



## Web-Based Treatments for Patients Available

The COVID-19 pandemic gave rise to higher rates of depression and alcohol use. For states like North Dakota, the increase rose from an already elevated baseline.

Rising to meet that challenge, Trinity Health recently announced it is partnering with the Swedish pharmaceutical and digital therapeutics company, Orexo, to offer a pair of web-based treatments – Deprexis® and Vorvida® – to help patients manage depression and excessive drinking.

Trinity Health President and CEO John M. Kutch says that with a service area of 25 counties – many in rural or remote areas of North Dakota and Eastern Montana – Trinity saw the value of digitally based options to enable patients to get the help they need.



John M. Kutch  
Trinity Health President  
and CEO

“Trinity Health is at the forefront of tackling two of the toughest health challenges facing millions of Americans who live in smaller communities across the country,” Kutch said “Community health systems are often faced with unique challenges that require innovative solutions to make care more accessible to our many patients

continued on page 2



## Breast Cancer Screening: When 40 is the New 50

In 2017, the American College of Obstetrics and Gynecology updated its breast cancer screening guidance recommending that women at average risk of breast cancer be offered screening mammography starting at age 40 and continue screenings every one to two years. If screenings have not been initiated in a woman’s 40s, screening mammography should be completed by no later than age 50.

The American Cancer Society estimates that 5% to 10% of breast cancer cases are thought to be hereditary, meaning that they result directly from gene changes (mutations) passed on from a parent. The most common cause of hereditary breast cancer is an inherited mutation in the BRCA1 or BRCA2 gene. Therefore, simple math shows that 90% to 95% of breast cancer is not hereditary, which underscores the importance of screening mammography and its role in early detection of breast cancer and reduction in mortality. Women who catch the cancer before it becomes invasive now have a 93% five-year survival rate. In comparison, women who reach Stage IV of the disease have an approximately 15% five-year survival rate.

In the family practice arena, empirical evidence shows that healthy 40-year-old females tend to wait until they are older to begin the screening process, said Tanya Giese, FNP-C, at Trinity Health Western Dakota, Williston. “Generally, when there is family history of breast cancer, patients are more aware and are encouraged to be proactive about breast screening.”

This was true for two-time cancer survivor, Lisa Haskins.



Tanya Giese, FNP-C

In 2009, during a routine wellness exam with her healthcare provider, Lori Dockter, PA-C, Haskins was encouraged to schedule a baseline mammogram because she’d recently turned 40. Haskins’ response was lukewarm, as there was no history of breast cancer in her immediate family. Undaunted, Dockter scheduled the mammogram appointment for her. When the results came back, Haskins was asked to return for a biopsy. They had found a lump.

“I wasn’t worried, but thought of it as more of an inconvenience,” she said. Haskins’ kids were ages 7, 8, and 10 at the time, so full-time parenting and a full-time career kept her busy. Exercise was one of her few indulgences.

“When I got the call after my biopsy to return for a visit, I knew something was up,” Haskins added. But still, she was not worried. “I was anxious to get the appointment over with so I could keep my racquetball match.” As suspected, Haskins was told she had breast cancer.

Haskins consulted with Trinity Oncology, who collaborated with specialists at Mayo Clinic on her behalf. It was decided that she would travel to Mayo for further evaluation which resulted in her having a unilateral mastectomy. She returned to Trinity for chemotherapy, maintaining work and home life through the nausea.

“Chemo was hard; I was really sick, but I kept thinking ‘Life goes on.’ My kids were busy and participated in everything. Before my treatment, I’d go to work, then drive around in circles at night dropping my kids off,” she said. “I was so fortunate I had my family and friends close by to help.”

*Trinity Health is affiliated with the Mayo Clinic Care Network. Our specialists work with Mayo Clinic so patients can benefit from leading medical expertise while staying close to home. Your doctor can reach out to Mayo Clinic specialists as they consider your care needs, at no additional cost to you.*

After completing chemotherapy, Haskins had reconstructive surgery and began the slow, sometimes painful, process of healing. Over time, work, kids, and activities crept back in demanding her full attention. Cancer was in the rearview mirror and she never looked back.

continued on page 2

## INSIDE THIS ISSUE

Flu Shots Available

Spiritual Care in a Healthcare Setting

Meet the Ministry Team

Advanced Care Planning: Living Will, POLST or Both

Ackerman-Estvold Donates to Capital Campaign

MACF Grants Funds to Foundation

Double D - Haw! Fundraiser for CancerCare Center

Hard Hat Insider

New Providers join Trinity Health

Physical Therapy for Pain Management

Hospice and Palliative Medicine Symposium

Your Local Pharmacist: A Name You Can Trust

Healthy and Safe Charcuterie Boards

Events Calendar



## Flu Shots Available Appointments Required

- **Minot Vaccine Line: 701-857-2515**
- **Your Primary Care Provider's Office**
- **Trinity Health Rural Clinics**

Quadrivalent protects against four different strains of flu.

Children under 3 years of age should see their pediatrician or primary care provider.

We bill all verified insurances. Please bring a copy of your insurance card.

\$75.00 for Regular dosage  
\$115.00 for High-dose vaccine  
\$80.00 for FluMist (nasal inhalation)

Provided as a community service by



## 3D mammogram today Enjoy more tomorrows



## Screening continued from page 1

Eight years later, her annual mammogram showed a lump in the remaining breast. Haskins returned to Mayo Clinic to remove the breast, where a lymph node dissection determined the cancer had spread to her lymph nodes. This time around, radiation would be added to her chemotherapy regimen. With the guidance of her oncology team, Haskins decided that chemotherapy would be completed at Trinity, and radiation would be administered at Mayo. "The collaboration and communication between my doctors in Minot and Rochester made things so much smoother," she said. Still, keeping a positive attitude was hard.

She recalled wondering why me? Why again? "I remember calling my mom when I started losing my hair, hoping for sympathy. 'Mom,' I said, 'I'm losing my hair!' She responded, 'Well, we knew this would happen,' so, that was the end of any self-pity," Haskins said.

