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photo by Bobby Anderson

Nurse Manager Alyson Heeke, RN, Jerry Deming, TTS-CTS, and Director of Patient Care Services Susie Graves, RN have been instrumental in helping the health system create a

by Bobby Anderson,
Staff Writer

It's the gamut of reactions that Jerry Deming, TTS-CTS, receives when she counsels patients in the Norman Regional Health System about their tobacco use.

In her tobacco cessation role she's been screamed at. She's been stared at, through

and around.

She's been shunned and she's even been hugged. But this year she's been able to help Norman Regional's nurses develop a new Smoke-Free Families campaign that is gaining traction.

Deming began working with the Women's and Children's unit after Norman

Regional nurses and managers sought help.

"There was an understanding that there were a lot of women leaving the hospital to smoke," Deming said. "This is a very common problem. I'm in contact with people worldwide and we all deal with this problem in our hospital and clinic settings.

"We all scratch our heads and think 'what are we going to do to handle this.' It's a big problem. It comes up again and again."

Staff understood that once a mother and her baby went home then it would be easier for the patient not only to

See FREE Page 3

The art of giving CNA works wonders with long-term care

story and photo by James Coburn, Staff Writer

Graciela Tomlinson has been part of the family at the Willow Creek Nursing Center in Guthrie for a little over a year. But each hour she spends there is timeless because of her warmth and compassion with the residents.

Her gentle approach to the residents is worth more than a paycheck. Her kindness is a gift. And by giving she reaps much more from the smiles and friendships she receives from the residents.

Tomlinson has been a CNA for 18 years and she has always

See TOMLINSON Page 2

St. Anthony Job Fair

Registered nurses, laboratory and behavioral health professionals as well as qualified physicians and clinic office staff will have an opportunity to join the St. Anthony team during an upcoming job fair on **Friday, August 26**.

"Our staff consistently tell us that the reason they find a career at Saints so rewarding is the opportunity to serve our Mission, along with our friendly, family atmosphere," said Sandra Payne, St. Anthony vice president of marketing and communication.

Experienced registered nurses can earn signing bonuses up to \$10,000 during the event.

Interviews may be set up in advance by going to www.saintsnearyou.com/jobfair or calling 405-272-6185 or **applicants may drop by from 11 a.m. to 4 p.m.**

Nursing leaders will be on site for interviews in medical-surgical, cardio, critical care, procedure areas and behavioral health fields.

"With our growth we are able to assist more patients, and our need for nurses will continue to grow as well," Payne said.

The event will be held at the Rapp Foundation Conference Center located at **Saints Medical Plaza, 535 NW 9th on the fourth floor.**

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Continued from Page 1

smoke, but smoke around the child. Deming brought forward the idea that it's a population issue and not one of monitoring.

"We needed to drill down a little bit deeper and figure out how we can help these people get through a hospital visit staying away from tobacco use and even contemplating the idea of even quitting to have a smoke-free family."

When leaders got together to decide a plan of action they realized they were entering uncharted landscape. Nowhere could they find a comprehensive plan dealing with the in-hospital maternity population.

Hospital stays are often so short that no one had really figured a good way to approach the issue.

Planning meetings included physicians and nurses. A craving scale - much like a pain scale - was developed.

Nurse Manager Alyson Heeke, RN, saw an opportunity.

"Part of the reason we started this in the first place is we noticed there was an awful lot of times our babies were traveling back and forth to the nursery so their parents could go

outside and smoke," Heeke said. "That became a big concern for us just in the fact they were only with us 24 to 48 hours and a good portion of the time these folks who were really addicted the babies were in the nursery sometime 20 out of 24 hours.

"We couldn't provide what we needed for our patients if they were always outside."

Nursing became involved in the LEAN (Lean Education Academic Network) team project helping develop educational material including posters for the room and signage for outside.

"The nurses really did want it to be a successful process for the patient as much as possible and not to be the police officer," Heeke said. "They wanted to help them understand this also impacts how well they bond with their baby, how they do with their breastfeeding issues and all those other things which are complicated by smoking."

