lake




Evelyne Kindy, MD



Mark Raymond, MD
Williston



Darrell Williams, MD



Chad Wolsky, MD

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 vision loss 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 eyecare 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 devices, can also be used to effectively 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

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Foundation Nursing Scholarship Recipients Selected



Melissa Eggen
Dakota College at Bottineau



Jill Erickson
Dakota College at Bottineau



Brian Murchie
Grand Canyon University



Sarah Emswiler
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
Bismarck Campus



Kendall Getreu
Seminole State College of Florida



Christina Bingham
University of Mary

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 Eggen and Jill Erickson from Dakota College at Bottineau; Brian Murchie from Grand Canyon University; Sarah Emswiler, Noah Grant, Brooke Nelson, and Kaylie White, from Minot 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; and Christina Bingham from University of Mary.

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

Trinity Health Foundation congratulates these students on this achievement and wishes them success in their future endeavors. “We also thank the members of the Scholarship Committee for the time and effort they put into this selection process,” Evon said.

The Nursing Scholarship Program was created to help slow down the shortage of nurses in the nation by providing scholarships to nursing students.

From August 1 to November 1, the Trinity Health Foundation accepts applications for these scholarships, which are awarded per academic year for either BSN or AND degrees and are open to new nursing students or Trinity Health employees seeking their BSN. Acceptance to an accredited nursing program is required, and the scholarship award is paid directly to the nursing school.

Applications are available online (trinityhealthfoundationnd.org) or at the Trinity Health Foundation office, located on the second floor at Trinity Hospital – St. Joseph’s, 407 3rd St SE, Minot. The recipients of the scholarship are announced at the end of each year.

Trinity Health Foundation hopes to continue to grow the nursing scholarship fund and assist more students in the future. Presently, the Foundation has received a matching gift of \$100,000 for the Nursing Scholarship Fund from a generous donor. To date, slightly more than \$75,000 has been matched.

If you would like to donate to this fund to help overcome the nursing shortage and make a positive difference in the healthcare of our region, please contact the Trinity Health Foundation office at 701-857-5432 or 701-857-2430 and one of the staff members would be happy to assist you.

“Not only will your gift be doubled, but you will also help change lives – those of the students and those of the patients and families they will serve for years to come,” Evon said.

Glaucoma continued from page 5

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.”

Ophthalmologists Darren Hill, MD; Evelyn Kindy, MD; Darrell Williams, MD; and Chad Wolsky, MD, 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 consultation, 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 40 to 54 years old; every one to three years if you are 55 to 64 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 right 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.-8:00 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.



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 non-medical care and 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 from 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.

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.

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,” Evon said. “Your gifts positively impact the health and wellness of the people in north central and northwestern North Dakota and help to save and change lives.”



Preventing Burns

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



Amber Emerson, RN

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, the Cleveland Clinic said.

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 injuries 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, or other combustible materials; also avoid placing cords across doorways or frequently traveled areas.
 - Discard frayed or broken cords and never splice two cords together.
 - 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.

Prescription Refills

B&B Northwest Pharmacy 701-838-2213	KeyCare Pharmacy 701-857-7900
Download the App keycarepharmacy.com or bbnwpharmacy.com	



Single Rose with Balloon \$10.00
One red rose with gypsophila in a special edition heart sleeve. Comes with an 18" mylar balloon



One & Only \$25.00
White ceramic with gold elephants & heart balloons contains pink carnations, red mini carnations, gypsophila, leatherleaf, and a balloon pick



Mad About You \$30.00
Pop art LOVE tin contains red roses, hot pink carnations, white cushion poms, red mini carnations, pink limonium, leatherleaf, and a pop art pick



How Sweet It Is \$35.00
Assorted ceramic XO cube contains starfighter lilies, pink hydrangea, hot pink spray roses, pink alstroemeria, gypsophila, and salal



Warm Fuzzies \$37.00
White ceramic with red hearts contains red roses, red carnations, white mini carnations, lily grass variegated pittosporum, and a plush heart pick



Meant To Be \$50.00
White ceramic cylinder with gold slogan contains white hydrangea, hot pink or red gerberas, red roses, blue limonium, and salal heart pick

Valentine's Day Flowers

Quantities limited; order early
Trinity Hospital Gift Shop

Pickup at Gift Shop February 10-12



TRINITY HEALTH
AUXILIARY

Questions, call Sherry
701-857-5221
All proceeds support
Trinity Health Auxiliary



Say hello to your baby!

See your baby's face, fingers, and toes for the first time with Hello Baby, Trinity Health's new prenatal imaging service. Hello Baby offers elective 2D and 3D/4D ultrasounds and keepsake pictures and video to expectant parents eager to get an early glimpse of their little one.

2D ultrasound: \$65
10 – 20 minutes, minimum 12 images
3D/4D ultrasound: \$100
20 – 30 minutes, minimum 20 images and one video

This service is done on a non-medical basis and is not a replacement for, or in lieu of, standard prenatal medical care.



TRINITY HEALTH

Hello Baby
To schedule a session, call
701-857-3220

trinityhealth.org/hellobaby
Trinity Health Advanced Imaging Center
Health Center – Town & Country, 831 S Broadway, Minot

Learn Life-Saving Steps: STOP THE BLEED® Training

Someone who is severely bleeding can bleed to death in as little as five minutes. In fact, bleeding is the number one cause of preventable death after an injury. That's why bleeding control — keeping the blood inside the body — is the purpose of STOP THE BLEED® training. This course empowers trained bystanders to take life-saving action if quickly needed — regardless of the situation or cause of severe bleeding.

We continue to witness or experience unexpected violence and injuries in our daily lives — on the highway, in the workplace, on the farm, at schools, at sporting events, and in other public places where we gather with an expectation of safety. **Let Trinity Health Trauma Services train you in the life-saving steps to stop severe bleeding. STOP THE BLEED® and save a life.**

This free one-hour course is available for your business, your school, your coaches, your family, and your community.

Please call Trauma Services at 701-857-5700 for more information and to schedule a class.

Source: stopthebleed.org



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

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.

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 (Nadine Boe) (Women's Way Event)

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.

Breastfeeding Basics

February 11, March 11, April 8, May 13, 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.

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.

Events

February 9 — Join a Trinity Health clinical dietitian as they host a Heart Healthy grocery store tour, starting at 2:00 p.m., at the original MarketPlace Foods. Find out how heart health relates to grocery shopping and learn about heart healthy label reading. The tour is free, but the number is limited. Please call 701-857-5268 to RSVP.

February 16 – The Breast is Best Support Group will meet virtually, 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. To register, visit: trinityhealth.org/familybirth_registration.

Save the Date

KMOT Ag Expo 2021

Trinity Health will have an informational booth at the KMOT Ag Expo 2021, March 3-5, at the North Dakota State Fair Center. At the Trinity booth, learn the steps to affectively STOP THE BLEED®. We will also have free blood pressure checks, as well as blood glucose and cholesterol screenings for \$15.