An avid exerciser, Haskins participated in Trinity's CancerCare exercise rehab program and found it helpful in managing her strength, endurance, fatigue and depression. She said she felt the CancerCare Center provided a healing environment and improved her commitment to healing. "I exercised through all my treatments but found cancer rehab very helpful. It was good to have someone to encourage me and keep me positive. At times, I remember feeling really good, knowing the cancer was leaving my body," she said.

Haskins has been cancer free since August 2018.

Although breast cancer is still the most prevalent cancer among women in the U.S., fatalities have decreased steadily since 1990. While the disease was a death sentence for many women as recently as 30 years ago, there are currently 2.6 million breast cancer survivors in the U.S. alone.

"I think the most important thing is to be aggressive with the regular screenings. The sooner an area of concern is noted the better the outcome for the most part," Giese reminds us. "As women, we spend so much time caring for others, we often forget to care for ourselves and this is one way we can do that."

Trinity Health is committed to making important screenings as convenient as possible and offers 3D mammography at our locations in Minot and Williston. To schedule a mammogram in our Minot location, call 701-857-2640. To schedule a mammogram at Trinity Health Western Dakota in Williston, call 701-774-0810.

## Programs continued from page 1

across a vast geographic area. Digital therapeutics provide evidence-based mental health offerings, which align with our goal of prioritizing accessibility without sacrificing quality of care."

The online treatments use cognitive behavioral therapy techniques to help people make behavior and lifestyle changes. Deprexis® is a 90-day web application for the supplemental treatment of depression. Vorvida® is a 180-day digital program to reduce drinking by helping people identify triggers, break negative behaviors and develop healthier responses.

North Dakota and Montana are among a group of states with the highest prevalence of binge drinking, according to the Centers for Disease Control and Prevention. Approximately 23% of adults in North Dakota and 20% of adults in Montana reported binge drinking. Additionally, it is estimated that 25% of adults in North Dakota and 27% of adults in Montana experience symptoms of major depressive disorder.

Such statistics line up with the most recent Community Health Needs Assessment conducted by Trinity Health. Interviews and reviews of hospital, county, state and national health data point to mental health and substance abuse as the most significant community health needs.

During the onset of the COVID-19 pandemic, as many healthcare workers saw a need for increased mental health support, Trinity Health launched a pilot program to make both Deprexis® and Vorvida® available to its staff and their dependents. Following the success of that program, Trinity decided to make the programs available to patients.

Jeffrey Sather, MD, medical director of the Emergency/Trauma Center, was part of a team that vetted the products. "What's nice is that it uses smart technology with an algorithm that responds based on your input, so when I go through the program it's different than it would be for anybody else going through it. I was impressed with the way the modules responded to the way I answered questions and the way it enticed me to continue."



Jeffrey Sather, MD  
ETC Medical Director

Signing up for either program is simple. Both Deprexis® and Vorvida® may be prescribed by your primary care provider. The information is confidential, and coverage is accepted by Medicare, Medicaid and other major insurance companies.



Thomas M. Warsocki  
Vice President  
Physician Services

Thomas M. Warsocki, vice president of Physician Services, emphasized that digitally-based therapies are not a replacement for behavioral health professionals. "This is designed to be a tangent to what we do," he said. "COVID taught us that we need to be creative; sometimes it

takes more than one approach to work for patients. You need a combination of things to be successful."

"I think it's exciting," Sather added. "For patients who may have some issues around depression, or they're concerned that their alcohol use has escalated, I think it's a good tool. Like we've done so many times at Trinity Health, we're right on the cutting edge of something that's really new – something that I think will become one of the mainstays of treatment in the future."

[facebook.com/TrinityHealth.ND](https://facebook.com/TrinityHealth.ND)

[trinityhealth.org](https://trinityhealth.org)



HealthTalk

Marketing Department  
Trinity Health St. Joseph's Hospital  
407 3rd St SE  
Minot, ND 58701  
Toll free in ND: 800-247-1316

Visit our website:  
[trinityhealth.org](https://trinityhealth.org)  
Join us on Facebook:  
[facebook.com/TrinityHealth.ND](https://facebook.com/TrinityHealth.ND)

# Meet the Ministry Team

Chaplains are essential members of the care team at Trinity Health. They act as spiritual counselors and advocates for patients and staff, and they are specifically trained to support people's belief systems across faiths and cultures. As part of the healthcare team, a chaplain is clinically trained to help navigate the healthcare experience to ensure that patients' request for care, especially those of a spiritual or religious nature, are heard and respected.

Chaplains provide a system of support that is vital to the human experience, but only 60% of U.S. hospitals have chaplains. The other 40% rely on community and volunteer help. The Pastoral Care staff at Trinity Health include a team of six committed individuals whose uniqueness runs as deep as their compassion.



Fr. Sylvester Onyeachonam  
Pastoral Care Director

Fr. Sylvester Onyeachonam, director of Pastoral Care since 2021, has over two decades of experience as a Pastor and Chaplain in Nigeria, Ireland and United States. He has witnessed the heartache of difficult decisions and loss of loved ones that remain consistent across borders and cultures.

"As Chaplains, we are human, vulnerable and we face the same realities as the patients and families we minister to. Yet in our brokenness, God uses us to heal our fellow broken brothers and sisters," he said. "However, this does not make it easy. We face difficult moments when parents or family are overwhelmed by the events happening in their life and they look to us for answers, and yet all we can do is to be there, providing pastoral, healing presence."

The Rev. Luther Hanson began at Trinity as an intern in 1972. While in seminary, he focused on geriatric ministry, and after finishing his Master of Divinity degree in 1974, Hanson returned full-time to Trinity Homes and part-time to Trinity Hospital. He became full-time Trinity Homes chaplain in 1987

and currently continues his service on a part-time basis. Over the years, Hanson's pastoral care opportunities have grown to include baptisms, memorial services and weddings for both residents, staff members and their families. He has enjoyed assisting local clergy and their designated volunteers, many of whom have served with him for decades, in ministering to their members. Designing interior and exterior space for seasonal activities and resident enjoyment has become an additional side line.

"As an artist, musician, landscaper, interior and seasonal decorator and pastor, Trinity Homes has allowed me to use all my talents and imagination throughout these years to provide a challenging and rewarding day," he says.



