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Spread a Little Cheer



Esther Lokwa, LPN works at Quail Ridge Senior Living. Always a kind word and a smile on her face, Esther likes to cheer up the patients.

by Vickie Jenkins, Staff Writer

Everyone ages. It is an inherent property of life. As our bodies and minds develop over time, we adapt to these changes by modifying our decisions and actions. The later years of life can be especially challenging but Quail Ridge Senior Living is here to help. At Quail Ridge Senior Living, they listen to the needs of the residents in order to understand their limitations and discuss potential solutions. They work with the community members to customize options that

will help them lead the lives they want.

Meet Esther Lokwa, LPN at Quail Ridge Senior Living. She was born and raised in Nigeria and moved to the United States in 1992. Being a nurse for 24 years, including in Nigeria, she has noticed so many changes in the medical field over the years. She went to school at OSU. Her first job here in Oklahoma was at the Baptist Village Retirement Center. "I enjoyed my job there but decided to continue on in the medical field; becoming a nurse here at Quail Ridge Senior

See LOKWA Page 3

ONA tackles workplace violence



ONA Chief Executive Officer Jane Nelson says her organization will tackle the issue of violence in the workplace at the upcoming Annual Nurses Convention in Tulsa Oct. 24-25.

Tackling the issue of violence in the health care workplace will be the topic for this year's first day of the Oklahoma Nurses Association Annual Convention in Tulsa.

The 2018 Annual Nurses Convention will be held at the Hyatt Regency Hotel in Tulsa Oct. 24-25.

Empowering Nurses: Inspire. Innovate. Influence is this year's convention theme.

During this two-day convention, attendees will explore action-based solutions to empower nurses in their practice areas.

See ONA Page 2

ONA

Continued from Page 1

From 9 a.m. to noon on the convention's first day the focus will be on Ending Nurse Abuse in Oklahoma.

"The ANA has defined workplace violence from incivility to physical violence," said ONA Chief Executive Officer Jane Nelson. "The sources of that violence comes from peers all the way to patients and their families."

According to statistics kept by the federal Occupational Health and Safety Administration (OSHA), serious workplace violence was more common in health care than any other private sector industry. The health care and social assistance sector recorded almost eight cases of serious workplace violence per 10,000 full-time employees in 2013, compared with two cases per 10,000 workers in fields such as construction, retail, and manufacturing.

An American Nurses Association survey reports violence against nurses is epidemic, with more than 20% of registered nurses and nursing students reporting they'd been physically assaulted and more than half saying they'd been verbally abused over the course of a year.

National Nurses United, the largest

nurses' union with more than 150,000 members, is pushing OSHA to adopt national standards to prevent workplace violence in health care. The organization reports that between 2005 and 2014, rates of workplace violence soared 110% in private industry hospitals.

A panel discussion of nurse leaders from different hospitals across the state will highlight the convention's first day.

Panelists will discuss systemic security changes to policies and visual cues that alert staff of potentially violent patient situations.

"This session will be a really great session and it's different than anything we've ever done before," Nelson said.

A representative from the Cleveland County Sheriff's Office will also present on violence.

"His background is domestic violence and how to identify and realize you might be stepping into a situation that could lead to violence just by looking at verbal and non-verbal cues," Nelson said. "We're really trying to help nurses localize ANA's End Nurse Abuse Campaign and that it's not just something happening in other states. It is happening here and nurses and employers need to work together to solve these issues."

Currently, there is no specific federal statute that requires workplace violence protections, but several states have enacted legislation or regulations aimed at protecting health care workers from its effects.

The ANA supports these moves by individual states, and is actively advocating further, more stringent regulation.

In 2015, the ANA convened a Professional Issues Panel on Incivility, Bullying, and Workplace Violence to develop a new ANA position statement.

The key points are:

- The nursing profession will not tolerate violence of any kind from any source

- Nurses and employers must collaborate to create a culture of respect

- The adoption of evidence-based strategies that prevent and mitigate incivility, bullying, and workplace violence; and promote health, safety, and wellness and optimal outcomes in health care

- The strategies employed are listed and categorized by primary, secondary, and tertiary prevention

- The statement is relevant for all health care professionals and stakeholders, not exclusively to nurses.

