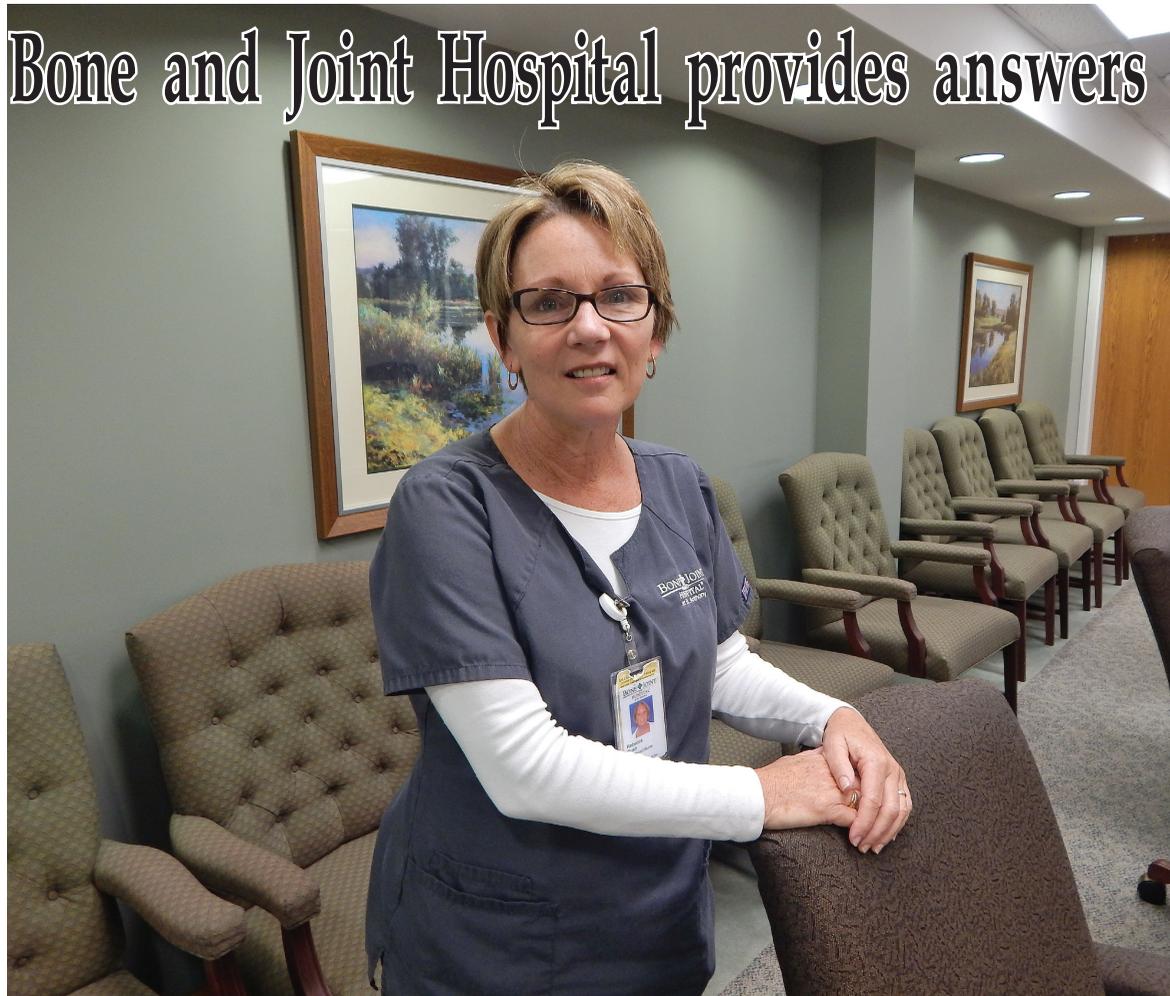


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## Curious intellect

### Bone and Joint Hospital provides answers



Rebecca Bush says her career at Bone and Joint Hospital brings never a dull moment. She enjoys patient care and learning something new each day that will benefit patient care.

photo by James Coburn

by James Coburn  
 Staff Writer

Rebecca Bush said it's nice to have a job where she has a feel of what's going on.

"After having done orthopedics for 16 years, I certainly wouldn't say I've seen it all because every day there is potential for new and sometimes exciting developments," said Bush, RN, Bone and Joint Hospital at St. Anthony. She works on the acute care floor.

Bush is a nursing school graduate of Metropolitan Community College in Kansas City. Her nursing career has flourished since 1997. She began in a neurological unit for a couple of years before switching to an orthopedic specialty hospital in Kansas

## Making a better world OC nursing instructor shares her faith



Oklahoma Christian University is a unique learning center for nursing students, says Courtney McCoy, RN, nursing instructor at Oklahoma Christian University

by James Coburn, Staff Writer

Courtney McCoy knows how tedious nursing school can be and how determined students must be, she said. As a registered nurse, McCoy is a nursing instructor at Oklahoma Christian University.

