

Oklahoma's NURSING TIMES

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Information for the Oklahoma Nursing & Health Care Professional

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Nurse enjoys career taking a dive



photo by Mike Lee

John Slayton, LPN, is a hyperbaric tech at the new Oklahoma Heart Hospital Wound Center with an intimate understanding of the technology he uses every day.

by Mike Lee
Staff Writer

Unlike most people who work as hyperbaric techs, John Slayton, LPN, has a much more personal understanding of the machinery he works with on a daily basis.

Navy dive school first taught Slayton how punishing pressure could be.

"They had to take you down to over 300 feet to give you nitrogen narcosis to see how you respond," Slayton said. "It was awesome. You're

in a hyperbaric chamber but it's full of water and you have a huge, brass Mark V helmet on. You feel like you're drunk and then you come up and it's gone."

The idea behind the test is to weed out the individuals

who can't handle the nitrogen buildup in their system. No one knows how they will react until they're 300-feet deep.

The Navy makes this test routine for new divers, but for some it can be an experience.

"It's like an

Nurses prepare to visit capitol

by Mike Lee, Staff Writer

Nurses from across Oklahoma are gearing up to attend the annual Nurse's Day at the Capitol.

As a professional organization, the Oklahoma Nurses Association is a community of nurses from all specialties and practice settings that empowers nurses to improve health care.

Each year, the ONA organizes a single day to arm nurses with the necessary information and give them the opportunity to discuss those issues with policy makers.

This year's event will be held Tuesday, Feb. 24. You can still register online at www.oklahomanurses.org.

ONA Executive Director Jane Nelson says nurses are always well received at the capitol and typically find the day very informative.

"Nurses are powerful political advocates because they are members of the most-trusted profession in the country," Nelson said. "With that comes a lot of power."

The day begins with an informational session held at the National Cowboy & Western Heritage Museum followed by an opportunity to go to the capitol and talk with legislators.

Nurses will have the opportunity to:

- Hear legislative experts, legislators and ONA's Lobbyist
- Talk with legislators concerning the issues vital to ONA and the nursing profession
- Increase your awareness of the role nurses play in the political arena
- Voice your concerns regarding legislation affecting nursing practice, patient safety, preventive care and health education as well as Oklahoma's health status

The cost for nursing students and LPNs is \$30. ONA members and affiliates pay \$40 and non-members can participate for \$50.

Each year the Oklahoma Nurses Association sets its legislative priorities. For 2015, ONA is focused on the following:

Funding

Ensure adequate funding for vital health care related services, including direct care, disease prevention and health promotion. Shortfalls in health and behavioral health services will increase costs in other areas of the

See VISIT Page 5

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SLAYTON

Continued from Page 1

alcoholic, they might be a normal person until they get drunk and then they just flip on you," Slayton said of some who panic in the tube. "Most people don't have a reaction to it. It's always the last person you would think that tries to take their clothes off."

But it wasn't until he worked as a hyperbaric tech that Slayton would encounter all the benefits pressurized oxygen therapy could hold.

Slayton picked up his love for wound care while working at Midwest Regional Hospital. He spent three months doing hyperbaric therapy as a CNA. "I really enjoyed it. The only reason I left was because I got accepted to nursing school," Slayton said.

Slayton later worked in medical surgical, home health and pediatrics after graduating Metro Tech for his LPN and began working on his RN at Rose State.

Helping raise a granddaughter has put getting his RN on hold for now.

Working at Oklahoma Heart Hospital doing vascular, Slayton noticed OHH would soon be doing hyperbaric therapy.

He showed up for the interview and all the people he had previously worked with at Midwest Regional were doing the hiring.

He fell in love all over again.

"The results," Slayton said of what keeps him interested. "Some of these people have the same wound for a year and they think they're at the point where they're about to lose their leg. Then they go to hyperbarics and four weeks later that's not even an option any more. And you really get to know these people. It's not like a normal nursing job where they come even once a week and you see them for 10 or 15 minutes."

