

# Oklahoma's NURSING TIMES

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Information for the Oklahoma Nursing & Health Care Professional

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photo by James Coburn

Bryan Barnett, RN, nurse manager of ER Oklahoma, a department of OU Medical Center, enjoys reading, walking and traveling during his leisure time. There is a world of opportunities in life waiting to be discovered, he says.

by James Coburn  
Staff Writer

ER Oklahoma is a full service emergency room that is new to folks in west Edmond and Oklahoma City. It also receives patients from any of the outlying areas in the metro, said Bryan Barnett, RN, nurse manager of ER Oklahoma, a department of OU Medical Center.

The emergency department is rated No. 3 in the HCA emergency system for patient satisfaction.

"Our mission is to lead in health care as part of the OU model," Barnett said. "We are to provide a service to the community in Edmond and the northwest Oklahoma City area. We provide that service to treat them and get them

back to a healthier state. And if we need to, transfer them to the hospital of their choice to facilitate their care and get them to a better status."

ER Oklahoma is a \$3.5 million, 10,000-square-foot facility that reaches out to its communities to the north, including Guthrie, Cashion, Piedmont and the Crescent area.

Barnett has been with OU Medical Center since 1990 in a variety of nursing roles before joining the emergency department in May of this year. His work has encompassed endoscopy, med/surg and recently supervised the Senior Health Center downtown.

"It's helped me  
See ER Page 3

## OBU Nursing Degrees Accredited Through 2025



photo by Bill Pope

Oklahoma Baptist University's College of Nursing recently received accreditation for both its bachelor's and master's degree programs through 2025. The College of Nursing is accredited by the Commission on Collegiate Nursing Education (CCNE). The OBU nursing program was the first baccalaureate nursing program in Oklahoma. Founded in 1952, the College of Nursing has graduated more than 1,000 nurses with baccalaureate nursing degrees. The College of Nursing also offers a Master of Science in Nursing, with specializations in Nursing Education or Global Nursing, as well as an RN-to-MSN path.

Oklahoma Baptist University's College of Nursing recently received accreditation for both its bachelor's and master's degree programs through 2025. The College of Nursing is accredited by the Commission on Collegiate Nursing Education (CCNE). The accreditation was approved by the CCNE Board of Commissioners.

The CCNE accredits colleges of nursing based on four standards: mission and governance, institutional commitment and resources, curriculum and teaching-learning practices, and assessment and achievement of program outcomes. Numerous criteria are used within each standard to verify institutions are in compliance and also to assess when institutions have areas needing improvement.

The OBU nursing program was the first baccalaureate nursing program in Oklahoma and the first baccalaureate

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**Oklahoma's NURSING TIMES**

## ER

Continued from Page 1

grow professionally and prepare myself for the next stage of my profession," he said.

He is part of the founding staff at the facility that opened at 15300 N. Western in Oklahoma City. His nursing career began in the U.S. Air Force. He has worked in the intensive care unit downtown and did some emergency room work in his early days with OU Medical Center.

"I think it's a great challenge. I look forward to working with the staff and physicians in providing the best care we can," Barnett said. "And also to be part of a greater system which is OU Medical Center in providing care to the citizens of Oklahoma."

Emergency care requires compassion and respect for the patients it serves, he said.

"We want to do the right thing for the patients, to assess them, make sure we meet their needs and get them to the right area for the care that they need," Barnett said. "If it's cardiology, urology, neurological surgery -- where do we need to facilitate that care to if we can't take care of them within our facility

here."

ER Oklahoma is connected to the Children's Hospital at OU Medical Center as well as the level 1 trauma center there.

"We're trying to outreach to the citizens in this area to try to let them know this service is available," Barnett said. If they need us we're here. We want to expand services to the community."

ER Oklahoma employs kiosk registration when a patient comes to the facility. They are automatically registered into the facility. The ER uses the latest advancements in CAT scanning and ultrasound.

"We have XRay. We have lab onsite," Barnett said. "If a patient comes in, we can provide those services very quickly with great turnaround times so we can get the patient into the facility and out with the best ability. We will save them time by not waiting in a major ER like some of our competitors in town."

All of the ER physicians at ER Oklahoma are certified in emergency room care. Barnett said they provide those skills to treat in advanced emergency medicine. All of the nurses are certified in advanced cardiac life support.