"I admire the ones that are really able to stick it out," she said. "If they decide this is what they want to do, they're going to make it happen. I know that is hard to do when you're 19 or 20 years old, to take time out of social activities. I admire their motivation and determination to stick with it."

She teaches Health Assessment this summer, which is a prerequisite class nursing students must take before they can

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## BUSH

Continued from Page 1

City. Nearly two years of her career have been centered at Bone and Joint patient care.

"Early on at the Orthopedic Institute, we were encouraged to receive our orthopedic nurse certification. And that requires some study and still requires continuing education. It makes me feel comfortable doing a job where I feel I have a good groundwork of knowledge."

The National Association of Orthopedic Nurses promotes a continuing education journal. Her certification requires an 80-percent minimum of orthopedic related continued learning.

There is a lot to say about the best practices at Bone and Joint, she said. Teamwork helps the well-oiled spirit run.

"There's not a moment when I need assistance or want to talk over something with someone when there's a gray area to give an opinion or say, 'Just call the doctor.' There's always somebody to help," Bush said. "Everybody I work with -- the nurses are focused on patient care. That's a priority. While we're

here it can be very busy, but we're all trying to do the best we can for our patients all day."

Bush doesn't venture far off the floor at Bone and Joint. She is there for pain management, without exception. Patients who had their surgeries yesterday will be getting out of bed today to receive therapy for the first time.

"I have a patient receiving blood right now. They're in the middle of that. They aren't solo yet," Bush explained.

An average patient has surgery and is discharged after three post-operative days. A majority of patients who have surgery on a Monday would likely return home on Thursday, she said.

Not everything she does during the day is a result of a planned surgery. The acute care floor handles joint replacements and fractures. There are often high school sports related injuries. A pediatric case would go to a pediatric hospital, she continued.

"There could be a car accident, a slip or fall, and accidents at work which could be a crush injury," Bush noted. "Sometimes there are even pathological fractures."

Bush said there isn't one

particular event that inspired her career, but she's glad she chose a nursing career. She prefers to be on her feet, so being at a desk all day would not suit her.

"I like the action of the job -- the doing," Bush said. "And as much as I love to read -- I was an English major for my Bachelor of Arts -- I still prefer the getting up and doing the things as opposed to recording the fact that I did them. So it was a good match."

When Bush went back to college, she learned all about the different kinds of career opportunities available for nurses. And she always had good mentors.

"I still talk over things all the time," Bush said. "Since I've been in Oklahoma but two years, there are many people in my floor who have been here for many, many years. So I'm probably not the go-to person, but I am filling some of that."

Her own reception as a new nurse at Bone and Joint was comfortable, she said. Bush came to Bone and Joint from St. Mary's Hospital, located in St. Louis. St. Mary's is the mother ship of SSM hospitals, she said.

"When I came here, it was closer to a transfer than a new job," Bush

said. "There is a lot of similarities. Our focus is the same and patients are largely the same."

Now that she and her family are settled in Oklahoma City, she and her husband enjoy playing golf and he likes to go fishing.

"I putter around the house a lot," Bush said. "I try to play tennis. I don't get better at tennis or golf. But we enjoy that the climate is milder here."

Oklahomans are nice people, she said. They are a very kind group of people.

At day's end, Bush recognizes the opportunities Bone and Joint provides her in learning something new.

"It's not just nursing care and medicines. Sometimes it's people and how they cope with obstacles," Bush said. "Sometimes it's more specific. A patient might say, 'Well, how do I add potassium to my diet?' Sometimes they are simple things. Sometimes it's questions I've never been asked. And then I'm like, 'I better go find out the answer.' And I'll find out as best I can."

"I think it's pretty unusual to go home and not learned something."

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# CAREERS IN NURSING

## CRITICAL CARE MANAGER: ST. MARY'S REGIONAL MEDICAL CENTER

by Vickie Jenkins - Writer/Photographer

I was fortunate enough to meet with Terri Hummel, RN, where she is the Critical Care Manager at St. Mary's Regional Medical Center in Enid, OK.

"How did you decide to become a nurse?" I asked Hummel. "I was working for Dr. John Charles Ogle, D.O. in Enid, OK filing insurance. "Dr. Ogle's nurse lost her husband and he asked me to help with the patients. Dr. Ogle had noticed how caring and helpful I was. One day, Dr. Ogle pulled me to the side and told me if I wanted to do more than filing insurance, he thought I would be a wonderful nurse and suggested I go to nursing school. That was exactly what I did! I graduated from Northern Oklahoma College in Tonkawa, OK and I have been a nurse for 14 years now. I love being a nurse."

"What qualities make a good nurse?" I ask Hummel. I think a nurse needs to be compassionate, have patience and enjoy what they

are doing. It's not for everyone." Hummel considers her strongest asset, her positive attitude. "I am always positive and know that everything is going to work out and be okay. I don't worry. I have felt that way all my life."