"I spend two hours, five days a week with these people for four weeks or longer. They're like family and that's how they look at you, too."

Obviously, nursing is a second career for Slayton, who spent 14 years in the military. Outside of diving with the Navy he also worked supply and then moved on to the Army and Air Force Reserves.

You might even say it's a third career, as the 47-year-old Slayton is helping raise a four-year-old granddaughter.

"I wouldn't have it any other way. I was furious when I found out but

now that little girl is everything," he said.

Oklahoma Heart Hospital Wound Center opened its doors in January.

The new wound center brings the community treatment and protocols to treat chronic wounds including hyperbaric oxygen therapy, negative pressure therapies, bioengineered tissues and biosynthetics. Patients may also have the opportunity to participate in clinical trials and multicenter studies.

A member of the Healogics network, the wound center employs a rigorous scientific approach to explore, test, find and develop the clinically proven methods and technologies which reintroduce the body's innate ability to heal. The network, comprised of academic medical centers, hospitals and thousands of professionals is committed to advancing wound healing by creating, sharing, and activating wound prevention and care expertise.

The next few years holds an

RN degree for Slayton. He says his hyperbaric experience has been tremendous.

So far he's shunned the inquiries for him to go into management. For now, he's happy doing what he's doing.

"I don't want to get away from patient care."

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CAREERS IN NURSING

CONNECTED TO HUMANITY: NURSING DEVELOPS KNOWLEDGE FOR YOUNG

by James Coburn - Writer/Photographer

Lana Adkisson's favorite part of nursing is getting to know her patients as a registered nurse at Bone and Joint Hospital at St. Anthony.

"I like talking to our patients. I like to hear their story," she said. "A lot of our patients are older, so they've had tons of life experience. And they have all kinds of crazy stories that you would never picture them being associated with. They like to reminisce, too, about their younger days."

She serves in the Joint Replacement Center on the second floor of the midtown Oklahoma City orthopedic hospital. But she will occasionally work on the acute care floor.

"We mainly do hip and knee replacements, post surgical care," Adkisson said. Most of her patients are older adults but there are also younger adults.

Orthopedic surgeons are

specialized in sports medicine. People also come to the hospital for shoulder injury procedures, hands and feet, anything orthopedic in the body.

Several surgeons have clinics in the Oklahoma City area, but go to Bone and Joint to conduct their surgeries.

Before the patients even go to sleep for surgery, an injection of medication will be given around the nerves to feed the joint, the arm, whatever the surgeon is working on, to render that numb.

Less anesthesia is given as it proceeds, so patients will have fewer side effects from things like nausea and sleeplessness.

The pain is blocked for several hours following surgery. Many of the patients return home pain free and begin a regimen of pain medication taken orally. This helps the patient to stay ahead of the pain curve. It's important for a patient

not to wait to be in a lot of pain before trying to control pain.

Adkisson loves the nursing profession, she said. It's a wide-open field where everybody can find something they like.

"Family members and friends will say, 'Oh, I don't like the blood and needles.' But there are jobs you can find that don't involve that. So I've tried to push everybody into it since I started."

Adkisson graduated from nursing school in March at Oklahoma City Community College and past her examination in April of last year. At OCCC, she went through the accelerated program.

"I loved it. It was fantastic," she said of meeting her educational needs. "So it was quick. It only took 10 months. They are pretty organized. And I'm told they have the highest pass rate at the lowest cost."

Prior to going to nursing school,

Adkisson earned a Bachelor of Science in Microbiology degree, which allowed her to go through the accelerated program.

She knew about Bone and Joint because her father had been a patient at St. Anthony Hospital. He had always seen Saints physicians, so it was a natural tie-in for Adkisson to find somewhere within the Saints umbrella, she said.

"I think that is why I became a nurse, to understand what was going on with him," Adkisson explained. "A lot of the stuff he went through was over my head even with the science degree. So it was encouraging to go to nursing school and understand more."