Rev. Brian Krebs

The Rev. Brian Krebs has been staff chaplain at Trinity Hospital since 2009 and can be found on the Surgical floor (4th) or facilitating meetings for Trinity Addiction Services. Prior to coming to Trinity Health, he was a teacher and a minister, but was drawn to healthcare due to the many different needs of people and ministry.

"Chaplains are available for crisis because we are on call 24/7/365. My experience at a code blue, heart emergency reminds me that the person and their family will be looking for spiritual support. This may be a prayer or a presence of support. Whether in the ER, home of a hospice patient, or at a recovery meeting, I provide emotional and spiritual care to the patient and family as needed," he said.

continued on page 4



Trinity Health Pastoral Care Team l to r: Luther Hanson, Elaine Sweet, Michael Parker, Sylvester Onyeachonam, Anna Dykeman, and Brian Krebs.

## Spiritual Care in a Healthcare Setting

Have you ever been in a hospital?

While miracles happen there every day, so does illness, uncertainty, and even death. These times of crisis affect not only patients and their families, but also the devoted staff who serve them. Tragedy can leave us feeling vulnerable, and while there's not always an easy answer, emotional and spiritual support can help us feel less exposed and alone. This is where professional hospital chaplains come in.

Hospital chaplains provide patients and families with spiritual guidance and care. They have various religious backgrounds and draw on insights from psychology, theology and other fields. Many, but not all, healthcare chaplains are certified by the Association of Professional Chaplains, which requires that they have a Master's degree in a religious discipline (such as Divinity), be ordained, supported or endorsed by a religious or spiritual organization (such as a church), have completed several units of training in a clinical education program, and worked at least 2,000 hours in the field.

"As director, my job is to make sure that we have well-trained staff chaplains available to support patients, families and staff facing difficult medical choices," said Fr. Sylvester Onyeachonam, director of Pastoral Care. "My job also is to ensure that appropriate worship opportunities are provided, and that ritual and sacramental needs are met."

A 2016 study investigated the benefits and challenges of having medical residents and chaplain interns participate in an inter-professional curriculum in the clinical setting. One of the main findings was that the medical team perceived chaplains to be an essential source of emotional support, particularly in difficult circumstances such as when dealing with death and dying in the hospital.

Research shows that dedicated chaplains influence better decisions about care, improve clinical outcomes and enhance staff morale. Nearly half of all people say their spiritual beliefs would affect their medical decisions. Having dedicated, unbiased chaplains onsite to understand and advocate for patient spiritual needs, ensures that every patient gets the best care possible. Chaplains serve as a safe harbor and can bridge conversations other cannot. The trust established in these conversations can extend to the rest of the medical care team resulting in better communication and better outcomes.

### The Gift of Chaplaincy

Every year during the last week of October, Pastoral Care Week provides opportunities to recognize spiritual caregivers and their ministry. This year's theme, "Relevant and Responsive in Times of Crisis," speaks to services provided in a hospital setting, as well as additional spiritual guidance provided in other environments.

- Trinity Health chaplains collaborate with local clergy to cover emergency calls 24 hours a day when families, patients and staff are at their most vulnerable.
- They conduct Hospice visits, offering bereavement programs and support to families after the death of a loved one.
- Through the Trinity Health Addiction Service program, chaplains offer weekly support to clients as they take steps towards full recovery.
- Chaplains sit on the Ethics committee, supporting the team as they apply principles in medical situations with ethical implications.
- They lessen unnecessary suffering and burden in moments of crisis by raising awareness of and discussing healthcare directives.

If you are not able to make medical decisions, a healthcare directive is a written legal document that explains how you want medical decisions about you to be made. It is used to guide your healthcare team and loved ones when they need to make decisions that might include special actions or emergency care.

"A **healthcare directive** is a gift you can give your family that provides direction on your medical wishes and alleviates fear, guilt, uncertainty and sometimes anger during intense situations where emotions run high," Onyeachonam advises. "The best time to get your questions answered and your medical Power of Attorney paperwork completed is when you are clear-headed and not under emotional duress."

In the spirit of giving during Pastoral Care Week, on **Thursday, October 27, 5-8 p.m.**, the Pastoral Care Team will host a **Healthcare Directive Drive** at the south entrance to Trinity Hospital. Chaplains and notaries will be available to help the public **quickly** complete their own free **healthcare directives**.

By planning, you can get the medical care you want, and reduce confusion or disagreement about the choices you would want people to make on your behalf. Preparing a healthcare directive is compassionate, proactive action, that can bring peace to you and your loved ones.

Pastoral Care Team  
**Healthcare Directive Drive**  
**Thursday, October 27, 5-8 p.m.**  
**south entrance, Trinity Hospital**

Chaplains and notaries will be available to help complete free healthcare directives



## Advanced Care Planning: Living Will, POLST or Both?

Making decisions about future healthcare preferences and sharing those thoughts with family members is a step that many people avoid – until it’s too late.

But if you’re someone who would like to opt out of ICU stays, feeding tubes or artificial ventilation in favor of treatment that simply strives to make you as comfortable as possible, now is the time to consider your preferences for end-of-life care and put them in writing. Most importantly, it’s a good time to communicate those preferences with your loved ones.



James Schmidt, MD

James Schmidt, MD, knows the value of advanced care planning. A hospital medicine physician at Trinity Hospital, Dr. Schmidt leans on family members to make healthcare decisions for a dying parent or spouse. Often, they have a clear sense of what their loved one would want. But in cases in which family members are in doubt or disagree, advanced care planning is the answer.

There are various forms and instruments for expressing one’s wishes for end-of-life care. Two that Schmidt recommends are advance directives and POLST documents.

Advance directives, often called living wills, are written statements that provide a general sense of the types of life-prolonging treatment a person would welcome or reject. They give instructions about any aspect of healthcare and allow people to choose a person to make healthcare decisions for them if they are incapacitated.

A POLST (physician order for life-sustaining treatment) form provides specific medical orders for patients. For example, a POLST might instruct an attending physician to limit interventions and treat reversible conditions only, or provide comfort measures only, or to give full treatment based on a patient’s wishes.