Director of Patient Care Services, Susie Graves, RN, said many women who are able to quit smoking for their pregnancy often will allow themselves to resume after they deliver.

"Part of what we wanted to do was help them through. Don't have a start date. Let that continue," Graves said. "They all know they shouldn't

smoke but we're just there not as judges but as support and giving them the resources they need."

If the patient agrees, nurses are assessing each patient every shift regarding their tobacco usage and craving level.

"(Before) nurses felt pretty helpless," Heeke said. "Their patients would come from a C-section and be begging for a wheelchair the second the baby was born to go outside and have a cigarette."

"At this stage, with all the things we've created it's given our nurses an opportunity to have something to say to the patient beyond 'don't you think it would be a good idea to quit?'"

Deming travels through the halls of both Norman Regional hospital complexes visiting with patients who have indicated a history of tobacco use.

For nine years now she has worked with smokers. Some are just thinking about quitting. Others are desperately looking for a way out.

And some won't even acknowledge she's standing in front of them.

She terms her approach as "motivational interviewing." She stresses to her patients that she's not there to judge.

Nearly every person Deming visits

understands that they need to quit tobacco. Many have tried multiple times on their own without success.

"When we look at this population it's the most difficult population to approach," Deming said. "Most people smoking during their pregnancy feel ashamed of it. They don't like to talk about it. Of course, they are very addicted to tobacco at this point because they haven't stopped smoking. Most people know there's going to be a health issue related to that."

And now Norman Regional nurses have even more to offer to help these patients quit.

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CAREERS IN NURSING

LOVE FOR BABIES IS CRYSTAL CLEAR - ALLIANCE WOODWARD HOSPITAL

by Vickie Jenkins - Writer/Photographer

Meet Crystal Waddell, RN, BSN who has an important role at AllianceHealth Woodward Hospital, Woodward, OK. A happy and cheerful disposition, it is easy to see why Crystal enjoys her job working in obstetrics. She is one of the nurses that can be found helping the doctors deliver a baby or assisting the new moms with their newborn. Either way, it is obvious that Crystal loves her job and is a shining light to those that she comes in contact with. "I love bringing new life into this world," Crystal comments. "There are usually about 25-30 babies born here each month. Not only do we take care of the people in Woodward, we see patients from the surrounding areas; Mooreland, Sharon, Fargo, Gage, Vici and even a few people from Texas. The patients feel safe with us. The staff makes our hospital a place of healing and caring for patients and

families, making it a place they can call home," she adds.

Crystal was born in Wichita, Kansas, and later, moved to Oklahoma. She went to nursing school at High Plains Technology Center in Woodward, OK and received her RN at Northwestern in Alva, OK. Overall, Crystal has been a nurse for over 10 years. When asked if there was any one person that influenced her to become a nurse, she replied, "No, it was my own decision; wanting to care of others, knowing that nursing was the right choice for me. Actually, I knew I wanted to be a nurse since I was 16 years old. I have always had a soft heart for people in general. I enjoy taking care of others and am happy with the career that I am following."

"In your opinion, what qualities make a good nurse?" I ask. "I think a nurse needs to have a lot of compassion, empathy, critical

thinking and be a team player. Each one of those qualities is as important as the other, playing a key role in every situation." When I asked Crystal what she thought her strongest asset was, she was quick to reply. "My strongest asset is compassion. I feel a real need to take care of others," she said with confidence. "How would you describe yourself in 3 words?" "I am emotional, strong-willed and caring. Well, that's what others say about me," she said with a smile.

"What is your favorite thing about your job as a nurse?" I ask. "Oh, that's easy," Crystal replied. "It is bringing new life into the world; a miracle in itself. Also, I love the feeling I get when the patient tells me how much I mean to them and how I have helped with their baby. I am so thankful that I was a part of their new bundle of joy. I love what I do," she smiled. "What is the most

challenging part of your job?" "For me, it is the fact that, sometimes, it is hard to balance my home life, stay healthy and work long hours. I usually work 12-13 hour shifts and that can be very hard to do while taking care of a family. It always seems to work out though."