Hummel says that her favorite thing about being a nurse is the fact that she enjoys the people and communicating with them. Part of her initial assessment when she worked bedside was getting to know the patient, knowing where they came from, getting to know them on a personal level. "You can tell a lot about someone just talking to them, making them feel comfortable. I love conversing with the patient one-on-one. It puts everything on a personal basis and I think that is best for everyone," Hummel states.

"What advice would you give to someone going into the medical field?" I ask Hummel. "I would tell them that nursing is such a great profession. A nurse needs to be

dedicated to their job, they need to love what they are doing and even though it can be rough at times, it is the most rewarding job there is and it is well worth it. Don't give up."

Hummel stays motivated by staying positive in everything. "There has already been some positive growth in our department and there is always room to change for the better and strive to reach goals. Waking up every day, thinking of how I can improve patient care and satisfaction among the staff is common for me. I always make the best of the situation and know it is up to me to do my best. I know that I am always thinking of ways to improve patient care," Hummel says.

Asking Hummel what she thinks is the most challenging in the medical field, she replies, "I think there are small challenges every day and even small changes can affect us all if we aren't prepared

for certain actions. Documentation can be difficult at times, and the EMR (electronic medical records) are always changing and sometimes, the technology can seem difficult but it works out for the better. We need to learn about the different techniques and the new ways of teaching. When the nurses learn more advanced methods, we can teach other nurses to put it into practice."

"What kind of music do you listen to?" I ask Hummel. "I like all kinds of music but I like Hip-Hop the best." "If you were to play in a T.V. show, what show would it be?" I ask Hummel. "I can't think of any certain show but it would have to be a very funny comedy with a little mischief thrown in. I have a little bit of an ornery side to me but I have been like that ever since I was little. It comes naturally from my father," she says with a laugh.

"Is there anything about yourself



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Terri Hummel, RN takes on many responsibilities as Critical Care Manager at St. Mary's Regional Medical Center in Enid, OK.

that others might not know about you?" I ask Hummel. She shares the story of her picture being on a billboard in 2004 representing St. Mary's Regional Medical Center. "It was really nice being on a billboard and people always commented about it," she says with a shy grin.

"What words of wisdom would

you give to someone?" I ask. "Oh, that's easy. It would be, everything will work out. I say that all the time." "Summing up your personality in one word, what word would it be?" I ask Hummel. "That one word would be HAPPY."

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## SCHOOL

Continued from Page 1

start the program.

"It's about basic learning like how do you listen to heart sounds, vital sounds and what is normal and what's not," McCoy said.

She is one of eight nursing instructor at OC. McCoy said she likes the feeling she gets when knowing she has taught her students something they did not know. This is why she decided to pursue nursing, she said.

"What I found I really like about nursing is the patient education part. I had some diabetes education before I came here. So I really liked that one-on-one time with the patients and empowering them how to manage themselves and not be reliant on medications or their doctor."

She transfers her knowledge base to her students so they can move forward in their careers. When they work at a hospital they can think, "Hey, I learned this," McCoy said.

McCoy also earned her Bachelor of Science in Nursing Degree at OC as part of the first nursing class in 2008. She went on to receive her master's degree from Oklahoma Baptist University in 2014.

"I just feel like OC is a really unique place, especially for nursing school when it's really intense and time consuming," McCoy said. "You really spend a lot of time with those people. For me, that's where I have made some of my longest and best friendships."

These friendships are from people she knows from nursing school and the instructors she now is able to teach with and watch students grow in their skills. OC is a smaller university that carries a strong sense of loyalty, she said. McCoy has opportunities to get to know her students.

"You really have the time to become invested in them. They're not just a number in the classroom," she said.

OC is a Christian centered university that speaks about Christianity in all of its classes, McCoy said. She said that practice is something different that is not available at all universities.

Her summer class only has three students that allows lecturing and lab.

"It's nice because they get a lot of time to ask questions," McCoy said. "Last year I had 11."

Students in her class will be juniors in the fall. They are just beginning their rotations, but some of them have an idea about the type of nursing they want in their career, although their decisions might change during their clinical work.

"So by the time they're seniors in their last semester, they have a pretty good idea where they want to work. And some of them are already working at a hospital," McCoy said.

When McCoy is not teaching, she enjoys yoga. She is working on her yoga teacher certification and also teaches a yoga class at OC. She intertwines yoga with Christianity.

"It's yoga with a little bit of a devotional," she said. "At the beginning and end when you're doing those quiet couple minutes of yoga and meditation that you always do, I add a Bible verse that is the theme for the hour." She said yoga is a mind, body and soul type of exercise.

"That's what I like about it. I feel people benefit from it in different ways. If someone wants to be really physically active and wants it to be challenging, it can be," McCoy said.