**"We're trying to outreach to the citizens in this area to try to let them know this service is available." Bryan Barnett, RN**

"So they are here to be able to take on all of those critical needs in the community," Barnett explained.

The nursing staff has the ability to think fast and respond very quickly to the needs before them. They also know how to switch from urgent lifesaving matters to care for patients with less acute conditions such as a sore throat. They are flexible and love taking care of people, Barnett said.

"That's why we're here, to help at that special time when a patient is at their worst feeling horrible," he said. "Nurses reach out with compassion. They understand what the patient is going through and take on that challenge."

One should never hesitate to seek care at an emergency room when they feel the need to seek care that they cannot personally render. A lot of times, these are working individuals and their primary care physician is off work by 5 p.m.

"For them, the ER is where they

can be seen and treated without having to take a day off from work. Their kids may be sick and are not able to get to their pediatrician. They bring them here to be treated so they can go back to school. They don't miss school or daycare. It doesn't disrupt their life," Barnett said.

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P.O. BOX 239 MUSTANG, OK 73064

Editor and Publisher, Steven R. Eldridge - [News@oknursingtimes.com](mailto:News@oknursingtimes.com)

Advertising Director Annette Deckard - [Annette.Deckard@usnursingnews.com](mailto:Annette.Deckard@usnursingnews.com)

Advertising Services Lisa Weigel - [Advertising@oknursingtimes.com](mailto:Advertising@oknursingtimes.com)

Writers: James Coburn, Bobby Anderson, Vickie Jenkins

Send all news, story requests, letters to the editor and press releases to  
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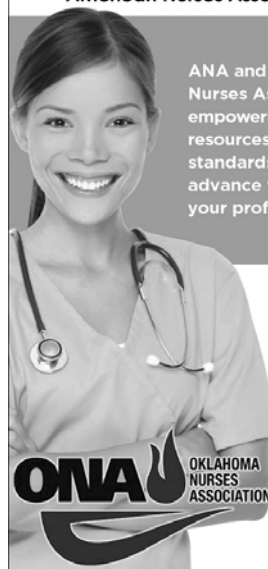
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# CAREERS IN NURSING

## GRACEFUL DAYS: LPN LOVES HER NEW ROLE AS ADON

by James Coburn - Writer/Photographer

Stephanie LeFlore-Pulliam is new to the realm of long-term care, she said. She worked mostly in hospital med/surg arenas before joining the team at Grace Living Center Wildwood in Oklahoma City.

"My husband is in the military, so we came here in 2008 and I started in the hospital again. A friend lived across the street from me. She lived on the base and she worked here," said Pulliam, LPN, ADON/clinical coordinator. "She asked me to come in and apply."

Pulliam said what she found at Grace Living Center was a family of friends and elders that she deeply enjoys.

A licensed practical nurse for nearly a decade, Pulliam graduated from nursing school at Pulaski Technical College in Arkansas.

"As soon as I walked in, I thought, 'Oh my gosh, it smells good. It's clean. So I applied and got the position. Actually this is

probably my most favorite job I've ever had," Pulliam said.

She's gratified to work with experienced nurses in an environment that fosters learning. Some of the nurses are new while others are seasoned, she said.

"We have good teamwork and I really like it," Pulliam continued.

Her inspiration for her profession began in 1999. Pulliam was an admissions coordinator in a hospital emergency room. She liked what she saw of nursing care.

"They would actually let me go back when we had codes to chart the times that everything was done," Pulliam said. "I thought, 'Gosh. That's what I want to do.' And ever since then my goal has been to be a nurse."

Grace Living Center is a good choice for nursing because of the family-like setting in a professional environment that excels as a team, she said.

"We have fun here. We have

quite a few people that just crack me up," Pulliam added. "I love the residents."

She was used to seeing changing faces most every day when she worked in a hospital. But long-term care offers time to love each resident like family, she said.

"When I come in, they say, 'Good morning Stephanie.' So that's nice," Pulliam said.

Many positive experiences at Grace makes it hard to select one memory to define her love of nursing there, she said. But she said it is her interaction with the residents that she cherishes most.

"I just love it. It's just different than any place I've ever worked," she said.

She learns about historical periods of our nation's history by speaking with war veterans and housewives who talk about everyday life from times gone by, she said.

"My husband is in the military, so it's kind of nice to hear some of

the veterans stories," she said. "We have one lady. She's worked with a general as a secretary. She talks about some of the things that she did for him."

