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Transcending Trauma

"The best way out is always through." - Robert Frost

Most people who experience traumatic events may have temporary difficulty adjusting and coping, but with time and good self-care, they usually get better. If the symptoms get worse, last for months or even years, and interfere with your day-to-day functioning, you may have Post Traumatic Stress Disorder (PTSD).



Virginia Dohms

Anyone can develop PTSD at any age. This includes combat veterans as well as people who have experienced or witnessed a physical or sexual assault, abuse, an accident, a disaster, a terror attack or other serious events. People who have PTSD may feel stressed or frightened, even when they are no longer in danger.

According to the National Center for PTSD, a program of the U.S. Department of Veterans Affairs, about seven or eight of every 100 people will experience PTSD in their lifetime. Women are more likely than men to develop PTSD. Certain aspects of the traumatic event and some biological factors may make some people more likely to develop PTSD.

Post-traumatic stress disorder symptoms may start within one month of a traumatic event, but sometimes symptoms may not appear until years after the event. These symptoms cause significant problems in social or work situations and in relationships. They can also interfere with your ability to go about your normal daily tasks.

"Even though PTSD and trauma are related, they are different," said Virginia Dohms, licensed

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Hypertension in Men

We have heard the phrase "High blood pressure is a silent killer" so often that it's become cliché. But did you know hypertension is a major risk factor for stroke and cardiovascular disease?

Blood pressure is the force of your blood against the walls of your arteries as it's pumped through your body by your heart. High blood pressure, known in medical terms as hypertension, is when blood flows through your arteries with excessive force or pressure. Think of driving your five-speed car to Bismarck in third gear the entire way. Overdrive is not good for your engine, or your heart.

Your blood pressure reading has two numbers, which together are an indication of whether your blood pressure is within a healthy range. The top number is your systolic pressure, the pressure in your arteries when your heart contracts. The bottom number is your diastolic pressure, the pressure in your arteries when your heart relaxes between beats.

In all ethnic groups, men have higher mean systolic and diastolic blood pressure compared with women, and through middle age hypertension is more prevalent in men compared with women. "There is a culture of men avoiding seeing a doctor on a regular and timely basis," explains Garrett Rhule, MD, internist at Trinity Health Western Dakota Clinic. "This helps explain why men are less aware and receive less treatment for hypertension compared with women."

The National Health and Nutrition Examination Survey III (2018) documented that only 1 in 5 men had their blood pressure controlled. Death rates are higher in hypertensive men compared with women, and men are at greater risk for stroke, coronary heart disease, heart failure and renal failure.

Most of us know that 120/80 is considered "normal blood pressure" but what is considered high? In 2017,



Garrett Rhule, MD

the American College of Cardiology and the American Heart Association published new guidelines for hypertension management and defined high hypertension as a blood pressure at or above 130/80 millimeters of mercury (mmHg). Stage 2 hypertension is defined as a blood pressure at or above 140/90 mmHg. Studies show

men with normal pressure could expect to live 5.1 years longer than those with hypertension; women could plan on another 4.9 years of life.

Because high blood pressure typically doesn't have any symptoms, the only way to know for sure if you have hypertension is to get your blood pressure measured. "The benefits of keeping blood pressure under control extend beyond mitigating risk for cardiovascular disease and stroke," Rhule added. "It also prevents end-organ damage to the brain, heart and kidneys."

Blood Pressure Numbers

- "Normal blood pressure" 120/80
- High hypertension at or above 130/80
- Stage 2 hypertension at or above 140/90

American College of Cardiology and the American Heart Association

Hypertension has many risk factors, including: Age: The risk of hypertension increases as you age. Until about age 64, hypertension is more common in men. In women, hypertension tends to be milder and less common before menopause.

Family history: Hypertension tends to run in families.

Being overweight or obese: The more you weigh, the more blood you need to supply oxygen to your tissues. As the amount of blood flow through your blood vessels increases, so does the pressure to your artery walls.

Sedentary lifestyle: People who are sedentary tend to have higher heart rates. Regular exercise (aerobic) leads

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Trauma continued from page 1

professional clinical counselor at Trinity Behavioral Health. "Trauma can be a distressing or disturbing event, or an emotional response to a terrible event. PTSD is a mental health condition that develops following a traumatic event that causes impairment in functioning and relationships. Getting effective treatment after PTSD symptoms develop can be critical to reduce distress and increase meaning and purpose to life."

To be diagnosed with PTSD, an adult must have all the following for at least one month: at least one re-experiencing symptom and avoidance symptom, at least two arousal and reactivity symptoms, and cognition and mood symptoms.

Re-experiencing symptoms include reoccurring memories or dreams related to the event, or can include flashbacks, where one relives the event, including physical symptoms such as a racing heart or sweating.

Avoidance symptoms may cause people to change their routines, such as staying away from places, events or objects that are reminders of the experience or avoiding thoughts or feelings of the traumatic event.

Arousal and reactivity symptoms are often present and can lead to feelings of stress and anger and may interfere with daily life such as sleeping, eating or concentrating. They can be manifested by feeling "on edge," irritable, or engaging in reckless or destructive behavior.

