On a busy Saturday, January 23, in Minot, Trinity Health administered COVID-19 vaccines to 924 patients. Many patients who attended the clinic expressed a common reaction to receiving the vaccine: relief. Getting their first dose was a welcome, long-awaited signal toward better days ahead.

“I’ve been waiting patiently,” said John Ross, who received his first dose that morning. Melvin Boger was also “glad to get it done” and added that the shot didn’t hurt a bit.

Pauline Magnusson was “very excited” to receive her invitation for the vaccine and equally relieved to have the first dose under her belt. She also noted how many other patients were getting their shots that day. “I was surprised at how many people are here,” she said.

Some patients who received their shots reflected on how the vaccine gives them hope for getting together with family again. Alice Gilpatrick, whose son accompanied her to her vaccine appointment, noted how she will feel “more comfortable with the grandkids and the great grandbabies.”

“Trinity Health’s clinics are designed to get patients vaccinated quickly and ensure they are safe and feeling well before they head home, all while...”

continued on page 2

Trinity Health Announces Infusion Clinic for COVID-19 Antibody Treatment

Patients who are diagnosed with COVID-19 have a new treatment option in Minot that may help them avoid a stay in the hospital.

Trinity Health has opened an outpatient infusion clinic for administering Bamlanivimab, or BAM, a monoclonal antibody therapeutic. In November, the U.S. Food and Drug Administration (FDA) authorized the emergency use of BAM for treatment of mild to moderate COVID-19 in adult and pediatric patients.

The infusion clinic is located at Trinity Health East Ridge, 1250 21st Ave SE, Minot, and accepts referrals from providers across the region both within and outside of Trinity Health. Patients diagnosed with COVID-19 should talk to their primary care provider about eligibility and referrals.

continued on page 2
Healthcare Campus Interiors Take Shape

From the outside, Trinity Health’s future hospital and medical complex looks nearly complete. The enclosed multi-story structure towers silently above the frozen landscape.

But inside, crews are hard at work - roughing in the walls that will form the lobbies, patient rooms, and exam areas, and creating the infrastructure that will bring the new building to life.

Since taking over management of the project early last year, JE Dunn Construction has achieved major progress at the site. A chief accomplishment was enclosing the exterior structure and installing insulation so crews can work comfortably inside the building during the winter months.

“What we’re seeing here today is remarkable,” said Trinity Health Vice President Randy Schwan. “We’ve watched the building go up like a giant erector set. Now we’re seeing changes continue as crews work fulltime getting the walls up, the electrical room, a power hub with rows of electrical closets and overhead conduits that will carry power from the hub to the myriad of electrical equipment and end-user devices. “It’s very precise, like a work of art, actually,” Schwan said.

With nearly two years to go, the project appears to be well within schedule.

“We expect the plant to be sending heating and cooling to the complex by May. We will be able to do the finishing work in conditioned air,” said JE Dunn Project Manager Aaron Guidor. “I feel very fortunate; it’s been exciting to take on an engineering marvel is a work of art, actually,” Schwan said.

An important area of focus has been the Central Energy Plant, an adjacent infrastructure, AC, heat, and electrical. They’ve been able to come a long way in a short amount of time thanks to an excellent team.”

An important area of focus has been the Central Energy Plant, an adjacent structure that houses the massive boilers, generators, and air conditioning units that will heat, cool, and power the entire health complex. An engineering marvel is the electrical room, a power hub with rows of electrical closets and overhead conduits that will carry power from the hub to the myriad of electrical equipment and end-user devices. “It’s very precise, like a work of art, actually,” Schwan said.

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Thanks to the work of JE Dunn’s crews and the Trinity Health team, the end result will be a highly efficient and comfortable facility that will serve the region for generations.

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Vaccines continued from page 1

maintaining social distancing and other safety guidelines. Early vaccine recipients noted that the process, like the shot, was fairly quick and painless. Mr. Rosc described it as a “well-oiled machine.”