At this time, OSHA does not require employers to implement workplace violence prevention programs, but it provides voluntary guidelines and may cite employers for failing to provide a workplace free from recognized serious hazards.

Some states have legislated that employers develop a program while the majority of states have advanced laws that amend existing statute for assaults of first responders by adding nurses and/or increasing the penalty associated with such behavior.

There is variation between states as to which settings the law applies.

The ONA's House of Delegates will convene in the afternoon to discuss possible resolutions on workplace violence in Oklahoma.

Day 2 of the convention will focus on disparities in health care and includes a variety of presenters.

Registration for the convention is ongoing. You can register online at oklahomanurses.org or call 405-840-3476 for more information.



Rae Ann & Allen
Living Donor & Kidney Recipient

In Oct. 2014, Allen discovered through a routine life insurance physical exam that his kidneys were not working properly. After a kidney biopsy he was diagnosed with IgA Nephropathy. Within 6 months Allen was on dialysis and needed a kidney transplant.

Rae Ann learned about becoming a living donor from a transplant information event she was attending with her husband. After testing, Rae Ann found out she was a match for Allen, but they were encouraged to help other couples who didn't match.

The decision was made to enter the "paired exchange program". On Monday, August 31, 2015, Allen received a kidney from a woman named Stephanie.

Two days later, on Wednesday, September 2, Rae Ann gave her kidney to Stephanie's husband, Eric. Both kidneys began working immediately and everyone recovered quickly and are doing well.

Organ, eye and tissue donation saves lives. Please make your decision to donate life and tell your family. Register to be an organ, eye and tissue donor on your Oklahoma driver's license or state ID card or register online at www.LifeShareRegistry.org. You may also call 800-826-LIFE (5433) and request a donor registration card.

LifeShare

CTCA Appoints Francine Paschall as its Chief Nurse Executive

Cancer Treatment Centers of America® Global, Inc. (CTCA), a national comprehensive cancer care network of hospitals and outpatient care centers, has named Francine (Fran) Paschall, MBA, DNP, RN, CENP, as its Chief Nurse Executive. She will be based at the Boca Raton headquarters and report directly to President and CEO, Rajesh Garg, MD, JD.

Paschall previously served as Chief Nursing Executive for Hospital Corporation of America (HCA) East Florida Division, and prior to that as Senior Vice President of Patient Care Services/Chief Nursing Officer for HCA's Riverside Community Hospital in California.

While at HCA East Florida Division, Paschall oversaw nursing practice and operations, led patient experience efforts, drove execution of division and corporate priorities, directed nursing executive and

leadership development and was the subject matter expert on regulatory and compliance issues. Additionally, Paschall previously held nursing leadership roles across several other institutions including King's Daughters Medical Center, Cleveland Clinic Health System and Lakewood Hospital.

"Fran brings a wealth of experience in all areas of nursing with a particular focus in developing a culture of clinical excellence," said Dr. Garg. "She will be instrumental in enhancing CTCA's patient-centric model and helping preserve the company culture as our network grows and expands."

Paschall's decision to join CTCA was largely based on an alignment with the company's mission and vision. "Providing powerful and innovative therapies to heal the whole

See CTCA Page 5

LOKWA

Continued from Page 1

Living. I've been here for about a year now. I love all of the patients here and it is nice that I can get to know them on a personal basis. The staff is so nice and that makes such a difference in the job. Everyone seems to get along together. Teamwork is very important," Esther commented.

Asking Esther what qualities make a good nurse, she replied, "I think one of the most important qualities for a nurse is being able to listen. To really listen to the patient, make good eye contact, listen to their needs, if you do this, by the end of your shift, the patient will be happy it will put a smile on their face."

Esther had never thought about being a nurse when she was little but when she was in Nigeria, her grandmother was very sick and Esther remembers helping take care of her.

Her grandmother was one that had a big influence on her life. Also, Esther's sister is a nurse in Nigeria.

