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Helping Hands



Meeting and greeting the patients with her pretty smile and outgoing personality is Patricia Taylor, LPN at Oklahoma City Indian Clinic.

by Vickie Jenkins, Staff Writer

Are you familiar with the Oklahoma City Indian Clinic located at 4913 W. Reno Avenue? Here, you will find a warm welcome and a friendly staff to help you with your every need. There is one person that you are sure to see when you walk in. She always has a smile on her face and has excellent communication with the patients. That person is Patricia Taylor, LPN.

Growing up in Oklahoma, Patricia has been a nurse for 31 years. She spent much of her time in Stroud, OK, Veterans Hospital in

Muskogee, OK and Georgia. She moved back to Oklahoma City almost 3 years ago, getting a job here at the Oklahoma City Indian Clinic.

Asking Patricia's what the favorite part of her job is, she replied "I love spending time with all of the patients, but I really like the kids, especially when we have the Health Fair; getting the kids checked out before school. Each child will get a back-pack full of school supplies," she replied.

What are the qualities of a good nurse? I ask Patricia. "A nurse has to have a desire to be a nurse. They have to have a caring personality.

See TAYLOR Page 2

NRHS graduates first cohort of nurse residents



Twenty one nurse residents completed Norman Regional's Nurse Residency program on Wednesday, July 11.

The 21 nurses made up the first cohort of Norman Regional's Nurse Residency Program that started last August. The Nurse Residency Program is a one-year program that is designed for new registered nurses (RNs) that have graduated from nursing school. It is a Vizient/AACN program that is meant to help transition the nurses from school to practice.

The mission of the program is, "To facilitate and support the graduate nurse in acquisition and assimilation of knowledge, skills and research during the transition from novice to competent, confident nursing professional." The vision of the program is, "To produce the next generation of nursing leaders empowered and focused on the delivery of safe patient care."

Norman Regional is the first hospital system in Oklahoma to offer the Vizient/AACN Nurse Residency curriculum. The health system decided to join the Vizient/AACN Nurse Residency Program because it's an opportunity to make a difference in new nursing careers, said Cassie Chaffin, BSN, RN-CCRN-K, nurse residency coordinator.

Vizient has a national retention rate of 95 percent for first-year nurses, compared to the national average of only 82 percent.

Residents of the program are hired by Norman Regional Health System as full-functioning nurses,

See COHORT Page 3

TAYLOR

Continued from Page 1

Personally, I don't think anyone can have too much of a caring personality," Patricia replied.

Patricia has 2 grown children and 5 grandchildren, ranging in age 13 through 18. "Yes, 5 teenagers all at once! It can be quite a challenge at times," Patricia said with a laugh.

Patricia's hobbies include gardening, "that's flowers, not vegetables," she said. "Most of all, I appreciate my kids and I love spending time with them."

Asking Patricia what her best quality is, she replied, "People always tell me how much they like my smile and like seeing me when they walk in. I'm always meeting and greeting them," she added.

What is your biggest challenge? "Well, I guess it would be change, although I don't consider that much of a challenge. "I'm a pretty strong person now but change doesn't fluff my feathers," she said with a laugh.

What motivates you to come to work every day? I ask. "It is truly

the patients and my co-workers. I try to find the best in everyone I meet; co-workers, peers, physicians, all of them have the neatest personalities."

Patricia's personal story:

It was 3 years ago that I lived in Georgia. I had just gone through some rough times, ending with a divorce. Coming back to Oklahoma City, I was alone, had nothing but my car and the clothes on my back. I found myself sleeping in my car; pulling the car into church parking lots or a hospital parking lot, feeling a little safer there. I was in need of my medicines. Someone directed me to the Oklahoma City Indian Clinic so I could get my medications. I was told about a place called, Sunbeam; a place that lists jobs openings for the homeless. I was directed to a place called, Dress for Success. I found a nice outfit, came to the Oklahoma City Indian Clinic, interviewing for the job opening for a nurse. I got the job! All of this due to people reaching out to help me. That was almost 3 years ago and now, I couldn't be happier. I love my job and am so thankful for all of the people at the Oklahoma City Indian Clinic that helped me change my life. A

special thank-you to Staci Deland, RN, BSN, Nurse Care Manager here, who took me in and turned my life from stumbling blocks into stepping stones.