She enjoyed the surgical aspect during school. So Bone and Joint became the closest path as a new graduate without jumping straight into surgery.

Continued on next page



JAYME was a great sister to her brother and two little sisters.

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Our daughter, Jaime, was special in so many ways. She was a vibrant young woman who would always come bounding into a room with a big smile. She was a hardworking student who looked forward to getting to college to meet new people. Jaime planned to travel and she wanted to learn to speak several foreign languages, and she had already started learning Spanish. She loved singing and choir. She was a great sister to her brother and two little sisters. She was also my riding buddy. We rode horses together and we loved to spend time together. It was an October evening, as Jaime was coming home from a friend's to get ready for Homecoming that she drove in front of a van at a dangerous intersection and was killed. Jaime had marked her license to be an organ, eye and tissue donor, so when it came to donation, the answer was yes. That's what she wanted.

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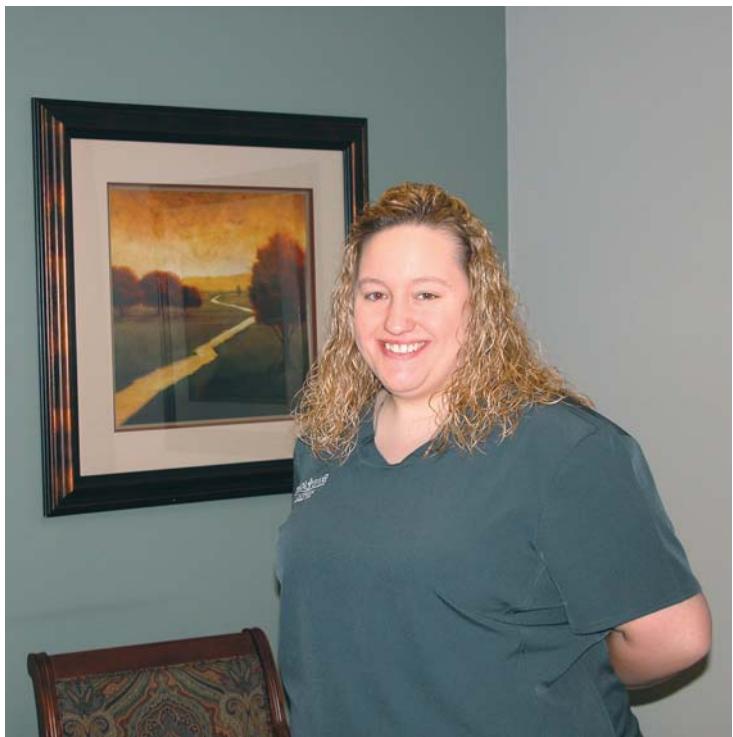
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Lana Adkisson was drawn to the nursing profession to learn more about what was going on with her father's health.

Bone and Joint made the process smooth for Adkisson with 12 weeks or orientation.

"Everybody was great. They were so nice and helpful," she said.

Adkisson is part of a team of professionals who have been recognized for exemplary care. In 2014 Bone and Joint earned the Joint Commission's Gold Seal of Approval for its total knee and total hip replacement program by demonstrating compliance with The Joint Commission's national standards for health care quality and safety in disease specific care.

The certification award recognizes Bone and Joint's dedication to continuous compliance with The Joint Commission's state-of-the-art standards.

"Other than it's a great place to work, we'd love to have them here. They don't have to be here, but we'd love to have them," she

says about people considering the nursing profession.

She enjoys coming to work each day. It's not a job people dread going to every day, she said.

"Everybody here is so nice. It's almost like a family of coworkers. We get along very well, and like to have a good time while we work," she continued. "We always help each other out as much as we can."

Her typical day in The Joint Center involves doing a morning assessment of her patients. She will change dressing and at times, even help out with therapy, she said.

"Morning is the busy part and then it kind of tapers off," she said.