Cognition and mood symptoms can begin or worsen after the traumatic event and can lead a person to feel detached from family or friends. Someone suffering these symptoms may have negative thoughts about oneself or the world, loss of interest in previous activities, or difficulty feeling positive emotions.

If you have disturbing thoughts and feelings about a traumatic event for more than a month, if they're severe, or if you feel you're having trouble getting your life back under control, talk to your doctor or a mental health professional. To diagnose post-traumatic stress disorder, your doctor will likely perform a physical exam to rule out any medical problems that may be causing your symptoms. A mental health professional will conduct an evaluation that includes discussing signs and symptoms.

Post-traumatic stress disorder treatment can help you regain a sense of control over your life. The primary treatment is psychotherapy but can also include medication. Combining these treatments can help improve your symptoms by teaching you skills to address your symptoms, help you learn ways to cope if symptoms return, and treat other problems related to traumatic experiences such as depression, anxiety and misuse of alcohol or drugs.

Several types of psychotherapy, also called talk therapy, may be used to treat children and adults with PTSD and may include:

- **Cognitive therapy** helps you recognize the ways of thinking (cognitive patterns) that are keeping you stuck — for example, negative beliefs about yourself and the risk of traumatic things happening again. For PTSD, cognitive therapy often is used along with exposure therapy.
- **Exposure therapy** helps you safely face both situations and memories that you find frightening so that you can learn to cope with them effectively. Exposure therapy can be particularly helpful for flashbacks and nightmares.
- **Eye movement desensitization and reprocessing (EMDR)** combines exposure therapy with a series of guided eye movements that help you process traumatic memories and change how you react to them.

Studies show that by using EMDR therapy, people can experience the benefits of psychotherapy that once took years to accomplish. It is widely assumed that severe emotional pain requires a long time to heal. EMDR therapy shows that the mind can in fact heal from psychological trauma much as the body recovers from physical trauma.

"EMDR is becoming a widely used therapy in treating clients who have experienced severe trauma," said Dohms. "It helps a person create coping skills and put them in place to gradually desensitize the triggers of PTSD and reprocess the brain's reaction."

All these approaches can help you gain control of lasting fear after a traumatic event. You and your mental health professional can discuss what type of therapy or combination of therapies may best meet your needs.

Medication can also help improve symptoms of PTSD. Antidepressants can help symptoms of depression and anxiety and improve sleep problems and concentration. Anti-anxiety medications relieve severe anxiety and related problems. Some anti-anxiety medications have the potential for abuse, so they are generally used only for a short time.

Tell your doctor about any side effects or problems with medications. You may need to try more than one or a combination of medications, or your doctor may need to adjust your dosage or medication schedule before finding the right fit for you. You may see an improvement in your mood and other symptoms within a few weeks.

Dohms takes self-care one step further and suggests that in addition to therapy, clients create a healing environment to provide daily support. "Surround yourself with supportive people," she says. "Structure your day to create routine and purpose; exercise and eat healthy; practice yoga, meditation or prayer. Experiencing grief doesn't mean you're broken, it means you're human."

Getting timely help and support may prevent normal stress reactions from getting worse and developing into PTSD. This may mean turning to family and friends who will listen and offer comfort. It may mean seeking out a mental health professional for a brief course of therapy. Some people may also find it helpful to turn to their faith community.

Trinity Health offers convenient outpatient behavioral healthcare in Minot and Williston. We also offer inpatient care at Trinity Health St. Joseph's Hospital. To make an outpatient appointment call: 701-857-5998 (Minot) or 701-572-7711 (Williston).

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For appointments/questions, call **701-857-3220**

Williston appointments, call **701-774-0810**



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trinityhealth.org/screenings

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to the release of endorphins—natural dilators of blood vessels—that lead to reduction in blood pressure.

Using tobacco: Smoking or chewing immediately raises your blood pressure temporarily, and chemicals in tobacco damage the lining of your artery walls, causing them to narrow.

Too much salt or too little potassium in your diet: Too much sodium can cause your body to retain water. Potassium helps balance the amount of sodium in your cells.

Chronic conditions: Certain chronic conditions such as kidney disease, alcoholism, diabetes and sleep apnea may increase your risk of hypertension.

You are in the driver's seat:

It's up to you to manage and control your hypertension. Small, manageable steps are the easiest way to create a long-term plan that leads to better health. Rhule recommends reducing alcohol and sodium intake and increasing dietary potassium intake by eating more fruits and vegetables. He also suggests regular aerobic exercise, 30-45 minutes, at least three days per week, which can lead to weight loss and better sleep.

Here are some tips to help:

Create a healthcare team: Enlarge your circle of influence beyond your primary care provider to include all your healthcare professionals—pharmacists, nurses, and other specialists.

Set a goal: Create a list of questions you might want to ask such as: What is my blood pressure? What are the best ways to reach my goals? Mention what you are already doing to control your hypertension, including diet changes, medications and exercise, then pick one realistic goal and start working toward it.