Why am I sharing this story? I want everyone to know how much our lives can change in a split second. My life was turned upside-down; divorce,

homeless, but with the help of friends and the many helping hands, I am on cloud 9 and am enjoying my life. Perhaps, some day, I can be those helping hands that will turn someone's life around. I am thankful and I am proud to work at the Oklahoma City Indian Clinic.

Oklahoma City Lion's Club gifts \$6,000 to the Metro Tech Foundation



OKC Lion's Club Board Member Tom Springer presents a \$6,000 financial gift to Metro Tech Superintendent Bob Parrish and Associate Superintendent Brian Ruttman.

The Oklahoma City Lion's Club gifted \$6,000 to the Metro Tech Foundation, funds that will be utilized to cover costs outside tuition such as uniforms, tools, certification fees and equipment.

OKC Lion's Club Board Member Tom Springer said historically the club has supported college scholarships for area high school students and had a desire to help adult students pursuing technical education as well.

"Many of the Lion Club members attended vocational school at some point in our lives and wanted to support students who graduate with a trade and might need a little help getting started in their career. Welding tools, nursing accessories, certification test fees – we don't want any student to miss an opportunity due to lack of funds at the beginning of their career," Mr. Springer said.

Metro Tech Foundation Executive Director Ashleigh Gibson expressed gratitude for a gift that will allow the Foundation to remove financial barriers from student success.

"These financial gifts often make the difference between giving up and succeeding for students who are working hard to achieve their dreams," Ms. Gibson said.

Metro Tech is an Oklahoma technology school that offers free tuition to Oklahoma City Public Schools, Crooked Oak Public Schools and Millwood Public Schools students. Full-time and part-time training is offered for adult students, as well as customized Business & Industry training. For more information (405) 424-TECH.



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COHORT

Continued from Page 1

but they meet with other residents once a month for a four-hour seminar with different topics that are meant to grow them as professional nurses. They also have an assigned project that's due by the last meeting of the residency.

The newly-graduated residents presented their projects the morning of July 11 then received their certificates and pins for graduation.

Shannon Largent, MBA, BSN, RN-BC, director of the program, said the residents' presentations showed that they had the opportunity to learn a lot this year and they'll practice at a higher level because of it.

Danielle Winkle, BSNRN, is an Emergency Department nurse at Norman Regional and one of the residents. She moved here last July for her "dream job" as an emergency nurse.

"The Nurse Residency Program has given me all-around base knowledge of nursing. We're always learning something new. It's helped me tremendously," Winkle said.

Rebekah Wheeler, a registered nurse in the Mother/Baby unit, said the program helped her get out of her comfort zone and network with more staff in other departments and feel more comfortable in her profession.

"The program definitely helps with transitioning," Wheeler said. "Places that don't have nurse residencies expect you to go straight from school to being a professional nurse, but having a residency program bridges the gap and allows you to continue learning in your professional setting."

Paige Cole, a registered nurse in Women's and Children's at Norman Regional HealthPlex, agreed with Wheeler and said how the program made her a more confident nurse.



The Nurse Residency Program is a one-year program that is designed for new registered nurses (RNs) that have graduated from nursing school. It is a Vizient/AACN™ program that is meant to help transition the nurses from school to practice.

Norman Regional has another Nurse Residency cohort that began in March, and the next will begin in August.

"It's an exciting time for Norman Regional to be able to showcase the new graduates of the Nurse Residency program, and we're continuously looking at opportunities to improve the program as we go along," Largent said.

Norman Regional is moving toward becoming an accredited Nurse Residency

Program, which is a two-year process. One of the requirements is to have an academic partner. Norman Regional partnered with Kramer School of Nursing at Oklahoma City University.

For questions or interest in the Nurse Residency Program, contact Chaffin at 405-307-3160 or cchaffin@nrh-ok.com or Julia Burleson, BSN, RN, CHCR, professional healthcare recruiter, at 405-307-1554 or jburleson@nrh-ok.com.

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CAREERS IN NURSING

QUALITY CARE AND PEACE OF MIND: NORTHWEST NURSING CENTER

by Vickie Jenkins - Writer/Photographer

Welcome to Northwest Nursing Center where you will find quality care and peace of mind for your loved ones. Here, you will find rehab services, giving a variety of services and amenities in friendly, supportive atmosphere. Northwest Nursing Center helps seniors find the worry-free lifestyle they want. In this community, seniors have complete rehab services as well as a friendly, supportive community.