While advance directives are recommended for people of any age, POLST forms are intended for people who may be in their last year of life or have an irreversible life-limiting condition.

“Both are important,” Schmidt said. “Advance directives give a general sense of what treatments an individual prefers, but because they deal with broad issues, there are some gray areas. A POLST provides specific physician orders that address the treatments a patient would like to have in end-of-life circumstances in a document that is accessible to providers.”

In many instances, first responders must quickly assess what kind of treatment someone wants. While an advance directive conveys that information, finding it at a moment’s notice can be difficult. A common instruction for someone facing a life-limiting illness is to complete a POLST form with their provider and attach it to their refrigerator. Then, paramedics responding to a medical emergency will have a quick reference on the care the patient would like to receive.

Too often, people nearing the end of their lives receive unwanted medical treatment, not because medical personnel are eager to provide it, but because – absent a medical directive – caregivers must provide full treatment.

“I tell people to have a discussion with their family members and fill out an advance directive. Then as you get older, have a discussion with your provider about completing a POLST form. That way, if you can’t speak or communicate, your provider, family and friends will have a good idea about what medical treatments you want,” Schmidt said.

## Ministry continued from page 3



Rev. Michael Parker

The Rev. Michael Parker joined Trinity Health in 2014 as hospital and hospice chaplain. In the late ‘90s, Parker was involved in a life-threatening accident and found the frequent visits of the hospital chaplain a great help during his time of need. While in seminary school, Parker worked

part-time at Kmart, where he struck up a conversation with a hospital chaplain shopping in his department. “He invited me to be a volunteer chaplain at his hospital, which further influenced my career trajectory,” he said.

Parker admits that being a spiritual caregiver can sometimes be exhausting. “But I also discovered that while as a chaplain I am called to minister to others, God is also ministering to me. When I realize God’s grace and strength are sufficient for me, I am more authentic in my message of help and hope to others overwhelmed by their situation.”

The Rev. Elaine Sweet joined Trinity Health in January 2022, after serving as a pastor for 20 years in churches in Canada and North Dakota. As hospital chaplain, she serves in the ICU, ER and Pediatric departments.



Rev. Elaine Sweet

Sweet is a self-described supporter of others, compassionate listener and a force of calm under pressure. Switching career tracks offers her a new challenge and better work-life balance. However, the toll and weight of her work at Trinity can be heavy at times.

“We deal with many people in stressful, scary or grieving times. The work can be sad at times,” Sweet said. Gratitude for her efforts comes from patients and families who appreciate her consistent, encouraging visits.

“I had an ICU patient who was not able to speak, yet she would mouth the words ‘God bless you’ to me after our prayers together. Words of gratitude and affirmation make a beautiful impact on us chaplains when patients, families or staff take time to remember us and our work in their busyness.”



Deacon Anna Dykeman

Deacon Anna Dykeman recently joined the Pastoral Care Team at Trinity as a chaplain associate. She is a Deacon in the Lutheran ELCA, has lived in Minot for the past five years, and is pursuing a master’s degree in social work. Her passion for hospitality and listening motivates her good work at Trinity Hospice and Hospital.

“As a practitioner of spiritual wellness, the call to offer safe space for patients and their families to tell their stories is a priority. To be present with and for all people at Trinity is a sacred opportunity,” Dykeman says.

## Occupational Medicine Healthcare that Works!

With seven locations across northwest North Dakota, we offer efficient and convenient care to employers.

**701-857-7830**

Services include:

- DOT and pre-employment physicals
- Work injury management
- Drug and alcohol testing
- Hearing and vision testing
- Respiratory medical clearance



**TRINITY HEALTH**

Minot • Williston • Mohall • New Town  
Garrison • Kenmare • Velva

trinityhealth.org/occmcd

## Correction:

In the September issue of Health Talk, we reported an error regarding the national incidence of suicide in the U.S. It is the 12th leading cause of death in the United States, responsible for nearly 46,000 deaths in 2020.

**Trinity Health Speaker’s Bureau**

Call Community Education at

**701-857-5099**

for available dates and topics





## MACF Grants Funds to Trinity Health Foundation

The Minot Area Community Foundation has granted \$265,000 to the Trinity Health Foundation's Capital Campaign for the fourth floor Connector and Flag Display.

On September 8, MACF representatives joined Trinity Health at the new campus to present a ceremonial check for the capital campaign.

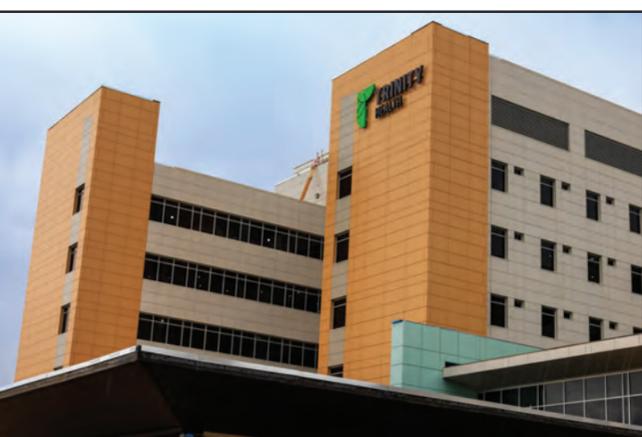
"The namesakes of the Endowments making this grant possible were visionary leaders in Minot who understood that state of the art healthcare is a keystone to the quality of life and success of a community," said Reed Argent, MACF board chair. "We are proud to be a part of this tremendous facility that will serve Minot and the region for years to come."

The \$250,000 grant for the Connector was made possible through the Mike & Dorothy Dolan Endowment Fund, Roger & Delores Odell Endowment Fund, Chuck & Madge Westlie Endowment Fund, and the Edna Solheim Endowment Fund. Additionally, the Donald & Genevieve Roush Endowment Fund contributed \$15,000 in support of the Flag Display which will be proudly displayed at the entrance of the new Trinity Health campus.

Trinity Health is currently constructing a new medical facility in southwest Minot that is scheduled to be completed in the spring of 2023. The new facility will provide more efficient delivery of healthcare services, increasing the level of care provided to patients as well as the capacity to evolve, grow and best serve the people of this area.