Other yoga participants may want to use it to stretch and relax, she said. Yoga is not a competitive sport and takes an individual approach.

"That's what I like about it," she said.

This summer, McCoy will also teach the RN to BSN online program at OC. Additionally, during the end of the semester she traveled to Honduras as a student sponsor.

"That's the first time I've been back since I went as a student," she said of the Health Care Missions class. Students can either go to Honduras or stay local and provide mission work in the metro area.

"We have both of those options and I've done both with the students. I think for our students who are young and haven't seen a lot out there. It's kind of an eye-opening experience. It helps you kind of understand the health care system in different places. It's not that bad here, it could be worse. We are learning to not take things for granted and to know what's going on in other parts of the world."

**"At the beginning and end when you're doing those quiet couple minutes of yoga and meditation that you always do, I add a Bible verse that is the theme for the hour." Courtney McCoy, Instructor**

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 The staff Registered Nurse is a professional caregiver who assumes responsibility and accountability for a group of patients for a designated time frame and provides care to these patients via therapeutic use of self, nursing interventions, treatments, modalities, the therapeutic environment and interdisciplinary collaboration. The staff Registered Nurse demonstrates knowledge, professional accountability and adherence to federal and state regulations.

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**Licensure/Certification:** Registered Nurse with current Oklahoma licensure. Current BLS certification required at the time of hire and ACLS certification within 18 months of hire.  
**Experience:** Minimum of 1 year of continuous experience in a telemetry or related cardiac clinical setting preferred. Able to provide direct patient care to patients in both the stable and acute care settings.

**To apply go to:**  
[www.OKHeart.com/careers](http://www.OKHeart.com/careers)  
 Oklahoma Heart Hospital considers all qualified applicants including protected veteran or disability status. AA/EOE



140 GENERAL NURSING

**Registered Nurses/CM HOSPICE. AN IMMEDIATE FT/PT POSITION. HOME HEALTH/HOSPICE MARKETER.**  
 CALL 918-459-5073 OR APPLY AT 4271 W Albany St, Broken Arrow, OK 74012

**Registered Nurse and Licensed Practical Nurse Opening! Night Shift.**  
 Jim Taliaferro. State employment and benefits. Pay DOE. 602 S.W. 38th St. Lawton, OK 73505. 580-678-5930.

**Now taking applications for Certified Nurse Assistants and Certified Medical Aides positions for all shifts. We are also taking applications for 11-7 Licensed Practical Nurse.**  
 Forrest Manor Nursing Center is now taking applications for CNA and CMA positions for all shifts. We are also taking applications for 11-7 LPN. Come join a team of long term employees who take pride in providing excellent care to our residents. Rate of Pay is as follows: 3p to 11p - \$11/ 11p to 7a - \$11.25 / Weekend \$12. Please apply at 1410 N Choctaw St, Dewey, OK 74029

**NOW HIRING Certified Nurses Aides ALL shifts.**  
 Apply in person. Bartlesville Health and Rehab, 3434 Kentucky Pl. Bartlesville, OK 74006



**Meadowlake Estates seeking LPN, Sunday thru Thursday and PRN, Double Weekend Laundry Person, Social Service Director, degree required. Come join our team. 959 SW 107th St. OKC 73170**

**NOW HIRING WEEKEND Registered Nurse, weekend Licensed Practical Nurse, Housekeeper, Cook and Dietary Aides.**  
 Apply in person, Broken Arrow Nursing Home. 424 N Date Ave, Broken Arrow, OK 74012

**Certified Nurse Aides & Certified Medication Aides can earn up to \$11.00 to \$11.50 an hour. All shifts available.**  
 IMMEDIATE ON site training for DDCNA's at Billings Fairchild Center. Certified Nurse Aides and Certified Medication Aides can earn up to \$11.00 to \$11.50 an hour. All shifts available. Call Doris McAbee at 580-725-3533. E Maple St, Billings, OK 74630. EOE

**We are hiring Full-Time Oklahoma Certified Nurse Aid, Minimum 2 Years Experience Required, Maturity and Reliability a Must.**  
 #103 E. Central Suite 400. Miami, OK 74354

**Now hiring for an Asst/Cook**  
 HERITAGE COMMUNITY, a skilled nursing/assisted living facility is now hiring for an Asst/Cook. Please apply in person at: Heritage Community 1401 N. Lelia Guyman, OK 73942. EOE

**Full-time/Part-time Physician Assistant or Nurse Practitioner.**  
 Seek OK PA or NP for FT or PT in Outpatient Services. Caring & supportive team. \$1000 Signing Bonus. (918)588-8813. 1620 E. 12th St, Tulsa, OK 74120. EOE

140 GENERAL NURSING

**We are taking applications for Registered Nurses, Licensed Practical Nurses, Certified Medical Assistants and Certified Nurse Assistants.**  
 Artesian Home of Sulphur is taking applications for RNs, LPNs, CMAs and CNAs. Please apply in person at 1415 W 15th between 8:00AM to 4:00PM Monday thru Friday. Ada, Ok 74820

**Now hiring for Certified Nurse Assistants/Certified Medical Assistants for evening and night shift. Competitive wages and benefits.**  
 Corn Heritage Village of Corn is now hiring for CNA's/CMA's for evening and night shift. Competitive wages and benefits. Apply in person at 106 W Adams St, Corn, OK 73024.