This is where each patient has a chance to help restore the physical and emotional quality of life. Care, compassion and customer service is very important for the professional care that is offered. The residents enjoy a therapeutic recreational program that focuses on individuality, life skills and personal growth.

With a friendly smile and warm welcome, Licia Elliott is an LPN; ADON (Assistant director of

Nursing) Licia enjoys working with the residents. "I feel like I have a real bond with the residents. We have many activities here for our senior residents; our main focus is caring for our residents."

Growing up in Kansas, Licia had big dreams of what she wanted to do when she grew up. "While all of my friends talked about being a school teacher or a nurse, I had a little bit of a different dream. I wanted to be a paralegal, studying Criminal Justice. I ended up going to school for a little while but soon realized this class and subject was not for me! I decided to take a little break. It's funny how certain things arrive in the mail at a certain time and have such an influence on someone's life. That is what happened to me. I received a catalog in the mail about nursing school and the many

opportunities that I could choose from in the medical field. I went to nursing school at Tidewater Tech College in Norfolk Virginia and am certainly glad that I made that decision."

Asking Licia what qualities make a good nurse, she replied, "I think a nurse needs to be compassionate, have a desire to care for others, do their best to help the patient or resident. A good nurse needs to be trustworthy, and definitely have team work. Teamwork is so important," she added.

Did anyone influence you to become a nurse? I ask Licia. "My aunt was an RN. She had a lot of hospital experience. When I was growing up, I always took care of others if they were sick. It was just something I started doing and had a real desire to help in any way that I could. I'm sure that

had a little bit of something to do with me being a nurse," she added. "I also have an aunt that is going to school to be a nurse. I like to think that I might have had an influence on her."

"Working as a nurse, I'll have to admit, it has some challenges, and yes, that can be rough at times," said Licia. "The good always outweighs the bad. One of my favorite parts about my job is when the resident has worked very hard to set out to do something and then, they succeed! It could be the smallest of things, but it is such a big thing to them. When they reach their goal, they feel so good. The residents like that recognition and that celebration that they get to have for themselves."

"Even though I spend a lot of time working here, in my off time,

see ELLIOTT Page 5



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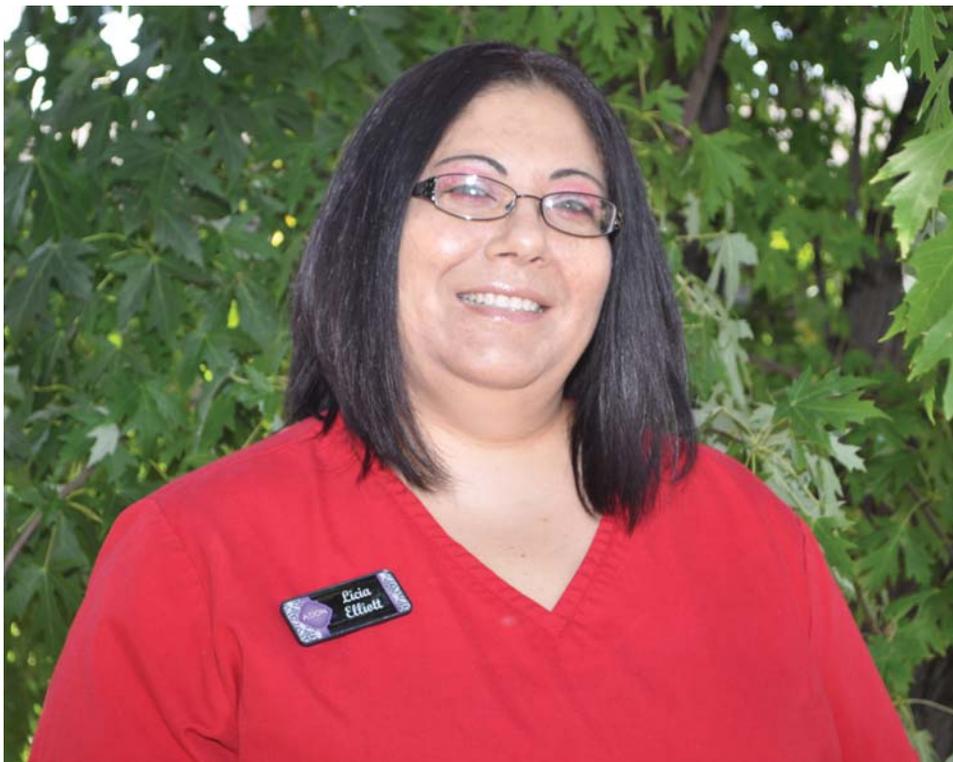
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Licia Elliott, LPN, ADON enjoys her job at Northwest Nursing Center. Here, the residents will find a variety of services and amenities in a friendly atmosphere.