"Minot Area Community Foundation continues to showcase its support of projects that change lives through this very generous donation toward the new Trinity Health healthcare campus and medical district," said Jeffrey Verhey, MD, Trinity Health Foundation board chairman. "We are tremendously grateful that their vision includes the support of a healthcare facility that cares for residents in the surrounding 20-county region. We thank you for connecting donors with causes that matter!"

Through informed leadership and proactive community investments, the Minot Area Community Foundation strives to enhance the quality of life in our community of communities – inspiring those who live here to give here.



## 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](https://www.trinityhealth.org)

## Ackerman-Estvold Donates to Trinity Health Foundation Capital Campaign

Trinity Health Foundation is excited to announce another community partner in the funding of the new Trinity Health campus and medical district Capital Campaign project. Ackerman-Estvold has committed a \$10,000 gift to the project.

This contribution will provide a \$5,000 cash donation along with a \$5,000 donation of in-kind architectural services to the new Trinity Health campus and medical district project.

"As a true community advocate, Ackerman-Estvold has again thrown their support behind a critical community project that will provide regional healthcare, jobs, and a healthy economic environment for the region," stated Trinity Health Foundation Director Dusty Zimmerman. "Trinity Health and the patients we serve, thank you from the bottom of our hearts for your continued generosity."

Vice President/  
Senior Architect  
Ryan Anderson  
indicated



"Ackerman-Estvold

is proud to be involved in projects within Minot and our region. Whether we are privileged enough to start with a project from inception, through design and construction to the final product, or brought in as new pieces of a project are implemented, we are committed to being a resource and community partner. Whatever role we play, AE is, and always has been, a huge supporter of businesses and services being expanded in communities we serve. Trinity Health continues to be a huge part of our community and this new campus will upgrade the level of care provided to residents in western North Dakota."

Trinity Health Foundation is in the midst of the Trinity Health campus and medical district Capital Campaign to raise \$15,000,000 to support the \$520,500,000 project. To date, Trinity Health Foundation has raised \$5,000,000. Donations are being sought from regional and national foundations, corporate donors, private donors, and Trinity Health staff through fundraisers.

Construction on Trinity Health's healthcare campus is expected to be completed in January 2023. Prior to move-in, equipment installation and acclimation in the new environment is required for several months to verify accuracy. Full occupancy and opening is anticipated for spring 2023.

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.



### SEAFOOD BOIL & FUNDRAISER

SIGNATURE DRINK &  
SPECIALLY BREWED BEER BY  
ATYPICAL BREWERY AND  
BARRELWORKS

SILENT AUCTION OF FINE ART BRAS

LIVE MUSIC  
AND MORE!

OCTOBER 15  
5-11PM  
AT THE BLUE RIDER

ALL PROCEEDS GO TO  
TRINITY CANCER CARE FUND

## Double D-Haw!

Trinity Health CancerCare Fundraiser

October 15, 2022

The Blue Rider Bar, 118 1st Ave SE in Minot

**Tickets**  
**\$50.00**

- Seafood boil
- Two free signature drinks or specially brewed beer from Atypical Brewing & Barrelworks
- Double D-Haw swag

Enjoy Special Double D-Haw Brew at  
Blue Rider and Atypical Brewery & Barrelworks  
\$1 of every can or pint sold benefits Trinity Health Foundation  
through October 31.

Tickets available here:

There will also be a silent auction of bras created by local artists, a \$500 cash prize raffle, and live music by the Little Chicago Funk band!

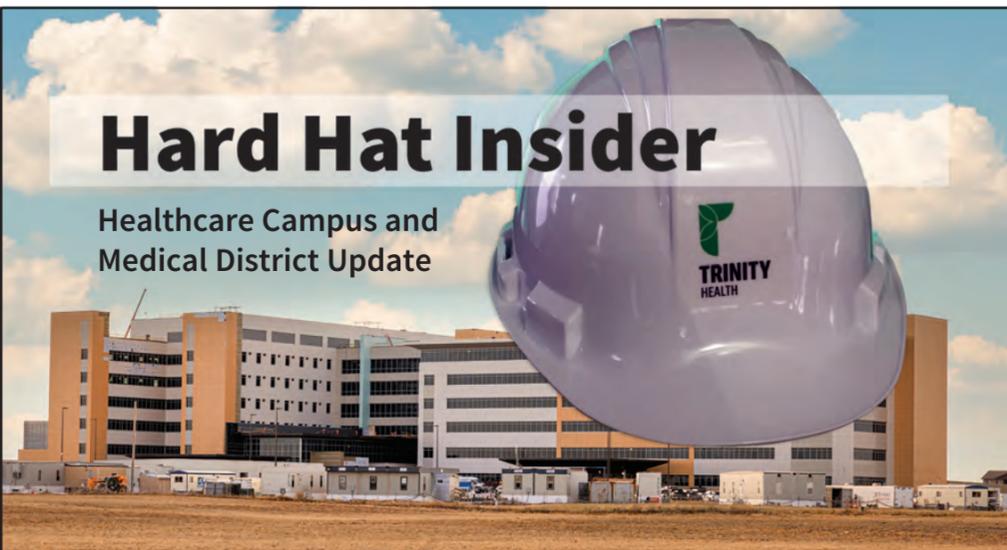
It's going to be a terrific night! All proceeds go to the Trinity CancerCare Fund.



SCAN ME

**Make More Possible for 100 More Years.**

Visit Trinity Health Foundation website at: <https://www.trinityhealth.org/foundation/>



# Hard Hat Insider

Healthcare Campus and Medical District Update

## Trinity Hospital's New Pharmacies: Welcome to the Neighborhood!

In early Americana, pharmacies and drug stores played a critical role in the life of every town. Even today, you can find a Walgreen's on every corner in most metropolitan areas. The new Trinity Hospital will have two pharmacies when it opens, playing a critical role in the convenience and wellbeing of our patients.

The inpatient pharmacy is in the Acute Care Tower on the hospital's south side. This is where drugs are stored and dispensed to other areas of the hospital and community clinics for administration to patients by healthcare providers. As a back of house function, it is not open to the public, so unless you work there, you will never see it.