Walter Feihl, who received his first dose on Saturday as well, said, “It went very well. Thank you to Trinity for being so efficient and getting this done in such a wonderful, organized fashion.”

Trinity Health receives vaccine shipments directly from the North Dakota Department of Health and follows federal and state guidelines to prioritize who gets the doses. Vaccine has been in limited supply so far, making it hard to predict how much will arrive or when.

Leadership anticipates moving through the Priority Group list quickly to vaccinate all who wish to benefit from protection against the virus. “We look forward to every shipment we receive, and we’ll take as much vaccine as we can get for our region. Our goal is to vaccinate as many people as possible, as soon as possible. When we get vaccine doses, we act swiftly and deliberately to give them to people,” said Randy Schwan, Vice President at Trinity Health. “It is a little frustrating for our team and patients: The only thing slowing down vaccinations locally is the allocation we get from federal and state planners.”

At this point, vaccination for Phase 1B is by appointment only. When vaccine supply becomes available, Trinity Health will contact patients directly if they are identified as eligible.

Schwan explained, “Because we follow the State’s distribution plan based on Priority Groups, Trinity Health is not maintaining a waiting list at this time. Please do not call your Trinity Health provider to request the vaccine; we look forward to contacting you if you are identified within a Priority Group. And one more reminder to all of us: Please continue to follow the guidelines of wearing a mask, washing hands, and social distancing for everyone’s health and safety.”

Antibody continued from page 1

Monoclonal antibodies are man-made proteins that mimic the antibodies in patients who have recovered from COVID-19. BAM specifically targets SARS-CoV-2 to block the virus from attaching to and entering human cells.

“We established this clinic so we can provide outpatient treatment to high-risk COVID-19 patients with the goal of preventing hospitalization,” explained Casmiar Nwaigwe, MD, Infectious Disease Specialist at Trinity Health and Medical Director of the infusion clinic. “Not only can monoclonal antibody infusion help reduce severity of illness for the patient; it can also ease the numbers of COVID-19 admissions to hospitals, which have been strained across the nation in recent months.”

Dr. Nwaigwe noted that treatment is likely to be more beneficial when given early in the course of COVID-19 infection.

COVID-19-positive patients who qualify for BAM include anyone age 12 years and older and weighing at least 88 pounds. For adults, treatment with BAM may be an option for patients who meet one or more of the following criteria:

• Are 65 years of age or older
• Have obesity as measured by a body mass index (BMI) of 35 or higher
• Have diabetes, chronic kidney disease, or conditions that weaken the immune system
• Take medications that can weaken the immune system
• Are 55 years of age or older and have heart disease or chronic lung disease

Anyone of any age, sick with COVID-19 and with other underlying health conditions, may benefit from BAM infusion depending on their risk factors. Pediatric patients age 12-17 are assessed on a case-by-case basis.

BAM is administered as a one-time infusion over one hour. Patients are asked to remain at the infusion clinic for roughly one hour after the infusion to monitor for any side effects. BAM is not a vaccine, and patients who have recovered from COVID-19, who require oxygen therapy due to COVID-19, who require an increase in baseline oxygen flow rate due to COVID-19 in patients who are not on oxygen therapy due to underlying non-COVID-19 related conditions.

For more information on monoclonal antibody therapy available at Trinity Health, visit: www.trinityhealth.org/BAMtherapy.

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

trinityhealth.org
Trinity Health Business Office Resumes In-Person Visits

Trinity Health’s Business Office has reopened its doors to in-person visits. The Business Office resumed walk-in service on February 1, 2021, in accordance with safety protocols that Trinity Health has implemented for COVID-19.

Customers who wish to pay a bill may do so in-person, providing they observe Trinity Health’s safety policies. These require everyone visiting a facility to bring and wear a mask or other face covering, and to maintain social distancing.