Manage your medications: Medication is an important ally to control and maintain your blood pressure. Make a schedule or create a system to remind you to take your medications regularly. Discuss with your doctor any side effects you experience, if necessary. Never stop treatment on your own.

Take charge of your health and schedule an appointment with your primary care provider. Targeted management of chronic conditions, such as high blood pressure, puts you in the driver's seat on the road to wellness.



HealthTalk

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Visit our website:
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Join us on Facebook:
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Psychologist Joins Trinity Health

Trinity Health is pleased to welcome Christine O'Riley, PsyD, to our behavioral health team. Dr. O'Riley is a clinical psychologist with 20 years of experience providing evaluation and treatment to adult patients with cognitive impairments and sleep disorders due to trauma or illnesses. She also is qualified to provide evaluations for people in court-ordered situations.



Christine O'Riley, PsyD

Originally from Minnesota, O'Riley received her professional training in Florida, completing a Master of Science in Counseling Psychology at Nova University, Fort Lauderdale, and a Doctorate in Clinical Psychology with concentrations in Neuropsychology and Forensic Psychology at Miami Institute of Psychology. She subsequently completed post-doctoral work at HealthSouth Rehabilitation Hospital, also in Miami.

A retired Army Medical Service Corps officer, O'Riley has spent most of her career in military service in both active duty and reserves. She performed in various capacities, including leadership positions at healthcare centers in the US and Germany. She was Chief Clinical Neuropsychologist at Hanau Army Mental Health Clinic in Germany, later serving several years as a clinical neuropsychologist and behavioral sleep disorders specialist at Landstuhl Regional Medical Center, where she offered psychological evaluations and treatment to soldiers and other military personnel returning from combat zones. Most recently, she served Air Force members at Minot Air Force Base.

In recent years, O'Riley pursued an interest in canon law, obtaining a master's degree from KU Leuven, Belgium. She is board certified by the American Board of Sleep Medicine in Behavioral Sleep Medicine.

O'Riley practices at Trinity Health Riverside. To make an appointment call 701-857-5998.

Eagle Award Winner for Excellent Customer Service



Brooke Elizabeth Peterson
Trinity Health Telemetry Technician

The Eagle Award is presented by the Minot Area Chamber/EDC, based on nominations from within the community.

Thank you, Brooke, for all you do to make more possible!

If you would like to nominate someone for an Eagle Award, visit minotchamberedc.com

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TRINITY HEALTH



CENTENNIAL SERIES



One effect of the 1918 flu pandemic was construction of an isolation unit behind Trinity Hospital. This 1925 photo also reveals a glimpse of the C.A. Johnson home, where the first patients were received while construction was underway.

100 Years Later, an Eerie Symmetry

In 1922, the year Trinity Health was founded, health and healthcare services were on the minds of many. Fresh in the collective memory were two world events: World War I and the 1918 influenza pandemic, also known as the Spanish flu.

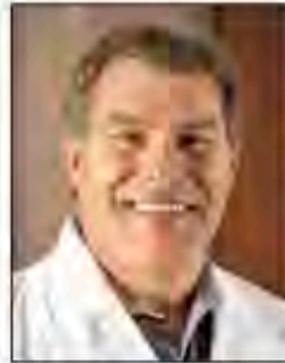
Fast forward to 2022. Trinity Health is at the threshold of another milestone – the opening of a new healthcare campus and medical district. What lingers in our combined memory? The coronavirus pandemic.

"The symmetry is unbelievable – almost eerie," observed Jeffrey Verhey, MD, pulmonary and critical care physician and chairman of the Trinity Health Foundation.

Trinity's founders accepted a huge responsibility when they set out to mobilize donors, form a governing structure, proceed with construction and recruit professional talent for a regional hospital. Such moves today would involve a needs assessment, feasibility studies and detailed business plan. But in his letter inviting communities to an organizational meeting, Rev. T.F. Gullixson said simply, "After the most careful consideration, the decision to establish a general hospital for the care of the sick and the training of nurses has been reached."

"When you consider that Trinity Health was founded on the heels of a pandemic and a world war, it's understandable that people were concerned about medical care," Dr. Verhey said. "The leaders who created the vision and organized the mechanism that launched Trinity Hospital got together because they needed better healthcare for their people."

It's also relevant that Trinity's founders were people of faith. In his 1924 address dedicating the hospital's second unit, Rev. Gullixson noted: "The ministry of healing is the work of the Lord."



Jeffrey Verhey, MD

It was always the intention that Trinity Hospital would serve as a regional care center – a modern medical facility that would raise the standard of healthcare delivery for the people of Northwest North Dakota and beyond. That aim is as relevant today as ever. Trinity's new healthcare campus and medical district, which opens next

year, will include a state-of-the-art, patient-centered hospital and outpatient center that will transform healthcare delivery to the region.

"We still are the regional care center for this part of the state," Dr. Verhey noted. "We offer what I call soup-to-nuts care. We're here to provide everything for everybody as much as we can. We can't do everything, but we do the vast majority of things." He added, "People in rural communities still deserve access to high quality healthcare."