Adkinsson said she has a good balance between work and home. On some days she will relax and be lazy, but she also likes to spend her leisure time gardening and entertaining.

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VISIT

Continued from Page 1

state's budget, and will lead to dire negative consequences for individuals, families, and communities, placing all at risk. When funding falls below critical levels, every other health priority for nurses is negatively impacted. Nursing is one of the few professions in Oklahoma providing care to citizens from cradle to grave.

Governance

- Preserving the Board of Nursing's oversight and regulation of nursing practice. Nursing is the largest group of healthcare providers; LPN, RN and APRN, each one with its own unique scope of practice, is already a consolidated Board. Ensuring professional nursing oversight of this board provides for the critical health and safety of the public. This self-sustaining, non-appropriated Board contributes revenue to the state general fund while providing for efficient, focused regulation of the nursing profession.

Nursing Practice

- Access to efficient, competent health care is supported when licensed Nursing professionals practice to the full extent of their scope of practice.

Competent nursing practice ensures the health and safety of every Oklahoman.

Public Health

- Improving Oklahoma's Health Status will improve the physical, emotional, and economic well being of the individual, the family, and the community.

Education

- Support only those educational proposals that do not put the emotional and physical well being of school children at risk. Nursing education is an important and critical component in the development of Oklahoma's nursing workforce, but also in ensuring lifelong learning and continued competency for all nurses in Oklahoma.

"This is a great opportunity to learn about legislative issues affecting nursing practice as well as how to advocate for those issues, Nelson said."

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PSYCHIATRIST NAMED CHIEF OF CHILD AND ADOLESCENT PSYCHIATRY

Rebecca Susan Daily, M.D., F.A.P.A., D.F.A.A.C.A.P., has been named chief of Child and Adolescent Psychiatry for the University of Oklahoma College of Medicine and sees patients as part of OU Children's Physicians. Psychiatrists are medical doctors specifically trained in the diagnosis, treatment and prevention of mental, emotional and behavioral disorders.

Daily is board certified in adult psychiatry and child and adolescent psychiatry. She specializes in diagnosing and treating patients with Tourette's syndrome, autism spectrum disorders, trichotillomania (pulling one's own hair), developmental disorders, bruxism (grinding of the teeth) and Attention Deficit Hyperactivity Disorder.

Daily comes to OU Children's Physicians from Variety Care, where she was chief of pediatric psychiatry. Prior to Variety Care, she taught at the Kansas University School of Medicine in Wichita. She completed a fellowship in child and adolescent psychiatry at the University of North Carolina at Chapel Hill. She completed her residency and internship and earned her medical degree at the University of Alabama School of Medicine, Birmingham.

Daily is a Distinguished Fellow of the American Academy of Child and Adolescent Psychiatry, is a Fellow of the American Psychiatric Association and is a member of the Oklahoma Psychiatry Association and Oklahoma State Medical Association.

Daily sees patients on the OU Health Sciences Center campus. For an appointment with a pediatric psychiatrist, call (405) 271-5253.

OU Children's Physicians practice as part of OU Physicians, Oklahoma's largest physician group. The group encompasses nearly every child and adult medical



Rebecca Susan Daily, M.D., F.A.P.A., D.F.A.A.C.A.P.

specialty.

Nearly 200 of these specialists committed their practices to the care of children. The majority of OU Children's Physicians are board certified in children's specialties. Many provide pediatric-specific services unavailable elsewhere in the state. Some have pioneered surgical procedures or innovations in patient care that are world firsts.

OU Children's Physicians see patients in their offices at the University of Oklahoma Health Sciences Center and other cities around Oklahoma. When hospitalization is necessary, they often admit patients to The Children's Hospital at OU Medical Center. Many children with birth defects, critical injuries or serious diseases who can't be helped elsewhere come to OU Children's Physicians. Oklahoma doctors and parents rely on OU Children's Physicians depth of experience, nationally renowned expertise and sensitivity to children's emotional needs.