"After I came to the United States, I heard about nursing school and told myself that I could do this. It was at that moment, I knew I wanted to take care of others and become a nurse. I've been caring for others ever since. I enjoy my job. I also have an aunt that is a nurse in Nigeria."

My favorite thing about having a job as a nurse is the fact that I get to meet people. We seem to really connect to each other. There are also some very good bosses here. We have a good team here and that is so important.

Asking Esther how she would describe herself, she said, I am a very patient person and a very caring person. I take my job very seriously. I also try to be pleasant with everyone and I usually put a smile on their face. I like to make others happy."

"I would just like to tell others to be cheerful, listen to your patient and take care of them. Don't be afraid to help out someone when they need help. Esther Lokwa, LPN

Esther's famous hobby is cooking. "I love to cook," she said. She received quite a few honors and awards for her cooking in Nigeria. Apparently, everyone in Nigeria knows that she was a good cook! What an accomplishment! She also likes to go dancing. "Even though I am not that good at it," she laughed. "I'd better stick to cooking," she added.

When Esther is not working, she enjoys spending time with her husband and four daughters, 25, 22, 20 and 14 years old. Esther also likes to travel and has gone to quite a few places; one of her favorite being London. "I

try to get back to Nigeria to see my family as often as I can," she said. "I was there a few years ago and I need to get back sometime soon."

Do you have any words of wisdom that you would like to share? I ask. "I would just like to tell others to be cheerful, listen to your patient and take care of them. Don't be afraid to help out someone when they need help. Whether it is a friend, a patient, or a CMA, don't ever feel like you are better than the other person. Hopefully, they will do the same. Just spread some cheer wherever you go.

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Surgical Technology

by Vickie Jenkins - Writer/Photographer

Meet Lakiea McCaslin, whom works as a part-time scrub tech in the OR for several hospitals in Oklahoma City, OK and is also the manager of a woman's clothing store, Dress Barn. Lakiea's personality seems to scream outgoing and fun for this active mom of two.

Growing up in Denver, CO, Lakiea moved here to Oklahoma City in 2006. She received her associate's degree in surgical technology in 2014. "I started out as a CNA and knew that I wanted to do something in the medical field. The first job I had was working at a full body donor facility. It was a year later that I started my job as a CNA at several hospitals and went to college, receiving a degree in Surgical Technology. "My uncle was a scrub technician, so that is when I became interested in being a scrub tech. There was

one special teacher in school that seemed to go out of her way to help me. She was the one that believed in me the most. It was one of my teachers in school that persuaded me to move along with my medical career. I could always count on her to answer my questions, etc. about any and everything and have wise words of wisdom along the way. Ever since then, I am a little more convinced that I can do anything I want if I give it my all in my work."

A scrub technician has a very important and interesting job, kind of like a behind-the-scenes person. "A scrub tech needs to work well under pressure. The tension can get high in an operating room with all of the doctors and nurses and I'll have to admit, it is easy to pick up on that. Lots of concentration is needed in an OR. We all have to remember not to take things personal. That means everyone has to do their best and



Lakiea McCaslin enjoys working as a part-time scrub technician and a manager for a woman's clothing store, Dress Barn. See SCRUB Page 5

OAHCR OKLAHOMA ASSOCIATION OF HEALTHCARE RECRUITERS

OAHCR is a statewide organization of professionals who have joined together to:

- 1) promote and exchange sound and ethical principles and values of recruitment
- 2) network/share pertinent information on recruitment and retention of healthcare professionals.

OAHCR meets bimonthly. For more info, please contact Shawna Feezor, Healthcare Recruiter at 918-599-5228 | shawnafeezor@aol.com

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ONA Annual Nurses Convention - Empowering Nurses: Inspire. Innovate. Influence.

2018 Annual Nurses Convention at the Hyatt Regency Hotel in Tulsa, OK on October 24th & 25th.

Registration Open. Member discount available.

Oklahoma Nurses Association
www.oklahomanurses.org | 405.840.3476

SCRUB

Continued from Page 4

each individual needs to know that," Lakiea said.