Design and layout of the inpatient pharmacy includes a centralized area that will house mixing rooms, three of which are dedicated to IV meds. The mixing rooms are designed as Positive and Negative Pressure Rooms to prevent contamination and cross-contamination of medications. To maintain precise sterile conditions, pharmacists gown up in an ante room before entering the mixing room where HEPA filters monitor and control air flow. To maintain long term cleanliness and sterile conditions, these rooms are inspected and recertified every six months.

"The certification process ensures compliance with regulations, which ultimately sustains high quality of care for the patients we serve," says Carolyn Seehafer, director of pharmacy at Trinity Hospital.

Medications manufactured in the inpatient pharmacy are sent to corresponding departments and medical staff by a highly technological tube delivery system.

For pre-dosed medications, such as a 100 or 200 milligram tablet of Celebrex, for example, a large carousel holds hundreds of bins that store medications by way of a barcode/UPC code. A pharmacist or pharmacy tech enters the name of the drug on a monitor which activates the carousel to rotate to the correct shelf and bin for removal of the medication. Medications are loaded into Pyxis machines and tracked by ways of the established barcode to ensure there are no errors in delivery. Inventory reports are generated daily to ensure meds are replenished in a timely manner.

"Centralizing inpatient pharmacy responsibilities and upgrading to state-of-the-art technology creates efficiencies that translate into fewer mistakes, shorter delivery times and better patient care," said Dave Kohlman, vice president of Facilities.

However, not everything is centralized in the inpatient pharmacy. Consultant pharmacists are found on designated floors and work side-by-side with providers on drug regimens for patient care. They perform medication regimen reviews based on a patient's health history to evaluate the appropriateness, safety, benefits, risks and cost-effectiveness of medication therapy. The consultant pharmacist may provide alternate treatment options, as well as medication management guidance including drug monitoring, documentation, administration and storage.

As the transition from the current to the new hospital evolves, the inpatient pharmacy will load all its inventory into the new site, as well as maintain the 50 Pyxis machines that auto dispense medication in various units. Larger store rooms will allow Trinity to maintain a larger inventory, better pricing and quicker turnarounds for medication requests.

### Retail Pharmacy

Trinity's outpatient/retail pharmacy is a new addition to the locations it currently operates. It is open to the public and will be located near the first-floor elevators on the north side of the new medical office building. For additional ease, the pharmacy is accessible from both the front and back doors of the building. Better yet, the drive through kiosk is located right off 37th Avenue SW, so you don't even need to leave your vehicle!

The interior design provides more retail space, a larger waiting area and seating. However, soon-to-be discharged hospital patients are assisted by Trinity's Meds4U Program, a free service that offers education about medication and delivers prescriptions and over the counter medications to patients before they leave the hospital. This service helps prevent medication interruptions and the inconvenience of another stop (or long wait) before going home.

Whether at the counter or drive through, Trinity Health Outpatient Pharmacy will be ready to serve patients in a fresh, white, bright and light environment. Soon enough, it will become your preferred neighborhood pharmacy.

"Our location in the medical building places the pharmacy in a key location that is either on your way to or from an appointment. We will be available to fill prescriptions as patients leave their providers' office, or at the drive through kiosk when they need a quick refill," said Lorelee Feininger, director of retail pharmacy. "We look forward to seeing both new and familiar faces in our new location!"

Despite the behind-the-scenes activity in these busy hubs, Trinity's pharmacies operate like an undertow: a constant, rhythmic current, barely noticeable on the periphery of our consciousness. And yet, they serve as an essential contributor to the ebb and flow of an individual's healthcare management.

## Nurse Practitioner Joins Williston Team

Trinity Health is excited to announce an addition to our primary care team at Trinity Health Western Dakota in Williston. Tanya Giese, FNP-C, is a board-certified nurse practitioner, dedicated to serving the primary care needs of individuals and families for annual physicals, acute care visits, treatment of chronic health conditions, prescribing appropriate medications and educating patients in self-care skills to prevent disease.



Tanya Giese, FNP-C

Originally from Palermo, ND, Giese earned her Bachelor of Science in Nursing from Dickinson State University and Master of Science in Family Nurse Practice at the University of North Dakota, Grand Forks. Her nursing experience includes practicing in ER, critical care, home health, long term care and public health settings, primarily in western North Dakota. Most recently, she served as Director of Nursing at Bethel Lutheran Nursing and Rehabilitation Center in Williston.

Giese is a member of the American Association of Nurse Practitioners and North Dakota Nurse Practitioner Association. She and her husband, Donald, have six children and five grandchildren. When she's not caring for patients, Giese enjoys camping, fishing, riding motorcycle, playing darts and traveling.

## Radiologist Joins Imaging Team

Trinity Health is pleased to welcome Nana Appiawiah, MD, to our imaging team.

Appiawiah is board certified in diagnostic radiology and fellowship trained in neuroradiology, a subspecialty focused on diagnosing abnormalities of the brain, head and neck, and spine.



Nana Appiawiah, MD

Appiawiah earned his medical degree from Morehouse School of Medicine in Atlanta, where he earned the MD Honor Graduate Award and Outstanding Achievement in the Clinical Sciences. He also was inducted into the Alpha Omega Alpha medical honor society. Following a transitional internship at Scripps Mercy Hospital, San Diego, he completed a four-year residency in Diagnostic Radiology at the University of Colorado.

While a member of the US Navy, he served as a staff radiologist at Naval Hospital Twentynine Palms in California. He later joined the Naval Hospital in Rota, Spain, where he led the Radiology Department. He received the Navy Commendation Medal after fulfilling his military service. He then completed his neuroradiology fellowship at Beth Israel Deaconess Medical Center, an affiliate of Harvard Medical School.



**Trinity Hospital Gift Shop**  
**701-857-5205**  
**Flowers and Gifts**



## Physical Therapy for Pain Management

Pain is one of the most common reasons people seek healthcare, and most reach to opioids for relief.

For many, the risks associated with opioids outweigh the benefits. Potential side effects of opioids include depression, overdose, addiction and withdrawal symptoms when stopping use.