It does seem uncanny that Trinity Health is poised to enter its next century on the heels of another global pandemic, and the parallels don't end there. While the Spanish flu triggered proposals to improve and modernize the healthcare system nationwide and locally, so has COVID-19 generated a rethinking about what it means to meet the healthcare needs of people.

"When you consider that all the movement and all of the trends have been toward outpatient care, what COVID has done is show us that hospitals are still needed," Dr. Verhey said. "We still need hospitals to help the sick and 'do the cares' of people who need the kind of attention that only a hospital can provide."

One-hundred years later, the mission hasn't changed, it's just been rekindled.



Trinity Hospital Gift Shop

Support friends and family with flowers or gifts

701-857-5205



Trinity Health Foundation Launches Capital Campaign

Trinity Health Foundation is excited to announce the launch of a \$15 million Capital Campaign for the new Trinity Health Healthcare Campus and Medical District.

The Trinity Health Foundation's \$15 million commitment toward the \$520.5 million project will be used in conjunction with bond proceeds of \$328 million and cash generated from Trinity Health operations of \$177.5 million to complete the project, which is scheduled to open Spring 2023.



Jeffrey Verhey, MD



Dusty Zimmerman

"While the past achievements made by Trinity Health Foundation and our donors have been wonderful, the current project on which Trinity Health is embarking is an opportunity to create lasting change. The new structures will improve the health of our community for generations. Patients will enjoy the new Healthcare Campus and Medical District, receive outstanding medical care, and have a vastly improved experience," stated Jeffrey Verhey, MD, chairman, Trinity Health Foundation.

Trinity Health Foundation Director Dusty Zimmerman indicated "we are looking for residents in our 20-county service area, corporate partners, community-based foundations, local governments, previous Trinity team members, and families of previous providers who are interested in leaving their legacy to the region through a stretch gift to support the new Trinity Health healthcare campus and medical district project. Those who came before us helped to establish a facility that has cared for our loved ones for the last 100 years and now it's our turn to step up and do it for the next 100 years."

As the campaign continues, residents will begin seeing more information about how to donate throughout the community. Other opportunities include donating online at www.trinityhealth.org/MakeHistory, texting TRINITY to 71760, or by contacting the Trinity Health Foundation at 701-857-5432 or dusty.zimmerman@trinityhealth.org.

Donation Opportunities

Online: trinityhealth.org/MakeHistory
Text: TRINITY to 71760
Call: 701-857-5432
Email: dusty.zimmerman@trinityhealth.org

Nodak Speedway to "Turn Pink" June 12

The fourth annual Turn Nodak Pink fund raiser is scheduled for the evening of Sunday, June 12, and promises to be an upbeat, family friendly event while raising awareness and money for breast cancer patients.

Racing fans can purchase a Turn Nodak Pink t-shirt or donate funds during additional fundraisers throughout the evening, including the final heat of a push-up contest. All proceeds from the evening's events will benefit Trinity Foundation's Fuel the Fight fund, which provides financial assistance for travel expenses for cancer patients.

Brandon Beeter, Nodak Speedway president, started this special event after losing his mother to cancer. "This is our way in the race community to give back and help local cancer patients," he said. Beeter's efforts have raised over \$15,000 since 2019.

The Trinity Health Foundation appreciates its partnership with the Nodak Speedway and looks forward to seeing all racing fans June 12.

Trinity Health Foundation Announces Upcoming Golf Tournaments



Trinity Health Foundation is excited to announce the 2022 fundraising golf tournament dates and open tournament registration.

This year, the Building Hope Women's Tournament is celebrating 24 years and we are again proud to support Trinity Health CancerCare Center patients. All proceeds from this event will benefit various patient assistance programs offered through the Trinity Health CancerCare Center.

Building Hope Women's Golf Tournament

Monday, June 13, 2022
10 a.m. – Registration
11 a.m. – Shotgun Start
After Golf - Dinner
Souris Valley Golf Course
2400 14th Avenue SW Minot, ND
Proceeds benefit the Trinity Health CancerCare Center Patient Assistance Programs



Proceeds from this year's Golf for Life Men's Golf Tournament will be allocated to the Capital Campaign in support of funding the new hospital construction and medical equipment.

Golf for Life Men's Golf Tournament

Monday, August 15, 2022
10 a.m. – Registration
11 a.m. – Shotgun Start
After Golf - Dinner
Souris Valley Golf Course
2400 14th Avenue SW Minot, ND
Proceeds benefit the new Trinity Health healthcare campus and medical district

Entry fees are \$125 per individual golfer and include tournament registration fee, cart, swag bag, lunch, snacks and refreshments, dinner, door prizes, and more. Team registration, sponsorships, and prize donation opportunities are also available. To register, or for more information, contact Cody McManigal at 701-857-2430 or cody.mcmanigal@trinityhealth.org.

Trinity Health Foundation was established in 1922 to assist in the establishment of the Trinity Hospital. Over the last 100 years, the foundation has been supported through the financial stewardship of individuals, families, foundations, corporations, civic clubs and other organizations, with the purpose of significantly impacting healthcare and the quality of life in the region. Through generous donations, we are able to fulfill our mission of creating a system of care that provides the most significant impact on health and wellness throughout northwest North Dakota.