"A good thing to remember is the fact that we are taking care of the patient. They are putting their trust in us. A scrub tech has an opportunity to learn something new every day. On a personal note, I absolutely love working in the OR, working with the doctors and nurses. There is always something new to learn," Lakiea commented.

Lakiea's favorite part of her job is helping people. "It gives me such a great feeling to know that I had a big part in that person's life. I will always do my best in what I set out to do," Lakiea said. "I love people and I get along with everyone. I've never met a stranger that I didn't like," she added.

I asked Lakiea to describe herself in 3 words. After a little pause, she announced with enthusiasm, "hardworking, bubbly and easy going."

Lakiea wears many hats when it comes to her busy life. Working as a scrub tech, she is also a manager of a women's clothing store, Dress Barn. "I enjoy both jobs because they are so different. I take pride in each job that I accomplish."

Lakiea enjoys spending time with her husband and her two kids; a 16-year-old daughter and an 11 year old son. Her spare time is spent with her family which keeps her busy. Her hobbies include drawing and painting, one of her relaxing passions in life.

"In both of my jobs; scrub tech and manager at Dress Barn, I will be sure to put my best effort forward, doing my best to help others and make them happy," Lakiea said.

CTCA

Continued from Page 2

person, as well as providing hope and trust, are vital to care for our patients and their families," Paschall said. "Nurses are central to this commitment, which is why I want to prioritize inspiring nurses to stay motivated through challenging times and ensure they believe in what they are doing to ensure meaningful and impactful work."

As Chief Nurse Executive, Paschall will lead strategies to enhance patient care, quality and safety. She will represent the voice of the nursing staff and provide leadership to obtain and sustain Magnet Recognition®, the most prestigious distinction a health care organization can receive for nursing excellence, across the entire organization.

Paschall's many achievements include being appointed by the Florida Governor in 2017 to serve on the State Board of Nursing. She has also authored numerous articles including "The Pivotal Role of Nurse Managers," which appeared in the Journal of Nursing Administration.

Paschall holds a Doctor of Nursing Practice in Executive Leadership from American Sentinel University, a Master of Science in Acute and Critical Care Nursing from Case Western Reserve University and a



Master of Business Administration from Tiffin University in Ohio. In her spare time, Paschall enjoys being active and spending time with friends and family, including her four children and six grandchildren.

Cancer Treatment Centers of America Global, Inc. (CTCA) is a comprehensive cancer care network of hospitals and outpatient care centers in Atlanta, Chicago, Philadelphia, Phoenix and Tulsa. Specializing in the treatment of adult cancer patients, CTCA® offers an integrative approach to care that combines surgery, radiation, chemotherapy, and immunotherapy with advancements in precision cancer treatment and supportive therapies designed to manage side effects and enhance quality of life both during and after treatment. CTCA also offers a range of clinical trials for cancer patients with the objective of revealing new treatments supported by scientific and investigational research. CTCA patient satisfaction scores consistently rank among the highest for all cancer care providers in the country. Visit cancercenter.com, [Facebook.com/cancercenter](https://www.facebook.com/cancercenter) and [Twitter.com/cancercenter](https://twitter.com/cancercenter) for more information.

Oklahoma Hospital Association Names Patti Davis as President

The Oklahoma Hospital Association (OHA) board of directors has named Patti Davis president, effective Sept. 5. Davis replaces Craig W. Jones, who will retire Aug. 31 after 21 years leading OHA. Davis is only the fourth executive to lead the organization in its 99-year history.

We are excited about the selection of Patti to lead the OHA as we enter our 100th year of the association," said David Whitaker, FACHE, OHA board chairman, chief administrative officer, Mercy-West Community. "Her experience in both small, rural hospitals and large, urban medical centers, as well as her past experience on the OHA staff will be a tremendous asset as we continue our important work strengthening hospitals across the state."

Jimmy Leopard, FACHE, chair of the search committee and CEO, Wagoner Community Hospital, said "After an extensive nationwide search, Patti emerged as the best possible candidate to lead the organization. As both an OHA member and as OHA staff, Patti has been instrumental in a number of key OHA advocacy initiatives and we look forward to working with her as hospitals in Oklahoma face many challenges."