Wade McDowell  
Therapy Services Director

Most alarming is the rate in which opioids contribute to overdose deaths. According to the Centers for Disease Control and Prevention (CDC), 75% of the nearly 92,000 drug overdose deaths in 2020 involved an opioid.

In 2016, the CDC released opioid prescription guidelines in response to the opioid epidemic. The guidelines recognize that prescribed opioids are appropriate in certain cases, including cancer treatment, palliative care, end-of-life care and in certain acute care situations (such as after surgery), if properly dosed. For other pain management, the CDC recommends nonopioid approaches including physical therapy.

“Physical therapy is part of the first line in limiting pain and improving function,” said Wade McDowell, director of Therapy Services at Trinity Health. “We treat pain through movement.”

While opioids provide pain relief by disrupting pain signals to the brain, physical therapy addresses the source of the pain, providing long-term relief, increased mobility and an improved lifestyle.

“We work with patients to identify what is causing the difficulty and pain. By stretching the problem joints and tissues, and strengthening the muscles that support normal movement, patients will experience pain relief and increased flexibility and movement,” said McDowell.

The treatment of pain, whether acute or chronic, often requires an integrated, multidisciplinary approach due to the many variables that may contribute to a patient's perception of pain and response to treatment. McDowell advises patients to work with their primary care provider or specialist to develop the best care plan for their unique situation.

### Trinity Health Physical Therapy

With the large, experienced team of physical therapists and physical therapist assistants in the area, Trinity Health offers a broad range of interventions and specialized experience. Areas of expertise include: lymphedema, pelvic health, low back pain, pediatrics, total joint replacements, surgical recovery, and sports, running and work injuries.

They offer physical therapy services to people of all ages and abilities in hospital and outpatient settings including the NICU, RehabCare (inpatient rehab), Trinity Homes, Home Health, and area schools and early intervention programs.

The care philosophy for McDowell and the Trinity Health Physical Therapy team is simple: Teach patients what they need to do day-in and day-out to live their best life possible.

Most insurances require a referral from a primary care provider or specialist for physical therapy services. For more information about physical therapy at Trinity Health, call 701-857-5286.

## 6th Annual Hospice and Palliative Medicine Symposium

Early education is vital and knowledge is power when it comes to maintaining or improving quality of life, especially for someone who is at the end of life. Having the conversation about your loved one's wishes can be difficult. Hospice, the medical care toward that goal, is available to the patient and family when life prognosis is six months or less.

Join Kurt Kazanowski, hospice consultant, speaker, author and coach and Jeffrey Verhey, MD, Pulmonary Medicine and Hospice Medical Director, as they discuss the importance of having this conversation early as your loved one's illness becomes terminal.

### Meet your Hospice Team

#### Giving the Gift of Hospice

Kurt Kazanowski, consultant, speaker, author and coach for hospice, home care and post acute care organizations. An inspiring presentation that will give you a completely new and different perspective on how hospice is all about living with quality and dignity. Kazanowski uses personal experiences as his parents aged and passed away to his work in healthcare as a nurse and hospice professional to help you better understand how you can give the gift of hospice.

#### Hospice Families Panel Discussion

Hospice care also offers practical support for the caregiver(s) during the illness and grief support after death. Hear from several area family members who have benefited from Trinity Health hospice care for their loved one.

**October 6, 2022**  
**5 p.m.**  
**Sleep Inn, Minot**

This event is free of charge; dinner will be provided. Registration is required; go to [foundation.trinityhealth.org](https://foundation.trinityhealth.org) For more information, call Kathleen at 857-5099.



**TRINITY HEALTH**  
FOUNDATION

This symposium is sponsored by Trinity Health and the Trinity Health Foundation. This event is underwritten through the Willie and Ruth Bodien Endowment.

## Your Local Pharmacist: A Name You Can Trust

In January, Gallup's annual Most Honest and Ethical Professions Poll announced the American public ranked pharmacists in the top four, following nurses, doctors and teachers. In the survey, 63% of respondents ranked the honesty and ethical standards of pharmacists as very high or high. This trust is not unique to the United States: in most parts of the world, when people feel sick, they don't call their doctor. They head to the local pharmacy, where the dying art of the skilled apothecary and knowledgeable druggist still lives on.

For centuries the exclusive way to become an apothecary was through apprenticeship. Under this system the aspiring apothecary would work side-by-side with an established professional practitioner, learning by observing and doing medication-related activities under the tutelage of the master craftsman.

The first college to train pharmacists in the U.S. was founded in 1821 as the Philadelphia College of Pharmacy. Impetus for this came from a plan by local physicians to start training pharmacists. Outraged that physicians would presume to be able to train pharmacists, local pharmacists started their own programs. The first pharmacy program in a public institution began in the late 1860s at the University of Michigan.

Over the years, many of the independent colleges of pharmacy had become affiliated with universities. After WWII, academic health centers began to emerge at U.S. universities as clusters of schools of the health professions assembled with a university hospital operated for the dual purposes of providing patient care and educating future professionals. Many of these operations included colleges of pharmacy.

Pharmacy curriculum also began to shift. Originally heavily rooted in chemistry, the pharmacy curriculum of the early 1900s prepared a pharmacist not only to prepare and dispense medications but also to do what today we call clinical chemistry or medical technology, such as a urinalysis for example. The chemical focus gradually transitioned to a biological focus during the 1960s with increasing emphasis on pharmacology. Then during the 1970s, a clinical focus began to emerge, moving the emphasis from the product to the patient.

As pharmacy curriculum became patient-focused, it was realized that no part of the curriculum included patient contact – a stark contrast to nearly all other

continued on page 8



## Healthy and Safe Charcuterie Boards

A charcuterie (pronounced “shar-COO-tur-ree”) board is an artful assortment of meats, cheeses, breads, fruit, and nuts. Though assembling one can take some creativity, these displays are a great way to add color and visual interest to your next get-together. Charcuterie boards are highly customizable and have the potential to offer many healthy choices. When assembling a board, consider the number of guests, dietary preferences or allergies, and food safety.