Trinity Health Launches "100 Days of Giving"



Trinity Health, founded in 1922, is celebrating its Centennial this year through various internal and external activities. One of the initiatives taking place over the next few months, "100 Days of Giving," encourages Trinity Health employees to work with other charitable organizations and/or causes in their community.

According to Randy Schwan, Trinity Health vice president, "100 Days of Giving" is an opportunity for employees and the entire care system to support the vital causes that make our communities vibrant. "While a not-for-profit organization itself, Trinity Health supports many charitable causes throughout the region, and its generous employees also volunteer in countless ways to make their community a better place in which to work and live. Through the '100 Days of Giving' initiative, we join together to improve the quality of life even more in our neighborhoods," Schwan said.

Through "100 Days of Giving," employees are encouraged to donate time to a community service project or other volunteer initiative. They may participate in an organized event or something more specific to their own interests. The organization has pledged hundreds of hours in support of those wish to use up to five hours of on-duty time, and those who log a minimum of 10 hours will have their names entered in a drawing for one of several prizes.

"100 Days of Giving" is just one of the ways Trinity Health is celebrating its Centennial. Community members are invited to join the celebration at www.trinityhealth.org/100years.



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June 18, 2022 All Motor Vehicles Welcome

Registration 10 a.m.



Helmets/Belts on 12 noon

\$20 per vehicle or bike

\$10 per passenger

includes registration & food

Raffle Permit
No. M-4050

Route

- Start Minot - Dakota Lounge
- Foxholm - The Hunters Den
- Kenmare - City Limits Bar North
- Mohall - Drinks
- Grano - Grano Bar
- Carpio - ZBar
- Burlington - Idle Hour Bar
- End Minot - Dakota Lounge

For more information call Sherry at 701-857-5221.

A fundraiser for the new Trinity Health Regional Healthcare Campus and Medical District



Trinity Health Auxiliary
Hearts Club

Sponsors:
Mowbray & Son, Inc. and
M & S Sheet Metal Inc.
Sertoma Club of Minot

WILD ABOUT SAFETY



Wild About Safety

What do giraffes, bears, penguins, and first responders have in common?

They'll all be present at Wild About Safety, of course!

Safe Kids Minot is hosting Wild About Safety on Tuesday, June 7, from 2 to 7 p.m. at Roosevelt Park Zoo. The community event includes safety exhibitors, bounce houses, games and first responders. Safety exhibits include everything from electrical and fire safety to bike and home safety. Families will enjoy free admission to the zoo, courtesy of Enbridge.

"We want families to come out, enjoy the zoo, and learn important information about keeping our children safe, because preventable injuries are the number one cause of death to children less than 19 years of age," said Amber Emerson, Safe Kids Minot coordinator.

Originally scheduled for summer 2020, the event was pushed back two years due to the COVID-19 pandemic. Still, Safe Kids Minot received an outpouring of support from local organizations and community partners. "We'd like to give a big thank you to our planning partners and sponsors for helping to make this event a reality," said Emerson. "Their support, and Trinity Health as the lead agency, allows Safe Kids Minot to provide all the education and resources needed to keep the kids in our community as safe as can be."

Wild About Safety planning partners include Roosevelt Park Zoo, Minot Fire Department, Minot Police Department, First District Health Unit, Trinity Health, and Trinity Health Foundation.

Sponsors include Enbridge, AAA, BNSF, Town & Country Credit Union, Minot Fire Union, Minot Park District, First Western Bank & Trust, Dakota Bank and North American Coal.

Safe Kids Worldwide is a nonprofit organization working to help families and communities keep kids safe from injuries. Trinity Health helped establish Safe Kids Minot in 2018 and continues to provide support for the program as its lead agency. For more information about Safe Kids Minot, visit their Facebook page, @safekidsminot.

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- Respiratory medical clearance

Hard Hat Insider

Healthcare Campus and Medical District Update



Creating a Healing Hospital Environment

The World Health Organization defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. What's remarkable about this definition is that it does not include "curing" disease but encompasses well-being in body, mind and spirit.

While healthcare has primarily focused on fixing the body, there is growing recognition that our healthcare system could do more by promoting overall wellness, which requires expanding the focus. Evidence-based design research (EBD) has demonstrated the power of environmental design to support improved patient, family and staff outcomes and to avoid harm in healthcare settings. This concept piqued the interest of Trinity Health leaders, so they visited other hospitals across the country to learn more about how new designs could be implemented in the new campus to achieve better outcomes.

Healing is a very personal process that is heavily influenced by individual characteristics. The environment cannot cause healing to occur but can facilitate behaviors and emotions that support health, such as happiness, joy and relaxation. A healing environment is one that has a nurturing and therapeutic effect. Studies show that, through EBD, well designed healing environments make hospitals less stressful and promote faster healing for patients and improve well-being for their families, as well as create a pleasant, comfortable and safe work environment for staff.

