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## BRIEFS - Trinity coordinator earns cancer exercise credential

February 13, 2012

By DAILY NEWS STAFF , Minot Daily News

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Trinity coordinator earns cancer exercise credential

The coordinator of Trinity Health's Exercise Physiology Department has been certified as a cancer exercise trainer.

Russell Gust received the accreditation from the American College of Sports Medicine in collaboration with the American Cancer Society. Certification follows four months of study and passage of a national exam. Gust is also a certified strength and conditioning specialist and has a master's degree in exercise physiology.

Trinity's Cancer Exercise Program, established in 2007, helps cancer patients battle fatigue, gain strength and improve overall physical condition, which aids in the fight against cancer. As a cancer exercise trainer, Gust develops and administers fitness assessments and exercise programs for cancer patients based on their diagnosis, treatment regimen and current recovery status.

Staff certified as dementia providers

Two staff members at Edgewood Vista Senior Living have become certified dementia providers.

Brenda Vogel, a licensed social worker, and Tracy Brotherton, events coordinator, have completed the necessary requirements to become certified dementia providers through the National Council of Certified Dementia Practitioners.

The council promotes standards of excellence in dementia and Alzheimer's education to those who service dementia clients. As the number of dementia cases continues to increase, it is necessary to insure that appropriate, competent and sensitive care and support is available for the dementia patient.

Vogel and Brotherton join Cory Marquart, an LPN and Memory Care Supervisor, who became certified through the essentiALZ program, which recognizes the knowledge of caregivers who fulfill certification requirements.

One-day stroke symposium set

A one-day symposium relevant to the treatment of a patient with a stroke is set for Saturday in Minot.

Maximo Kiok, a neurologist and stroke program medical director with Trinity Health, will lead the 2012 Stroke Symposium at the Grand International Inn, 1505 N. Broadway.



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The purpose of the symposium is to update providers on the diagnosis, care and management of acute stroke patients, Kiok said.

"Part of our mission as a stroke center is to educate staff on the importance of early CT and screening of patients for intravenous thrombolytic therapy within the first three hours after stroke onset," Kiok explained. "We'll also stress the value of prenotification of ER staff by EMS personnel, and the importance of educating patients and families to recognize the warning signs of stroke so they can access immediate emergency care."

Strokes are the fourth leading cause of death in the nation and the leading cause of adult disability. Warning signs include sudden numbness or weakness of the face, arm or leg, especially on one side of the body; sudden confusion; trouble speaking or understanding; sudden trouble seeing in one or both eyes; sudden trouble walking; dizziness; loss of balance or coordination; and sudden, severe headache with no known cause.

In addition to Kiok, the speakers will be: Jerilyn Alexander, a stroke program coordinator with Trinity; Ann Hoff, an ETC physician with Trinity; Marla Rose, a speech language pathology coordinator with Trinity; Brian Rensch, a stroke survivor, and his wife, Melissa, of Makoti; Mikhail Serebrennik, a radiologist with Trinity; and Samir Turk, a cardiologist and endovascular interventionist with Trinity.

Pre-registration is required. Fees are: \$25 for Trinity nurses, as well as nursing and medical students; \$50 for nurses, nurse practitioners, and physician assistants; and \$75 for physicians. Registration will be held from 7:15 to 8 a.m., with the first program starting at 8 a.m. The symposium ends with evaluations, from 4:15 to 4:30 p.m. For more information, contact Ashley DeMakis, Trinity Health, at 857-3116 or 857-2452.

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#### Autism task force to meet

The Autism Spectrum Disorder Task Force is scheduled to meet Wednesday from 10:30 a.m. to 3:30 p.m. using a video conference to broadcast to different sites throughout the state, including Minot.

Items to be discussed during the meeting include presentations from the North Dakota Center for Persons With Disabilities at Minot State University; a report on the recent Human Services Interim Committee autism agenda item; continued work on autism spectrum disorder state plan; and Medicaid autism waiver. Other business may also be discussed.

A member of the North Dakota Psychological Association will also be in attendance.

The public is invited to participate by attending the meeting in the six locations available. In Minot, the meeting will be held at the North Central Human Service Center, at 1015 S. Broadway, Suite 18, Conference Room 411, or at Minot State University, in Memorial Hall, Room 207.

The meeting will also be held in Bismarck, at the North Dakota Department of Human Services Mental Health and Substance Abuse Services Division, Prairie Hills Plaza, 1237 W. Divide Ave., Suite C., Prairie Room; in Fargo, at the Southeast Human Service Center, 2624 Ninth Ave. S., Red River Room; in Grafton, at the Developmental Center, 701 W. Sixth St., Life Skills and Nutrition Services Building, Room 147; in Grand Forks, at the Northeast Human Service Center, at 151 S. Fourth St., Suite 401, Meeting Room 5E; and, in Jamestown, at the South Central Human Service Center, 520 Third St. NW, Conference Room 124.

The task force was created by the Legislature in 2009 to examine early intervention and family support services for individuals with autism spectrum disorder to help them remain in their homes and communities.

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