Crystal likes to spend as much time as possible with her husband, Kent and her 7 year old son, Jack. "Jack is so excited about going into first grade," she said. Plus, Crystal shared the exciting news that their new baby will be arriving very soon. No wonder she seemed to be glowing! Asking Crystal if she had any hobbies, she replied, "I'm into kickboxing. I did a lot of that in school, but am not able to do it right now since I am pregnant. I also like to crochet," she said. Asking Crystal if she knew if the baby would be a girl or boy, she replied, "Oh, we are going to wait and find out when the baby is

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During a regular check-up, doctors found a tumor on Karen's liver. She was placed on the transplant waiting list and received a new liver from a selfless donor. Karen now lives her life to honor her donor by entering 5Ks, going camping and even participating in the Transplant Games of America. Karen has had the opportunity and privilege to be involved in her grandkids lives and is forever thankful for the chance to be a sister, mother and wife.

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Karen **LifeShare**



Crystal Waddell, RN, BSN enjoys her job at AllianceHealth Woodward Hospital. Working in obstetrics, there are about 25-30 babies born here each month.

born. Kind of like the old-fashion way. We want to be surprised."

Ending the interview, I asked Crystal what inspires her to go to work every day. "It is definitely

my patients. I love each one of them so much and am thankful that I work in such a loving, caring place. It's like we are all family."



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OMRF scientist receives National MS Society grant



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Oklahoma Medical Research Foundation scientist Robert Axtell, Ph.D.

The National Multiple Sclerosis Society has awarded Oklahoma Medical Research Foundation scientist Robert Axtell, Ph.D., a two-year, \$422,400 grant to study the interplay between two specific cell types that drive the activity and progression of multiple sclerosis.

MS is a disabling autoimmune disease where the body's immune system attacks its own healthy tissues. The disease attacks myelin, which is the protective layer that covers nerves and fibers throughout the body. These attacks damage the nervous system's ability to carry signals to and from the brain, causing a variety of symptoms including issues with vision, muscle spasms, tremors, paralysis and more.

The grant will allow Axtell to investigate how T cells and B cells, special kinds of white blood cells that have both been implicated in driving the disease process in MS, communicate with one another.

"Think of T cells as the generals of the immune system," said Axtell. "They're the ones that tell other cell types in the immune system what to do. B cells, on the other hand, are antibody-producing cells. One of

the key things in MS is that these antibodies are incorrectly directed against myelin and interfere with the signals the brain sends to different parts of the body."

As part of the project, Axtell will investigate how the T cells instruct B cells to make antibodies, as well as how B cells can influence T cells in a cyclical process.

"Even with the T cells playing the role of general, they still need information before they can send out orders," he said. "So the B cells act like scouts and let the T cells know what's going on out on the battlefield. With that information, the T cells can hand out instructions. That's the interplay we are really going to dig into."

By understanding this relationship between these cells, Axtell said they can see what molecules are driving the process and either block or promote certain ones to prevent or treat disease flares or progression.

The grant has a personal connection for Axtell, as well, because his work as a postdoctoral fellow at Stanford University was funded by the National Multiple

See GRANT page 10

Oklahoma's Nursing Times Hospice Directory

- another free service provided by Oklahoma's Nursing Times -

Alpha Hospice: 7512 N Broadway Ext., suite 312 Okc, 405-463-5695 Keith Ruminer/volunteer coordinator/chaplain

Autumn Bridge Hospice: 405-440-2440

Autumn Light Hospice: 580-252-1266

Carter Healthcare & Hospice: OKC - OKC Pat McGowen, Vol. Coordinator, 405-947-7705, ext. 134; Tulsa - Samantha Estes, Vol. Coordinator, 918-425-4000

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

Choice Home Health & Hospice: 405-879-3470

Comforting Hands Hospice: Bartlesville: 918-331-0003

Companion Hospice: Steve Hickey, Vol. Coordinator, Guthrie: 405-282-3980; Edmond: 405-341-9751