They will ask her about her own life. She tells them about her hobbies and home time when not at work. Pulliam mostly spends time with her three children and her husband, she said.

"I take them places. Oh my gosh, it's just busy now because my son has football and my daughter's in college and she works," Pulliam said. "So I'm running everybody back and forth. That's pretty much all I do. And we bought a house not long ago, so that's most of our weekends. It's just fixing up our house."

Her youngest daughter aspires to follow in her mom's footsteps by becoming a nurse. It's all she talks about, Pulliam said. Her daughter will find there are certain qualities

**Continued on next page**



**AIDAN** had a way about him. He had a way of creating adventure out of everything he did. He wanted to do EVERYTHING and was fully intent on achieving that goal. He had a huge loving heart and was quick to share that love. He was conscious of the feelings of others and always made an effort not to hurt others feelings. He was messy. He was smart. He was a great big brother. It was his interest in church that brought our entire family back to the church. He loved God and he liked to share what he learned. For eight short years his light shone so brightly.

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# Children's Hospital Foundation Champion Child Kicked Off Her National Ambassador Tour in Washington, D.C.

*Hailey Baskeyfield put smiles on the  
faces of everyone she met*

On June 7, 2015, Oklahoma Champion Child Hailey Baskeyfield began her Ambassador Tour. She boarded a Delta Air Lines flight to Atlanta, Ga., and kicked off the first leg of her Champions Ambassador Tour for Children's Miracle Network Hospitals. Hailey, a patient at The Children's Hospital, joined 52 other "Champion" children who have personally benefited from donations to the charity and who exemplify how vital community support is for local children's hospitals.

Hailey was selected to represent the state of Oklahoma for bravely facing her unique medical challenges. She clearly illustrates the effect of local donations to Children's Hospital Foundation. She was born with a rare genetic disorder, Jarcho-Levin Syndrome. It is characterized by severe malformations of the chest cavity, ribs and thorax, thus affecting her ability to breathe. She was diagnosed with Septo Optic Dysplasia when she was six months old. It causes blindness.

Although her family was told she'd never be able to walk or even sit up, she has persevered and thrived. Hailey has competed in four Oklahoma Braille Challenges and won first place each time. She is fluent in speaking and reading the Cherokee language, and she aspires to become an inventor.

"Hailey truly puts a smile on the face of everyone she meets," said Jan Dunham, Children's Miracle Network Hospitals director. "She may have had a challenging beginning, but she is taking the rest of her life by storm and showing it she's in control."

The 2015-16 Champions program is presented by Delta Air Lines, Marriott International and Chico's FAS, Inc.

On June 7, 53 Champions and their guests gathered in Atlanta, Ga., Delta's headquarters and largest hub. In addition to sharing their stories with Atlanta-based media, the ambassadors were welcomed at a special event at the Delta Flight Museum, where they thanked Delta employees for their continued support of Children's Miracle Network Hospitals.

A private Delta-chartered flight



Hailey Baskeyfield, Oklahoma Champion Child, enjoys Washington, D.C. during the Ambassador Tour.

then transported the group to the nation's capital where employees of Marriott, CMN Hospitals' longest-standing corporate partner, welcomed them. Chico's FAS, Inc. also provided gifts for the Champions, moms and caregivers upon their arrival.

While in Washington, D.C., Champions met with local representatives on Capitol Hill, participated in a satellite media tour and continued to raise awareness for the charitable needs of children's hospitals.