ELLIOTT

Continued from Page 4

I enjoy spending time with my family. I like to travel, when I can get away, and I like to read books; all kinds of books. I especially like it when I get together with my relatives for special family

events," Licia commented.

Asking Licia what her biggest quality about herself is, overall, she replied. "I guess I would say that I am honest, loyal and dependable; that's what people tell me anyway," she added with a smile.

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Stephenson Cancer Center Awards Pilot Grant Funding to Ten Cancer Researchers



The Stephenson Cancer Center has awarded 10 research grants to cancer investigators as part of its 2018 Pilot Grant Program. These grants support research in a wide range of disciplines. The principal investigators awarded represent numerous departments and colleges on the OU Health Sciences Center and the OU Norman campuses.

The goal of these pilot grants is to provide "seed" funding to promising research projects that will later be submitted for major external grant funding from national researcher sponsors such as the National Cancer Institute and the American Cancer Society.

The total awarded amount is \$400,000. Individual grants range from \$30,000 to \$50,000, depending on the scope of the project.

The grants support research projects in the basic, translational, clinical, behavioral, and population sciences. Recipients include five PhDs, four MDs, and one joint MD, PhD. Three of the grants focus on work in blood cancers, such as leukemia. Two focus on cancer survivorship, an emerging research focus at the Stephenson Cancer Center.

Researchers who received funding in the 2018 cycle are:

Thanh Bui, MD, DrPH, Assistant Professor of Research, Department of Family and Preventive Medicine Oklahoma Tobacco Research Center, Stephenson Cancer Center. *Promoting Human Papillomavirus Vaccine (HPV) Uptake in High-Risk Adults*

Anna Csisz6r, MD, PhD

Donald W. Reynolds Chair of Aging Research Associate Professor, Department of Geriatric Medicine, OU College of Medicine. *New Model of Chemobrain: Causes and Consequences*

Kathleen Dwyer, PhD, RN

Henry Freede Endowed Chair in Nursing Science Professor, OU College of Nursing. *Care Coordination for Cherokee Nation Cancer Patients: Perspectives of Stakeholder*

Asish Ghosh, PhD

Associate Professor of Medicine, Department of Pathology, OU College of Medicine. *Extracellular Vesicles Re-program T Cell Immunity in CLL*

Jennifer Holter-Chakrabarty, MD

Associate Professor, Section of Hematology/Oncology, OU College of Medicine. *FLT Imaging to Detect Relapse in Leukemia Patients Following Transplantation*

Courtney Houchen, MD

Professor of Medicine, Department of Gastroenterology, OU College of Medicine. *The Role of Tumor Stem Cells in Inflammation Mediated Pancreatic Cancer Initiation*

Darla Kendzor, PhD

Associate Professor, Department of Family and Preventive Medicine, Oklahoma Tobacco Research Center, Stephenson Cancer Center. *Automated Mobile Contingency Management for Smoking Cessation*

Chuanbin Mao, PhD

George Lynn Cross Research Professor, Department of Chemistry and Biochemistry, College of Arts and Sciences, University of Oklahoma. *Immune Checkpoint Inhibiting Bionanofibers for Cancer Immunotherapy*

Katherine Moxley, MD

Assistant Professor, Section of Gynecologic Oncology, OU College of Medicine. *DCLK-1 Regulates Chemotherapy Response in Epithelial Ovarian Cancer*

Yuchen Qiu, PhD

Assistant Professor, Department of Electrical and Computer Engineering, Gallogly College of Engineering, University of Oklahoma. *Development of Lens-free Scanning Microscopy to Facilitate the Leukemia Diagnosis*

Grant funding is made possible through the following:

National Cancer Institute (NCI). In 2018, the Stephenson Cancer Center was awarded a Cancer Center Support Grant from the NCI, which conferred the prestigious and highly competitive NCI-Designation status on the cancer center. The grant provides developmental funding to support pilot grants.

MidFirst Bank. The Pink Visa Debit Card Program offered through MidFirst Bank supports the fight against breast cancer. For every checking account opened with direct deposit, plus the first-time use of a new Pink Debit Card, MidFirst Bank donates \$50 to the Stephenson Cancer Center. To date, more than \$1.4 million has been raised for research related to breast cancer.