Compassionate Care Hospice: Amy Legare, Bereavement/Vol. Coordinator, 405-948-4357

Cornerstone Hospice: Vicky Herrington, Vol. Coordinator, 918-641-5192

Crossroads Hospice: Elizabeth Horn, Vol. Coordinator, 405-632-9631

Cross Timbers Hospice: Ardmore-800-498-0655 Davis-580-369-5335 Volunteer Coordinator-Shelly Murray

Excell Hospice: Toni K. Cameron, Vol. Coordinator 405-631-0521

Faith Hospice of OKC: Charlene Kilgore, Vol. Coordinator, 405-840-8915

Frontier Hospice: Kelly Morris, Vol. Coordinator, 405-789-2913

Golden Age Hospice: 405-735-5121

Good Shepherd Hospice: 4350 Will Rogers Parkway Suite 400 OKC OK 73108 405-943-0903

Grace Hospice Foundation: Sharon Doty, Dir of Spec. Projects - Tulsa 918-744-7223

Harbor Light Hospice: Randy Pratt, Vol. Coordinator, 1009 N Meridian, Oklahoma City, OK 73107 405-949-1200

Horizon Hospice: LaDonna Rhodes, Vol. Coordinator, 918-473-0505

Heartland Hospice: Shawnee: Vol. Coord. Karen Cleveland, 405-214-6442; OKC: Vol. Coord. Tricia Woodward, 405-579-8565

Heavenly Hospice: Julie Myers, Coordinator 405-701-2536

Hope Hospice: Bartlesville: 918-333-7700, Claremore: 918-343-0777 Owasso: 918-272-3060

Hospice by Loving Care: Connie McDivitt, Vol. Coordinator, 405-872-1515

Hospice of Green Country: Tulsa: 918-747-2273, Claremore: 918-342-1222, Sapulpa: 918-224-7403

INTEGRIS Hospice, Inc. & the INTEGRIS Hospice House: Ruth Ann Frick, Vol. Coordinator, 405-848-8884

Hospice of Owasso, Inc.: Todd A. Robertson, Dir. of Marketing, 877-274-0333

Humanity Hospice: Kay Cole, Vol. Coordinator 405-418-2530

InFinity Care of Tulsa: Spencer Brazeal, Vol. Director, 918-392-0800

Indian Territory Home Health & Hospice: 1-866-279-3975

Interim Healthcare Hospice: 405-848-3555

Image HealthCare : 6116 S. Memorial Tulsa, Ok. 74133 (918) 622-4799

LifeChoice Hospice: Christy Coppenbarger, RN, Executive Director. 405-842-0171

LifeSpring In-Home Care Network: Terry Boston, Volunteer and Bereavement Coordinator 405-801-3768

LifeLine Hospice: April Moon, RN Clinical Coordinator 405-222-2051

Mercy Hospice: Sandy Schuler, Vol. Coordinator, 405-486-8600

Mission Hospice L.L.C.: 2525 NW Expressway, Ste. 312 OKC, OK 73112 405-848-3779

Oklahoma Hospice Care: 405-418-2659 Jennifer Forrester, Community Relations Director

One Health Home Health in Tulsa: 918-412-7200

Palliative Hospice: Janet Lowder, Seminole, & Sabrina Johnson, Durant, 800-648-1655

Physician's Choice Hospice: Tim Clausing, Vol. Coordinator 405-936-9433

Professional Home Hospice: Sallisaw: 877-418-1815; Muskogee: 866-683-9400; Poteau: 888-647-1378

PromiseCare Hospice: Angela Shelton, LPN - Hospice 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; Weatherford-580-774-2661

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

Sequoyah Memorial Hospice: Vernon Stone, D. Min. Chaplin, Vol. Coordinator, 918-774-1171

Sooner Hospice, LLC: Matt Ottis, Vol. Coordinator, 405-608-0555

GRANT

Continued from Page 8

Sclerosis Society from 2008-11.

"It feels like it's come full circle, in a way," said Axtell, who joined OMRF's Arthritis and Clinical Immunology Research Program in 2013.