**We are seeking a full-time, long-term Licensed Practical Nurse for our busy OB/GYN practice.**  
 WICHITA MOUNTAIN Medical is seeking a full-time, long-term LPN for our busy OB/GYN practice. Excellent benefits, competitive salary and 4-day work week. OB/GYN experience required. 1002 SW 52nd St, Lawton, OK 73505

140 GENERAL NURSING

**We are taking applications for Licensed Practical Nurses AND Certified Nurse Assistants.**  
 Heavener Manor is taking applications for LPNs and CNAs. Come by and talk to Wyvonne Wright, DON. 204 W. 1st Street, Heavener, OK. No phone calls please.

**161 LICENSED PRACTICAL NURSING**

**We are looking for strong Licensed Practical Nurses for 2-10 shift.**  
 SHAWN MANOR is looking for strong L.P.N.'s for 2-10 shift. We offer a longevity bonus of \$1000.00 for 1 yr of service, and every year after. We have insurance, and P.T.O. We are currently with new management. Apply in person at Shawn Manor 2024 Turner Rd Ponca City, OK 74604

**204 REGISTERED NURSE**

**We are looking for Director of Nursing, Registered Nurse.**  
 Village Health Care Center. 1709 S. Main St, Broken Arrow. 918-251-2626

161 LICENSED PRACTICAL NURSING

**Great opportunity for an experienced Licensed Practical Nurse!**  
 Strong PC skills required and hospice experience preferred. Full Time employees get company paid health/dental/life, PTO, mileage, paid holidays, 401K & more. Please fax resume in confidence to Patrick at 918-744-8310. 6400 S Lewis Ave, Tulsa, OK 74136. EOE

**204 REGISTERED NURSE**

**REGISTERED NURSE. ALEXANDER HEALTH CENTER.** The Registered Nurse reports to the Director of the AHC and provides direct patient care in a university clinic setting to both students and employees. Minimum: Oklahoma R.N. license with current BLS/AED certification; minimum of three years work experience in an emergency, ambulatory care or college health facility. Preferred: BSN; EMR proficiency, 12-Lead ECG monitoring, phlebotomy experience. Hours are 8am to 5pm, M to F, 12 months. 800 South Tucker Drive. Tulsa, Oklahoma 74104 The University of Tulsa is an Equal Opportunity



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**204 REGISTERED NURSE**

**We have immediate openings for PRN and Full-time Registered Nurse Case Managers.**  
 Muskogee/Tulsa, Oklahoma and Surrounding Area. CIMA HOSPICE (formerly Professional Home Hospice) has immediate openings for PRN and Full-time RN Case Managers. Hospice/Home Health experience is preferred but not required. Qualified applicants can apply by faxing their resume to 918-516-0700. 2421 S. York Street, Suite 15, Muskogee, OK 74403

140 GENERAL NURSING

**We are currently hiring Licensed Practical Nurses, Certified Nurse Assistants and Certified Medical Assistants.**  
 CLEVELAND MANOR IS currently hiring LPNs, CNA's & CMA's. Come in and apply at: 900 N. Division St., Cleveland, OK 74020 or call 918-358-3135 for details

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**We are looking for a part-time Nurse Practitioner to work 1 PM to 7 PM two or three days a week, although this is somewhat flexible.**  
 Our small pediatric office is looking for a part-time Nurse Practitioner to work 1 PM to 7 PM two or three days a week, although this is somewhat flexible. No call or hospital, occasional weekend morning clinics and vacation coverage. The person we choose will have several years experience in office pediatrics, a collegial and team friendly attitude, and will genuinely enjoy children and families. Experience with EMR software is a plus. We take excellent care of our patients, value our colleagues, and enjoy our jobs. We offer competitive salary, full benefits for part time employees, including a 401k retirement plan, short term disability and life insurance, vision insurance, and paid vacation and holidays. 700 Wall St, Norman, OK 73069

**Now hiring a Part time Evening/Weekend Attendant**  
 George Hawkins Memorial Treatment Center is now hiring a Part time Evening/Weekend Attendant. Must have high school diploma or GED, driver's license and reliable transportation, be able to work flexible ours including holidays, and pass a physical exam with TB test. Please contact 580-331-2370 for an application. 10320 North Airport Road. Clinton, Oklahoma 73601