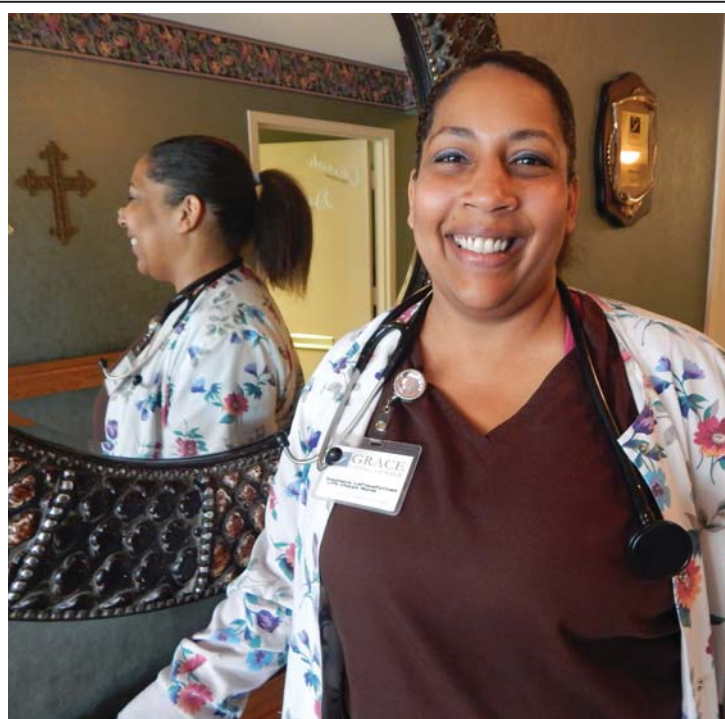
As the National Goodwill Ambassador for Children's Miracle Network Hospitals, Miss America 2015 Kira Kazantsev accompanied the Champions and participated with them

in media opportunities. Actress Zendaya Coleman, from Disney's "KC Undercover," also joined a portion of the Ambassador Tour.

The 2015-16 Champions will reunite in February 2016 for the final leg of their Ambassador Tour. This will take place in Orlando, Fla., at Children's Miracle Network Hospitals' annual Momentum event where the charity's 170 hospital partners gather with corporate and

media partners. Through additional speaking engagements, appearances and media interviews, the Champions will complete their year of service by thanking and inspiring those who support the children's hospitals they depend on.

To learn more about Oklahoma's Champion Child Hailey, and for a short video of last year's Ambassador Tour, visit [CMNHospitals.org/Champions](http://CMNHospitals.org/Champions).



Stephanie LeFlore-Pulliam, LPN, enjoys the change of pace in her career that comes from long-term care, she says.

## Continued from Page 4

that a nurse needs to bring to her career.

"I think patience is one," Pulliam said. "You have many people with dementia and you just have to be patient with them. We have a lot of alert, oriented people living here, but some have dementia, and I'm sure that's true in all nursing homes."

She has learned to approach residents according to where they are in life. Each of the 80 residents has a different personality and history, she added. So the nurses must learn to adapt to different situations.

Pulliam was working in skilled nursing at Grace before her recent promotion as ADON. Today, she ensures that the staff's work is

flowing like a well-oiled machine, flowing smoothly with patient care.

"I like working close with the nurses and helping them out when they need help," she said.

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#### Surgical Tech, \$1000 Sign On Bonus

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M-F Days, Occasional weekend, Circulating experience required, Ortho experience preferred.

#### Surgical Tech, \$1000 Sign On Bonus

Full Time, M-F Days, Days/Hours may vary, Ortho or Spine exp. & certification preferred. Call required.



#### Surgical Tech, \$1000 Sign On Bonus

Full Time, M-F Days, Days/Hours may vary, Ortho or Spine exp. & certification preferred. Call required.

#### Med Surg Patient Care Tech II

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SUMMER SEASON DATES: July 17th & 24th - August 14th & 21st - September 11th & 18th - all shows begin at 6:30pm



## INTEGRIS Canadian Valley Hospital Improves Patient Safety and Quality with VHA Hospital Engagement Network



INTEGRIS Canadian Valley Hospital was recognized for achieving the Platinum Award for Outstanding Commitment to the Partnership for Patients.

INTEGRIS Canadian Valley Hospital announced today that it has made care safer for its patients as part of its work with VHA Inc.'s Hospital Engagement Network. VHA is a national network of not-for-profit health care organizations that work together to improve performance and efficiency in clinical, financial and operational management. VHA's HEN helps hospitals improve in eleven areas of focus ranging from falls and surgical site infections to readmissions as part of the federal Partnership for Patients initiative.

The goal of the initiative was to reduce preventable harm by 40 percent and readmissions by 20 percent by the end of 2014. Based on the latest interim results VHA's HEN hospitals, in aggregate, met or exceeded the goals of the Partnership for Patients in 10 of the 11 areas of focus.

VHA gave special recognition through a quarterly honor roll to hospitals that achieved "top performer" or "most improved" status in one or more areas of focus. A "top performer" sustained a zero rate

for three consecutive quarters for a given outcome measure. A "most improved" hospital demonstrated greater improvement for a given outcome measure than the remaining 90 percent of the HEN hospitals.