What constitutes a healing environment?

Research shows one of the main concerns of patients is avoiding being subjected to human errors by staff and medical professionals in a hospital. Some of these can be addressed by providing identical rooms and adequate lighting.

Trinity's new hospital will feature 148 private patient rooms, all same-sided, which means that every room is entered on the righthand side of the patient. Rooms are comfortably sized and have a private, ADA accessible bathroom; all equipment is identically located for ease and efficiency. The standardization of patient rooms and equipment makes routine tasks simpler and decreases errors by staff. When the facility has identical rooms, the nursing staff and care team encounters the same distribution, layout and lighting in every room.

"We built mock-up patient rooms then brought in staff to provide input on placement and location of key items so changes could be made before final construction. There were several suggestions that improved the functionality of the rooms, such as moving medical gas hookups for better patient access and relocating medical equipment booms from the head of the bed to the foot of the bed," said Dave Kohlman, vice president of Facilities. "The result of our efforts is a room that's well thought out and reflects a strategy centered around patient care," he added.



Room View 1



Room View 2



Window View

Additional healing design elements include soothing colors, natural light, exposure to nature, such as outside views, or art with a nature theme. The paint color in the patient rooms was chosen specifically for its subdued and soothing effect; angled walls direct one's visual attention across to the window, which invites sunlight in and provides natural light and exposure to North Dakota's kaleidoscope of seasonal colors and (sometimes) unpredictable weather. Scientific literature shows that patients with a view of nature had shorter postoperative stays, took fewer potent pain drugs and received more favorable comments about their condition in nurses' notes than patients in similar rooms with a window facing a brick building.

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Nursing Residency Program to Honor Graduates

Trinity Health will honor 32 graduates of the Nursing Residency Program on June 28. The Nurse Residency Program was adapted by Trinity Health in 2017 to mitigate nurse turnover and facilitate new graduate nurse transition to real-world practice. It was developed by Vizient and The American Association of Colleges of Nursing (AACN) and utilizes science-based curriculum that supports Novice-to-Expert and adult learning principles in a healthcare setting.

"Studies show that the national average for nurse turnover the first year is 20-27%, and that most new nurses quit within their first six months," said Kelly Hackett, BSN, RN, nurse residency/student coordinator. "The hospital setting is becoming more complex, with increased use of technology and higher patient acuity, which can be overwhelming for a new nurse. The Nurse Residency Program is designed to provide an extra layer of support during those challenging times."

Trinity Health offers three cohorts per year that meet once a month for 12 months. The residency is mandatory for all nurses with less than six months experience. Classes include subject matter expert lectures, simulations and discussions; clinical reflections to share best practices; and an evidence-based practice project where groups create a solution to enhance or improve an aspect of their work. Often, the solution is incorporated into nursing practice.

Hackett said the evidence-based project is a win-win for both residents and Trinity's retention goals. "The practice project requires the group to develop critical thinking skills, communicate across departments and have a solution-based mentality for an opportunity to improve a process. When they see their project implemented, residents gain insight into the change process and become more invested in the organization because they understand their voices matter."

Since inception, 143 nurses have completed Trinity Health's Nursing Residency Program.



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

Trinity Health
Speaker's Bureau
Call Community Education at
701-857-5099
for available dates and topics.

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Angled walls also provide wider corners, which are less difficult to clean than tight corners. Studies show single bed rooms with good air quality (from cleanliness and wider space) reduce infection incidence and reduce mortality.

Social needs in a hospital setting reflect patient behavior in relation to the support they receive from relationships. COVID-19 taught us many things, one of which was the unbearable loneliness and mental strife of experiencing illness without the support of loved ones nearby. The lack of social support negatively affected all actors in the drama: patients, family and staff. Dozens of studies have shown that people who have social support from family, friends and their community are happier, have fewer health problems, and live longer. To address social support in healing, patient rooms will include seating that can be arranged for visits from family or friends.

In its simplest form, the definition of a trinity is a set of three. An example could be a holy trinity - Father, Son and Holy Spirit - or one that reflects current opinions of health and well-being: body, mind and spirit. In addition to new technology and innovative healthcare, the new Trinity Hospital is designed to include elements to create surroundings that help calm patients and strengthen their ability to cope and recover.

Amen to that.



Bathroom View 1



Bathroom View 2



Making more possible for all.

A healthier future belongs to us all. At Trinity Health, we've been working 100 years to ensure just that. We've brought more outstanding specialists and state-of-the-art technologies to Minot and the region. We've delivered life-changing heart and neurosurgery options. We've offered leading-edge cancer and orthopedic care that is close to home. As we celebrate 100 years of caring for the health of our communities, we're building upon our legacy to make more possible for the next 100 years.

Share your voice in celebrating 100 years of caring at [TrinityHealth.org/100years](https://www.TrinityHealth.org/100years).