Oklahoma Tobacco Settlement Endowment Trust (TSET). An endowment created by the voters in 2000 to improve the health of Oklahomans, TSET is dedicated to reducing the state's leading causes of preventable death – cancer and cardiovascular disease – caused by tobacco use and obesity.

The Stephenson Cancer Center annually solicits promising research proposals from member researchers. Cancer center program leaders evaluate and select high-potential proposals to be funded from this pool.

INTEGRIS Ranks No. 1 in the Country for Liver Survivorship

The Nazih Zuhdi Liver Transplant program at INTEGRIS Baptist Medical Center in Oklahoma City ranks first in the country for one-year survival rates. The findings were recently published in a Scientific Registry of Transplant Recipients report.

April is National Donate Life Month, making it the perfect time to make the announcement.

The national study compared performance and patient outcomes from transplant centers across the United States. The liver program at INTEGRIS had the highest one-year survival rate in the country, at 98.72 percent. This is significantly higher than the average one-year survival rate of 92.29 percent.

In addition, the study found the risk of complications leading to death following liver transplantation at INTEGRIS to be 61 percent lower than the average program. The risk of death while waiting for a liver transplant at INTEGRIS was lower than the national average.

"The Nazih Zuhdi Transplant Institute at INTEGRIS is routinely ranked among those with the nation's highest success rates. This means we can provide our liver transplant recipients the absolute best outcomes that modern medicine has to offer," says Vivek Kohli, M.D., director of liver transplant at INTEGRIS. "This is great news for Oklahomans currently on the wait list for a liver transplant at the institute."

Patients with liver disease seeking transplant come to the INTEGRIS Nazih Zuhdi Transplant Institute from Texas, Arkansas, Kansas, Colorado, New Mexico, Missouri, Nebraska and Louisiana.

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www.ctechok.org

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High Plains Technology Center

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www.icavts.tec.ok.us

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6. Idabel Campus (McCurtain) Ph: 580-286-7555
7. Poteau Campus Ph: 918-647-4526
8. Stigler Campus Ph: 918-967-2801
9. Tahlequah Campus Ph: 918-567-2264

Meridian Technology Center

www.meridian-technology.com Stillwater,

OK 74074

Ph: 405-377-3333 Ext 324

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www.metrotech.org Oklahoma City Ph: 405-605-4610

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www.matech.org

Wayne Ph: 405-449-3391 Ext 265

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www.swtc.org

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www.wtc.tec.ok.us

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Wes Watkins Technology Center

www.wwtech.org

Wetumka Ph: 405-452-5500 Ext 277

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www.carlalbert.edu

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Connors State College

www.connorsstate.edu

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www.eosc.edu

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ext. 796

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1. Tishomingo Campus Phone: 580-371-2371 ext. 337
2. Internet-Based Campus Tishomingo

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Northeastern OK A&M College

www.neo.edu

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www.okc.cc.ok.us Oklahoma City Phone: 405-682-7507

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1. Midwest City Campus Phone: 405-733-7546
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Seminole State College www.ssc.cc.ok.us

Phone: 405-382-9205

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1. Tulsa Campus Phone: 918-595-7188
2. Owasso Campus Satellite Site Phone: 580-595-7188

Western Oklahoma State College

www.wosc.edu

1. Altus Campus Phone: 580-477-7830
2. Lawton Campus Phone: 580-477-7830
3. Elk City Campus Phone: 580-477-7830
4. Internet-Based Campus Altus Phone: 580-477-7830

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2. Tulsa Campus Ph: 918-594-8070

Northwestern OK State Univ.

www.nwosu.edu

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www.okbu.edu

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www.okcu.edu

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Information on these programs is provided here as a service to the public; however, approval by the Oklahoma Board of Nursing is not required for RN-BSN programs. Please check with the Accreditation Commission for Education in Nursing (ACEN) or the Commission on Collegiate Nursing Education (CCNE) for information on the accreditation status of the programs.

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Muskogee Ph: 918-781-5410

Oklahoma Panhandle State Univ.

www.opsu.edu Goodwell

Ph: 580-349-2611 Ext 269

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
2. Oklahoma City Campus Ph: 888-888-8166
3. Norman Campus Ph: 405-842-8007

Mercy Grant Benefits El Reno Blessing Baskets

El Reno Blessing Baskets was awarded a \$20,000 grant from the Sisters of Mercy to continue its mission of providing assistance and food for local families in need. The grant brings Mercy's total donation to \$60,000 over the last three years.