The Business Office is located at Trinity Health Town & Country, 205 S Broadway, Minot, and is open to visitors from 8:00 a.m. – 5:00 p.m., Monday through Friday.

Deep Vein Thrombosis

The pain and cramping you feel in your calf may not be a result of recent exercise. On the contrary, it could be a symptom of deep vein thrombosis, a blood clot that forms in one or more of the deep veins in the body, usually in the legs. Mayo Clinic explained that deep vein thrombosis, or DVT, can cause leg pain or swelling. There are more than 200,000 cases of DVT in the United States each year. In addition to pain or cramping in the calf, other signs or symptoms of DVT can include swelling in the affected leg, red or discolored skin on the leg, or a feeling of warmth in the affected leg.

While a blood clot is not necessarily associated with risk factors, there are more ways to reduce the risk, including:

- **Age.** While DVT can occur at any age, being older than 60 increases your risk.

- **Sitting for long periods of time.** This can include when you are driving or flying. When your legs remain still for hours, your calf muscles don’t contract. Muscle contractions normally help blood circulate.

- **Prolonged bed rest.** Blood clots can form in the calves of your legs if your calf muscles don’t move for long periods.

- **Injury or surgery.** Injury to veins or surgery can increase the risk of blood clots.

- **Pregnancy.** Pregnancy increases the pressure in the veins in the pelvis and legs.

- **Birth control pills.** Oral contraceptives, along with hormone replacement therapy, can increase the blood’s ability to clot.

- **Being overweight or obese.** Obesity increases the pressure in the veins in your pelvis and legs.

- **Smoking.** Smoking affects blood clotting and circulation, which can increase the risk of DVT.

- **Cancer.** Some forms of cancer increase substances in the blood that can cause it to clot. Also, some forms of cancer treatment increase the risk of blood clots.

- **Heart failure.** This increases your risk of DVT and pulmonary embolism. Because people with heart failure have limited heart and lung function, the symptoms caused by even a small pulmonary embolism are more noticeable.

- **Inflammatory bowel disease.** Bowel diseases, such as Crohn’s disease or ulcerative colitis, increase the risk of DVT.

- **Personal or family history of DVT or Pulmonary Embolism.** If you or someone in your family has had one or both of these, you might be at greater risk for developing DVT.

- **Genetics.** Some people inherit genetic risk factors or disorders, such as factor V Leiden, which makes blood clot more easily.

If you develop signs or symptoms of DVT, contact your primary healthcare provider.

The provider will assess the symptoms and determine if screening – typically an ultrasound – is necessary. According to the National Blood Clot Alliance, an ultrasound can find about 95 percent of DVT cases in the large vein above the knee; about 60 to 70 percent are identified in the calf veins using ultrasonography. A computed tomography (CT) scan and magnetic resonance imaging (MRI) are other screening options. According to Mayo Clinic, DVT is important to screen for because it can permanently damage veins. As many as half of people with DVT experience long-term leg pain, heaviness, and swelling that can progress to difficulty walking, changes in skin color, and open leg sores, the Vascular Disease Foundation said.

Also, the blood clot can break off and go into the lungs, causing a pulmonary embolism, said Barry Amos, DO, an interventional radiologist with Trinity Health.

According to Mayo Clinic, if you develop signs or symptoms of a pulmonary embolism, seek emergency medical help. Signs or symptoms include:

- Sudden shortness of breath
- Chest pain or discomfort that worsens when you take a deep breath or when you cough
- Feeling lightheaded or dizzy, or fainting
- Rapid pulse
- Rapid breathing
- Coughing up blood

Management of DVT depends on the location, the chronicity, and symptoms, Dr. Amos explained. If the DVT is located above the knee, anticoagulation – using blood thinners to prevent and reduce the coagulation of blood, prolonging the clotting time – is the standard of treatment, with additional treatments implemented if needed, Dr. Amos said. If it gets worse, or it is a high-risk DVT, he adds, intervention to remove the clot will be done. For acute clots, with anticoagulation alone, it may take two to four weeks – or even months – for the body to dissolve the clot. I.PA, a clot-busting medication, can dissolve the clot in two to twelve hours, but there is increased risk of bleeding with I.PA, Dr. Amos said.