Popular charcuterie board meats include smoked sausages, salamis, spreadable pâté such as chicken or duck liver, and prosciutto. In general, smoked or cured meats will have a high sodium content. To reduce sodium, consider using less meat when assembling a board. For some healthier options, sliced chicken breast or meatballs made with lean beef can be offered alongside the board. Cook these meats to an internal temperature 165°F, serve hot, and leave at room temperature for no more than 2 hours to maintain food safety standards.

Cheeses add texture and interesting flavor to charcuterie boards. A combination of aged, firm, soft, crumbly, or creamy cheeses can all be included. Cheddar is a popular hard cheese. Extra sharp cheddar cheese has been aged for the longest and mild cheddar has been aged for the shortest amount of time. Other popular cheeses include brie, blue cheese, goat cheese, and smoked gouda. Cheese often tastes best at room temperature. Take cheese out of the fridge 30 minutes before serving. To practice good food safety, take out small amounts of cheese at time and only restock your charcuterie board as needed. Provide a cheese knife for each type of cheese.

Crackers are a perfect accompaniment to cheese and meat. Choose whole grain or sesame crackers for a higher fiber content. Low-sodium crackers are becoming more popular and pair well with salty, cured meats. Toasted French bread or sesame breadsticks are also good options. Be mindful of any gluten allergies and consider having all options be gluten-free to prevent cross-contamination.

Choose in-season produce for the tastiest and cheapest fruits and vegetables. Almost any fruit or vegetable can be incorporated into a charcuterie board. Aim for a rainbow of colors and serve with bowls of hummus dip or plain Greek yogurt. Wash all fruits and vegetables before serving. Keep pre-sliced fruits in the fridge and restock the board as needed. Other popular items to include in your charcuterie board include pickles, olives, trail mix, mixed nuts, and pretzels.

Charcuterie boards include so much variety that it can be difficult to keep items at the right temperature or prevent serving utensils from getting mixed up. Choose the right size board to prevent overcrowding. Miniature tongs can be a good option if the tongs do not rest on the food when not in use. Provide toothpicks for guests to pick up fruits and cheese. As a good rule of thumb, only keep perishable items out at room temperature for no more than 2 hours. Restock items in the same place each time and keep known allergens in a separate, labeled container with its own serving utensil. With good food safety practices, charcuterie boards can be a fun addition or the main event to your next gathering!

## Name continued from page 7

training programs for health professionals. In the 1990s a new philosophy of pharmacy practice was advanced: pharmaceutical care. The touchstone of this approach was that the pharmacist should accept responsibility for assisting patients to obtain the very best outcomes from their use of medications.

Today, pharmacists work in a variety of settings – hospital, community, ambulatory care, long term care (LTC), military, veterinary, research and more. Trinity Health has two retail pharmacies: KeyCare and B&B Northwest, and an inpatient pharmacy that provides medications for all patients in the hospital, as well as Trinity’s community clinics in the region. Among the three locations, Trinity employs over 80 staff, including pharmacists and pharmacy technicians, to ensure what the Institute for Healthcare Improvement (IHI) calls the “five rights” of medication administration: the right patient, the right drug, the right dose, the right route, and the right time.

“Because of the complexity of medications today, our pharmacy staff counsels each patient to ensure they understand prescribing directions, side effects and precautions,” said Lorelee Feininger, director of Retail Pharmacy. “Whether we serve you in the pharmacy, or at the KeyCare drive through, we consider education part of our commitment to customer service.”

Required by the State Board of Pharmacy laws and regulations, the same expert care and consideration is afforded all patients in the hospital as well. “The hospital pharmacy provides medications and consultative services to all hospitalized patients, whether treatments are in IV medication form, or other routes of administration,” said Carolyn Seehafer, pharmacy director at Trinity Hospital.

A pharmacist also looks for many other red flags while filling your prescription, such as drug interactions and dosing, as well as provides direct oversight on orders to ensure safe medication practices. Extensive training, medication expertise, accessibility, and compassion makes community pharmacists uniquely indispensable to the patients they serve.

KeyCare Pharmacy is in Trinity Health Medical Arts, 400 Burdick Expy East. Monday- Friday 8 a.m.-8 p.m.; Saturday, Sunday and holidays, 9 a.m.-5 p.m., 701-857-7900.

B & B Northwest Pharmacy is in Trinity Health East, 20 Burdick Expy East, across from Trinity Hospital. Monday-Friday, 9 a.m.-5:30 p.m., 701-838-2213.



Lorelee Feininger  
Retail Pharmacy Director



Carolyn Seehafer  
Hospital Pharmacy Director

## C O M M U N I T Y

# CALENDAR

For the latest updates, check online at [trinityhealth.org](http://trinityhealth.org)

### Prepared Childbirth Classes

October 8, November 12,  
December 3

### Breastfeeding Basics

October 13, November 10,  
December 8

### Basics of Baby Care

October 3, November 7,  
December 5

These classes are offered free-of-charge as part of Trinity Health’s community benefit mission. If you have questions, please call 701-857-2352. Sign up for classes at: [trinityhealth.org/familybirth\\_registration](http://trinityhealth.org/familybirth_registration).

### Events

**October 4**—Free Car Seat Checks will be provided from 1-5 p.m. in Minot Fire Station 1. Appointments are required; please call 701-857-7300 or by Facebook message Safe Kids Minot.

**October 11**—A Cooking on a Budget cooking class will be held at 5:30 p.m. in Trinity Health Community Conference Room, Town & Country Center. A Trinity Health registered dietitian will show you that even when you’re budget cooking, you can still make delicious and nutritious meals. Cost is \$10; call 701-857-5268 to reserve your place in the class.

**October 13**—A presentation on Falls Prevention will be given at The View at 10 a.m., during Healthy Hour. Amber Emerson, RN, Injury Prevention, will give the presentation to the residents.

**October 21**—Free Car Seat Checks will be provided from 10 a.m.-2 p.m. in Minot Fire Station 1. Appointments are required; please call 701-857-7300 or Facebook message Safe Kids Minot.

**October 31**—Trinity Health will host a community-wide Trunk or Treat from 5-7 p.m. in the Trinity Health West employee parking lot along Broadway.