INTEGRIS Canadian Valley Hospital was recognized for achieving the Platinum Award for Outstanding Commitment to the Partnership for Patients by reporting data at the highest level across the areas of focus.

"Patient safety and ensuring we are providing the highest quality of care for our community has always been our highest priority," said Teresa Gray, chief nursing officer at INTEGRIS Canadian Valley Hospital. "In the last year, we have reduced patient falls, pressure ulcers and adverse patient events in the areas of central line-associated blood stream infections and ventilator-associated pneumonia through the hard work and commitment of staff and our continued focus on applying best practices."

"It is gratifying to see the  
See VHA next page

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## VHA

Continued from Page 8

results VHA's HEN hospitals have achieved, and it builds on our long-standing commitment to help hospitals improve their performance," said Dr. Keith Kosel, vice president and program director for VHA's HEN.

The U.S. Department of Health and Human Services recently announced a new report that shows an overall 17 percent decrease in hospital acquired conditions nationally from 2010 to 2013 including reductions in adverse drug events, falls, infections and other forms of hospital-induced harm. The department estimates that its public-private partnerships including efforts from the federal Partnership for Patients initiative, Hospital Engagement Networks and others, have prevented nearly 50,000 deaths in hospitals, and saved approximately \$12 billion in health spending during the same period.

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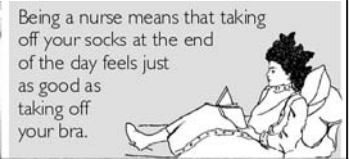


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Gregory, Vol. Coordinator,  
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### Sojourn Hospice:

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**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.** My boyfriend and I broke up after 5 years. I realized how much our communication had deteriorated over the years. We got together and talked and decided to go to counseling and see if we could get healthier and save our relationship. So what should we do differently?

**A.** In most cases communication is what created the relationship to begin with. It appears that it is what creates the relationship and what destroys it. It should be easy, right? Sharing your thoughts, feelings, dreams, your opinions related to world affairs and your outrage with social injustices. That's what fuels your desire to have an intimate relationship with someone, right?

When you are in a relationship over a period of time, people change. It may not be big, easily seen changes but hopefully we do not stay the same everyday of our lives. Problems begin to occur when people change their plans but do not communicate them to their partner.

Communication should be nurtured; you don't do it just to get the relationship started and then lose it as time progresses.

When you communicate do the following:

1. Don't play on your phone. Silence it and put it out of sight.
2. Don't watch TV.
3. Don't scream from another room.
4. Don't roll your eyes if you think the conversation is stupid.
5. Speak up. If you are so codependent that you cannot speak your truth; you have a much bigger issue.
6. Don't file information for a later attack date.
7. Don't control the other person's thoughts. Do not think for them.
8. Show concern while the other person is talking.
9. Avoid the "nothing is wrong" dance. If someone asks you what is wrong, tell them.

Have you ever engaged in a conversation and you could tell the other person wanted you to stop talking because that really wanted to talk? Sure you have, it is easy to see. When you are listening remember the following: LISTEN TO UNDERSTAND, NOT TO RESPOND!! This makes a huge difference. Try it the next time you are having a conversation with someone.

Listening and Talking; equally important. Practice being mindful of the moment. When your boyfriend is talking to you. listen. Give him time to talk. Men typically respond slower and women typically lack patience.

You can do this!!!

## OBU

Continued from Page 1

program in Oklahoma accredited by the National League of Nursing. It has maintained continuous accreditation throughout its history. Founded in 1952, the OBU College of Nursing has graduated more than 1,000 nurses with baccalaureate nursing degrees. The College of Nursing also offers a Master of Science in Nursing, with specializations in Nursing Education or Global Nursing, as well as an RN-to-MSN path.

The College is experiencing tremendous growth, as construction continues on Jane E. and Nick K. Stavros Hall, the future home of the College of Nursing. The free-standing and cutting-edge nursing education facility is being constructed immediately north of OBU's Shawnee

Hall, on the southwest corner of MacArthur Street and Kickapoo Avenue.

The late Nick Stavros, founder and CEO of Metro Appliances and More, provided the lead gift for the building. Stavros was married to the late Jane Eleanor Stavros, daughter of Victor C. Hurt, legendary OBU athletic director and football, basketball and track coach.