Axtell works closely with physicians at OMRF's Multiple Sclerosis Center of Excellence to understand why MS behaves differently than other autoimmune diseases. By combining their strengths in clinical medicine and basic research, Axtell hopes to

identify and develop prognostic tests that will bring personalized clinical care for patients with MS.

"Dr. Axtell continues to show why he is a rising star in his field and at OMRF," said OMRF Vice President of Research Paul Kincade, Ph.D. "We are enthusiastic about his research and the long-term impact his findings can have on treatments for this horrible disease."

The grant through the MS Society is RG-1602-07722. OMRF researchers Agnieszka Agasing, Rose Ko, Ph.D., Gaurav Kumar, Ph.D., and James Quinn are contributing to the project.

AAN Celebrates Nurses as Living Legends, Academy's Highest Honor

The American Academy of Nursing announced five individuals to receive its highly acclaimed designation of Living Legend today. These pacesetters, eminently accomplished in nursing and health care over the course of their careers, will officially receive the Academy's highest honor at a special ceremony during its policy conference in Washington, D.C. on October 20.

"We are thrilled to designate these incredibly deserving individuals as Academy Living Legends for the many contributions they have made to the nursing profession and health care," said Academy President Bobbie Berkowitz, PhD, RN, NEA-BC, FAAN. "Each of them embodies excellence, leadership, and enduring commitment to promoting the health of people."

The Academy's board of directors recognizes a small number of Fellows as Living Legends each year. To be eligible, the Living Legend must have been an Academy Fellow for at least 15 years and have demonstrated extraordinary, sustained contributions to nursing and health care. The following nurses will be honored as 2016 Living Legends in recognition of the multiple contributions they have made to nursing that continue to reverberate throughout the health services field today.

American Academy of Nursing 2016 Living Legends:

Linda Burnes Bolton, DrPH, RN, FAAN, is a renowned champion of community nursing and a global

advocate for empowering communities of color to actively participate in their care. She helped develop a "Community Collaboration Model" that has been implemented in more than 100 neighborhoods, and has been committed to enhancing patients' health literacy and increasing diversity within the health profession. Currently Vice President for Nursing, Chief Nursing Officer, and Director of Nursing Research at Cedars-Sinai in Los Angeles, she also has been the leader of several national nursing organizations throughout her career, including President of the American Academy of Nursing 2005-2007.

Ann Wolbert Burgess, DNSc, APRN, BC, RN, FAAN, is internationally lauded as a pioneer in the assessment and treatment of victims of sexual violence and trauma. Her transformative work as co-founder of one of the first hospital-based crisis counseling programs introduced the Rape Trauma Syndrome into the scientific literature. The diagnosis has since gained admissibility in over 300 appellate court decisions. She has worked with the FBI to study links between child abuse, juvenile delinquency, and subsequent perpetration. A Professor of Psychiatric Nursing at Boston College, her current research on elder abuse in nursing homes and military sexual trauma continues to influence public policy.

Colleen Conway-Welch, PhD, CNM, RN, FAAN, FACNM, has made

See LEGENDS page 10

The Hospice Directory above does not represent a list of all Hospice facilities statewide. For a complete list visit www.ok.gov/health



**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*

LEGENDS

Continued from Page 9

direct and profound contributions to the nursing profession, health education, and public policy through her research, scholarship, and visionary leadership. She served as Dean of Vanderbilt University's School of Nursing for 28 years. Her profound national impact on health care includes serving on President Reagan's 1988 Commission on HIV, the 1998 National Bipartisan Commission on the Future of Medicare, the 2002 DHHS Advisory Council on Public Health Preparedness, and the 2006-2010 Board of Regents for the Uniformed Services University of the Health Sciences. She is a founder and former President of the Friends of the National Institute for Nursing Research.