"I am humbled to be selected for this position and I'm ready to get to work taking on the important role of leading the association into our next 100 years," Davis said. "Every day, Oklahomans depend on our members' services, and we must work to ensure the highest quality care is available to those who need it."

Davis comes to OHA from OU Medicine, where she has served as senior vice president of external affairs, and prior to that, senior vice president of strategy and business development since 2013. She was executive vice president at the Oklahoma Hospital Association from 2001 to 2013, where she coordinated operations and special projects and led advocacy efforts on state and federal issues. She was OHA vice president, government relations from 1996 to 2001.

Before joining the OHA staff in 1996, Davis was CEO of Carnegie Tri-County Municipal Hospital. A graduate of the University of Oklahoma, Davis will complete her Master of Legal Studies in Healthcare Law degree at OU this fall.

While in Carnegie, Davis served as chairman of the OHA board of directors and received the association's highest award, the W. Cleveland Rodgers Distinguished Service Award. She has also served on the Rural Health Association of Oklahoma board, the Medical Advisory Committee of the Oklahoma Health Care Authority, and the Trauma Advisory Council for the Oklahoma State Department of Health.

Davis is a resident of Norman, Okla.



Patti Davis, President of the Oklahoma Hospital Association.

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Index to Classifieds

- 1 0 0 Ambulatory
- 1 0 8 Administrative
- 1 1 3 Case Management
- 1 1 5 Chemical Dependency
- 1 1 8 Clinical Instructors
- 1 1 9 Collection
- 1 2 1 Critical Care
- 1 2 3 Certified Medical Assistant
- 1 2 4 Certified Nurses Aide
- 1 2 7 CRNA
- 1 2 9 Dental
- 1 3 0 Dialysis
- 1 3 1 Dietary
- 1 3 7 Education
- 1 4 0 General Nursing
- 1 4 3 Geriatrics and Long Term Care
- 1 4 6 HMO
- 1 4 9 Home Health
- 1 5 2 Hospice
- 1 5 4 Housekeeping
- 1 5 5 Infection Control
- 1 5 6 Instructor
- 1 5 8 IV Therapy
- 1 6 1 Licensed Practical Nurse
- 1 6 4 Managerial
- 1 6 5 Massage Therapy
- 1 6 7 Medical/Surgical
- 1 7 0 Nurse Practitioner
- 1 7 3 OB/Gyn
- 1 7 6 Occupational Health
- 1 7 9 Office
- 1 8 2 Oncology
- 1 8 5 O.R./PACU
- 1 8 8 Orthopedic
- 1 9 0 Pediatric
- 1 9 1 Pharmacist
- 1 9 2 Physicians Assistant
- 1 9 7 Public Health
- 2 0 0 Rehabilitation
- 2 0 4 Registered Nurse
- 2 0 7 Research
- 2 1 0 Sales Representative

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140 GENERAL NURSING

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- RN Clinical Director, FT, Days, Intensive Care Unit, INTEGRIS Southwest Medical Center (711362)

INTEGRIS Baptist Medical Center

- Registered Nurse - (RN) Cardiac Float, FT, \$50/hr, 7p-7a, Heart Hospital Flex Pool (711922)
- Registered Nurse - (RN), FT, 7p-7a, 9 East Oncology & Med/Surg (711956)
- Registered Nurse - (RN), FT, Mon-Fri, 10a-6:30p, Interventional Radiology (711762)
- Registered Nurse - (RN), FT, Mon-Fri, 7a-5:30p, Cardiovascular Surgery (712259)
- Registered Nurse - (RN), FT, 7p-7a, 901 Coronary Care ICU, Heart Hospital (711703)
- Registered Nurse - (RN), FT, 7p-7a, 8 West Post Cardiac Surgery, Heart Hospital (712084)
- Registered Nurse - (RN), FT, 7p-7a, 8 East IMC PCCU, Heart Hospital (712278)
- Registered Nurse - (RN), FT, 7p-7a, Med/Surg (712311)
- Registered Nurse - (RN), FT, 7p-7a, Orthopedics (712312)
- Registered Nurse - (RN), I Flex Resource Pool, \$36/hour, FT, 7p-7a (711930)
- Registered Nurse - (RN), I Flex Resource Pool, \$36/hour, FT, 7a-7p (711929)
- Registered Nurse - (RN), FT, 7p-7a, Critical Care Stepdown (712313)
- MICS RN Coordinator, RPT, Days, Mechanical Circulatory Support, INTEGRIS Advanced Cardiac Care (711841)
- Registered Nurse (RN), FT, 7a-7p, Medical Decision Unit/Emergency Dept (712601)
- APRN, FT, Neuro ICU, Nights (712770)