Oklahoma State Department of Health Awards Grant for Nursing Home Staff Geriatric Education

The Oklahoma State Department of Health (OSDH) recently announced the awarding of a State of Oklahoma and Federal (CMS) grant to fund the creation of the first in the U.S. geriatric education program for nursing home staff. Joanne Alderman, MS-N, APRN-CNS, RN-BC, FNGNA, is project director of the \$148,000 grant and manager of Geriatric Collaborative Care Nursing Services (GCCNS-LLC) here.

The purpose of the program is to provide geriatric training to non-clinical staff, certified nurse aides (CNA), certified medication aides (CMA), and nurses (LPN & RN) using the Nurses Improving Care for Healthsystem Elders (NICHE) program model. The model facilitates early recognition of geriatric syndromes and chronic diseases in the frail older adult.

NICHE resources will form the basis of the education program. The resources are the Introduction to Gerontology course, Geriatric Resource Nurse curriculum (GRN), Geriatric Patient Care Associate (GPCA) course and the Long Term Care Geriatric Institutional Assessment Profile (LTC-GIAP) benchmarking tool.

NICHE is an international program designed to help hospitals and skilled nursing facilities improve the care of older adults. Based at NYU College of Nursing, the NICHE network consists of over 620 hospitals and healthcare facilities in the U.S., Canada, Bermuda and Singapore.

The LTC-GIAP tool is an



Joanne Alderman, MS-N, APRN-CNS, RN-BC, FNGNA.

organizational assessment used to measure staff knowledge and attitudes in the care of geriatric patients. The survey provides benchmarking data for use in targeting areas of improvement. The assessment is conducted prior to program implementation and then later to see if and where gaps in knowledge have been addressed.

Saint Francis Hospital, Tulsa, Okla., a NICHE designated hospital, is sponsoring the two Tulsa nursing homes involved in the project: Oklahoma Methodist Manor and Tulsa Jewish Retirement and Health Care.

According to the Eldercare Workforce Alliance, "the breadth and depth of geriatric education and training for healthcare professions remain inadequate and despite some improvements, geriatrics principles

See GRANT next page

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GRANT

Continued from Page 8

are still too often insufficiently represented in healthcare training curricula and clinical experiences focused on gerontology are not robust."

By integrating the NICHE program and the clinical component that provides mentoring/preceptorship, long term care nursing staff will have a thorough, evidence-based knowledge base in geriatric nursing and the tools to provide optimal, best practice care for their residents.

NICHE trained staff are key to preventing potentially unnecessary hospitalizations or readmissions among nursing facility residents. For more information on NICHE, visit www.nicheprogram.org/.

Expected program outcomes include:

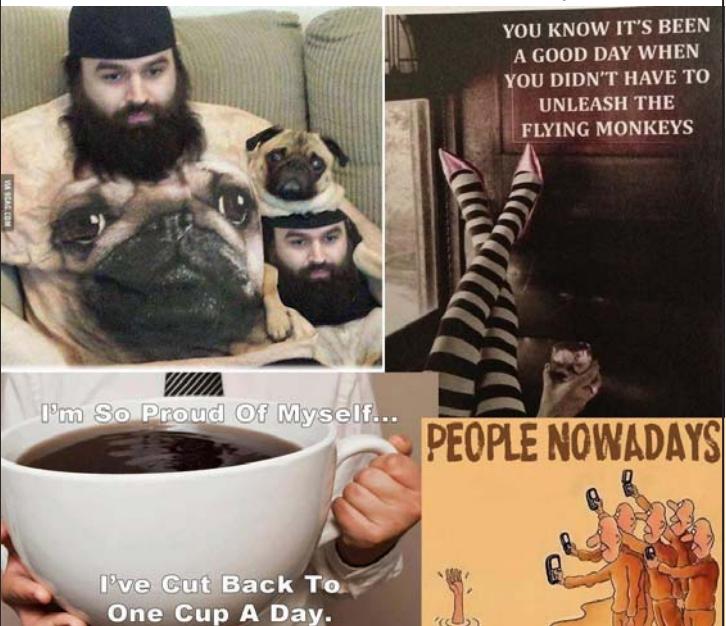
- 90% of nursing staff will complete the NICHE-based training with an 80% post-test score.