**Now hiring full time and part time Licensed Practical Nurses, Registered Nurses, and Certified Nurse Assistants.**  
 HERITAGE COMMUNITY, a skilled nursing/assisted living facility is now hiring full time and part time LPNs, RNs, and CNAs. Please apply in person at: Heritage Community 1401 North Lelia Street, Guyman, OK 73942 EOE

**Now hiring a Part time Evening/Weekend Attendant**  
 George Hawkins Memorial Treatment Center is now hiring a Part time Evening/Weekend Attendant. Must have high school diploma or GED, driver's license and reliable transportation, be able to work flexible ours including holidays, and pass a physical exam with TB test. Please contact 580-331-2370 for an application. 10320 North Airport Road. Clinton, Oklahoma 73601



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# Answered prayers

## Doctor helps patients get new lease on life

by Mike Lee  
Staff Writer



photo by Mike Lee

Dr. Paul Jacob is helping Oklahomans like Janet Burks get back on their feet with near almost pain-free knee replacements.

Janet Burks had reached the end of her rope.

At her doctor's office, on crutches and in pain - the 54-year-old had had enough.

"I had been going to the same orthopedist for 18 years," Burks said, unfolding her story.

"Through those 18 years I had received over 200 shots."

That October 2014 day, Burks finally put her foot down when it came to the excruciating pain she had lived with in her right knee.

She wasn't exactly the front office staff's favorite patient of the day when she declared she wasn't moving a muscle until she was sitting in front of a surgeon.

A few calls later, that surgeon turned out to be Dr. Paul Jacob and Burks had found an answer to her prayers.

"He's been blessed greatly by God," Burks said of her doctor.

You see, Burks' right knee was bone-on-bone, with no cartilage in between, and a minefield of bone

spurs that had popped up over the years.

Most rainy days her knee would completely lock. When it did release you could hear the pop across the room.

Her doctor had told her she was too young for knee replacement.

Dr. Jacobs took one look at the x-rays and asked her why she had waited so long.

Surgery came days later with Jacob telling Burks he would use a new non-opioid medication.

Two hours after surgery Burks was up walking around.

She declined pain meds after surgery and was back on Jacob's table on December 18th to get the same procedure on her left knee. She was cooking Christmas morning.

Burks now takes spin classes. She takes her bike out to Lake Hefner for rides of several miles.

"I've gained back those 18 years that I've lost," she said. "Within one week I was up going to the store with a crutch and going to church."

Jacob said Burks' results are typical. He believes he is the only surgeon in the metro using this procedure. Nationally renowned hospitals such as Cleveland Clinic, Memorial Sloan Kettering and Mayo Clinic are using this new pain management approach, and Oklahoma hospitals are following their lead.

Dr. Jacob was first introduced to the procedure during his fellowship at the Cleveland Clinic.

"I had a comparison to our pain control prior to using Exparel and our pain control after using Exparel," Jacob said. "It certainly made my life significantly easier as a fellow because I had the majority of the rounding requirements and post-op pain control.

"I started getting significantly less calls from nurses on the floor. They had much less trouble controlling patient pain and it was really a big change for me."

Typically narcotics are administered every few hours after surgery and begin to wear off, requiring more doses. The therapy Jacob uses slowly delivers medication to the tissue over a several-day period.

"It allows you to get out of that immediate post-op incision pain and agonizing pain oftentimes you wake up with after a surgery," Jacob said.

"The majority of my post-op hip and knee replacement patients are waking up with a pain score of somewhere between zero and two and it's staying that way for the first two days or so. It's not uncommon for my patients to not require a single dose of opioid pain medication the first two days.

Jacob is located in Edmond just off Kelley Avenue. Soon he will move into the new Community Hospital in November.

Construction is ongoing on the new Community Hospital North-which will be located inside the new HPI Broadway Mediplex. The Mediplex is located just north of Britton Road on the Broadway Extension in north Oklahoma City.

The facility, set to open in late 2015, will provide inpatient and outpatient orthopedic, spine and women's surgical services. Physician's offices and a state-of-the-art imaging center will also be located in the building.

For the first time Jacob will have his patients and his surgical suite under one roof. He'll need it Burks has anything to say about it.

"I can't praise Dr. Jacob enough for doing this type of procedure," Burks said. "People who know me know that I'm not going to just say that. It was a miracle that I was able to get my life back."

## St. Anthony Names Martin Villafana Director of Population Health

St. Anthony recently appointed Martin Villafana to the position, Director of Population Health.

Villafana holds a Bachelor's of Science in Microbiology from the University of Oklahoma, a Bachelor's of Science in Nursing from Oklahoma Baptist University, and a Master's of Science in Nursing from Oklahoma Baptist University.

He has worked at St. Anthony for ten years, most recently serving as Care Manager for the South and West regions for SSM Health Care of Oklahoma.



Martin Villafana, Director of Population Health at St. Anthony .