INTEGRIS Canadian Valley Hospital, Yukon

- Registered Nurse - (RN), FT, 7a-7p, Med/Surg (712145)
- Registered Nurse - (RN), FT, 7p-7a, Med/Surg (712435)
- Registered Nurse - (RN), FT, 10p-7a, Mon-Thurs, Women's Center (712571)
- Registered Nurse - (RN), FT, 7p-7a, ICU (711890)
- Registered Nurse - (RN), FT, 7p-7a, Emergency Dept (711806)
- Registered Nurse - (RN), FT, 7p-7a, Emergency Dept (712481)

INTEGRIS Health Edmond

- Registered Nurse - (RN), FT, 7a-7p, Med/Surg (711780)
- Registered Nurse - (RN), FT, 7a-7p, ICU (711442)
- Registered Nurse - (RN), FT, 7p-7a, ICU (711441)

INTEGRIS Southwest Medical Center

- Registered Nurse - (RN), FT, 7p-7a, Oncology Med/Surg (712388)
- Registered Nurse - (RN), FT, 7a-7p, Med/Surg (712433)
- Registered Nurse - (RN), FT, 7p-7a, Med/Surg (712134)
- Registered Nurse - (RN), FT, 7p-7a, Intermediate Care (711984)
- Registered Nurse - (RN), FT, 7a-7p, Med/Surg (712679)
- Registered Nurse - (RN), FT, 7p-7a, Med/Surg ICU (712240)
- Registered Nurse - (RN), FT, 7p-7a, Emergency Dept (711618)
- Registered Nurse - (RN), FT, 7p-7a, Emergency Dept (712626)

ACROSS THE METRO

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Oklahoma's **NURSING TIMES**

Lakeside Women's Hospital Hosts Afghanistan Physician



It is widely acknowledged that economically stable societies have a much greater capacity for peace. It is also a common belief that small business is the backbone of economic stability. Many contend that recognizing how these two ideologies work together is the formula for success.

PEACE THROUGH BUSINESS, a part of the Institute for Economic Empowerment of Women, is a training and mentorship program for women entrepreneurs in Afghanistan and Rwanda. It is designed to educate women on ways to promote their business and use their leadership skills to help build stable democracies in their respective countries.

Each year, the program brings 30 women from developing war-torn nations to the United States to receive basic business education. This involves classroom instruction as well as mentorships.

Susan Chambers, M.D., an OB/GYN physician at Lakeside Women's Hospital, has participated in the PEACE THROUGH BUSINESS program since its inception 11 years ago.

"I have hosted a variety of Rwandan and Afghan women business owners over the years. They not only shadow me at work but also live with me in my home. I get to know them

both personally and professionally. We meet as strangers and leave as friends."

This year, Chambers was matched with Sharifa Hesarnaee, M.D., from Afghanistan. Hesarnaee has been practicing medicine for 11 years. She says the biggest medical challenge in her country is illiteracy and an overall low level of health knowledge among her patients. "Couple that with ill equipped hospitals, and you have cyclical problem. Even our emergency rooms don't have the equipment and materials we need to properly care for our people."

This is Hesarnaee's first visit through the program. "I came to be inspired and it has exceeded my expectations," says Hesarnaee. "I have learned so much here on everything from how to counsel patients to the latest techniques in gynecological surgery."