- Nursing homes will have a NICHE steering committee, a NICHE coordinator and a core group of Geriatric Resource Nurses (GRNs) and CNA champions.

- Program participants will articulate knowledge/skills to other long term care staff and demonstrate how the information improves resident outcomes.

NICHE (Nurses Improving Care for Healthsystem Elders) is an international program designed to help improve the care of older adults. The vision of NICHE is for all patients 65-and-over to be given sensitive and exemplary care. The mission of NICHE is to provide principles and tools to stimulate a change in the culture of healthcare facilities to achieve patient-centered care for older adults. NICHE, based at the NYU College of Nursing, has over 620 hospitals and healthcare facilities from the U.S., Canada, Bermuda and Singapore in the network.

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Allevia Hospice: 405-605-7787

Autumn Bridge Hospice: 405-440-2440

Autumn Light Hospice: 580-252-1266

Carter Healthcare & Hospice: OKC - Adam Colvin, Vol. Coordinator, 405-947-7705, ext. 134; Tulsa - Mike Gregory, Vol. Coordinator, 918-425-4000, ext. 114

Centennial Hospice: Becky Johnson, Bereavement Coordinator 405-562-1211

Chisholm Trail Hospice: Tiffany Thorne, Vol. Coordinator, 580-251-8764

Choice Home Health & Hospice: 405-879-3470

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Coordinator, Lawton: (580) 248-1405

Quality Life Hospice:

405 486-1357

RoseRock Healthcare:

Audrey McCraw, Admin. 918-236-4866

Ross Health Care:

Glenn LeBlanc, Norman, Chickasha;
April Burrows, Enid; Vol. Coordinators,
580-213-3333

Russell Murray Hospice:

Tambi Urias, Vol. Coordinator,
405-262-3088; Kingfisher 405-375-5015;
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Seasons Hospice:

Carolyn Miller, Vol./Bereavement
Coordinator, 918-745-0222

Sequoyah Memorial Hospice:

Vernon Stone, D. Min. Chaplin, Vol.
Coordinator, 918-774-1171

Sojourn Hospice:

Tammy Harvey, Vol. Manager
918-492-8799

SolAmor Hospice:

Lisa Riggs, Vol. Coord. 405-842-0171

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Matt Ottis, Vol. Coordinator,
405-608-0555

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Tulsa : 918-592-2273

Valir Hospice Care:

Dee Fairchild , Vol. Manager OKC Metro:
405.609.3636 Chandler
Shawnee/Cushing: 405.258.2333 Toll
Free: 888.901.6334

Woodard Regional Hospice

580-254-9275 Cathy Poe, RN Director



**Vicki L Mayfield, M.Ed., R.N.,
LMFT Marriage and Family
Therapy Oklahoma City**

*If you would like to send a
question to Vicki, email us at
news@okcnursingtimes.com*

Q. I know your paper is for medical professionals but as a teacher I wanted to get my message to as many people as possible. This is for all the parents who are using technology as a babysitter and sending your children to my classroom to deal with their behaviors. The following are examples of this problem.

A. Charlie - age 5 - preschool

While out on the playground Charlie had an altercation with a young male peer and stated, "If you do that again, I am going to kill you." The other little boy was scared of Charlie and reported this situation to the playground teacher. There had been one previous problem with Charlie being physically aggressive.

When the teacher met with Charlie's mother to discuss expelling him from preschool she was surprised the school would take such drastic measures. She did admit that Charlie "played on his phone a lot." His teacher said Charlie was focused on acting out the fantasy of the games he was playing and feared that he could lose touch with appropriate behaviors and boundaries.