Dietary Fiber: Essential to Your Health

Kayla Benson, Clinical Dietitian, Trinity Health

Dietary fiber is the part of plant foods that the body cannot absorb or breakdown, which many refer to as "roughage." There are two types of dietary fiber: soluble and insoluble. Soluble fiber is dissolvable in water, forms a gel-like substance, adds bulk to your stool and is the type of fiber that can help lower cholesterol and blood sugar levels. Types of soluble fiber include peas, beans, apples, oats and barley. Insoluble fiber promotes the movement of stool through the intestines and is less soluble in water which helps aid in relieving constipation. Types of insoluble fiber include whole wheat, nuts and many vegetables. A great example of visible dietary fiber is the stringy portion of celery.

The many benefits of fiber

Dietary fiber has gained a lot of popularity over the years. When strolling the grocery store aisles many famous products now have labels promoting the fiber content of the item. One may ask, "if fiber is not digested in the body, how can it be so beneficial?" One reason is that insoluble fiber interacts and binds with fatty acids and cholesterol within the digestive tract, which results in less absorption. Adequate intake of fiber also helps slow the absorption of glucose and therefore stabilizes blood sugar. Research has shown fiber boosts your mood and energy, along with helping you feel fuller for longer periods of time which can help with weight loss. Fiber consumption also decreases the chance of hemorrhoids and constipation. Your digestive tract has "good" and "bad" bacteria. Certain fiber can promote the growth of the good bacteria and can decrease the risk of getting certain types of infections, diseases and cancers, especially colon cancer.

Recommendations and Tips

The recommend daily value for adults is 28 grams based on a 2,000-calorie diet. It is estimated that the average adult consumes less than 15 grams of fiber per day.

If you decide to increase dietary fiber into your diet, there are two important tips you need to remember:

- Add fiber gradually. If you've been consuming less fiber than what is recommended for your age, do not start eating the full amount right away. It is best to gradually increase fiber to your goal amount because fiber can cause bloating, gas, upset stomach and even diarrhea or constipation if your digestive system is not used to an abundance.
- Drink plenty of fluids. Drinking water helps fiber do its job. Remember with adequate fiber and water, your stool will have more bulk and move through your intestines easier, which eases constipation and promotes bowel regulation.

Fiber consumption is beneficial to maintain the integrity of your digestive tract. When looking at food labels aim for foods with at least three grams of fiber per serving. Here are a few high fiber recipes that are a couple of my favorites.

Cranberry Walnut Oatmeal

(serves 4 with 5g fiber/serving)

- 1 cup steel-cut oats (regular oats work too)
- ¼ cup sweetened dried cranberries
- ¼ tsp. ground cinnamon
- 2 cups water
- 4 tsp. chopped walnuts
- 4 tsp. packed brown sugar

In a saucepan, combine the oats, cranberries, cinnamon and water. Bring to a boil over high heat, then reduce the heat to low and simmer, uncovered, until the oats are tender, about 20 minutes.

Spoon the oatmeal into warmed individual bowls and sprinkle each serving with 1 tsp. each of walnuts and brown sugar.

Southwestern Chicken and Pasta

(serves 4 with 5g fiber/serving)

- 1 cup uncooked whole-wheat rigatoni
- 2 boneless, skinless chicken breasts, cut into cubes
- ¼ cup salsa
- 1 ½ cups canned unsalted tomato sauce
- ¼ tsp. garlic powder
- 1 tsp. cumin
- ½ tsp. chili powder
- ½ cup canned black beans, rinsed and drained
- ½ cup fresh or canned corn
- ¼ cup shredded cheese

Fill a large pot ¾ full of water and bring to boil. Add the pasta and cook until tender. Drain the pasta thoroughly. Spray a large, heavy skillet with cooking spray. Over medium heat, sauté the chicken until brown and opaque throughout. Stir in the salsa, tomato sauce, garlic powder, cumin, chili powder, black beans and corn. Stir thoroughly and cook until heated through. Add the pasta and gently toss to mix evenly. Sprinkle with cheese and serve.

Recipes found at: www.mayoclinic.com

Cataract Surgery a Modern Miracle

Older adults may recall a time when cataract surgery meant a hospital stay and having to wear "coke bottle" glasses. The super-thick lenses were the only means of bringing one's world into focus after a natural lens was removed.

Today, intraocular lenses (IOLs) and other technological advancements have revolutionized cataract surgery. The outpatient procedure is now one of the most common surgeries in the world and successful, offering patients a 98% chance of regaining much-improved vision.

A cataract is a clouding of the eye's lens, which blocks or changes the passage of light into the eye. The American Academy of Ophthalmology lists blurred vision and trouble seeing well at night as typical symptoms. Other patients report double vision and sensitivity to light.

Cataracts are the world's leading cause of blindness, accounting for approximately 42% of all cases of blindness worldwide. In the US, more than 25 million Americans are estimated to have cataracts. While cataract often develops with age, it can occur at any point in life.

Center of Excellence

A welcoming team of skilled, compassionate providers, together with the most up-to-date technology, Trinity Regional Eyecare – Minot and Trinity Health Western Dakota in Williston have a well-earned reputation for delivering cutting-edge eyecare services.