“That’s why thrombectomy is being used more frequently now amongst many other reasons,” he added.

A thrombectomy is a procedure that, with the aid of a catheter, removes blood clots from arteries and veins through suction. “A catheter is placed in the vessel next to the clot and hooked to a pump, which sucks the clot out of the vessel,” he said.

Continued on page 6
In Recognition and Thanks from the Foundation

The Trinity Health Foundation is proud to list the names of individuals, organizations, and businesses whose gifts were received from October 1, 2020, to December 31, 2020. These contributions illustrate a generous and caring community, striving to bring the highest quality healthcare services to our local community. We want to thank everyone who supported our Health System at meeting the needs of the whole person through the provision of quality healthcare and health-related services. For more information on honoring the memory of a loved one through philanthropic giving, contact the Trinity Health Foundation at 701-857-5432.

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In memory of Esther Opland
Lila & Lila, Chet Reich
In memory of Eugene Field
Betty Field
In memory of Evelyn Asendorf
Agnes Brandt
In memory of Evelyn Knopfle
Agnes Brandt
In memory of Jane Finneseth
In memory of Fen Bizl
Valerie & Deann DeShore
In memory of Gail Norrespark
Sharon Rollman
In memory of Gary Deaver
Judith Deaver
In memory of Gerald Mahony
Agnes Brandt
In memory of Glenn Hance
Anna Salewy
In memory of Gloria Corneliuss
Candy Tersoo
In memory of Harlie Schmidt
Harley Schmidt
In memory of Ira Ladendoff
Laural & Gene Anderson
In memory of Jan Gemaar
Alicy & George Killmer
Kathy & Raymond Beeter
In memory of Jill Luchinger
Lila & Chet Reich
In memory of John Doering
Esther Becker
In memory of Joni Hogan
Robbie & Sandy Rice
In memory of Judy Huus
Ordean Huus
In memory of Julianne & Steven Stetten
Jeffrey Steffen
In memory of K.B. Finesseth
Thelma Finesseth
In memory of Kelly Jean Misheer
Agnes Misheer
In memory of Lawrence "Larry" Adams
Bruce & Sue Mitz
In memory of Patricia & Scott Cawley
Roger & Vivian Johnson
Scott & Bev Jacobson
Ruth Ann & Butch Resine
Verne & Val Correll
Victoria Schell
In memory of Lillan Bosness
Dennis Bosness
In memory of Lillian Wilson
Lowell & Ann Latimer
In memory of Lucille & Joseph Gallagher
Mary Sadler
In memory of Lyla Routledge, LNP
Lloyd & Jacqueline Freeman
In memory of Madonna Harmon
Cassandra Harmon
In memory of Martha Carlson, NR
Lloyd & Jacqueline Freeman
In memory of Mary Ann Lizawkski
Lynette Greer
In memory of Nordis Johnson
Kalin & Glenn Johnson
In memory of Rev. Joseph Sengor
A.G. Leonard
In memory of Richard Osbry
Lara Bendickson
In memory of Robert Holte
Chet & Reich
In memory of Roslyn Kriener
Holly Renee Peters, RN
In memory of Ruby Limke
LeRoy Limke
In memory of Sharon Seeheran
Mike & Pam Uram
In memory of Shelly Urian
Mike & Pam Uram
In memory of Stephen Larson
Ron Larson
In memory of Terry Hogg
Alayce & George Killmer
Lil & Lila, Chet Reich
In memory of Ruth Ann & Butch Resine
In memory of Verna Heilman, NR
Lloyd & Jacqueline Freeman
In memory of Walter Otto
Carol Lashman
In honor of all the nurses
Working with COVID-19
Karen & Ilmer Carlson
In memory of Donna Luther
Lila & Chet Reich
In memory of granddaughters,
Holly Renee Peters, NR
Adeline Forsberg
continued on page 5

TRINITY HEALTH
HEALTH TALK
5 • MARCH 2021
While DVT is not 100 percent preventable, there are helpful measures to take. According to Mayo Clinic:

- Avoid sitting still.