# The OKC Dodgers Presents Nurses Appreciation Night - July 17th

Join the Oklahoma City Dodgers for Nurses Appreciation night on Friday, July 17th at 7:05 PM. Included with admission to the game, you will receive Braum's ® Meal Voucher good for a free combo meal at participating location, an OKC Dodgers baseball cap, and post-game fireworks. The best seats in the house are only \$13, to reserve your seats or for more information please contact Andy Olson at (405) 218-2153 or andy.olson@okcdodgers.com.

## From Facebook: Tulsa's Hillcrest South recognizes May Health care hero

Hillcrest recently congratulated their May Health Care Hero, Brittany Byer, RN 4 Tower! Brittany was nominated by one of her patients for going above and beyond to make her feel comfortable and cared for while in the hospital. Thank you, Brittany for your dedication to our patients!



Brittany Byer, RN

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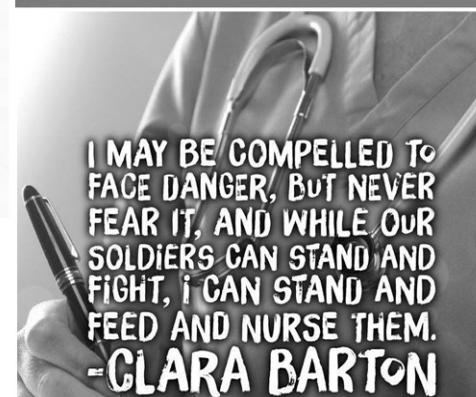
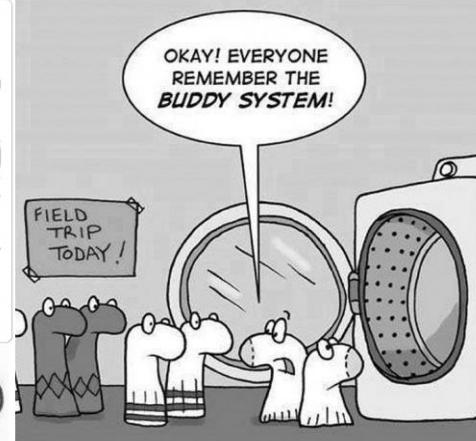
You know you're a nursing student when you refer to life outside of school as "real life."



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## 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 - 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

### City Hospice:

Beth Huntley, Vol. Coordinator,  
405-942-8999

### 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

### Hometown Hospice:

Robin Boatman, Com. Relations, Broken  
Arrow: 918-251-6441; Muskogee:  
918-681-4440.

### 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

### Freedom Hospice:

Tulsa: 918-493-4930; Claremore:  
918-343-0493; Tollfree: 866-476-7425

### Frontier Hospice:

Kelly Morris, Vol.  
Coordinator, 405-789-2913

### Full Life Hospice:

Vicki Barnhart, Vol. Coordinator,  
405-418-2659

### 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 Meredian, Oklahoma City, OK  
73107 405-949-1200

### Horizon Hospice:

LaDonna Rhodes, Vol. Coordinator,  
918-473-0505

### Heartland Hospice:

Shawnee: Vol. Coor. Karen Cleveland,  
405-214-6442; Norman: Vol. Coor. Lisa  
Veauchamp, 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

### Hospice of the Cherokee:

918-458-5080

### 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

### Mays Hospice Care, Inc.

OKC Metro, 405-631-3577; Shawnee,  
405-273-1940

### McCortney Family Hospice

OKC/Norman metro 405-360-2400  
Ada, 580-332-6900 Staci Elder Hensley,  
volunteer coordinator

### Mercy Hospice:

Steve Pallesen, 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

### Sojourn Hospice:

Tammy Harvey, Vol. Manager  
918-492-8799

### Sooner Hospice, LLC:

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

### Tranquility Hospice:

Kelly Taylor, Volunteer Coordinator  
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](mailto:news@okcnursingtimes.com)*

*To all those over 50 who are looking for love and uncertain of the dance steps; the following "New Rules for Love Over 50" might be helpful.*

I met a man the other night who described his life as complicated. I found the statement odd because life is complicated. No one gets past 50 without complications. Whether it's your partners, ex-partners, children, aging parents, illness or unthinkable losses and the necessary adjustments, the list could fill pages.

As you go through complications, you choose between cutting off from life and resigned hopelessness or you acquire depth, compassion, integrity and passion.

What are the new rules for keeping yourself safe, realistic and passionate while building new love in the second half of life?

1. Don't get too enchanted with your own drama/story. Make a life spreadsheet to simply deal with problems as the inevitability they are. Don't allow them to be an excuse not to fully commit to what you are creating with your potential partner now.

2. Have fun. Hopefully by now, you've learned how to have a great time alone, and if not, you need to, otherwise you risk losing the pleasure of your best life partner - you!

3. Evaluate your hunger for love. Contrary to romantic lore, love needs reason, especially before you get into a relationship. What are your needs and desires in love?