Ophthalmologists Darren Hill, MD, Evelyne Kindy, MD, Mark Raymond, MD, Jewel Sandy, MD, Darrell Williams, MD, and Chad Wolsky, MD, employ the latest techniques to remove the cloudy lenses of cataract patients and replace them with intraocular lens implants.

Vision for the Visionary

Recently, TRE-Minot was honored to serve North Dakota native and inventor Bill Isaacson, who developed the first bifocal or multifocal intraocular lens in 1987. The Stanley, N.D., resident underwent cataract lens implant surgery at the hand of ophthalmologist Darrell Williams, MD. "It is remarkable that Bill Isaacson will benefit from his own invention," Dr. Williams stated. "He has helped patients worldwide to achieve their dreams with better vision. His multifocal design is the major innovation in IOL optics technology since the invention of the original monofocal lens in the 1940s."

Isaacson received a trifocal lens, which Trinity Health ophthalmologists have incorporated into their practices as one of several lens options. It's an updated version of Isaacson's original lens. "There are now multifocal lenses approved by the FDA allowing for three (trifocal) ranges of focused vision. It is an evolution of the technology employed with my original invention using diffraction optics in order to see near and distant objects with less dependence on glasses after surgery," he said.

Improving Lives, Starting with Mom

A Minot native, Isaacson graduated from Minot High in 1956 and enrolled at Minot State University. The Soviet Union had just launched Sputnik, so scientists and engineers were urgently needed. Isaacson attended MSU for pre-engineering but developed an interest in petroleum refinery. He completed both his bachelor's degree and PhD in chemical engineering at Montana State University, Bozeman.

After graduation, Isaacson's quest was to design products that would improve lives through vision technology. He found the opportunity to pursue that mission at 3M in St. Paul, MN, which he joined in 1963. A scientist with a keen mind and a gift for invention, Isaacson served as a venture director in 3M's life sciences sector and was regarded as "corporate intrapreneur." The environment allowed him to design such innovations as extended wear contact lenses, multifocal contact lenses, artificial corneas, surgical glue and the world's first multifocal intraocular lens.

Dr. Williams was an investigator for the 3M company to evaluate Isaacson's original multifocal design. He used the device during cataract surgery for Isaacson's mother, Helen, in 1989, which brought great joy to the inventor.

"Of all the ventures I have pursued the one that has brought me the greatest satisfaction was being able to improve the quality of life for my mother during the last five years of her life," Isaacson said. "She had cataracts that left her with very poor vision; her life was going downhill. That lens changed her life. She took up watercolor painting again. It gave her hope."

For more information about cataracts or to make an appointment, call Trinity Regional Eyecare – Minot at 701-857-3500 or Trinity Health Western Dakota, Williston, at 701-572-7641.

Prevent Blindness, an organization dedicated to preserving eyesight, has declared June as Cataract Awareness Month.

Risk factors for cataracts:

- Older age
- Intense heat or long-term exposure to UV rays from the sun
- Eye diseases such as diabetes
- Hereditary factors
- Long-term steroid use
- Eye injuries
- Smoking



Bill Isaacson, inventor of the multifocal intraocular lens, got to experience his invention following cataract surgery by Trinity Health ophthalmologist Darrell Williams, MD.

SAFESITTER

Nationally approved, medically accurate training program designed for 11 years old and older.

Safe Sitter® teaches adolescent babysitters how to handle crises, how to keep their charges secure, and how to nurture and guide a young child. Safe Sitter® babysitters help children stay safe and sound while their parents are away. In the process, these students 11 years old and older emerge as more confident, responsible, and compassionate teens and adults.

During this one-day course, students listen, practice, and learn an array of topics including:

- Choking and hands-only CPR
- Child development
- Accident management
- The business of babysitting
- Safety for the sitter

2022 Summer Class Schedule

June 1, 2, 14, 21, 22, 23, 29, 30

July 6, 7, 13, 14, 21

August 3, 4

All classes are 8:30 a.m.-2:30 p.m.

Trinity Health Riverside, Education Center

1900 8th Ave SE, Minot

Registration is required; please call the Trinity Health Community Education Department at 701-857-5099. Due to the high demand for this class, the course fee of \$60 must be paid upon registration. Students must have a mask or face covering.



TRINITY
HEALTH



COMMUNITY

CALENDAR

For the latest updates, check online at trinityhealth.org

Events

June 3—Free Car Seat Checks are available from 1-5 p.m. at Minot Fire Station 1. Appointments required; call 857-7300 or by Facebook message Safe Kids Minot.

June 16— Free Car Seat Checks are available from 10 a.m. -2 p.m. in Minot Fire Station 1. Appointments required; call 857-7300 or by Facebook message Safe Kids Minot.

Prepared Childbirth Classes

June 11, July 9, August 13, September 10 and October 8

Breastfeeding Basics

June 9, July 14, August 25, September 8 and October 13

Basics of Baby Care

June 6, July 11, August 8, September 12 and October 3

These classes are offered free-of-charge as part of Trinity Health's community benefit mission. If you have questions, please call 857-2352. Sign up for classes at: trinityhealth.org/familybirth_registration.