In order for Charlie to remain in school his mother had to agree that Charlie would not have access to a phone or any other device to watch and play games. She was encouraged to actively engage Charlie in appropriate age related games and activities, which were somewhat foreign to him.

Taylor - age 7 - 2nd grade

When Taylor's phone was taken from her during English, for the 3rd time, her teacher called a conference with her parents. They were somewhat uninterested in the teacher's concerns that Taylor's grades were below average, she was easily distracted and oppositional to authority. They said that it was difficult to get her to do her homework and she often stayed up late playing on her phone which affected her sleep.

They presented as somewhat helpless to setting rules and sticking by them. This 7 year old was running the house and her parents. Then she came to school and tried to run the teacher.

These are just two of the many situations that have presented themselves in the classroom and playground. As teachers we are extremely concerned that parents have normalized the use of cell phones and other forms of technology as babysitters, something to keep their children busy and "out of their hair." We need teamwork in order for this problem to get fixed. We are not excited about children missing out on their education because they are lost in fantasy.

When children as young as 5 use the word "play" to describe activities on their phones and show no interest in "playing" with legos, dolls, or swinging in the park, we have a BIG problem.

INTEGRIS Baptist Medical Center Receives Prestigious Baby-Friendly Designation

INTEGRIS Baptist Medical Center receives prestigious international recognition as a Baby-Friendly designated birth facility. Only two hospitals in the state have achieved this honor: INTEGRIS Baptist and Claremore Indian Hospital.

Baby-Friendly USA is the U.S. authority for the implementation of the Baby-Friendly Hospital Initiative, a global program sponsored by the World Health Organization and the United Nations Children's Fund.

The initiative encourages and recognizes hospitals and birthing centers that offer an optimal level of care for mothers and their babies by providing information, confidence, and skills training. This prestigious international award focuses on breastfeeding education and support, safe infant feeding practices and bonding initiatives like skin-to-skin contact.

Oklahoma currently ranks 44th in overall health according to the 2013 America's Health Rankings, and 43rd in infant mortality, based on the latest National Center for Health Statistics data. Improving Oklahoma's breastfeeding outcomes is a key component of Preparing for a Lifetime, an initiative of the Oklahoma State Department of Health to improve infant outcomes and reduce infant mortality.

Evidence is well-established on the short and long-term positive health impact of breastfeeding and lactation on both infant and mother. A new collaborative effort, called the Becoming Baby-Friendly in Oklahoma project, was launched in 2012 to support Oklahoma hospitals in achieving Baby-Friendly designation. INTEGRIS is considered a Trailblazer hospital in this effort.

INTEGRIS Baptist Medical Center was also the only Oklahoma hospital selected to participate in the Best Fed Beginnings program sponsored by the Centers for Disease Control and Prevention, National Institute for Children's Health Quality and United States Breastfeeding Committee. Best Fed Beginnings is a first-of-its-kind, nationwide quality improvement initiative to help hospitals improve maternity care and increase the number of Baby-Friendly designated hospitals in the United States.

There are more than 20,000 designated Baby-Friendly hospitals and birth centers worldwide. Currently there are 234 active Baby-Friendly hospitals and birth centers in the United States. The Baby-Friendly designation is given after a rigorous on-site survey is completed.

Faith Community Nurses' Conference

The conference will be held March 6, 2015 at Crossings Community Center, 10255 N Pennsylvania, Oklahoma City, OK 73120 and is hosted by Faith Community Nurses Association (FCNA OK.)

FCNA OK is approved as a provider of continuing nursing education by the Kansas State Board of Nursing. This course offering is approved for 6.0 contact hours applicable for RN, LPN, or LMHT relicensure. Kansas State Board of Nursing Provider Number pending.

For registration information, contact Marilyn Seiler, 405-340-0691, ext 197 or email at parishnurse@stjohn-catholic.org or see the FCNA website: www.fcnaok.org for a brochure and registration form.



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