For three decades, Mercy has supported communities by giving more than \$15 million in grants to organizations that serve children, elderly, homeless and uninsured people.

Blessing Baskets has served western Canadian County since 1999 and offers three community programs: the Families with Children Summer Food Program, a school supplies program, and a Christmas program. The organization supports more than 6,000 people every year. Approximately 40 grocery items are donated to families twice a month through the summer food program.

"Mercy has been so good to us over the years and I don't know what we would do without them," said Donna Dyer, Blessing Baskets coordinator. "This grant helps us serve more people with quality food items for our families, like meats and proteins."

In addition to funding, Mercy Hospital El Reno co-workers regularly donate their time. Over the last year, 15 Mercy employees volunteered more than 160 hours with El Reno Blessing Baskets. Recently, at the Summer Food program, Mercy co-workers helped provide a homemade healthy snack for families along with the recipe and ingredients to make the snack at home.

"Like the Sisters of Mercy, we are committed to continuing Mercy's 200-year-old mission of responding to the needs in our community," said Cindy Carmichael, Mercy Hospital El Reno administrator. "It is our privilege and responsibility to help El Reno families in need and the wonderful local organizations that support them."



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 a very intense, stressful job that I would tell you I managed quite well until I fainted at work and ended up in ICU for 10 days!! I don't even remember most of those days. I was diagnosed with encephalitis. I am trying to figure out what I do now. I want to share my story with your readers and hope it helps someone before it is too late.

--Brenda

A. Brenda shared the following: "I am a very type A personality and take on the most difficult tasks with the determination that I will succeed. My supervisor is keenly aware that I will give every challenge 150% of me. What I was not keenly aware of was how this year after year giving 150% was killing me."

"The fact that I fainted that day really comes as no surprise. The encephalitis however was a surprise. The diagnosis of diabetes was a surprise. The reality that my weight had increased over time was something I was aware of but darn, who knew 40 pounds was the number. (The scales were not my friend so I did not go near them)."

"My health was a total mess. I was told by the doctors that I was near death. I had not felt good for a long time. As a manager I encouraged my staff to take care of themselves, I would cover for them sometimes when they took a day off. But taking care of myself, apparently did not happen."

"I was the employee who gave 150% remember? For what, I ask myself now. Why was I working 10 hour days on a regular basis? Why did I go home, make dinner for the family, and fall into bed exhausted on a regular basis? Why wasn't I listening to my husband when he said, "you need to stop working so much, you are exhausted."

"So I slowly started feeling better and went back to work. I had to see if I could still do it. I moderated at first, then insidiously I was back at those long days again. I had to stop, I could not do it. But what was I going to do now?"

Brenda learned what many of us learn; the more we give, the more they take. There is never an end to most manager/supervisor positions. There is always something to do; one more meeting, one more report, one more call to make.

I too, learned like Brenda did. I started my management position in perfect health but after three years I walked out of the hospital with a diagnosis of Lupus and Raynaud's, oh and lets not forget, exhaustion.

So here is what my internist prescribed for me: 1) Don't take work home 2) Don't stay late

3) Don't go in early OR someone else will raise your daughter because you will die!! Those are the exact words he wrote on his prescription pad.

He saved my life!!! I quit the job!!!

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Karla Holland, RN

Bougie, meaning I'm light or dainty. Miss Priss is what they'd call me.



Kasmira Harris, 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

I know they'd say I'm fun to work with, silly and always joking.



Julia Kirk, RN

Very friendly, hardworking and a team player.



Blessing Onuka, RN



Ralph

My name is Ralph and my story began in August 2004 when I was diagnosed with Cardiomyopathy. For years I was treated with medication but by 2010 my disease had progressed. I had a pacemaker/defibrillator implanted which saved my life on two or three occasions. By 2012 I had to have a heart pump and was told that the only way to prolong my life was to receive a heart transplant.

On October 14, 2012, just one week before my 62nd birthday, I received my new heart. Words cannot describe the feelings someone has when they get that phone call. Through the miracle gift of my heart transplant, I am able to

continue my life with my wife and children. There is not a day that goes by that I don't thank God and my donor for giving me another chance at life.

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.



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