While there are many instances in which tPa is used, it is becoming less frequent than in the past.

Obesity is a risk factor for DVT. Regular exercise lowers your risk of blood clots, which is especially important for people who sit a lot or travel frequently.

If you have had surgery or have been on bed rest for other reasons, try to get moving as soon as possible. If you're wearing loose-fitting clothes, try to move your legs and feet at least every 2 hours. If you're wearing tight-bandage type stockings, try to raise your legs above your heart level at least every 2 hours.

- Sit with your feet at right angles to your thighs.

- Avoid sitting still.
HEALTHTALK TRINITY HEALTH 7 • MARCH 2021

“COVID-safe” versions of their Summer FASTER trainers were ready. They had developed high school sports were back in session, the athletic

This past autumn, when the school year began, and athletic events at Minot State University had come to a halt, and slowly, there was a trickle effect on other games in the region, leaving the department to a halt, and slowly, there was a trickle effect on administrative needs – checking IDs, getting door screenings, and more.

Maci Severson, a certified athletic trainer, assists labor pool. For more information call Sherry at 701-857-5221 or e-mail sheril.maragos@trinityhealth.org.

Certified Athletic Trainers are Essential to Healthcare

March is National Athletic Training Month, a time dedicated to spreading awareness about the important work of athletic trainers. This year, the slogan is “Essential to Health Care”… and how right they are!

When reporting to the hospital’s labor pool to see where they needed assistance, explained Robyn Gust, manager of the Sports Medicine department. Athletic events at Minot State University had come to a halt, and slowly, there was a trickle effect on other games in the region, leaving the department with time on their hands. “We were in the labor pool right away, which was helpful to the organization,” Gust added. “Athletic trainers were answering labor pool phones, doing screenings at the doors, or any other tasks that were needed.”

Athletic trainers “jumped in and helped out whenever there were needed within the facility during those months of labor pool,” explained Sara Abrahamson, recruitment supervisor for Trinity Health’s Human Resources and co-organizer of the labor pool. “Sometimes they worked overnights, weekends, and various other times. They were reliable and without them, it wouldn’t have gone as smoothly. They were more than willing to help out and jump in whenever they were needed.”

Then, when COVID drive through testing was being done and COVID positive end-of-life – pre-approval required for all visits

COVID-positive end-of-life – pre-approval required for all visits

COVID-positive maternity patients with newborn – limit one support person

COVID-positive pediatric patients – limit to one parent or legal guardian

No one will be allowed to visit patients who have tested positive for COVID-19, with the following exceptions:

COVID-positive pediatric patients – limit to one parent or legal guardian

COVID-positive maternity patients with newborn – limit one support person

COVID-positive end-of-life – pre-approval required for all visits

If you have any of the aforementioned signs or symptoms, speak with your primary care provider; they can then give a referral for a sleep study at the Trinity Health Sleep Center, located at Trinity Hospital – St. Joseph’s.

Obstructive sleep apnea is a potentially serious sleep disorder. It causes breathing to repeatedly stop and start during sleep. There are several types of sleep apnea, but the most common is obstructive sleep apnea. This type of apnea occurs when your upper airway muscles intermittently relax and block your airway during sleep. A noticeable sign of obstructive sleep apnea is snoring.