She plans to take what she has learned back to Afghanistan and share it with her medical associates there, so they can implement like initiatives and improve the health of their patients. PEACE THROUGH BUSINESS graduates understand the importance of personal responsibility and pledge to support their country by being the agents of change needed to revolutionize their economy.

Oklahoma Clinicians Receive Wound Training to Improve Care Quality

Fifteen healthcare professionals expand wound care knowledge to benefit patients

Fifteen healthcare clinicians in Oklahoma were beneficiaries of training from the Wound Care Education Institute by OnCourse Learning in June as part of a national quality care improvement program.

The Oklahoma Hospital Association (OHA) provided scholarships for a group of professionals to attend wound care training June 25-29 in Oklahoma City thanks to funding from the Hospital Improvement Innovation Network (HIIN), part of the American Hospital Association's Health Research & Educational Trust (HRET).

"Our live classroom training is an interactive, engaging way for clinicians to gain knowledge that will positively impact the lives of their patients," said WCEI co-founder Nancy Morgan, BSN, MBA, RN, WOC, DWC, OMS. "Healthcare professionals who take part in our Skin and Wound Management course study to prepare for the National Alliance of Wound Care and Ostomy's Wound Care Certified credential and become nationally recognized wound care experts."

The HIIN funding helps hospitals continue progress toward the national Centers for Medicare & Medicaid Services' goals of reducing inpatient harm by 20% and readmission rates by 12% by 2019. One of the CMS' 12 areas of focus is pressure injuries, which wound care clinicians treat and work to prevent.

Oklahoma achievements

Oklahoma is one of 35 states taking part in the HIIN program to focus on improving care for patients across the country.

"It has always been our goal to increase the capacity of care providers in our hospitals," said Patrice Greenawalt, RN, MS, who serves as the OHA Clinical Initiatives Manager. "Wounds are a serious issue for many patients. This training allows patients to receive high-level wound care in their local hospitals."

"OHA is excited to be able to offer this education to HIIN participants," Greenawalt said. "We are proud to recognize the following individuals committed to improving patient care."

- * Jessica Rathbun, WCC (Cleveland Area Hospital, Cleveland)
- * Anita Thomas (Creek Nation Community Hospital, Okemah)
- * Brooklyn Delue (Cherokee Nation W.W. Hastings Hospital, Tahlequah)
- * Tonya Wann, WCC (Eastern Oklahoma Medical Center, Poteau)
- * Brenda Rainey (Hillcrest Hospital, Cushing)
- * Debbie Clark (Newman Memorial Hospital, Shattuck)
- * Stephanie Paine, WCC (Northeastern Medical Center, Tahlequah)
- * Allison Foster, WCC (Okeene Municipal Hospital, Okeene)
- * Christine DeFontes, WCC (OSU Medical Center, Tulsa)
- * Gicela Anabel Rodriguez, WCC (OU Medicine, Oklahoma City)
- * Susan Wilkins (Pauls Valley General Hospital, Pauls Valley)
- * Angela Brand, WCC (Perry Memorial Hospital, Perry)
- * Lesley Wadley (The Physicians' Hospital in Anadarko, Anadarko)
- * George Spriggs (Southwestern Medical Center, Lawton)
- * John Karlin, WCC (Weatherford Regional Hospital, Weatherford)

WCEI by OnCourse Learning is the leading national educational center of excellence for wound care and ostomy education. WCEI's mission is to develop multidisciplinary wound care professionals by offering training programs based on current standards of care and evidence-based research. WCEI has trained thousands of wound care physicians, therapists, nurses and sales and marketing professionals through webinars, seminars and the Wild on Wounds (WOW) national conference.

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Muskogee Ph: 918-781-5410

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Oklahoma State University

www.okstate.edu Stillwater, OK

Ph: 405-744-1998

University of Phoenix www.phoenix.edu

1. Tulsa Campus Ph: 918-622-4981
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3. Norman Campus Ph: 405-842-8007

Are sleep aids safe?

Adequate sleep is a cornerstone of good health. Yet getting enough shut-eye can be easier said than done for many Oklahomans.