The 31,000 square foot facility is scheduled to be completed later this year. It will contain five classrooms and a 109 seat lecture hall, as well as a state-of-the-art computer lab. The facility will feature six state-of-the-art, high-tech skills simulation labs with 22 beds. The building will also include the administrative office suite for the College of Nursing, a conference room, faculty offices and office space for adjunct faculty.

## Will record rainfall bring more cases of West Nile?

In May, rain fell in buckets, leaving area lakes, rivers and fields overflowing. With the increased volume of standing water, many also anticipate a record crop of mosquitoes.

But does a higher population escalate the risk for mosquito-borne diseases, particularly West Nile Virus?

Oklahoma Medical Research Foundation scientists Susan Kovats, Ph.D., and Jose Alberola-Ila, M.D., Ph.D., who have spent the past two years researching the virus, say there is no scientific correlation between increased rainfall and increased incidences of West Nile.

"It's a very strange virus," said Kovats. "Ever since it came to the U.S. in New York in 1999, it has marched across the U.S. season by season, but it has a certain random component that we don't understand. Some seasons there just isn't much of the virus in certain regions, and it's difficult to say why."

In fact, said Alberola-Ila, there is more evidence to support a mild winter as a predictor for a West Nile-heavy season. "Even an increase in mosquito population doesn't necessarily up the risk for infection as a result."

Symptoms of West Nile fever can mimic those of influenza—fever, body aches, headache and general fatigue. Other symptoms can include a rash on the torso and swollen lymph glands. The length of the illness can vary from just a few days to several weeks. Those with the more severe form often require hospitalization.

Mosquitoes can transmit anywhere

from 10,000 to one million viruses in a single bite, said Kovats. "It's likely you don't need a lot of mosquito bites to become infected. You just have to run into the wrong mosquito."

But before those internal alarms sound, there is good news for those concerned about the virus. According to the Oklahoma State Department of Health, more than 80 percent of people infected never become ill. Those who do often suffer from little more than fatigue, fever, headaches and body aches that eventually go away on their own.

More severe cases can lead to neurological diseases, meningitis or in some cases death. But according to the Center for Disease Control and Prevention, only one percent of people bitten by a West Nile-infected mosquito will become seriously ill.

The worst year for West Nile in Oklahoma was 2012 with 161 non-fatal cases and 15 deaths. There were 76 non-fatal cases and eight deaths in 2013. Only 18 cases were reported last year, with no fatalities, according to the CDC.

The virus is most likely to become serious in the elderly and those already suffering from compromised immune systems. Even though your odds of contracting a serious form of the virus are slim, it is still best to remember insect repellent on your way to any outdoor activities in the coming months.

"I don't think there should be any panic factor," said Kovats. "Still, it's

See NILE next page



# NURSE + TALK

Read what other health care professionals have to say...

*If you could travel anywhere in the world, where would it be and why? St. Mary's Regional Medical Center*

"I would go to Amalfi Coast where the beaches and views are beautiful and authentic. Italian food would be just around the corner!"



Sarah Betchan, RN  
Enid, OK

"I would travel to Hong Kong with my family to experience Chinese culture, food, fashion and beaches."



Anna Ritter, RN  
Enid, OK

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"I would travel to Italy to experience the culture, scenery and you can't beat authentic Italian food! Who doesn't like pasta and pizza?"



Lacy Nelson, RN, BSN  
Enid, OK

"New Zealand to witness the beauty of the land and observe a new culture and food."



Rachael Smith, RN,  
BSN Enid, OK

## NILE

Continued from page 10

wise to minimize mosquito bites for a variety of reasons, not just West Nile. If you are a healthy person, the risks are slim."

Kovats and Alberola-Ila study a key regulator of the immune system called dendritic cells. In particular, they're examining how the cells respond when the body is attacked by viruses like West Nile.

"We are looking at the ability of these cells in the skin to shut down the virus as well as call in other cells in the immune system," said Kovats. "It's a race between the host trying to shut down the virus and, conversely, the virus trying to shut down the host."

The study, which the pair conducted with OMRF colleagues Sean Turner and Amie Simmons, looks at what happens in the early stages of infection in the skin. Their findings may lead to a way to best position an individual for an appropriate immune response against these types of viruses.

"This way we would be able to fight the virus better and prevent serious consequences," said Alberola-Ila. "Right now there is no treatment at all, so we are hoping to take a step toward that long term."

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