Joyce J. Fitzpatrick, PhD, MBA, RN, FAAN, is best known for her contributions toward advancing the science of nursing education at universities and health ministries around the world. From developing educational interventions focused on HIV/AIDS prevention in Uganda to designing a 10-hospital project centered on improving the nursing care provided to elders, her research has shined a spotlight on the meaningfulness of nurses' work life. She served as Dean of Case Western Reserve University's School of Nursing for over 15 years, and her widely cited "Life Perspective Rhythm Model" has provided a holistic, spiritual method for understanding nursing concepts. In addition, she has been a leader of several national nursing organizations during her career, including President of the American Academy of Nursing 1997-1999.

Martha N. Hill, PhD, RN, FAAN, is recognized around the globe for her research projects, which have been instrumental in preventing and treating hypertension and its complications, particularly among young, urban African-American men. Her expertise in community-based participatory research focuses on the integration of multi-professional health care to improve treatment and outcomes for vulnerable and underserved populations. As Dean of the Johns Hopkins University School of Nursing from 2001 to 2014, and a member of the faculty since the school was established in 1983, she has played a major role in mentoring nurses, students and physicians as clinicians and researchers.



Linda Burnes Bolton,
DrPH, RN, FAAN



Ann Wolbert Burgess,
DNSc, APRN, BC, RN,



Colleen Conway-
Welch, PhD, CNM,
RN, FAAN, FACNM

*Lets get serious and talk about the things
that bug us, bug us enough to hold on to
them when we need to let them go. Lets talk
about the "24 hour let it go" rule.*

How many of you can get your feelings hurt or have someone "steal your moment" and make it their own or criticize you unfairly and you ruminate on it for hours, days, weeks or years? If you are saying, yes that's me, what eventually happens will be far worse for you than the person you keep thinking about.

It is very similar to a disease process that invades your body. Without treatment you will become symptomatic. Count on it. Its like death and taxes, it will happen. This is one time that you really do have the power to avoid this deadly outcome.

Stephanie is a good example of carrying toxic thoughts and feelings for years. When I first met Stephanie she was in a day treatment program. She had initially admitted herself to the hospital for homicidal thoughts. She shared with the group that when she got married her husband would pick out her clothes for the day and lay them on the bed.

At first she thought this was very sweet of him, thinking he was taking a special interest in how she looked. As time went on she tired of his sweetness and found it annoying. But said nothing. So the progression of her feelings went from annoyed, to irritated, to angry, to I can't stand this anymore.

At that point she found herself in the pawn shop looking at guns. She was planning to kill her husband!! Someone in the group said, "Why didn't you tell him that you could pick out your own clothes?" Seems like a realistic question. Stephanie replied, " I don't like confrontation and did not want to hurt his feelings." But killing him was an option!!

Here is how the "24 hour let it go rule" works: When someone hurts your feelings, or does anything to create significant discomfort you have 24 hours to confront them or let it go. If you become aware that you are replaying the situation in your mind all day and maybe all night, confront it.

Maybe the confrontation can be through journaling, some feelings can go away if we process them on paper or with a friend or therapist. Confronting the person face to face may not be the best or in some cases the safest. But you have 24 hours to make a decision.

Give it a try. Notice what time it is when you realize you are ruminating about someone who is stealing your energy. You have 24 hours to do something positive for you.



Joyce J. Fitzpatrick,
PhD, MBA, RN, FAAN



Martha N. Hill, PhD,
RN, FAAN

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Dusty Emerson, RN, charge nurse

"Playing golf, lifting weights, anything by the pool."



Bobby Erwin, RN

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts

Email: news@okcnursingtimes.com or mail to Oklahoma's Nursing Times P.O. Box 239 Mustang, Ok. 73064

"Watch movies and then I renovate homes. I like my two dogs."



Pamela Booker, RN

"I have good friends, watch movies, go to downtown and just went to the zoo."



Emily Mbaziira, RN

NLN Oklahoma League for Nursing

Plan to Attend!
Friday, October 7, 2016
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OSU-OKC Campus Allied Health Building
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Select Your Peers: A Motivation Strategy
For Nurses and Nursing Students
Anne R. Bavier, PhD, RN, FAAN
President of the National League for Nursing



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