The Centers for Disease Control and Prevention reports that more than 35 percent of adult Oklahomans sleep less than 7 hours per night. To try to get enough rest, many turn to sleep aids. But are they safe?

Research has found an increased risk of dementia among senior citizens who engaged in long-term use of sleep aids like Nytol or the antihistamine Benadryl, which block the neurotransmitter acetylcholine. Other studies have also associated the use of multiple anticholinergic drugs (like the anti-depression medication Paxil and pain medications such as Tylenol PM) with lower levels of cognitive function.

Still, according to Oklahoma Medical Research Foundation President Stephen Prescott, M.D., the evidence linking these drugs to dementia, Alzheimer's or other forms of cognitive impairment remains weak.

"There's no underlying explanation of what might be happening on a biological level," said Prescott, a physician and medical researcher. "And another,

more rigorous study suggests that risk increases only when people use these drugs for three years or more."

"As a result, I wouldn't be overly concerned that the occasional, short-term use of an over-the-counter sleep aid will cause Alzheimer's or other forms of dementia," he said.

Nevertheless if you're having trouble sleeping, said Prescott, there are other effective strategies that carry fewer potential side effects.

For example, he said, avoid all alcohol and caffeine before bed. Leave screens out of the bedroom, as the blue light emitted by devices like smartphones and TVs suppresses the release of the sleep hormone melatonin. Ensure your room is completely dark, as any light can disturb sleep patterns.

"Most importantly, don't panic if you find yourself tossing and turning," Prescott said. "Try to visualize something simple and mundane, like the step-by-step process involved in a workout or cooking a meal."

Before you know it, he said, you'll be slipping off to the land of nod. "Boring tasks may not be ideal in waking life, but thinking about them can be a wonderful sleep aid."



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 have become acutely aware of just how much my job takes from me emotionally, mentally and sometimes physically. I also get very frustrated when I have a day off and work calls to see if I can work extra. Really? Why do employers not value their employees having self time? -- Emily

A. This will always be a perplexing reality until management wakes up from their prolonged slumber and faces the problem of not just burning out their employees but in some cases, "early death of their employees."

The employee must take some responsibility and "just say no" or on your day off, do not answer the phone; it is your day off!!

Days off and vacations are just what they mean. No explanation needed. They are vital for good health.

It is not life threatening if on occasion you pick up an extra shift or stay over for part of a shift if you are prepared to do it. Most of us have done that, probably many times. But when it just doesn't work, say no. AND remember you do not have to give a three minute explanation on why you can't do it.

Emily, what would happen if you said, "No I can't work extra, I will be taking care of myself?" Then when you return to work, after your day/days off you will be rested and ready to give 100% of yourself.

Self care is greatly underrated!! People can usually list all their "work related" activities before their "taking care of me" activities. The Human Doing phenomena seems to supersede "Human Being."

Emily it sounds like you are feeling pressured to work beyond your emotional, mental and often physical limits. If you haven't already experienced some health issues, you will. The body cannot withstand constant motion and mental stress. Notice if you are having headaches, stomach distress, pain in your joints, insomnia, etc. Don't take Tylenol or Ibuprofen; noticing an increased frequency and not take it seriously. The body is sneaky; if we aren't paying attention, it will up the ante on us. Intermittent headaches become daily, chronic insomnia will take a toll on our mental and emotional health

Also look at your finances; how much do you really need to work. Do you need to pick up overtime shifts? Remember, the less you buy, the less money you need to pay for it.

Emily, take an inventory of your life. Look at your physical health. Keep a journal. Notice when you are not feeling well and see what is happening with your work life.

Sometimes we do not get a "do-over" and our health may not recover. Value you and see if you can make some changes.

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I think I'm good at making my patients feel comfortable.



Carlos Pairazaman, RN

I feel like I'm good at relating to people, staff or patients I can put myself into their shoes.



Ryan Cooper, RN

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts
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Trying to make sure I get all of my charting done before I leave.



Chasie McDonald, RN

I think it would be empathy.



April Long, RN

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