Other signs and symptoms of obstructive sleep apnea can include:

• Excessive daytime sleepiness
• Loud snoring
• Observed episodes of stopped breathing during sleep
• Arousal awakenings accompanied by gasping or choking
• Awakening with a dry mouth or sore throat
• Morning headache
• Difficulty concentrating during the day
• Experience mood changes, such as depression or irritability
• High blood pressure
• Nighttime sweating
• Decreased libido

Stop Sleep Apnea

According to the American Sleep Apnea Association, an estimated 22 million Americans suffer from sleep apnea, with 80 percent of the cases of moderate and severe obstructive sleep apnea going undiagnosed. If left untreated, the ASAA said on their website, it can lead to high blood pressure, chronic heart failure, atrial fibrillation (a-fib), stroke, and other cardiovascular problems. While obstructive sleep apnea can happen to anyone, including infants and children, it is more commonly seen in men over 40, especially those who are overweight or obese.

“Your machine will be dependent on your individual sleep therapy plan,” Hamilton said. “Your provider will prescribe the appropriate type of treatment for your condition.”

Once you have completed a sleep study, and it has been determined that you need a PAP device for a sleep disorder, KeyCare Medical will assist you from start to finish in this process of finding the right treatment. “Upon receiving a prescription from your provider, KeyCare Medical staff will make an appointment with you to come in and have instruction with our RT/Nursing staff,” she added.

Stop Sleep Apnea

Brenda Hamilton, MSW, LCSW, director of KeyCare Medical, far right, stands with respiratory therapists Camilla Jocher, RT, Lorri Novak, LPLN, and Debra Beaton, RT.

Restrictions

siblings are permitted once during the stay of the mother and baby or the pediatric patient, and will be limited to one sibling group at a time.

No one will be allowed to visit patients who have tested positive for COVID-19, with the following exceptions:

COVID-positive pediatric patients – limit to one parent or legal guardian

COVID-positive maternity patients with newborn – limit one support person

COVID-positive end-of-life – pre-approval required for all visits

Hospital cafeterias, lobbies, and waiting rooms are open, with social distancing required.

Visitor restrictions are determined using a scoring-based, formal risk assessment that monitors trends in hospital census and case status in the community and region. For more information about visitor restrictions, please visit trinityhealth.org/coronavirus.

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Maci Severson, a certified athletic trainer, assists labor pool.
Every March, The Academy of Nutrition and Dietetics highlights nutrition within the country by constructing a creative theme along with tips and tricks to encourage healthy eating. This year, the academy came up with the theme “Personalize Your Plate.” Each of us has individualized bodies, tastes, and backgrounds, and the key to this great diet is that our nutrition goals are also individualized. No matter where you begin your health journey, The Academy of Nutrition and Dietetics has tips to get you started or take you to the next level with your nutrition goals.

Eating Nutritious Foods
Make a small change to start and eat as many nutritious foods as possible each day! Make it a mission to include at least one food from each food group every day. To really make your meals more healthful, consider what options you have that you wouldn’t have included the week before. By sticking to this list, you will tend to not buy as much of the less nutritious temptations that call your name. Try to stick to healthful recipes and bring the leftovers to work or school. Just because you are away from your home doesn’t mean you have to stop being healthy. Keep it up so it becomes a routine and not a chore!

Consult a Registered Dietitian
Dietitians cover a very wide range of topics. By meeting with one face-to-face, you can set personalized nutrition goals and receive advice to help you get on the right direction with your nutrition.

Hydrating healthfully is another way to up your nutrition. There may be a few unhealthful ingredients hiding in your beverages that you drink every day. Next time you grab a drink, make sure to look closely at the food label to know exactly what you are drinking. Taking the time to look at any food label can also be healthful. You may be surprised at the nutrient content – whether it’s good or bad – and you may even realize that you have never heard of some of the ingredients added to your food or beverage options.

Another key reminder is to be mindful when eating. That is, avoid distractions and try to focus on what is right in front of you. Try to remember to take the time you need to fully enjoy your food.

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