4. Look both ways before crossing!! Big lives - and everyone over 50 has a big life - take big efforts to merge. Before you enter the game make sure that you want to play and allow the other person their own time to find their sea legs.

5. Know what you want and be responsible in not engaging in dynamics that do not lead to what you want.

6. His/her body is ALSO droopier that it used to be!

7. People don't change. If you can't live with what you see, don't engage thinking that the image will shift. Cut bait.

Mature love can be the most powerful, passionate love you've ever experienced. It involves taking risks, being vulnerable and allowing yourself to love to the fullest.

# Revised Fetal Heart Monitoring Guidance Released

## AWHONN Releases First eBook on Fetal Heart Monitoring Practices

The Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN) announces the release of their first eBook: the fifth revision of "Fetal Heart Monitoring: Principles and Practices." Fetal heart monitoring is an important method of assessing the health of an unborn baby during pregnancy, labor and delivery.

The new eBook includes revised comprehensive content focused on the physiologic principles of fetal heart monitoring and uterine monitoring, interpretation of patterns, physiologic interventions for fetal tracing characteristics, assessment of fetal oxygenation and acid-base status, and antenatal methods.

This new edition is a great resource to use in a perinatal setting and nurses' library. The information takes a physiologic approach to fetal heart monitoring to assist perinatal clinicians in developing a systematic and consistent approach to fetal heart monitoring. The content is presented in a digital form making it easier to access. It can also be downloaded to a computer, tablet, smartphone or

any other kind of digital reading device. A print version of the book also is available.

"More than 200,000 health care professionals have been educated in AWHONN's fetal heart monitoring courses. This new eBook edition of 'Fetal Heart Monitoring: Principles and Practices' is a milestone in the development of AWHONN's key educational resources," said AWHONN CEO, Lynn Erdman, MN, RN, FAAN. "An eBook also allows valuable information to be easily accessible to nurses who are seeking material about best practices for perinatal care."

Additionally, nurses interested in expanding their knowledge of fetal heart monitoring can sign up for AWHONN's Fetal Heart Monitoring courses and earn educational contact hours. Ninety-seven percent of students who participated in the program stated it would improve their ability to care for patients. For more information about AWHONN's Fetal Health Monitoring program, please visit [www.awhonn.org](http://www.awhonn.org).

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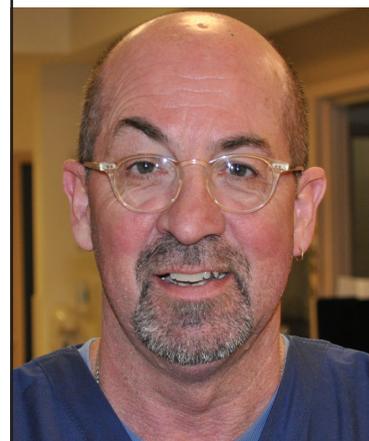
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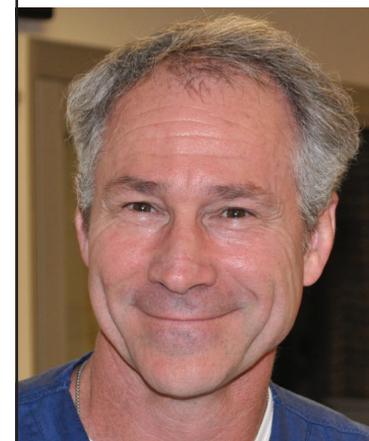
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*I guess a nurse.*



Lynn Priest, RN

*I want to be an astronaut.*



Barry Carder, RN

## PULMONARY CRITICAL CARE & SLEEP SPECIALIST JOINS OKLAHOMA HEART HOSPITAL

Eva Sawheny, M.D., a fellowship-trained physician in pulmonary, critical care, and sleep medicine has recently established her practice with Oklahoma Heart Hospital (OHH), Oklahoma City. Dr. Sawheny is board certified in critical care medicine, pulmonary diseases, internal medicine, and board eligible in Sleep Medicine. Her areas of expertise are Sleep Medicine, Pulmonary Medicine, and Thoracic Oncology. She completed fellowships in sleep medicine and pulmonary critical care medicine at the University of Oklahoma College of Medicine, Oklahoma City. She completed her residency and served as chief resident at the OU College of Medicine, Tulsa. She earned her medical degree in Debrecen, Hungary.



Eva Sawheny, M.D.

Dr. Eva Sawheny will see patients at Oklahoma Heart Hospital, in their offices located at W. Memorial Dr. and the OHH Clinic within the Mercy I-35Clinic in Edmond, in addition to other cities around Oklahoma. When hospitalization is necessary, they often admit patients to Oklahoma Heart Hospital.

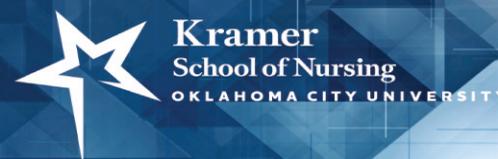
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